

# A JOURNEY THROUGH UTTARAKHAND'S FINEST CUISINE



*UK India*  
**BISTRO**

Mountain Roots, Culinary Heights



Uttarakhand's cuisine stands out within Indian culinary traditions for its simplicity, wholesome ingredients, and connection to the natural bounty of the Himalayas. Known for both vegetarian and non-vegetarian specialties, the region offers rustic dishes like lentil-based stews, millet rotis, and slow-cooked meat preparations, all infused with unique Himalayan herbs and spices. The focus is on earthy, nourishing flavors that reflect the mountainous terrain and its agricultural roots.

Indian cuisine as a whole is renowned for its diversity, with each region contributing a distinctive array of spices, techniques, and ingredients. From the hearty, spice-rich dishes of the North to the fiery, tangy flavors of the South, Indian food offers a broad spectrum of tastes. What makes Uttarakhand's cuisine particularly special is its ability to capture the essence of the Himalayas, offering both comfort and adventure in every bite.



*Chur-Kani & Tap-Ki*  
(SOUPS & SALADS)

CHUR-KANI ----- \$4.99

Combination of roasted black beans with onions, tomatoes, and vegetable broth. Finished with coriander and mint chutney.

DU-BUKE ----- \$4.99

Heart warming combination of red lentils and vegetable broth. Finished with coconut milk.

CHAUBATIA GARDEN SALAD ----- \$8.99

Fresh apple sliced with mixed green roasted cashew nuts, raisin, mango, and mint dressing.

TAP-KI SALAD ----- \$5.99

Cucumber, onion, tomato, carrot, mixed with lemon and five different spices.

*Chaakhand-Maakhand*  
(APPETIZERS)



VEGETABLE PAKORA ----- \$7.99

Mixed seasonal vegetable fritters served with Kumauni raita and tomato sauce.

CHICKEN PAKORA ----- \$11.99

Chicken breast dipped and battered in gram flour and deep fried.

BRIE PAKORA ----- \$9.99

Brie cheese nuggets, Uttarakhand style, drizzled with chickpeas, flour batter and lemon juice. Fried until golden. Served with tamarind sauce.

VEGETABLE SAMOSA ----- \$6.99

Traditional fried pastries filled with potato, green peas, raisin, and roasted cumin seeds. Served with tamarind and mint sauce.

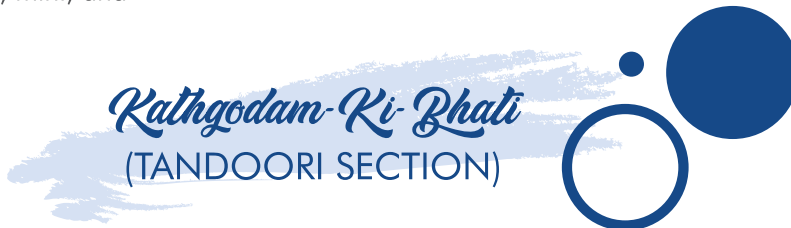
ALOO GUTUK ----- \$7.99

Pan fried potato patties seasoned with a blend of fresh herbs & spices. Served with chickpea, sweet yogurt, and tamarind sauce.



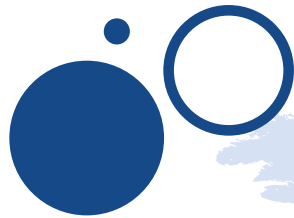
*Chaakhand-Maakhand*  
(APPETIZERS)

- FISH KOSI-GADA** ----- \$12.99  
Kosi river trout, Uttarakhand style, drizzled with chickpeas, flour batter, and lemon juice.
- UTTARAKHAND CHEF'S PLATTER** ----- \$14.99  
Vegetable samosa, aloo badi, chicken pakora, vegetable pakora, and poppadoms served with tamarind and mint sauce.
- LASHUNAM PRAWNS** ----- \$18.99  
Garlic prawns pan sauteed with onions and pepper. Served with mango-mint sauce.
- DAA-DIM CHAT** ----- \$7.99  
Pomegranate, rice puffed, chickpeas, potato, tomatoes mixed in yogurt, mint, and tamarind sauce.



