

# NAMASTE CAFÉ

## LUNCH MENU

### OUR COMMITMENT

Since our opening in 2006 we have used local, natural and organic products as often as possible. We consciously source products such as Free Range Chicken from Kadejan, Bison from Eichten Hidden Acres, Grass Fed Lamb from New Zealand Lamb Co-op, Dry Goods from Frontier Co-op, Dairy from Hastings Co-op Creamery and fresh seasonal produce from Featherstone Farm.

## LUNCH BOX SPECIALS

\$11.95

Namaste lunch box specials are fast, fresh and delicious. All lunch box specials come with a curry of the day, a freshly prepared side of vegetables, a side of one of our tasty bean dishes, raita & a dessert. The offered curries, sides and desserts vary everyday.

### MONDAY

Cauliflower, Peas & Potatoes (V) (GF)  
OR Creamy Masala Chicken (GF)  
WITH Sautéed Green Beans; Aloo Bodi; Raita & Carrot Coconut Crème Brûlée

### TUESDAY

Green Beans, Potatoes and Tomatoes (V)  
OR Keema Potato Curry  
WITH Butternut Squash, Soybeans & Tomatoes; Chole; Raita & Mango Sikarni

### WEDNESDAY

Coconut Curry with Tofu,, Mushroom & Green Peas (V) (GF) OR Namaste Lamb/Chicken (GF)  
WITH Cabbage, Peas and Potatoes; Chole; Raita & Carrot Coconut Crème Brûlée

### THURSDAY

Eggplant with Garlic and Scallions (V) OR Deep Dish Lamb Curry (GF) OR Almond Chicken (GF)  
WITH Sautéed Green Beans; Aloo Bodi; Raita & Mango Sikarni

### FRIDAY

Coconut Curry with Tofu, Mushroom & Green Peas (V) (GF) OR Creamy Masala Chicken/Fish (GF)  
WITH Cabbage, Peas and Potatoes; Aloo Bodi; Raita & Carrot Coconut Crème Brûlée

### SATURDAY

Coconut Spinach Curry (V) (GF) OR Deep Dish Lamb Curry (GF) OR Almond Curry Chicken/Fish (GF)  
WITH Butternut Squash, Soybeans & Tomatoes; Aloo Bodi; Raita & Mango Sikarni

### SUNDAY

Bheendi Masala (V) (GF) OR Hot and Tangy Lamb OR Creamy Masala Chicken / Fish (GF)  
WITH Sautéed Green Beans; Chole; Raita & Carrot Coconut Crème Brûlée

## ENTREES

### OUR PICK

### CREAMY MASALA CURRY

A rich curry prepared with cream, onions, tomatoes, ginger, garlic and fresh cilantro (GF). Tofu 10.75 | Chicken 11.50

### CAULIFLOWER, PEAS & POTATOES

Cauliflower cooked in turmeric oil with peas and potatoes, spiced with cumin, paprika, ginger and a hint of cayenne (GF) (V). 10.95

### RED HOT STIR-FRIED NOODLES \*\*\*

Stir-fried noodles with carrots, peas, cabbage, onions, red & green chilies, spiced with cumin & Szechuan pepper (CG). Veg (V) 10.95 | Free Range Chicken 11.50 | Add Fried Egg 2.00

### ROTI WRAP

A delicious mix of black chick peas, crunchy cabbage, fresh tomatoes, green peppers, red onions and cilantro, wrapped in a whole wheat roti (CV). Veg 10.95 | Free Range Chicken 11.50 | Add Fried Egg 2.00

### REGULAR'S PICK

### CHOLE

Chick peas cooked with onions and tomatoes, spiced with a house masala blend made of turmeric, cumin, cayenne, paprika and fresh ginger (GF) (CV) 10.50

### ALOO BODI

Black-eyed peas and potatoes spiced with turmeric, ginger, cumin, cayenne, paprika and a dash of lime juice (GF) (V). 10.50

### KICHDI

A risotto-like South-Asian rice dish cooked with green mung beans, cumin seeds, ginger, garlic, cloves and cinnamon (GF). Veg (CV) 10.95 | Chicken 11.50

### FRIED RICE

Fried rice with eggs, onions, green peas, mushrooms, and scallions, spiced with soy sauce, ginger, garlic and a dash of cumin and cayenne (CG). Tofu (CV) 10.95 | Chicken 11.50 | Shrimp 12.95 | Substitute with Brown Rice or Quinoa add \$2 | Add Fried Egg 2.00

For all entrees please tell your server the spice level you desire from 0 - 5.

