### **BREADS**

NAAN A special our clay	leavened bread, freshly baked in oven.	\$2.75	0
Fresh ba	OR ONION NAAN ked naan bread infused with your cho or onion.	\$3 pice	
Our fresh	<mark>DN NAAN</mark> nly baked naan bread, coated with bu amon sugar.	<b>\$3.5</b> tter	
00	DER NAAN n infused with onion seeds and corian	<b>\$3.5</b> nder	
	, grilled whole wheat Indian tortillas. otion available, just ask!	\$2.5	(
	<b>RI ROTI</b> wheat Indian tortilla grilled, then bake ay oven. <mark>Vegan option available, just a</mark>		
0 ,	ied, unleavened whole wheat bread. ption available, just ask!	\$2.50	ø
BHUTUR Deep frie	A ed naan bread.	\$2.50	
Naan bre	KULCHA NAAN and stuffed with potatoes and spices,	\$7	0
	ed in our clay oven. I KULCHA NAAN	\$7	ø
	d chicken breast is stuffed into our fa ead and baked to create this incredible		
KEEMA N		\$7	ø
	peef and spices stuffed into a naan en baked in our clay oven.		_
PASHWA		\$7	
Naan bre	ead stuffed with dates, raisins and		

## KIDS MENU AND SIDES

ø	VEGETABLE SAMOSA A single vegetable samosa, served with a side of tamarind sauce.	\$1.75
	<b>BEEF OR CHICKEN SAMOSA</b> A single beef or chicken samosa, served with a of tamarind sauce.	<b>\$2.75</b> side
	BUTTER CHICKEN SAMOSA A hand made samosa with rice and butter chick filling. Served with butter chicken sauce.	<b>\$4</b> ken
	SMALL BUTTER CHICKEN A smaller portion of our butter chicken.	\$12
ø	SMALL CHICKPEAS CURRY A small serving of our chickpea curry.	\$8
	CHICKEN STRIPS AND FRIES Served with ketchup. Extra Strip for 3\$	\$12
	CHICKEN NUGGETS AND FRIES Served with ketchup.	\$10
ø	FRIES A side order of crispy french fries.	\$6
ø	MASALA FRIES House fries made spicy	\$8
	BUTTER CHICKEN SAUCE Small for 6, Large for 9 Vegan option available, just ask!	\$6
ø	INDIAN SALAD Onions, cucumbers, tomatoes, and green chillie	\$ <b>6</b> s.
ø	CHUTNEYS AND SIDE SAUCES Mango, Apple, Mint, Tamarind 2\$ for Small, 4\$ for Med	\$2
ø	PICKLED SIDES Your choice between Pickled Carrots, Mango or Lemon for 2\$	\$2
ø	HOT GREEN CHILLIES 2\$ for Small, 4\$ for Med	\$2
	RAITA Spiced yogurt with carrots and cucumbers. \$4 for Small, 6\$ for Large, 9\$ for Full	\$2

# **DESSERT**

SPINACH KULCHA NAAN

naan bread then baked.

nuts, then baked in our clay oven

### FAMOUS HOMEMADE CHEESECAKE

Spinach, paneer and spices are stuffed into a

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 72 hours for custom

#### **GULAB JAMUN**

orders.

Indian sponge cakes coated in sweetened syrup.

\$7

An indian fudge with your choice of almond, pistachio or chickpea.

RAW CHOPPED ONIONS

#### RAS MAI AI

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

### LUNCH MENU

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

#### LUNCH MEAT THALI

Chicken curry with mixed vegetables, basmati rice, pickled carrots, mint chutney and a roti.

#### Substitute Lamb/Beef for \$1

LUNCH BUTTER CHICKEN THALI Our famous butter chicken served with mixed vegetables, raita, basmati rice, pickled carrots, mint chutney and a roti.

#### 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.

#### MEAT SAMOSA LUNCH

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

#### VEGETABLE SAMOSA LUNCH

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

#### LUNCH VEGETARIAN THALI

Black bean daal, mixed vegetables, raita, basmati rice, pickled carrots, mint chutney and a roti. Vegan option available, just ask!

### LUNCH HOMEMADE SOUP

**BEVERAGES** 

cloves, ginger and cardamom.

Steamed milk, sugar, espresso

HAND MADE MILKSHAKES

banana, mango, triple berry.

