

BREADS

NAAN

A special Indian bread, fresh baked in our clay oven. **\$2**

GARLIC OR ONION NAAN

Fresh baked naan bread infused with your choice of garlic or onion. **\$2.5**

TANDOORI ROTI

A whole wheat Indian tortilla grilled, then cooked in our clay oven. **\$2**

ROTI

Two thin, grilled whole wheat Indian tortillas. **\$2**

Vegan option available, just ask!

POTATO KULCHA NAAN

Naan bread stuffed with potatoes and spiced, then baked in our clay oven. **\$6**

KEEMA NAAN

Ground beef and spiced stuffed into a naan bread then baked. **\$6**

PASHWARI NAAN

Naan bread stuffed with dates, raisins and nuts, then baked in our clay oven. **\$6**

PURI

Lightly fried, unleavened whole wheat bread. **\$2**

SPINACH KULCHA NAAN

Spinach, paneer and spices are stuffed into a naan bread then baked. **\$6**

BHUTURA

Deep fried naan bread. **\$2**

CHEESECAKE

We often have a variety of seasonal cakes as well as the flavors listed below, so the best way to know what we have is to come in. Please order full cakes at least 48 hours ahead of time. You may choose any flavour we have, or we can make something new for you! as well as some specifically made for lunch! Available until 3 pm.

\$6 / SLICE

Madonna chocolate
White chocolate banana
Mango pineapple
Strawberry
Blueberry
Peanut butter chocolate
Cappuccino chocolate
Mocha java

Grand Marnier
Kaluha
Baileys
Plain
Lemon
Amaretto
Pina colada
And many more!

\$40 / FULL CAKE

SIDES AND KIDS MENU

CHICKEN STRIPS AND FRIES

Chicken strips and fries, served with ketchup. **\$7**

VEGETABLE SAMOSA

A single vegetable samosa, served with a side of tamarind sauce. **\$1**

BEEF/CHICKEN SAMOSA

A single beef or chicken samosa, served with a side of tamarind sauce. **\$1.5**

CHICKEN NUGGETS AND FRIES

Flash fried chicken nuggets and french fries. **\$6**

FRIES

A side order of crispy french fries. **\$4**

SMALL CHICKPEAS

A small serving of our chickpea curry. **\$4**

SMALL BUTTER CHICKEN SAUCE

A small portion of the butter chicken sauce. **\$4**

TAMARIND SAUCE

A side of our tamarind sauce. **\$2**

RAITA

A spiced yogurt with carrots and cucumbers. **\$2**

SPICY INDIAN SALAD

Diced onions doused in a homemade spicy vinaigrette. **\$3**

CHUTNEYS

Your choice of either mango, apple, mint, lemon, pickled carrots or pickled lemons. **\$2**

INDIAN SALAD

Onions, cucumbers, tomatoes and green chilies. **\$3**

HOT CHILLIS

\$2

LUNCH MENU

Our lunch menu offers a variety of great dishes found in the main menu, as well as some specifically made for lunch! Available until 3 pm.

LUNCH HOMEMADE SOUP

Your choice of either Lentil Soup, or our famous Mulligatawny. **\$7**
Add chicken for only **\$3**

LUNCH MEAT THALI

Your choice of chicken, lamb or beef curry with mixed vegetable vindaloo, raita, basmati rice, pickled carrots, mint chutney and a roti. **\$12.5**

LUNCH BUTTER CHICKEN THALI

Our famous butter chicken served with mixed vegetable vindaloo, raita, basmati rice, pickled carrots, mint chutney and a roti. **\$13.5**

VEGETABLE SAMOSA LUNCH

Two of our vegetable samosas, served with a side of chickpeas and kachumber salad. **\$8**

MEAT SAMOSA LUNCH

Two of our samosas (your choice of beef or chicken) served with a side of chickpeas and our kachumber salad. **\$10**

LUNCH VEGETARIAN THALI

Lentil daal, mixed vegetable vindaloo, raita, basmati rice, pickled carrots, mint chutney and a roti. **\$11**

Vegan option available, just ask!