*Kathgodam-Ki-Bhati*  
(TANDOORI SECTION)

- TANDOORI CHICKEN** ----- \$15.99  
The world famous tandoori chicken marinated overnight in yogurt and oriental spices. Cooked in a traditional clay oven (tandoor) and served with mint chutney.
- CHICKEN TIKU-DA** ----- \$15.99  
Chicken breast marinated in yogurt and oriental spices. Cooked in the tandoor and served with mint sauce.
- LAMB SEEK KEBAB** ----- \$16.99  
Minced lamb mixed with Chef's herbs & spices. Cooked in the tandoor.
- LAMB CHOP** ----- \$24.99  
Lamb marinated in yogurt, ginger, garlic, cumin, and garam masala.
- KUSHMAND SALMON** ----- \$19.99  
Atlantic salmon marinated with yogurt and garam masala. Cooked on a griddle with pumpkin, cumin, rice powder, and yellow chili.



## *Kathgodam-Ki-Bhati* (TANDOORI SECTION)

PANEER TIKKA MUKTE-SWARI ----- \$15.99

Soft paneer chunks, infused with fragrant herbs, batter coated and crisped in the tandoor.

PUSPASAKA TANDOORI ----- \$14.99

Choicest pieces of broccoli, cauliflower, peppers marinated in tandoori spices and yogurt. Cooked in a the tandoor and served with mint sauce.

## *Dehradun-Dum-Biryani*

An aromatic Dehradun basmati rice laced in exotic gravy with coriander, fried onion, mint, saffron, and rose water. Choice of:



VEGETABLE BIRYANI ----- \$14.99

CHICKEN BIRYANI ----- \$15.99

LAMB BIRYANI ----- \$16.99

PRAWN BIRYANI ----- \$18.99

JEERA RICE ----- \$6.99

PLAIN RICE ----- \$4.99



## *Dhau-Kai-Khand* (MAIN COURSE - NON VEGETARIAN)

UK BUTTER CHICKEN ----- \$17.99

Tender chicken breast marinated in yogurt and half done in tandoor then fully cooked with rich creamy tomato sauce and fenugreek.

CHICKEN TIKKA MASALA ----- \$17.99

British national dish. Chicken breast marinated in yogurt. Cooked in a clay oven and simmered in masala sauce.

LAMB ROGAN JOSE ----- \$18.99

Pot roasted spring lamb with a spicy tomato braise. Finished in a fragrant and most satisfying curry.



*Dhau-Kai-Khand*  
(MAIN COURSE - NON VEGETARIAN)

CHICKEN GARAM MASALA CURRY ----- \$15.99

Uttarakhand style chicken breast cooked with onion, tomato base, and home-made garam masala.

BHADAI-BAKUR ----- \$17.99

Delectable diced lamb simmered, handi style in a fricassee of sliced onions, peppers, ginger, tomatoes, and roasted cumin.

VINDALOO

A popular Goanese pickle style curry in a hot & sour combination with special Goa spices.  
Choice of:

LAMB SHANK ----- \$17.99

CHICKEN ----- \$16.99

KORMA

A rich, creamy cashew nut sauce with touch of saffron. Choice of:

LAMB ----- \$18.99

CHICKEN ----- \$17.99

MADRAS PRAWNS CURRY ----- \$19.99

South Indian style rich and spicy coconut sauce with roasted mustard seeds and fenugreek.

FISH HASHI-DHUNGA ----- \$18.99

Fillet of tilapia marinated in tamarind and roasted mustard seed then simmered in a delicate sauce.

PRAWN CURRY DIDIHAT KI ----- \$20.99

Pan seared prawns cooked to perfection with tamarind and ginger in a coconut.



*Dinner Combo*  
(NON VEGETARIAN)

BUTTER CHICKEN COMBO DINNER ----- \$24.99

Tender chicken breast marinated in yogurt and half done in the tandoor then fully cooked with a rich, creamy tomato sauce and fenugreek. Comes with rice and naan.

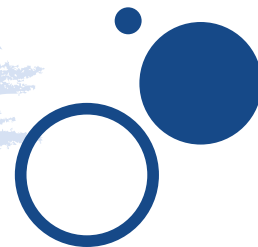
CHICKEN TIKKA MASALA COMBO DINNER ----- \$24.99

British national dish. Chicken breast marinated in yogurt. Cooked in a clay oven and simmered in masala sauce. Comes with rice and naan.

LAMB ROGAN JOSE COMBO DINNER ----- \$25.99

Pot roasted spring lamb with a spicy tomato braise. Finished in a fragrant and most satisfying curry. Comes with rice and naan.

*Saag - Paat*  
(MAIN COURSE - VEGETARIAN)



PANEER CHATRA-KKAM MUTTER ----- \$16.99

Pan sauteed mushroom and green peas with paneer (cheese), onion, tomatoes, and masala curry sauce.

PALAK PANEER ----- \$16.99

A creamy fresh spinach sauteed and braised with Indian cottage cheese and cumin fenugreek.

