



UTTARA-KHAND

INDIA

16 Holland St. W, Bradford, ON

905-551-0099

uttara-khand.ca



Chur-kani & tap-Ki (SOUPS & SALADS)

Dear customer. Please inform us of any kind of allergy such as dairy, gluten, nuts, etc.
We also have vegan options within our menu.

CHUR-KANI ----- \$4.5

Combination of roasted black beans with onions, tomatoes, and vegetable broth. Finished with coriander and mint chutney.

DU-BUKE ----- \$4.5

Heart warming combination of red lentils and vegetable broth. Finished with coconut milk.

CHAUBATIA GARDEN SALAD ----- \$8.5

Fresh apple sliced with mixed green roasted cashew nuts, raisin mango mint dressings.

TAP-KI-SALAD ----- \$5.5

Cucumber, onion, tomato, carrot, mixed with lemon and five spices.

Chaakhand-Maakhand (APPETIZERS)

VEGETABLES PAKORA ----- \$6.5

Mixed seasonal vegetable fritters served with Kumauni raita, tamarind sauce.

CHICKEN PAKORA ----- \$11.5

Chicken breast dipped and battered in gram flour and deep fried until golden.

SHRIMP PAKORA ----- \$15

Fried shrimp, Uttarakhand style, drizzled with chickpeas, flour batter and lemon juice. Fried until golden and served with mango-mint sauce.

BRIE PAKORA ----- \$13

Brie cheese nuggets, Uttarakhand style, drizzled with chickpeas, flour batter and lemon juice. Fried until golden and served with tamarind sauce.

VEGETABLE SAMOSA ----- \$6.5

Traditional fried pastries filled with potato, green peas, raisin and roasted cumin seeds. Served with tamarind and mint sauce.

ALOO GUTUK ----- \$7.5

Pan fried potato patties seasoned with a blend of fresh herbs and spices. Served with chickpea, sweet yogurt, and tamarind sauce.

FISH KOSI-GADA ----- \$12.5

Kosi river trout, Uttarakhand style, drizzled with chickpeas, flour batter, lemon juice.

UTTARA-KHAND CHEF'S PLATTER ----- \$14

Vegetable samosa, aloo badi, chicken pakora, vegetable pakora, and poppadums served with tamarind and mint sauce.

LASHUNAM PRAWNS ----- \$18.5

Garlic prawns pan sauteed with onions and pepper served with mango mint sauce.

DAA-DIM CHAT ----- \$7.5

Pomegranate rice puffed, chickpeas, potato, tomatoes mixed in yogurt, mint, and tamarind sauce.

Kathgodam-ki-bhati (TANDOORI SELECTION)

TANDOORI CHICKEN ----- \$15.5

The world-famous tandoori chicken marinated overnight in yogurt and oriental spices. Cooked in a traditional clay oven and served with mint chutney.

CHICKEN TIKU-DA ----- \$14.5

Chicken breast marinated in yogurt and oriental spices. Cooked in the tandoor and served with mint sauce.

LAMB SEEK KABAB ----- \$16

Minced lamb mixed with chef's herbs and spices. Cooked in the tandoor.

LAMB CHOP ----- \$22.5

Lamb marinated in yogurt, ginger, garlic, cumin and garam masala.

UTTARAKHAND MIXED PLATTER ----- \$23.5

Chicken, lamb seek kebab, tandoori fish, paneer served with mint and tamarind sauce.

KUSHMAND SALMON ----- \$19.5

Atlantic salmon marinated with yogurt, garam masala, cooked on a griddle with pumpkin, cumin, rice powder and yellow chili.

PANEER TIKKA MUKTE-SWARI ----- \$14.5

Soft panner chunks, infused with fragrant herbs, batter coated and crisped in the tandoor.

PUSPASAKA TANDOORI ----- \$14

Choicest pieces of broccoli, cauliflower, peppers marinated in tandoori spices and yogurt. Finished in mint sauce and cooked in the tandoori.

TANDOORI WINGS ----- \$14.5

Famous chef special chicken wings marinated overnight in yogurt and oriental spices. Cooked in a traditional clay oven. Served with mint sauce.

Dehradun-dum-biryani

An aromatic Dehradun basmati rice laced in exotic gravy with coriander, fried onion, mint, saffron and rose water.