CHANA PURI OR BHUTURA

Chickpea curry served with raita, kachumber salad, mint chutney, pickled carrots, and your choice of two bhaturas (lightly fried naan bread) or puri (lightly fried roti). **\$10**

CHICKEN CAESAR SALAD

A house made caesar salad topped with slices of our tandoori chicken. **\$9**

LUNCH VEGETABLE BIRYANI

Basmati rice lightly sautéed with seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$14**

LUNCH MEAT BIRYANI

Your choice of chicken, lamb or beef, cooked with basmati rice, seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$18.5**

LUNCH SEAFOOD BIRYANI

Your choice of shrimp, prawns, or fish cooked with basmati rice seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$19.5**

AND MORE TO GO!

\$5

PACKAGED SPICES

100 g of our very own seasonings! The same product you fell in love with in our kitchens, packed right for yours.

Butter Chicken
Chicken
Curry

Beef Curry
Lamb Curry
Tandoori Chicken

Lentil Daal
Vegetable Curry

\$10

PACKAGED TEAS

Enough tea to make over 20 cups, we sell a variety of our very own chai tea blend.

Original ancient chai
(that we serve in house)

Chocolate chai
Vanilla rooibos
Ginger

\$4

DARJEELING CHAI

Sweetened India tea made with milk, cinnamon, cloves, ginger and cardamom. Can be made with coconut milk instead. Sugar free option also available.



Proudly serving East Indian cuisine since 1994

DINE IN OR TAKE OUT

604 463 7877 | 604 463 7899



Winner of the Readers' Choice Award over 8 years in a row!

MONDAY - FRIDAY
11 AM - 10 PM

SATURDAY
12 PM - 10 PM

SUNDAY
4 PM - 10 PM

20726 LOUGHEED HIGHWAY, MAPLE RIDGE BC

GMRESTAURANT.CA

APPETIZERS

PAPADAM
Two thin, crispy lentil wafers with hints of spice. Served with raita. **\$2**

FISH PAKORAS
Cod fish that is cubed, spiced, fried and served with tamarind sauce and raita. **\$11**

HOMEMADE SOUP
Your choice of either Lentil Soup or our famous Mulligatawny. **\$7**
Add chicken for only \$3

SWEET CRISPY CAULIFLOWER
A unique pakora consisting of cauliflower fritters mixed with spices, fried, then toasted and coated with honey. Served with tamarind and raita sauce. **\$10**

CHICKEN PAKORAS
Marinated boneless chicken coated in a special mix of spices, deep fried and served with tamarind sauce and raita. **\$10**

VEGETABLE SAMOSA APPETIZER
Potatoes, peas, herbs and spices all stuffed into two pastry shells, served with a side of chickpea curry. **\$8**

CAULIFLOWER PAKORAS
House made cauliflower fritters mixed with exotic spices, ginger and garlic. Served with raita and tamarind sauces. **\$10**

BOMBAY PAKORAS
Seasoned diced vegetables that are fried and then served with tamarind sauce, and a special raita sauce and mint chutney mix. **\$9**

ONION BHAJI
Diced onions dipped in exotic spices, flash fried and served with raita and tamarind sauce. **\$7**

MEAT SAMOSA APPETIZER
Two pastry shells filled with vegetables and your choice of either minced beef or diced chicken, then flash fried until golden brown. Served with a side of chickpeas. **\$10**

ALOO TIKKI
Two thick, crispy potato patties, covered in aromatic spices and served with a side of chickpeas and raita. **\$7**

VEGETABLE PAKORAS
Potatoes, onions and spinach mixed with exotic spices and then deep fried into bite sized fritters. Served with tamarind sauce. **\$7**

PRAWN PAKORAS
Marinated tiger prawns battered in spices, fried and served with a mint yogurt and tamarind dipping sauce. **\$11**

PANEER PAKORAS
A unique cheese coated with Indian spices, then fried and served with tamarind sauce as well as raita. **\$10**

CAESAR SALAD
A traditional Caesar salad consisting of romaine lettuce, croutons and parmesan cheese. **\$6**
Add pieces of chicken tikka for \$3

KULCHA APPETIZER
Your choice of paneer, keema (spiced, minced beef) or spinach (spinach and paneer) kulcha naan bread served with a side of butter chicken sauce and raita. **\$7**

KACHUMBER SALAD
Our house salad made with cucumbers, lettuce, onions and tomatoes lightly coated in our house balsamic vinaigrette. **\$6**

TANDOORI

All our tandoori dishes come with rice pilau and kachumber salad, as well as a side of curry sauce and raita

