

PURE VEGETARIAN



FOOD JUNCTION

# LALA MASALA

BOWLS | KATHI ROLLS | STREET EATS | CHAAP | 613-548-3334

## Catering menu

One **SMALL** tray serves up to 15 people.\*

One **MEDIUM** tray serves up to 40 people.\*

One **LARGE** tray serves up to 60 people.\*

\*= Approximate

(GF) **GLUTEN FREE**

(V) **VEGAN**, (CMV) **Can be Made Vegan**

Please inform the staff of any sort of allergies.

**Nuts & dairy used in some dishes**

### APPETIZERS

- VEG MANCHURIAN (V)      SMALL \$60      MED \$90      LARGE \$130  
Crisp fried vegetable balls tossed in a spicy-sweet, and tangy Manchurian sauce
- VEG NOODLE (V)      SMALL \$50      MED \$90      LARGE \$130  
Indo-Chinese stir-fried noodles with vegetables, seasoned with soy sauce and spices, offering a tangy and mildly spicy flavor.
- CHILLI PANEER      SMALL \$60      MED \$90      LARGE \$120  
Tender paneer cubes tossed with colorful bell peppers, onions, and green chilies in a spicy Indo-Chinese sauce. A perfect blend of heat and flavor, served hot and fresh.
- PANEER TIKKA      SMALL \$80      MED \$140      LARGE \$180  
Tender pieces of Indian Cottage Cheese marinated in a flavorful blend of spices and yogurt, skewered and grilled to perfection. A popular dish in Indian cuisine, Tikka offers a tantalizing mix of smoky, charred flavors with a burst of aromatic spices
- PANEER MUSHROOM TIKKA      SMALL \$80      MED \$140      LARGE \$180  
Marinated cubes of paneer (Indian cottage cheese) and mushrooms, both grilled to perfection. Smoky flavors and a blend of aromatic spices, creating a mouthwatering combination.

- TANDOORI CHAAP                      SMALL \$60                      MED \$100                      LARGE \$140  
Tender soy chaap marinated in a blend of yogurt, spices, and herbs, then grilled to perfection in a traditional tandoor oven. Each bite is infused with smoky aromas and rich flavors, making it a delightful vegetarian option for any occasion
- MALAI SOYA CHAAP                      SMALL \$70                      MED \$110                      LARGE \$150  
Marinated Soya Chaap grilled in traditional Tandoor oven and then mixed with Rich in-house made Cashew-onion based and whip cream with tantalizing herbs and spices – A MUST TRY!

### **RICE & QUINOA**

- JEERA RICE                                      SMALL \$40                                      MED \$70                                      LARGE \$100  
Premium Basmati rice –soft and long grains - cooked to its perfection with fried cumin seed
- QUINOA (GF)                                      SMALL \$50                                      MED \$80                                      LARGE \$110  
A gluten-free grain high in protein and fiber. Quinoa has a light, fluffy texture and a mild, slightly nutty flavor

### **SALADS (GF)**

- HOUSE MIX SALAD (V)                      SMALL \$40                      MED \$70                      LARGE \$110  
Tray of salad consisting of seasonal vegetables such as Cucumber, Onion, Lettuce & Tomatoes
- ONION SALAD (V)                                      33oz CONTAINER \$17                                      SMALL \$60  
Julians or thin round cut onions with Mango Achari (pickle masala) flavour
- CHIKPEA SALAD (CMV)                      SMALL \$55                      MED \$95                      LARGE \$135  
Boiled chickpea, diced onions, lettuce, tomatoes, cucumbers, cilantro, creamy cucumber
- QUINOA SALAD (V)                                      SMALL \$60                                      MED \$100                                      LARGE \$140  
Boiled chickpea, quinoa, diced vegetables, lettuce, sunflower seeds, honey dijon dressing

### **CURRIES (GF)**

- DAAL MAKHANI                                      SMALL \$50                                      MED \$80                                      LARGE \$120  
Savor the richness of our Daal Makhani, a classic Punjabi dish featuring black lentils and kidney beans simmered in a creamy tomato-based sauce. Slow-cooked with aromatic spices and finished with a touch of butter and cream, it's a hearty and flavorful dish that's perfect with rice or naan
- PALAK PANEER                                      SMALL \$50                                      MED \$80                                      LARGE \$120  
Tender paneer cubes simmered in a vibrant blend of spinach and aromatic spices
- CHOLLE (V)                                      SMALL \$50                                      MED \$75                                      LARGE \$100  
Hearty chickpeas cooked in a flavorful blend of spices and tangy tomato sauce



Tender chickpeas (chana) cooked with spinach (palak) and aromatic spices, resulting in a nutritious and flavorful dish packed with protein and vitamins