Choice of:

◆ VEGETABLE BIRYANI \$14

◆ LAMB BIRYANI \$16

◆ PLAIN RICE \$4

◆ PRAWN BIRYANI \$18

◆ JEERA RICE \$6

◆ CHICKEN BIRYANI \$15

Dhau-kai-Khand (MAIN COURSE)

UK BUTTER CHICKEN ----- \$15

Tender chicken breast marinated in yogurt and half done in tandoor then fully cooked with rich creamy tomato sauce and fenugreek.

CHICKEN TIKKA MASALA ----- \$15

British national dish. Marinated chicken breast with yogurt. Cooked in a clay oven and simmered in masala sauce.

LAMB ROGAN JOSE ----- \$16

Pot roasted spring lamb with a spicy tomato braise, finished in a fragrant and most satisfying curry.

CHICKEN GARAM MASALA CURRY ----- \$14.5

Uttarakhand style chicken breast cooked in onions, tomato base with homemade garam masala.

BHADAI-BAKAUR ----- \$16.5

Delectable diced lamb simmered, handi style in a fricassee of sliced onions, peppers, ginger, tomatoes and roasted cumin.

VINDALOO

LAMB ----- \$17

LAMB SHANK ----- \$15

CHICKEN ----- \$16

A popular Goanese pickle style curry in a hot and sour combination with Goa spices.

KORMA

LAMB ----- \$16

CHICKEN ----- \$15.5

A rich, creamy cashew nut sauce with a touch of saffron. Choice of lamb or chicken.

MADRAS CURRY

LAMB ----- \$16

CHICKEN ----- \$15.5

PRAWNS ----- \$19

South Indian style rich and spicy coconut sauce with roasted mustard seeds and fenugreek.

FISH HASHI-DHUNGA ----- \$17

Fillet of tilapia marinated in tamarind and roasted mustard seed then simmered in a delicate sauce.

PRAWN CURRY DIDIHAT KI ----- \$19

Pan seared prawns cooked to perfection with tamarind and ginger in a coconut curry.

Uttarakhand Dinner Thali

JODI-DAAR THALI (DINNER FOR TWO) ----- \$50

Appetizer: Chef's Platter **Main Course:** 2 Meat/Poultry/Fish + 1 Vegetarian Option + 1 Rice + 2 Naan
Dessert: Gulab Jamun or Hisalu Kheer

KABIL-DAAR THALI (DINNER FOR FOUR) ----- \$94

Appetizer: Chef's Platter **Main Course:** 3 Meat/Poultry/Fish + 2 Vegetarian Option + 2 Rice + 4 Naan
Dessert: Gulab Jamun or Hisalu Kheer

Dinner Combo

BUTTER CHICKEN COMBO DINNER ----- \$21

Tender chicken breast marinated in yogurt and half done in the tandoor then fully cooked with a rich, creamy tomato sauce and fenugreek. Comes with rice and naan.

CHICKEN TIKKA MASALA COMBO DINNER ----- \$21

British national dish. Marinated chicken breast with yogurt. Cooked in a clay oven and simmered in masala sauce. Comes with rice and naan.

LAMB ROGAN JOSE COMBO DINNER ----- \$22

Pot roasted spring lamb with a spicy tomato braise, finished in a fragrant and most satisfying curry. Comes with rice and naan.

Saag-Paat (VEGETARIAN)

- PANEER CHATRA-KKAM MUTTER** ----- \$15
Pan sauteed mushroom and green peas with paneer (cheese), onion, tomatoes, and masala curry sauce.
- PALAK PANEER** ----- \$14.5
A creamy fresh spinach sauteed and braised with Indian cottage cheese and cumin fenugreek.
- PANEER MAAL-DAAR** ----- \$18
Indian cottage cheese stuffed with nuts and dry fruit. Served with mouth watering sauce.
- GHAUT-KI-DAL** ----- \$12.5
A velvety smooth combination of horse gram lentil cooked in a slow cooker with five spices. High in protein and calcium. Famously known as a winter dish in Uttarakhand.
- DAL FAANU** ----- \$13.5
Yellow lentils cooked with onions, tomatoes, and roasted cumin. Mixed into fresh spinach.
- CHANA MASALA** ----- \$12
Chickpeas cooked with fennel and Uttarakhand special roasted garam masala.
- EGGPLANT BHARTA** ----- \$14
BBQ eggplant simmered with tomato, onion, and ginger. A satisfying, smokey flavour.
- ALOO GOBI KAU SAGA** ----- \$13.5
Florets of cauliflower and potatoes prepared with onions, tomatoes, ginger and spices.
- MIXED VEGETABLES** ----- \$14
Fresh vegetables prepared with onions, tomatoes, and a masala sauce finish with coconut milk.
- BHINDI DO PIAZA** ----- \$14.5
Okra tossed with sauteed onions, mango powder and mixed spices.
- DAAL MAKHANI** ----- \$14.5
A velvety smooth combination of black lentils.

