

BREADS

NAAN

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

GARLIC OR ONION NAAN

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

CINNAMON NAAN

Our freshly baked naan bread, coated with butter and cinnamon sugar. \$3

ROTI

Two thin, grilled whole wheat Indian tortillas. \$2
Vegan option available, just ask!

TANDOORI ROTI

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

POTATO KULCHA NAAN

Naan bread stuffed with potatoes and spices, then baked in our clay oven. \$7

CHICKEN KULCHA NAAN

Shredded chicken breast is stuffed into our famous naan bread and baked to create this incredible twist. \$7

KEEMA NAAN

Ground beef and spices stuffed into a naan bread, then baked in our clay oven. \$7

PASHWARI NAAN

Naan bread stuffed with dates, raisins and nuts, then baked in our clay oven. \$7

SPINACH KULCHA NAAN

Spinach, paneer and spices are stuffed into a naan bread then baked. \$7

PURI

Lightly fried, unleavened whole wheat bread. \$2

BHUTURA

Deep fried naan bread. \$2

DESSERT

FAMOUS HOMEMADE CHEESECAKE

Our flavour list is long and delicious. Call us to find out what's in stock or to discuss ordering a custom cake. Please allow at least 48 hours for custom orders. \$7/slice or \$48/cake

GULAB JAMUN

Indian sponge cakes coated in sweetened syrup. \$3 for 2 pieces or \$7/lb

SIDES AND KIDS MENU

CHICKEN STRIPS AND FRIES

Chicken strips and fries, served with ketchup. \$8

CHICKEN NUGGETS AND FRIES

Flash fried chicken nuggets and french fries, served with ketchup. \$6

BEEF/CHICKEN SAMOSA

A single beef or chicken samosa, served with a side of tamarind sauce. \$2

VEGETABLE SAMOSA

A single vegetable samosa, served with a side of tamarind sauce. \$1.25

SMALL CHICKPEAS

A small serving of our chickpea curry. \$4

FRIES

A side order of crispy french fries. \$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

CHUTNEYS

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

INDIAN SALAD

Onions, cucumbers, tomatoes, and green chillies. \$4

HOT GREEN CHILLIES

\$2

BURFI

In between shortbread and fudge, this is a popular dessert across all of India. Your choice of almond, pistachio or chickpea. \$1 for 2 pieces or \$7/lb

RAS MALAI

Cheese dumplings soaked in sweetened milk and delicately flavoured with cardamom. \$3.5

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 MEAT THALI

Chicken, lamb or beef curry with mixed vegetables, raita, basmati rice, pickled carrots, mint chutney and a roti. \$13

Substitute lamb \$0.5

LUNCH BUTTER CHICKEN THALI

Our famous butter chicken served with mixed vegetables, raita, basmati rice, pickled carrots, mint chutney and a roti. \$14

CHICKEN NAAN SANDWICH

A special chicken tikka recipe is used with a curry sauce and sandwiched with naan bread to make this fusion dish. Served with a side of kachumber salad. \$12

MEAT SAMOSA LUNCH

Two of our samosas (your choice of beef or chicken) served with a side of chickpeas and our kachumber salad. \$11

LUNCH VEGETARIAN THALI

Black bean daal, mixed vegetables, raita, basmati rice, pickled carrots, mint chutney and a roti. \$12

Vegan option available, just ask!

VEGETABLE SAMOSA LUNCH

Two of our vegetable samosas, served with a side of chickpeas and kachumber salad. \$10

LUNCH HOMEMADE SOUP

Your choice of either lentil soup or our famous mulligatawny. \$8

Add chicken \$3

SOUP AND SALAD

A cup of our homemade lentil soup and famous kachumber salad. \$10

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). \$11

BEVERAGES

LASSI

Our refreshing take on the famous Indian yogurt smoothie. Available in mango, strawberry, pineapple, banana, as well as sweet or salty. \$4.5

ICED CHAI

Our chai tea blended with vanilla ice cream. \$5

DARJEELING CHAI

Sweetened Indian tea made with milk, cinnamon, cloves, ginger and cardamom. Can be made with coconut milk instead. Sugar free option also available. \$4

MILKSHAKES

Chocolate, vanilla, strawberry, pineapple, banana, mango, triple berry. \$5

VEGAN CHAI

Our freshly homemade chai, gone vegan by using coconut milk instead of regular. \$4.5

AND MORE TO GO!