Mango juice, 7 up, grenadine

DARJEELING CHAI

ICED CHAI

VEGAN CHAI

LASSI

VEGAN LASSI

GOLDEN TEMPLE

MANGO ICED TEA

\$2

\$4

INDIAN COFFEE

Your choice of either lentil soup or our famous mulligatawny. Served with one roti. Add chicken \$3

Sweetened Indian tea made with milk, cinnamon,

Our Chai tea blended with vanilla ice cream.

Our homemade chai made with coconut milk.

Our refreshing take on the famous Indian yogurt

Dairy free Lassi made with coconut milk. Choice

Our tea blends brewed and mixed with mango.

smoothie. Available in mango, strawberry,

pineapple, banana, as well as sweet or salty.

of mango, strawberry, pineapple or banana.

Chocolate, vanilla, strawberry, pineapple,

#### \$16 SOUP AND SALAD

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

#### CHANA PURI OR BHUTURA

\$11

\$15

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

#### CHICKEN CAESAR SALAD

A house made ceaser salad topped with slices of our chicken tikka.

#### VEGETABLE BIRYANI

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

#### MEAT BIRYANI

\$12

\$5

\$6

\$5

\$6

\$5

Chicken cooked with basmati rice, seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. Substitute Beef/Lamb for \$1

### SEAFOOD BIRYANI

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

### More to Go ... Introducing Shah Foods



"Everything you love about GM, packaged for you"

Learn all about us at: www.ShahFoodsOnline.Com @ShahFoodsOnline

#### 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 Reef Curry Tandoori Chicken Vegetable Curry

Chicken Curry Lamb Curry Lentil Daal Aloo Gobi

#### PACKAGED TEAS

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

#### Tins for \$10 or 100g bags for \$8

Original Ancient Chai Chocolate Chai Vanilla Rooibos Chai Ginger Chai

Looking for more to go?

We offer our wonderful assortment of curry sauces and chutneys all in ready to go jars! Just pick any sauce you'd like, your spice level and we will have it ready for you.



Proudly serving East Indian cuisine since 1994

# DINE IN OR TAKE OUT

604 463 7877 | 604 463 7899

MONDAY- FRIDAY 11 AM - 9 PM

SATURDAY 12 PM - 9 PM

**SUNDAY** 4 PM - 9 PM





Say Hello @ TheGMRestaurant

20726 LOUGHEED HIGHWAY, MAPLE RIDGE BC Order online @ gmrestaurant.ca

PAPADAM Two thin, crispy lentil wafers with hints of spice.	\$2.5	<ul> <li>PRAWN PAKORAS</li> <li>Marinated tiger prawns battered in spices, fried</li> </ul>	\$
Served with raita.		and served with mint chutney and tamarind sauce.	
VEGETABLE PAKORAS Potatoes, onions and spinach mixed with exotic spices and deep fried into bite sized fritters. Served with tamarind sauce.	\$14	<del>-</del>	\$
VEGETABLE SAMOSA APPETIZER     Two samosas with potatoes, peas, herbs and spi     Served with a side of chickpea curry.     MEAT SAMOSA APPETIZER	\$12 ces.	SWEET CRISPY CAULIFLOWER     A unique pakora consisting of cauliflower fritters mixed with spices, fried, then toasted and coated	\$
Your choice of two beef or chicken samosas.	\$14	with honey. CAESAR SALAD	\$
Served with a side of chickpea curry.  ONION BHAJI Diced onions dipped in exotic spices,flash fried	\$14	A traditional Caesar salad with romaine lettuce, croutons and parmesan cheese. Add chicken tikka \$3	
and served with raita and tamarind sauce.  ALOO TIKKI Two crispy potato patties, spiced and served with a chickpeas and raita.	\$12	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.	\$
KACHUMBER SALAD     Our house salad made with cucumbers, lettuce, onions and tomatoes lightly coated in our house balsamic vinaigrette.	\$12		\$
MASALA FRIES House fries made spicy.	\$8	HOMEMADE SOUP Your choice of either Lentil Soup or our famous	\$
PINEAPPLE PAKORAS	\$14	Mulligatawny. Add chicken \$3	
Pineapple coated in spices and batter,fried and served with tamarind sauce and raita.		AMRITSARI KULCHA A potato stuffed naan served with chickpeas	\$
CAULIFLOWER PAKORAS	\$15	and raita	
Housemade cauliflower fritters mixed with exotic spices, ginger and garlic. Served with raita and		MIXED GRILL \$ Tandoori Chicken, Chicken Tikka, Prawn Tandoori	3
tamarind sauce.  BOMBAY PAKORAS	\$14	and Beef Tandoori Kabobs	
Seasoned diced vegetables fried and served	V14	BUDDHA SALAD \$	1
with tamarind sauce.  PANEER PAKORAS	\$15	Chickpeas, Paneer, Onions, Cucumbers, Tomatoes, all lightly seasoned.	
A unique cheese coated with Indian spices,then fried and served with tamarind sauce as well as raita.	¥15	CHUTNEY \$ Mango Chutney, Mint Chutney, Apple Chutney Pickles Carrots, Mint Chutney Pickled Lemon	
<ul> <li>CHICKEN PAKORAS         Marinated boneless chicken coated in a special mix of spices, deep fried and served with tamarind sauce and raita.     </li> </ul>	\$16		