PANEER MAAL-DAAR ----- \$20.99

Indian cottage cheese stuffed with nuts and dry fruit. Served with mouth watering sauce.

GHAUT-KI-DAL ----- \$14.99

A velvety smooth combination of horse gram lentil cooked in a slow cooker with five spices. High in protein and calcium. Famously known as a winter dish in Uttarakhand.

DAL FAANU ----- \$14.99

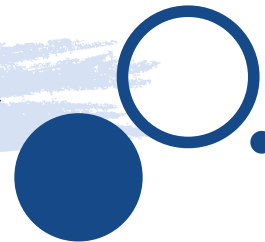
Yellow lentils cooked with onions, tomatoes, and roasted cumin. Mixed into fresh spinach.



*Saag - Paat*  
(MAIN COURSE - VEGETARIAN)

- CHANA MASALA ----- \$13.99  
Chickpeas cooked with fennel and Uttarakhand special roasted garam masala.
- EGGPLANT BHARTA ----- \$15.99  
BBQ eggplant simmered with tomato, onion, and ginger. A satisfying, smokey flavour.
- ALOO GOBI KAU SAGA ----- \$15.99  
Florets of cauliflower and potatoes prepared with onions, tomatoes, ginger and spices.
- MIXED VEGETABLES ----- \$16.99  
Fresh vegetables prepared with onions, tomatoes, and a masala sauce finish with coconut milk.
- BHINDI DO PIAZA ----- \$15.99  
Okra tossed with sauteed onions, mango powder and mixed spices.
- DAAL MAKHANI ----- \$14.99  
A velvety smooth combination of black lentils.

*Roti - Chhaapari*  
(BREAD BASKET)



- TANDOORI ROTI ----- \$2.99  
Whole wheat flour flat bread cooked in the clay oven.
- PLAIN / BUTTER NAAN ----- \$3.99  
Famous Indian fine flour bread cooked to perfection in the tandoor.
- GARLIC NAAN ----- \$4.99  
Indian fine flour flat bread with minced garlic.
- BAAL-MITHAI NAAN ----- \$7.99  
Famous Almora Baal Mithai. Fine flour flat bread stuffed with khoya (ricotta) raisin, cashew nuts, fruit cocktail and sweetened coconuts.
- KIMU-DA NAAN ----- \$8.99  
Grounded lamb stuffed in fine flour with fresh herbs and cooked in a clay oven.
- ONION KULCHA ----- \$6.99  
Fine flour bread stuff with onions and Indian spices.





*Roti-Chhaapari*  
(BREAD BASKET)

BERO RAUT ----- \$6.99

Famous Uttarakhand stuffed black lentil paratha with herb and chef's special spices. Cooked to perfection in the tandoor.

LACHHA PARATHA ----- \$5.99

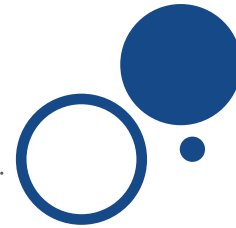
Multi layered whole wheat bread cooked in the tandoor.

POPPADOM ----- \$2.00



*Dhinai-Paani*  
(YOGURT/CONDIMENTS)

Traditional accompaniment to a typical Uttarakhand meal.



FAMOUS KUMAUNI RAITA ----- \$4.00

Yogurt with cucumber, roasted mustard, fresh coriander, and Kumauni garlic salt.

MIX PICKLE ----- \$3.99

MANGO CHUTNEY ----- \$3.99



*Pahadon-Mithaas*  
(DESSERTS)

ALMORA KULFI

Milk based Indian ice-cream garnished with pistachio. Choice of:

MANGO / PISTACHIO ----- \$4.00

SAFFRON RASH MALIA ----- \$5.99

Cheese patties soaked in saffron and pistachio milk.

GULAB JAMUN ----- \$4.99

Deep fried cheese balls soaked in cinnamon and green cardamom hot soup. Served with ice-cream.

HISALU KHEER ----- \$4.99

Famous Uttarakhand traditional raspberry rice pudding.

MANGO CHEESECAKE ----- \$5.99

Fresh home-made mango cheesecake.



*Piya Oye Piya  
Mero Pahadon-Ko  
Thando Paani*

(BEVERAGES)

MANGO LASSI -----	\$4.99
SWEET LASSI -----	\$4.00
SALTED LASSI -----	\$4.00
JUICE -----	\$3.00
ORANGE / APPLE / CRANBERRY / MANGO	
SAN PELLEGRINO -----	\$5.00
SOFT DRINK -----	\$2.99
PEPSI / DIET PEPSI / COKE / GINGER ALE / 7UP / ICED TEA	
CHAI (TEA) -----	\$4.00
Ginger with special Uttarakhand style spicy tea.	