Roti-Chhaapari (BREAD BASKET)

Traditional Indian breads cooked to order a la minute in the tandoor

- TANDOORI ROTI** ----- \$2.5
Whole wheat flour flat bread cooked in the clay oven.
- PLAIN NAAN** ----- \$3
Famous Indian fine flour bread cooked to perfection in the tandoor.
- BUTTER NAAN** ----- \$3
Famous Indian fine flour bread cooked to perfection in the tandoor.
- GARLIC NAAN** ----- \$3.5
Indian fine flour flat bread with mince garlic or butter.
- BAAL-MITHAI NAAN** ----- \$7.5
Famous Almora Baal Mithai. Fine flour flat bread stuffed with khoya (ricotta) raisin, cashew nuts, fruit cocktail and sweetened coconuts.
- KHIMU-DA NAAN** ----- \$7.5
Grounded lamb stuffed in fine flour with fresh herbs and cooked in a clay oven.

Roti-Chhaapari (BREAD BASKET)

- ONION KULCHA** ----- \$5.5
Fine flour bread stuff with onions and Indian spices.
- BERO RAUT** ----- \$5
Famous Uttarakhand stuffed black lentil pparatha with herb and special chef's spices. Cooked to perfection in the tandoor.
- LACHHA-PARATHA** ----- \$4
Multi layered whole wheat bread cooked in the tandoor.
- POPPADUM** ----- \$2

Dhinai-paani (YOGURT/CONDIMENTS)

Traditional accompaniment to a typical Uttarakhand meal.

- FAMOUS KUMAUNI RAITA** ----- \$4
Yogurt with cucumber, roasted mustard, fresh coriander, and Kumauni garlic salt.
- MIX PICKLE** ----- \$2.5
- MANGO CHUTNEY** ----- \$3.5

Pahadon-Mithaas (DESSERT)

- ALMORA KULFI**
Milk based Indian ice-cream garnished with pistachio. Choice of:
- MANGO** ----- \$4
- PISTACHIO** ----- \$4
- SAFFRON RASH MALIA** ----- \$5
Cheese patties soaked in saffron and pistachio milk.
- GULAB JAMUN** ----- \$4
Deep fried cheese balls soaked in cinnamon, green cardamom hot syrup. Served with ice-cream.
- HISALU-KHEER** ----- \$5
Famous Uttarakhand traditional raspberry rice pudding.
- MANGO CHEESECAKE** ----- \$5
Fresh homemade mango cheesecake.

Pija oye pija mero Pahadon-ko-tahndo paani (BEVERAGES)

MANGO LASSI	-----	\$4.5
SWEET LASSI	-----	\$4
SALTED LASSI	-----	\$4
JUICE	-----	\$3
Orange / Apple / Cranberry / Mango		
SAN PELLEGRINO	-----	\$5
SOFT DRINK	-----	\$2
Pepsi / Diet Pepsi / Coke / Ginger Ale / 7up / Iced Tea		
CHAI (TEA)	-----	\$4
Ginger with Special Uttarakhand style spicy tea.		

BALWANT RATHOUR

Executive Chef / Owner

With the opening of Uttara-Khand India in the thriving community of Bradford, Ontario Balwant Rathour continues to deliver his signature dishes and unique tastes from his native region of Uttarakhand in Northern India. His newest restaurant is unique in many aspects but perhaps one of the more notable unique traits is the amazing taste experience that comes from local recipes.

Those that are familiar with Indian cuisine will recognize many well-known dishes on the Uttara-Khand India menu. The special cooking style that is native to the Uttarakhand region along with select spices and other "secrets" pass down through the generations ensure that you will be in for a delicious taste experience.

We want to take this time to thank you for visiting Uttara-Khand India and enjoying some of the awesome dishes brought to you from our native region.

Thank you so much. We look forward to seeing you again soon!