PACKAGED SPICES

100 g of our very own seasonings! The same product you fell in love with in our kitchens, packed right for yours. \$5

Butter Chicken
Chicken Curry
Beef Curry
Lamb Curry

Tandoori Chicken
Lentil Daal
Vegetable Curry

PACKAGED SOUPS

Using our very own spice blends and in house ingredients, we have created an assortment of incredible soup mixes that capture the flavours we're famous for. Try some today! \$5

Black Bean
Lentil

Chickpea

PACKAGED TEAS

Enough tea to make over 20 cups, we sell a variety of our very own chai tea blend. \$10

Original Ancient Chai
Chocolate Chai

Vanilla Rooibos Chai
Ginger Chai



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

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 sauce. \$11

BOMBAY PAKORAS

Seasoned diced vegetables fried and served with tamarind sauce. \$10

ONION BHAJI

Diced onions dipped in exotic spices, flash fried and served with raita and tamarind sauce. \$9

ALOO TIKKI

Two thick, crispy potato patties, covered in aromatic spices and served with a side of chickpeas and raita. \$8

KACHUMBER SALAD

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

VEGETABLE PAKORAS

Potatoes, onions and spinach mixed with exotic spices and then deep fried into bite sized fritters. Served with tamarind sauce. \$8

PANEER PAKORAS

A unique cheese coated with Indian spices, then fried and served with tamarind sauce as well as raita. \$11

● CHICKEN PAKORAS

Marinated boneless chicken coated in a special mix of spices, deep fried and served with tamarind sauce and raita. \$11

● PRAWN PAKORAS

Marinated tiger prawns battered in spices, fried and served with a mint yogurt and tamarind dipping sauce. \$12

● FISH PAKORAS

Cod fish that is cubed, spiced, fried and served with tamarind sauce and mint chutney. \$12

● SWEET CRISPY CAULIFLOWER

A unique pakora consisting of cauliflower fritters mixed with spices, fried, then toasted and coated with honey. Served with tamarind sauce and raita. \$11

CAESAR SALAD

A traditional Caesar salad with romaine lettuce, croutons and parmesan cheese. \$7

Add chicken tikka \$3

BOMBAY CHAT PAPRI

Using a yogurt base, we create this light dish using ground lentil balls, potatoes, chickpeas, Indian crackers, and a variety of spices. \$10

● HOMEMADE SOUP

Your choice of either Lentil Soup or our famous Mulligatawny. \$8

Add chicken \$3

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. \$16

PRAWN TANDOORI

Tiger prawns delicately marinated and cooked in our clay oven. \$18

PANEER TIKKA

A delicious Indian spiced cheese (paneer) coated in tandoori sauce. \$16

CHICKEN TIKKA

Boneless chicken pieces, marinated in tandoori and baked in our clay oven. \$16

FISH TANDOORI

Our tandoori spices compliment the salmon nicely before being baked in our clay oven. \$18

BEEF TANDOORI KABOB

Lean ground beef prepared with onions and exotic spices, then cooked in our clay oven. \$16

VEGETARIAN

PALAK PANEER

Spinach, rapini and broccoli are made into a puree, mixed with carefully chosen spices, then cooked with our paneer. \$12.5

PEAS WITH POTATOES

Peas and potatoes cooked with onions, ginger and garlic into a creamy curry sauce. \$12.5

CHILLI CHEESE

Paneer cooked with seasonal mixed vegetables in a tomato sauce. \$12.5

PANEER VINDALOO

Paneer and potatoes mixed into a tomato base curry sauce. \$12.5

DAAL MUHJNI

Black beans slowly simmered using a blend of special spices and mixed with cream. \$12.5

MUTTER PANEER

Peas and paneer cooked with onions, ginger, garlic and Indian spices. \$12.5

KARAHI PANEER

With a complex mix of spices, ginger, onions, tomato, and our paneer mixed in, this dish is a favourite throughout India. \$12.5

MALAI KOFTA

Freshly grated mixed vegetable balls consisting primarily of chickpeas cooked in a creamy curry sauce. \$12.5

VEGETABLE KORMA

Seasonal mixed vegetables cooked with garlic, onions in a creamy coconut curry sauce, garnished with nuts and raisins. \$12.5

BOMBAY POTATOES

Potatoes cooked with onions, ginger and garlic in a cream sauce. \$12.5

VEGETABLE TIKKA MASALA

Seasonal mixed vegetables marinated in yogurt and cooked in a tomato sauce. \$12.5

VEGETABLE KASHMIRI

Seasonal mixed vegetables and fruit cooked with nuts and raisins in a lightly spiced curry sauce. \$12.5

SHAHI PANEER

One of the most popular dishes in India, Shahi Paneer consists of a creamy broth that complements the exotic flavours of paneer, then is garnished with cashews. \$12.5

MEAT & SEAFOOD

Your choice of chicken or beef. Substitute lamb for \$1. Substitute prawn, shrimp or codfish for \$3.