TANDOORI CHICKEN
The most traditional tandoori dish, tandoori chicken is bone-in chicken that is slowly cooked in our clay oven. **\$15**

PRAWN TANDOORI
Tiger prawns delicately marinated and cooked in our clay oven. **\$17**

PANEER TIKKA
A delicious Indian spiced cheese (paneer) coated in tandoori sauce. **\$15**

CHICKEN TIKKA
Boneless chicken pieces, marinated in tandoori and baked in our clay oven. **\$15**

FISH TANDOORI
Our tandoori spices compliment the salmon nicely before being baked in our clay oven. **\$17**

BEEF TANDOORI KABOB
Lean ground beef prepared with onions and exotic spices, then cooked in our clay oven. **\$14**

VEGETARIAN

PALAK PANEER
Spinach, rapini and broccoli are made into a puree, mixed with carefully chosen spices, then cooked with our paneer. **\$12**

PEAS WITH POTATOES
Peas and potatoes cooked with onions, ginger and garlic into a creamy curry sauce. **\$11.5**

CHILLI CHEESE
Paneer cooked with seasonal mixed vegetables in a tomato sauce. **\$12**

PANEER VINDALOO
Paneer and potatoes mixed into a tomato base curry sauce. **\$12**

DAAL MUHKNI
Black beans and lentils slowly simmered using a blend of special spices and mixed with cream. **\$11.5**

MUTTER PANEER
Peas and paneer cooked with onions, ginger, garlic and Indian spices. **\$12**

MALAI KOFTA
Freshly grated mixed vegetable balls consisting primarily of chickpeas cooked in a creamy curry sauce. **\$11.5**

VEGETABLE KORMA
Seasonal mixed vegetables cooked with garlic, onions in a creamy coconut curry sauce, garnish with nuts and raisins. **\$11.5**

BOMBAY POTATOES
Potatoes cooked with onions, ginger and garlic in a cream sauce. **\$11.5**

VEGETABLE TIKKA MASALA
Seasonal mixed vegetables marinated in yogurt and cooked in a tomato sauce. **\$11.5**

VEGETABLE KASHMIRI
Seasonal mixed vegetables and fruit cooked with nuts and raisins in a lightly spiced curry sauce. **\$11.5**

SHAHI PANEER
One of the most popular dishes in India, Shahi Paneer consists of a creamy broth that complements the exotic flavors of paneer nicely, then is garnished with cashews. **\$12**

THALIS AND COMBO PLATTERS

All thalis and combos are served with a papadam to start

CHICKEN NAWABI
A special kind of chicken curry with mango and banana mixed into it. Served with rice pilau and naan bread. **\$18.5**

MEAT HOUSE SPECIALTY PLATTER
Your choice of butter chicken, beef curry or lamb curry served with mixed vegetable vindaloo, black bean daal, raita, steamed rice, two rotis, pickled carrots and mint chutney. **\$18.5**

VEGETABLE SAMOSAS WITH BUTTER CHICKEN SAUCE
Two vegetable samosas generously coated with butter chicken sauce. Served with a side of rice and salad. **\$11**

TOUR OF INDIA – MEAT
Butter chicken, beef tikka masala, mixed vegetable vindaloo, GM rice, mint chutney, pickled carrots and raita, all served with naan bread. **\$22**

VEGAN PLATTER
Chickpea curry, saag, black bean daal, mixed vegetable vindaloo, rice pilau, mint chutney, pickled carrots and served with two butter free rotis. **\$18**

VEGETARIAN HOUSE SPECIALTY PLATTER
Your choice of lentil daal, black bean daal or chickpea curry, served with mixed vegetable vindaloo, alu gobi, raita, steamed rice, two rotis, raita, pickled carrots and mint chutney. **\$17.5**

TOUR OF INDIA – VEGETARIAN
Alu gobi, mutter paneer, lentil daal, rice pilau, mint chutney, pickled carrots, raita and served with a piece of naan bread. **\$20**

VEGAN

LENTIL DAAL
A thick soup consisting primarily of lentils, made with onions, garlic, and fresh tomatoes. **\$11.5**

MIXED VEGETABLE VINDALOO
Mixed vegetables cooked with onions, garlic and fresh ginger in a curry sauce. **\$11.5**