All Thalis and Combos are served with papadam to start

#### 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. Substitute lamb or beef for \$1.50

THALIS AND COMBO PLATTERS

#### 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.

#### VEGAN PLATTER

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

### VEGETARIAN HOUSE SPECIALITY PLATTER

Your choice of lentil daal, black bean daal or chickpea curry, served with mixed vegetable vindaloo, aloo gobi, raita, steamed rice, two rotis, raita, pickled carrots and mint chutney.

#### TOUR OF INDIA - VEGETARIAN

Aloo gobi, mutter paneer, lentil daal, rice pilau, mint chutney, pickled carrots, raita and served with a piece of naan bread.

### TANDOORI

\$18

\$15

\$12

\$14

\$16

\$12

\$12

\$35

\$12

\$28

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

#### TANDOORI CHICKEN MEAL

The most famous dish made in a tandoori oven, it is bone-in chicken that is marinated then slowly cooked in our clay oven. Add two extra pieces for \$8

#### PRAWN TANDOORI MEAL

Tiger prawns delicately marinated and cooked in our clay oven. Add extra prawn for \$3 each

#### BEEF TANDOORI KABOB MEAL

\$24 Lean ground beef prepared with onions and exotic spices, then cooked in our clay oven.

#### CHICKEN TIKKA MEAL

Boneless chicken pieces, marinated in tandoori and baked in our clay oven. Add two extra piece for 8\$

\$24

\$18

\$17

\$17

\$17

\$17

\$18

\$18

\$17

#### FISH TANDOORI MFAI

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

#### PANEER TIKKA MEAL

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

### VEGETARIAN

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SAAG PANEER Pureed spinach, rapini and broccoli mixed with spices and cooked with paneer.	\$18	KARAHI PANEER Ginger, onions, tomato and paneer mix into a deep red sauce.
PEAS WITH POTATOES  Peas and potatoes cooked with onions, ginger and garlic into a creamy curry sauce.	\$17	MALAI KOFTA  Freshly grated mixed vegetable balls co primarily of chickpeas cooked in a crea curry sauce.
CHILLI CHEESE Paneer cooked with onions and bell peppers in a tomato sauce.	\$18	VEGETABLE KORMA Seasonal veggies cooked with garlic, or in a creamy coconut curry sauce, garnis
<b>DAAL MUHKNI</b> Simmered black beans, spices and cream.	\$17	with nuts and raisins. BOMBAY POTATOES
CAULIFLOWER PANEER Cauliflower and paneer cooked together and lightly seasoned.	\$21	Potatoes cooked with onions, ginger and garlic in a cream sauce.  VEGETABLE TIKKA MASALA
PANEER JALFRAZI A sweet mix of vegetables and paneer,	\$19	Seasonal mixed vegetables marinated i yogurt and cooked in a tomato sauce.
mildly spiced.  MUTTER PANEER  Peas and paneer cooked with	\$18	VEGETABLE KASHMIRI Seasonal mixed vegetables and fruit co- nuts and raisins in a lightly spiced curry
onions, ginger, garlic and Indian spices.		CHAHI DANIFER

\$17

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nions shed

oked with sauce.

#### SHAHI PANEER

A light, creamy broth full of flavor, garnished with cashews.

### **VFGAN**

ø	LENTIL DAAL	\$
	A thick lentil soup made with onions, garlic, and	
	fresh tomatoes.	