BUTTER CHICKEN

One of India's most famous dishes, it involves chicken sautéed with exotic spices in a creamy curry sauce. \$14

TIKKA MASALA

A curry with a yogurt base consisting of onions, ginger and garlic with mild spices. \$14

BALTI

Your choice of meat cooked with fine spices into a thick sauce consisting of onions, ginger, garlic with mint in a yogurt base. \$14

MALAYAN CURRY

A curry that has a base consisting of onions, garlic, ginger, mangoes and bananas all done in a creamy coconut sauce. \$14

CHICKEN WITH CHICKPEAS

Boneless chicken cooked with chickpeas, tomatoes, ginger and garlic in a creamy coconut sauce. \$14

KASHMIRI

Fresh and dried fruit mixed with nuts, raisins, and Indian spices cooked into a curry sauce. \$14

BHUNA

Your choice of meat sautéed with onions and added to a curry sauce. \$14

GM CHICKEN

Our chicken tikka pieces cut up and added into a curry with a complex spice mix. \$14

CHICKEN WITH MUSHROOMS

Boneless chicken cooked with mushrooms, tomatoes, ginger and garlic in a curry sauce. \$14

KUKU PAPA

A curry consisting of onions, ginger, garlic and spices in a creamy coconut milk. \$14

ROGAN JOSH

A creamy coconut milk curry base mixed with fresh ginger, garlic, tomatoes, herbs and spices. \$14

KORMA

A more mild, creamy curry garnished with raisins and nuts. \$14

● TRADITIONAL CURRY

A traditional Indian curry, consisting of onions, ginger, garlic and various Indian spices. Just the way mom used to make it! \$14

● SAAG

Punjabi style spinach, broccoli and rapini purée cooked in garlic and Indian spices. \$14

● VINDALOO

Potatoes cooked into a complex curry sauce. \$14

● JALFREZI

Seasonal mixed vegetables tossed with Indian spices and lightly coated with a curry sauce. \$14

● MADRASI

A favorite throughout the UK, this south Indian dish is prepared with garlic, ginger and onions to create an authentic flavor. \$14

● CHILLI

Onions, ginger, garlic, bell peppers and mixed vegetables coated in a sweet curry sauce, mixed with Indian spices. \$14

THALIS AND COMBO PLATTERS

CHICKEN NAWABI

A special kind of chicken baked with mango and banana. Served with rice pilau and naan bread. \$19

MEAT HOUSE SPECIALITY 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. \$20

Substitute lamb \$0.5

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. \$24

VEGAN PLATTER

Chickpea curry, saag, black bean daal, mixed vegetable vindaloo, rice pilau, mint chutney, pickled carrots and served with two butter free rotis. \$22

All thalis and combos are served with a papadam to start

VEGETARIAN HOUSE SPECIALITY 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. \$18

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. \$22

VEGAN

LENTIL DAAL

A thick soup consisting primarily of lentils, made with onions, garlic, and fresh tomatoes. \$12.5

MIXED VEGETABLE VINDALOO

Mixed vegetables cooked with onions, garlic and fresh ginger in a curry sauce. \$12.5

BHURTHA (EGGPLANT)

An incredibly diverse set of spices are used with our eggplant to create this very unique, very healthy dish. \$12.5

CHICKPEA CURRY

Garbanzo beans cooked in a curry sauce. \$12.5

BHINDI BHAJI

Pan fried okra with onions, garlic, ginger and fresh tomatoes. \$12.5

SAAG WITH CHANA

Our traditional saag with chickpeas cooked together. \$12.5

ALU GOBI

Potatoes and cauliflower spiced then cooked together for this timeless Indian classic. \$12.5

COCONUT, CHICKPEAS AND POTATOES

Potatoes and chickpeas cooked with onions, ginger, garlic and special spices in a coconut milk base. \$12.5

SAAG

Punjabi style spinach, broccoli and rapini purée cooked in garlic and Indian spices. \$12.5

BLACK BEAN DAAL

Black beans cooked with fresh garlic, ginger and Indian spices into a thick soup. \$12.5

PLAIN RICE

Steamed basmati rice. \$5

GM RICE

Basmati rice cooked with cumin, onion, and peas. \$6

RICE PILAU

Basmati rice cooked with seasonal mixed vegetables and garnished with nuts and raisins. \$7.5

EGG RICE

Seasonal mixed vegetables, basmati rice, nuts and raisins gently cooked with egg. \$8

FAVOURITES

VEGAN

● DAIRY FREE

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