

Shehani Restaurant - PDF Menu

Soups

Mulligatawany Soup \$2.50
A traditional Anglo-Indian spicy soup

Dal Soup \$2.50
Yellow lentil soup

Appetizers

Pappadum \$0.75
India's answer to the giant potato chip. A thin, crisp fried wafer made from ground lentils.

Vegatable Samosa \$2.75
Vegetables stuffed in triangular shaped thin pastry and deep fried.

Onion Bhaji \$3.50
Sliced onions dipped in batter and deep fried.

Vegetable Pakora \$3.95
Chopped vegetables dipped in delicate lentil batter and deep fried.

Sheek Kabab \$5.50
Beef marinated with herbs and spices and grilled in tandoor.

Tandoori Chicken Wings \$4.95
Marinated in yogurt, garlic, ginger and fresh ground spices, roasted to perfection.

Mixed Appetizers \$5.95
Two small pieces of onion bhaji, two pieces of samosa and two pieces of pakora. Comes with green salad.

Curry Dishes

The word curry does not refer to a spice. It is a generic term that refers to the sauce and blend of herbs, spices and seasonings that constitute an individual dish. A curry can be stew of meat, fish, chicken or vegetables in a light, delicate or pungent sauce. A curry can also be a coating of spices sauteed meat or vegetable, hence the term "dry" curry. Curries vary in appearance and colour depending on the method of cooking, the blend of spices and ingredients used. We offer several kinds, all of them with fresh herbs and spices.

Chicken

Butter Chicken \$10.75

Boneless pieces of chicken breast marinated and grilled in our special clay oven and then finished in a sauce of butter, cream, ginger, fresh coriander and black cumin seeds.

Chicken Korma \$10.50

Boneless pieces of chicken, mildly spiced and cooked with yogurt and garnished with onions.

Kashmiri Chicken \$10.75

A mildly spiced curry cooked in fresh cream, pineapple slice and leches.

Chicken Tikka Masala \$10.75

Diced chicken cooked in tandoor, cooked with chef's special sauce.

Chicken Dansak \$10.75

Hot, sweet and sour sauce. This dish is blended with cooked lentils, herbs, lemon juice and various aromatic spices to enhance flavour.

Sag Chicken \$10.95

Medium cooked chicken mixed with spinach.

Chicken Mushroom \$10.75

Boneless chicken cooked with slices of mushroom served in thick chef's special sauce.

Chicken Chilli \$10.75

Well spiced curry with rich sauce and green chilli.

Madras Chicken Curry \$10.50

Chicken curry prepared with extra hot chillies and other spices in the Southern Indian Style.

Chicken Vindaloo \$10.75

A fiery specialty from Goa, with fresh lemon, garlic, bay leaves, crushed mustard seeds and ground red pepper. Very hot, but can be made milder for you. Garnished with pickled baby onions and small potatoes.

Chicken Curry \$9.95

Chicken cooked with tomato, pimento, onion, and spices.

Lamb

Lamb Korma \$10.95

Cubes of lamb mildly spiced and cooked with yogurt and garnished with raisins and almonds.

Bhoona Lamb \$10.75

Cubes of lamb cooked with tomato, pimento, onion, and spices. Served in its own rich, thick sauce.

Sag Lamb \$10.95

Cubes of lamb medium spiced and cooked with fresh leaf spinach.

Achar Lamb \$10.75

Cubes of lamb marinated in authentic pickling spices and served in its own rich, thick sauce.

Lamb Vindaloo \$10.95

A fiery specialty from Goa, with fresh lemon, garlic, bay leaves and crushed mustard seeds, in addition, ground red pepper dominates this piquant dish. Very hot, but can be made milder for you. Garnished with pickled baby onions and small potatoes.

Lamb Curry \$9.95

Cubes of lamb with tomato, pimento, onion, and other spices.

Lamb Dansak \$10.95

Boneless pieces of lamb with hot, sweet & sour taste. This dish is blended with cooked herbs, lentils, fresh lemon juice and various aromatic spices to enhance flavour.