BHURTHA (EGGPLANT)
An incredibly diverse set of spices are used with our eggplant to create this very unique, very healthy dish. **\$12**

CHICKPEA CURRY
Garbanzo beans cooked in a curry sauce. **\$11.5**

BHINDI BHAJI
Pan fried okra with onions, garlic, ginger and fresh tomatoes. **\$12**

SAAG WITH CHANA
Our traditional saag with chickpeas cooked together. **\$11.5**

ALU GOBI
Potatoes and cauliflower spiced then cooked together for this timeless Indian classic. **\$12**

MEAT

Your choice of chicken, lamb or beef. Shrimp, codfish or tiger prawns are available for an additional \$3.

BUTTER CHICKEN
One of India's most famous dishes, it involves chicken sautéed with exotic spices in a creamy curry sauce. **\$13.5**

TIKKA MASALA
A curry with a yogurt base consisting of onions, ginger and garlic with mild spices. **\$13.5**

BALTI
Your choice of meat cooked with fine spices into a thick sauce consisting of onions, ginger, garlic with mint in a yogurt base. **\$13.5**

MALAYAN CURRY
A curry that has a base consisting of onions, garlic, ginger, mangoes and bananas all done in a creamy coconut sauce. **\$13.5**

CHICKEN WITH CHICKPEAS
Boneless chicken cooked with chickpeas, tomatoes, ginger and garlic in a creamy coconut sauce. **\$13.5**

KASHMIRI
Fresh and dried fruit mixed with nuts, raisins, and Indian spices cooked into a curry sauce. **\$13.5**

BHUNA
Your choice of meat sautéed with onions and added to a curry sauce. **\$13.5**

GM CHICKEN
Our chicken tikka pieces cut up and added into a curry with a complex spice mix. **\$13.5**

CHICKEN WITH MUSHROOMS
Boneless chicken cooked with mushrooms, tomatoes, ginger and garlic in a curry sauce. **\$13.5**

KUKU PAPA
A curry consisting of onions, ginger, garlic and spices in a creamy coconut milk. **\$13.5**

ROGAN JOSH
A creamy coconut milk curry base mixed with fresh ginger, garlic, tomatoes, herbs and spices. **\$13.5**

KORMA
A more mild, creamy curry garnished with raisins and nuts. **\$13.5**

TRADITIONAL CURRY
A traditional Indian curry, consisting of onions, ginger, garlic and various Indian spices. Just the way mom used to make it! **\$13.5**

SAAG
Punjabi style spinach, broccoli and rapini puree cooked in garlic and Indian spices. **\$13.5**

VINDALOO
Potatoes cooked into a complex curry sauce. **\$13.5**

JALFREZI
Seasonal mixed vegetables tossed with Indian spices and lightly coated with a curry sauce. **\$13.5**

GOA
Your choice of meat cooked in a unique combination of coconut milk in a curry sauce. **\$13.5**

MADRASI
A south Indian dish prepared with garlic, ginger and onions. **\$13.5**

CHILLI
Onions, garlic, fresh ginger and mixed bell peppers as well as Indian spices. **\$13.5**

CHICKEN KARAHI
Bone-in chicken cooked with onions, ginger and garlic into a deep red, complex tomato based curry sauce. **\$13.5**

RICE OPTIONS

PLAIN RICE
Steamed basmati rice. **\$5**

GM RICE
Basmati rice cooked with cumin, onion, peas. **\$6**

RICE PILAU
Basmati rice cooked with seasonal mixed vegetables and garnished with nuts and raisins. **\$7**

NIMBU CHAWAL
Lemon and mint rice cooked with mustard seed, ground turmeric, cilantro, raisins and cashews. **\$7**

VEGETABLE BIRYANI
Basmati rice lightly sautéed with seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$14**

RICE POT
Basmati rice cooked with chickpeas, mixed vegetables, nuts, raisins and Indian spices. **\$10**

MEAT BIRYANI
Your choice of chicken, lamb or beef, cooked with basmati rice, seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$18.5**

SEAFOOD BIRYANI
Your choice of fish, shrimp or prawn, cooked with basmati rice seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. **\$19.5**

- VEGAN**
- DAIRY FREE**

For many of our dishes, we can substitute out dairy by using ingredients like coconut milk. Simply ask your server. All dishes except samosas and breads are gluten-free.