- **SHAHI PANEER**                      **SMALL \$60**                      **MED \$80**                      **LARGE \$120**  
A royal delicacy featuring tender paneer cubes cooked in a rich and creamy gravy made from cashews, cream, and aromatic spices. Fit for royalty, this dish is indulgent, flavorful, and sure to delight your taste buds
- **PANEER LABABDAR**                      **SMALL \$50**                      **MED \$80**                      **LARGE \$120**  
Indulge in the rich flavors of our Paneer Lababdaar, featuring tender paneer cubes cooked in a luscious tomato-based gravy with cream, butter, and aromatic spices. A dish fit for royalty, offering a perfect balance of richness and flavor
- **PANEER BHURJI**                      **SMALL \$80**                      **MED \$130**                      **LARGE \$170**  
A delightful scramble of crumbled paneer cooked with onions, tomatoes, and aromatic spices
- **KADHAI CHAAP (V)**                      **SMALL \$60**                      **MED \$100**                      **LARGE \$140**  
Tender soy chaap cooked in a traditional kadhai (wok) with a medley of aromatic spices, bell peppers, onions, and tomatoes. Each bite is a burst of savory goodness, making it a perfect accompaniment to rice or bread
- **BUTTER MASALA CHAAP**                      **SMALL \$60**                      **MED \$90**                      **LARGE \$120**  
Indulge in the creamy goodness of our Butter Masala Chaap. Tender soy chaap cooked in a luscious tomato-based gravy, enriched with butter and aromatic spices.
- **PANEER BUTTER MASALA**                      **SMALL \$60**                      **MED \$90**                      **LARGE \$120**  
Creamy and indulgent, our Paneer Butter Masala features tender paneer cubes simmered in a rich and velvety tomato-almond paste gravy, flavored with butter, cream, and aromatic spices. It's a classic North Indian dish that's sure to tantalize your taste buds with its irresistible flavors
- **PANEER JALFRAZI**                      **SMALL \$60**                      **MED \$100**                      **LARGE \$140**  
Coconut milk perfectly simmered with in-house made Lala Veg Masala Sauce featuring paneer cubes stir-fried with bell peppers, onions, tomatoes, and a medley of aromatic spices.
- **NAVRATAN KORMA**                      **SMALL \$80**                      **MED \$130**                      **LARGE \$170**  
A regal dish fit for kings, Navratan Korma is a rich and creamy vegetable curry made with nine different types of vegetables, nuts, and dried fruits. Flavored with aromatic spices and finished with a touch of cream, this dish is a delightful medley of flavors and textures

### **ROTI & NAAN (CMV)**

Naan is a traditional Indian flatbread made from refined flour, yeast, and a pinch of salt. Baked in a tandoor oven, it emerges with a slight char and a pillowy texture, perfect for sopping up curries or enjoying on its own. When the same flat bread is fried, it is called Bhatara.

- **PLAIN NAAN \$3**

- GARLIC NAAN \$4
- ONION NAAN \$5
- CHILLI GARLIC NAAN \$5
- TANDOORI ROTI \$3  
Whole wheat round shaped flat bread cooked in tandoor oven
- TAWA ROTI \$3  
Whole wheat round shaped flat bread cooked on flat griddle
- BHATURA \$4
- Maki ki Roti \$5 (GF)  
Cornmeal flatbread. A perfect gluten-free option.

### **DESSERTS**

- GULAB JAMUN \$12/LBS  
soft and spongy milk solids dumplings soaked in a fragrant sugar syrup infused with cardamom and rose water. A classic Indian dessert that melts in your mouth and leaves you craving for more
- JALEBI \$8/lbs  
popular Indian dessert made by deep-frying batter in circular shapes and then soaking them in sugar syrup. These golden-orange spirals are crunchy on the outside and syrupy-sweet on the inside, making them a delightful treat for any occasion
- GAJAR HALWA \$10/lbs  
a traditional Indian dessert made from grated carrots cooked in ghee, milk, sugar, and flavored with cardamom and nuts. This indulgent sweet treat is a favorite during festivals and celebrations
- SUJI HALWA \$8/lbs  
made from semolina (suji), ghee, sugar, and flavored with cardamom and nuts. This warm and comforting dish is often served as a dessert or breakfast item, providing a delightful burst of flavor and texture with every bite.
- MOONG DAAL HALWA \$12/lbs  
Experience the rich and decadent flavors of our Moong Dal Halwa, a traditional Indian dessert made from split yellow moong dal (mung beans), ghee, sugar, and flavored with cardamom and nuts. Slow-cooked to perfection

### **SIDES**

- BOONDI RAITA (YOGURT)      SMALL \$40      MED \$70      LARGE \$110

Refreshing, cooling yogurt seasoned with mild spices mixed with tiny fried chickpea flour balls.  
Perfect accompaniment to spicy dishes

- VEG RAITA                                      SMALL \$45                                      MED \$75                                      LARGE \$115  
Beaten yogurt with mild spices mixed diced cucumbers, onions & tomatoes
- MIX PICKLE                                      8oz \$8                                      16oz \$15