## DESSERTS

### MANGO SIKARNI

House made dessert with natural whole milk yogurt drained of the whey and mixed with mango pulp, sugar, cashews, raisins, cardamom and cinnamon (GF). 6.00

### RASMALAI

Traditional dessert made with specially prepared spongy ricotta cheese in creamy milk with pistachio, cinnamon and cardamom. 5.00

### SWEET FAVORITE

### CARROT COCONUT CRÈME BRÛLÉE

House made crème brûlée with grated carrots cooked with coconut cream, cashews and raisins (V) (GF). 6.00

### MANGO CUSTARD

House made creamy custard with pure vanilla over puréed mango (GF). 7.25

# NAMASTE CAFÉ

## LUNCH MENU

### SMALL BITES

#### CHAAT MENU

##### INDIAN STREET FOOD

###### PAAPRI CHAAT

House made crunchy flour chips topped with boiled chick peas, spiced potatoes, yogurt, mustard seeds, tamarind & mint & coconut chutney, chopped onions, tomatoes, cilantro and chaat masala (CV). 9.00

###### GOLGAPPA(PANI PURI)

Crisp house made flour puffs filled with spiced potatoes and a delicious sauce made with tamarind, cumin, rock salt, mint, cilantro, cayenne and chaat masala (V). 8.00

###### ALOO TIKKI CHAAT

Pan-fried potatoe patty topped with tomatoes, onions, cilantro, cayenne, chaat masala, yogurt and mint chutney (GF) CV 8.00

###### BOMBAY BHEL PURI

A refreshing snack of potatoes, vegetables, onion, cilantro, peanuts, spices and puffed rice with green and tamarind chutneys (V). 8.00

###### SEV PURI CHAAT

6 house made small puri topped with spiced potatoes, red onions, tomatoes, chaat masala, lemon juice, red chili and mint chutney (V). 8.00

###### CHANA CHATPAT

A spicy, crunchy mixture of garbanzo beans, rice crispies and roasted peanuts with tomatoes, onions, scallions, cilantro and lime juice. (CG) (V) 8.00

#### OUR HOT PICK

##### CHILI NAMASTE\*\*\*

Pieces of tender panfried free range chicken or fresh tofu sautéed with bell peppers, hot chilies, onions, tomatoes and our own ginger-soy sauce blend (CG). Chicken 10.95 | Tofu (V) 10.50

##### SPICY FRIED POTATOES

Potatoes fried in turmeric oil and spiced with cumin, paprika, cayenne, ginger and garlic (GF) (V). 6.50 | with 3 house made chutneys 7.25

##### MAMACHA

6 pieces of delicious dumplings filled with ground lamb, bison, chicken or tofu mixed with onions, garlic, ginger, tomatoes and a delicate blend of spices Grass Fed Lamb 9.00 | Eichten's Bison 9.00 | Kadejan Free Range Chicken 8.75 | Tofu (V). 8.00

### SIDES

**BASMATI RICE** (GF) (V) 3.00

**BROWN RICE** (GF) (V) 3.50

**QUINOA** (GF) (V) 4.00

**SAUTEED SPINACH** (GF) (V) 5.00

**SAUTEED GREEN BEANS** (V) 5.00

**SAUTEED OKRA** (V) 5.00

**YOGURT** (GF) 2.75

**RAITA** (GF) 4.50

**FRIED EGG** (GF) 2.00

### SOUPS & SALADS

##### FRIED DAL

Thick and savory soup of fried lentils with onions and tomatoes (GF) (CV). 6.50

#### VEGAN PICK

##### CRUNCHY CABBAGE SALAD WITH ROASTED PEANUTS

A crunchy salad of shredded cabbage, red onions, carrots, green pepper and cucumber topped with pieces of roasted peanuts and mildly dressed in a special house made citrus dressing (CG) (V). Small 7.00 | Large 10.50 | Add Shrimp 4.00

##### PANEER SALAD WITH BELL PEPPERS AND TOMATOES

Cubes of paneer tossed with olive oil, red onions, bell peppers, tomatoes and a dash of garam masala (GF). Small 7.25 | Large 11.00

##### SPINACH SALAD WITH TOMATOES

A flavorful salad of fresh baby spinach and tomatoes lightly mixed with ground mustard, lime juice, ginger and garlic oil (V) (GF). Small 6.50 | Large 9.95

### BREADS

##### ROTI

Healthful and filling wheat bread cooked without oil (V). 2.95

##### PLAIN PARATHA

Layered roti cooked in butter (CV). 3.50

##### CHEESE PARATHA

Layered roti with local cheddar cooked in butter. 3.95

##### SPINACH PARATHA

Layered roti with spinach cooked in butter (CV). 3.95

#### CUSTOMER FAVORITE

##### GARLIC PARATHA

Layered roti with garlic cooked in butter (CV). 3.95

##### ALOO PARATHA

Layered roti with potato filling cooked in butter (CV). 3.95

##### BHATURA

Two deep-fried breads made with flour, yogurt and baking powder. 4.95

An 18% gratuity will be added to all parties of 6 or more.

V=Vegan | CV=Can be prepared vegan | \*\*\*Hot&Spicy | GF=Gluten free | CG=Can be prepared gluten free