Lamb Koorai \$11.75

Lamb cooked in highly flavoured moist sauce with coriander, garlic, ginger, green pepper, mustard and diced onions.

Beef

Beef Roganjosh \$10.75

Beef pieces cooked in traditional Kashmir spices with tomato.

Bhoona Gosht \$10.50

Beef dish with tomatoes, onions, green peppers and spices served in rich thick sauce.

Beef Jhalforezi \$10.95

Julienne of broiled beef stir-fried with fresh vegetables.

Beef Balti \$10.75

Cooked with gramasala, freshly ground herbs and spices.

Beef Madras \$10.75

Beef curry prepared with extra hot chillies and other spices in a southern Indian style.

Achar Beef \$10.95

Cubes of beef marinated in authentic pickling spices and served in its own rich, thick sauce.

Shrimp & Fish

Shrimp Curry \$10.50

Fresh shrimp cooked with tomatoes, green peppers and onions.
A real delight.

Bhoona Shrimp \$11.50

Fresh succulent shrimp, delicately spiced, served in its own thick sauce.

Shrimp Phatia \$11.75

A hot sweet-sour shrimp curry in a Parsee (Persian) style.

Shrimp Korma \$11.95

Pieces of shrimp mildly spiced and cooked with yogurt and garnished with raisins and almonds.

Fish Bhoona \$12.50

Boneless fish, cooked with a rare combination of chef's special sauce.

Chef's Special Sizzling Platter

Chicken Sizzling \$12.50

Slices of chicken cooked with tomato, pimento, onions and spices.

Lamb sizzling \$13.50

Slices of lamb cooked with tomato, pimento, onions and spices.

Shrimp Masala \$15.95

Shrimp cooked in chef's special sauce.

Paneer Masala \$13.50

Cubes of fresh homemade cheese marinated overnight in tandoori masala and cooked with the chef's special sauces.

Vegetable Sizzling \$11.95

Mushrooms, tomato, carrot, peas, cauliflower, beans, broccoli and spices cooked together.

Tandoori Dishes

A tandoor is a cylindrical clay oven fired by charcoal. Thus enabling Indian breads to be cooked on the inside walls, and skewered meats to be barbecued at the same time by our experienced tandoori chef. All tandoori dishes are marinated in a spiced yogurt mixture for twenty-four hours.

Chicken Tikka \$11.50

Tandoori chicken marinated in special yogurt sauce and barbecued in the tandoor.

Tandoori Chicken \$11.95

Spring chicken marinated in yogurt, garlic, ginger and fresh ground spices, and barbecued to perfection.

Boti Kabab \$12.95

Cubes of lamb marinated in a select mixture of exotic spices.

Tandoori Prawn \$16.50

Prawn marinated with carom seeds (ajwain) and grilled in tandoor.

Mixed Grill \$16.95

Chef special Chicken Tandoori, Chicken Tikka, Lamb Tikka and Sheek Kabab.

Vegetable

Vegetable Korma \$8.75

Mixed vegetables cooked with yogurt and garnished with almonds and onions.

Butter Paneer \$8.95

Homemade cheese with butter cream sauce, ginger and black cumin seed.

Matar Paneer \$8.50

A curry of peas and homemade cheese.

Sag Paneer \$8.50

Fresh spinach cooked with homemade cheese and delicately spiced.

Aloo Gobi \$7.95

Potato and cauliflower cooked in mild and special spices.

Sag Aloo \$7.95

A dry curry of potato and fresh leaf spinach.

Bombay Potato \$7.95

A dry curry of potato and fresh tomato, onions and other spices.

Mixed Vegetable Bhaji \$7.95

Mixed vegetables cooked together with spices.

Mushroom Bhaji \$7.95

Sliced mushrooms prepared with tomato, onion and spices.

Eggplant Bhaji \$7.95

A dry curry of eggplant chopped then garnished with spices.

Bhindi Bhaji \$7.95

A dry curry of Bhindi, a tropical vegetable known as okra.