Paneer mixed into our Butter Chicken sauce

MIXED VEGETABLE VINDALOO \$17 Mixed vegetables cooked with onions, garlic and

## fresh ginger in a curry sauce.

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

### CHICKPEA CURRY

Garbanzo beans cooked in a Punjabi curry sauce. \$17

## BHINDI BHAJI

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

#### ALOO GOBI

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

### COCONUT BUTTER VEGE

Mixed vegetables with our famous Butter Chicken spices and coconut milk.

#### COCONUT. CHICKPEAS AND POTATOES Potatoes and chickpeas cooked with onions, ginger, garlic and special spices in a coconut milk

#### SAAG Punjabi style spinach, broccoli and rapini purée cooked

in garlic and Indian spices.

#### BLACK BEAN DAAL

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

### MFAT & SFAFOOD

exotic spices in a creamy curry sauce.

A vogurt-based curry with onions,

**BUTTER CHICKEN** 

TIKKA MASALA

ginger, garlic and spices.

onions, ginger and garlic.

with mangos and bananas.

CHICKEN WITH CHICKPEAS

Boneless chicken cooked with chickpeas.

Indian spices cooked into a curry sauce.

of meat for a flavorful, light curry.

a curry with a complex spice mix.

Boneless chicken cooked with mushrooms,

tomatoes, ginger and garlic in a curry sauce.

CHICKEN WITH MUSHROOMS

added to a curry sauce.

MAI AYAN CURRY

sauce.

KASHMIRI

MANGO CURRY

GM CHICKEN

Sautéed chicken cooked with

Upgrade to lamb or beef for \$2 Upgrade to prawn, shrimp or fish for \$4 Extra Meat for \$5

#### KUKU PAPA \$18 A curry consisting of onions, ginger, garlic and spices in a creamy coconut milk. ROGAN JOSH A creamy coconut milk curry base mixed with fresh ginger, garlic, tomatoes, herbs and spices. KORMA A more mild, creamy curry garnished with raisins Mint is infused into a thicker curry sauce with and nuts. TRADITIONAL CURRY \$18 A traditional Indian curry, made with onions. A southern style creamy, coconut sauce mixed ginger, garlic and various Indian spices. SAAG \$18 Puniabi style spinach, broccoli and rapini purée cooked in garlic and Indian spices. tomatoes, ginger and garlic in a creamy coconut VINDALOO Potatoes cooked into a complex curry sauce. \$18 JALFREZI \$18 Fresh and dried fruit mixed with nuts, raisins, and Seasonal mixed vegetables tossed with Indian spices and lightly coated with a curry sauce. MADRASI Mango puree mixed with spices and your choice A favorite throughout the UK, this south Indian dish is prepared with garlic, ginger and onions to \$18 create an authentic flavor. Your choice of meat sautéed with onions and CHILLI Onions, ginger, garlic, bell peppers and mixed vegetables coated in a sweet curry sauce, mixed with Indian spices. Our chicken tikka pieces cut up and added into COCONUT CURRY A light, authentically-flavoured curry made with

STEAMED BASMATI BICE

	STEAMED DAGMATI MICE	ΨŪ
ø	GM RICE Basmati rice cooked with cumin, onion, and pe	<b>\$7</b> as.
Ø	RICE PILAU  Basmati rice cooked with seasonal vegetables. Garnished with nuts and raisins.	\$8
ø	OCCONUT RICE Our Basmati rice infused with a rich coconut flavor.	\$8
A	RICE POT  Basmati rice cooked with chickpeas, mixed vegetables, nuts, raisins and spices.	\$12
	EGG RICE Seasonal mixed vegetables, basmati rice, nuts	\$8

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coconut milk.

Lemon and mint rice cooked with mustard seeds. ground turmeric, cilantro, raisins and cashews.

\$20

\$26

#### VEGETABLE BIRYANI

Basmati rice sautéed with seasonal vegetables, nuts, raisins, saffron and spices.

#### SEAFOOD BIRYANI

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

### MEAT BIRYANI

Chicken cooked with basmati rice, seasonal mixed vegetables, nuts, raisins, saffron and Indian spices. Substitute beef or lamb for \$1

#### **FAVOURITES**

✓ VEGAN DAIRY FREE

and raisins gently cooked with egg.

Please inform your server of any allergies. We value your safety above all else. We can substitute dairy in most dishes and all dishes except samosas and breads are gluten-free.