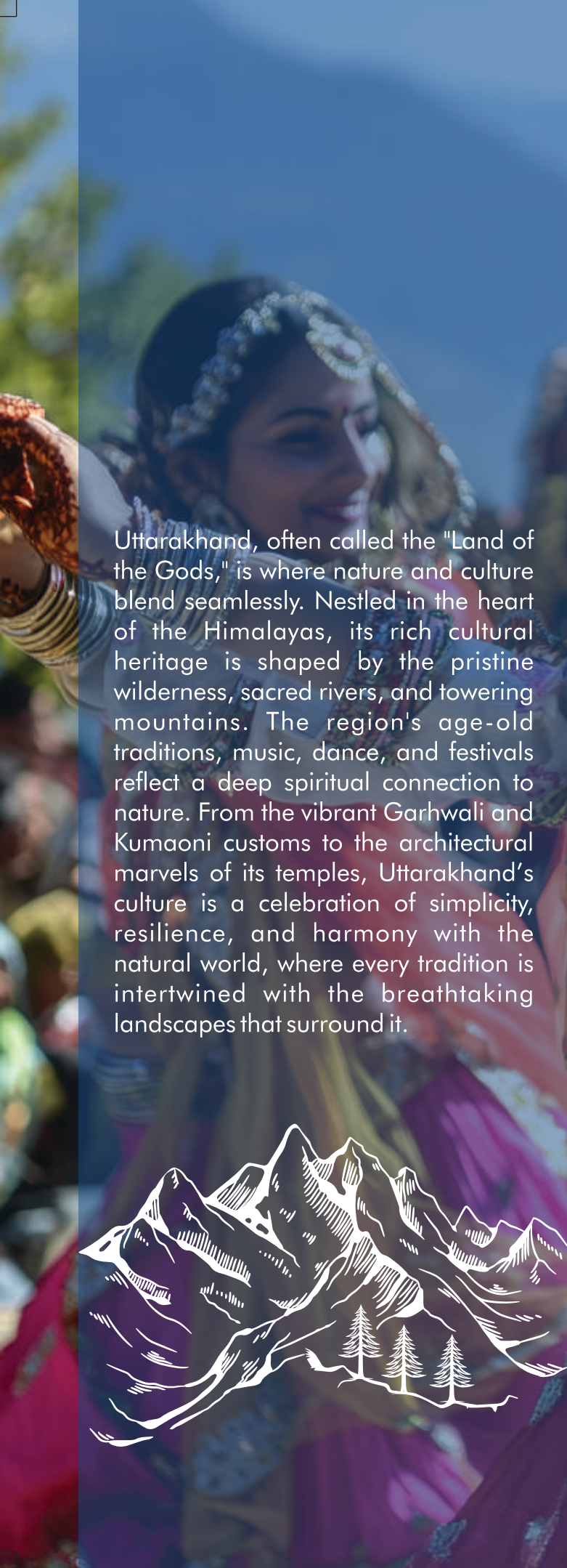


Helmed by Executive Chef Balwant Singh Rathour, UK India Bistro in Toronto, Ontario, brings the vibrant flavors of Uttarakhand, Northern India, to life. With his signature touch, Chef Rathour offers a unique dining experience that blends traditional regional recipes with fresh, locally sourced ingredients.

Indian cuisine lovers will find many familiar dishes on our menu, yet it's the authentic cooking techniques from Uttarakhand, paired with handpicked spices and family-kept secrets, that make each dish stand out. Every bite promises an exceptional taste journey rooted in generations of culinary tradition.

We sincerely thank you for choosing UK India Bistro to savor the flavors of our homeland. We look forward to welcoming you back for more memorable meals and exceptional experiences.

Thank you,  
UK India Bistro Team



Uttarakhand, often called the "Land of the Gods," is where nature and culture blend seamlessly. Nestled in the heart of the Himalayas, its rich cultural heritage is shaped by the pristine wilderness, sacred rivers, and towering mountains. The region's age-old traditions, music, dance, and festivals reflect a deep spiritual connection to nature. From the vibrant Garhwali and Kumaoni customs to the architectural marvels of its temples, Uttarakhand's culture is a celebration of simplicity, resilience, and harmony with the natural world, where every tradition is intertwined with the breathtaking landscapes that surround it.





*UK India*  
**BISTRO**

Mountain Roots, Culinary Heights