Chickpeas Masala \$7.95

A dry curry of chickpeas, tomatoes, onions and chef's special sauce.

Tarka Dall \$6.95

Puree of lentils, cooked with some spices and garnished with fried onions and garlic.

Rice Dishes

Palao Rice \$3.50

The most refined and aromatic best quality Basmati rice, cooked with some spices to give a distinctive mild flavour.

Kashmiri Rice \$7.95

Basmati rice cooked with almonds, pistachio nuts and dried fruits.

Vegetable Rice \$7.75

Best quality Basmati rice, cooked with fresh vegetables, onions and other spices.

Chicken, Lamb or Beef Biryani \$10.95

Best quality long-grained Basmati rice cooked with succulent pieces of chicken, lamb or beef in a delicate blend of spices and herbs that include cinnamon, cardamom, cloves and bay leaf.

Shrimp Biryani \$13.95

Best quality long-grained basmati rice cooked with succulent shrimp in a delicate blend of spices and herbs that include cinnamon, cardamom, cloves and bay leaf.

Vegetable Biryani \$9.95

Best quality long-grained Basmati rice cooked with succulent vegetables in a delicate blend of spices and herbs that include cinnamon, cardamom, cloves and bay leaf.

Indian Bread

Nan \$2.25

A bread made out of self-raising flour baked on the tandoor walls.

Garlic Nan \$2.75

A bread made out of self-raising flour baked on the tandoor walls, garnished with garlic.

Chapati \$1.50

Plain whole wheat flour rolled out very thin and baked on a griddle.

Tandoor Roti \$2.25

A thick flaky pancake made in our special clay oven.

Laecha Paratha \$3.25

White flour rolled out and fried in butter and deep fried.

Sundries

Onion Salad \$1.25

Onion, tomato, cucumber and red chillies.

Mixed Pickle \$1.50

Sour, very hot.

Mango Chutney \$1.95
Sweet and sour.

Cucumber Raeta \$1.50
Yogurt with grated cucumber and spices.

Plain Yogurt \$1.25
Very cooling and an antidote to most spices.

Green Salad \$1.95
With tomato, lettuce and cucumber.

Desserts

Mango Kulfi \$2.95
Homemade Indian style ice cream with pistachio, saffron and mango flavour.

Gulab Jamun (an Indian Delicacy) \$2.50
Fried milk balls in cardamom flavoured syrup.

Borfi \$2.50
A dessert made from fresh coconut and Indian flavoured cream,
a must!!!!.

Rasmalai \$2.75
Homemade cheese cake soaked in sweet, thickened milk and garnished with pistachios.

Suggested Combinations (for 2 people)

A \$38.95

Mixed Appetizers
Onion Bhaji
Butter Chicker
Chicken Dansak (mild or hot)
Aloo Gobi or Sag Paneer
Palao Rice
Nan Bread
Pappadum
Dessert

B \$42.95

Vegetable Pakora
Vegetable Samosa
Shrimp Masala or Tandoori Chicken
Chicken or Lamb Sizzling
Vegetable Korma
Kashmiri Rice
Nan Bread
Pappadum
Dessert

C \$33.95 (Vegetarian Combination)

2 Dal Soup-Samosa
Vegetable Korma
Sag Paneer
Kashmiri Rice or Vegetable Rice
Nan Bread
Pappadum
Dessert

All You Can Eat Lunch Buffet
\$10.95

Tandoori Chicken & Butter Chicken
Lamb Curry or Beef Curry or
Goat Curry or Chicken Curry
Mix Vegetables
(Broccoli, Carrot, Beans, Peas, and Potatoes)
Egg Plant Bhaji
Aloo Gobi
(Cauliflower with Potato)
Matar Paneer
(Cheese and Peas)
Vegetable Rice
Nan Bread
Two kinds of salads. Three kinds of pickles.
Desserts
(Vegetarian Options Available)

All vegetable dishes change every day
With different kinds of vegetables.