

# Essence of India Restaurant

## LUNCH SPECIALS

Monday to Saturday  
11:30 a.m. to 2:30 p.m.

Choice of 1 dish served with salad, rice, naan, onion chutney and dessert of the day

### Vegetarian

**Mixed Vegetable Curry**  
Garden fresh vegetables prepared in a rich curry sauce.

**Tofu Makhani**  
Tofu simmered with indulgent tomato curry sauce.

**Aloo Mattar Tamatar**  
Fresh potatoes, peas and tomatoes cooked in turmeric, herbs, and spices.

**Palak Tofu**  
Tofu cooked with wholesome spinach, fresh herbs and spices.

**Dal Makhani**  
Lentil delicacy, slow simmered with butter, fresh garlic, ginger and tomatoes.

**Tofu Mattar**  
Tofu cooked with fresh peas in a classic curry sauce.

**Palak Paneer**  
Fresh homemade cheese cubes cooked with spinach, herbs and spices.

**Vegetable Makhani**  
Healthy garden fresh vegetables cooked in a rich tomato sauce.

**Mattar Paneer**  
Savory fresh homemade cheese cubes prepared with green peas, herbs and spices.

**Aloo Chole**  
Chickpeas and diced potatoes prepared with spices in a flavorful curry sauce.

**Paneer Makani**  
Delicious homemade cheese cubes cooked in a savory tomato sauce.

### Non Vegetarian

**Chicken Curry**  
Boneless pieces of chicken, cooked with spices in curry sauce.

**Fish Makhani**  
Boneless fish cooked in fresh creamy tomato sauce with fresh ground spices.

**Chicken Tandoori**  
Roasted chicken with bone marinated in yogurt, garlic and flavorful spices.

**Lamb Curry**  
Succulent young tender lamb cubes cooked in curry sauce with Indian spices.

**Butter Chicken**  
Boneless Tandoori chicken cooked in fresh creamy tomato sauce with fresh ground spices.

**Beef Curry**  
Juicy chunks of beef cooked in a classic curry sauce with herbs and spices.

**Chicken Saagwal a**  
Chicken cooked with spinach, herbs and spices.

**Fish Curry**  
Fish seasoned with herbs and spices simmered in curry sauce.

### BEVERAGES

Soft Drinks  
Orange Juice  
Mango Juice  
Milk  
Hot Tea or Coffee  
Sweet or Salted Lassi  
Homemade yogurt drink  
Mango Lassi  
Homemade mango flavored yogurt drink  
Indian Masala Chai (Hot Tea)