

# THE FLAME



# Authentic Indian Cuisine

Dine In / Take Out / Delivery

Open: Every Day from Noon to 10:00 pm

250-495-9000

8527 Main St, Osoyoos

www.indianflameandbar.ca

## Appetizers

### FLAME POUTINE

Fries with cheese and house sauce

### FRIES

### MASALA FRIES

Fresh masala lightly seasoned fries

### CHIPS & DIP

Homemade crunchy chips served with hot sauce

### FLAMING CHICKEN BITES

Fried chicken served with house sauce

### CHICKEN WINGS

Hot, Honey Garlic, BBQ, Salt & Pepper

### FRIED CHICKEN

3 pieces of crispy fried chicken

### VEGETABLE PAKORA

Deep fried mixed vegetable fritters, battered with graham flour

### PANEER PAKORA

Fresh marinated Indian cheese sticks, batter fried to crisp

### VEGETABLE SAMOSA

Samosa stuffed with potatoes, peas & spices, made from unleavened dough with white flour

### VEGETABLE SAMOSA WITH CHANNA

Samosa served with chick peas

### CHICKEN SAMOSA

Samosa stuffed with chicken, onions & Indian spices.

### FISH PAKORA

Fried pieces of fish, delicately battered with graham flour & spices.

### CHICKEN PAKORA

Fried boneless chicken pieces, battered in graham flour & marinated in ginger, garlic & Indian spices.

### KATCHUMBER SALAD

Lettuce, cucumber, bell peppers, carrots, & tomatoes lightly seasoned & tossed with olive oil, lemon & ginger juices

### MIX SALAD

Lettuce, cucumber, tomatoes, onions & green chilli

## Sizzlers

### TANDOORI CHICKEN

Marinated bone in chicken cooked with creamy sauce with vinegar

### CHICKEN TIKKA

Boneless chicken cooked with creamy sauce with vinegar.

### FISH TIKKA

Cod pieces cooked with creamy sauce with vinegar

### PANEER TIKKA

Paneer cooked with creamy sauce with vinegar

## Seafood Specialties

Spice it to your liking, choose from a scale of 1 (no spice) to 5 (very hot)

### FISH CURRY

Fish pieces cooked in a fine onion, tomato sauce with ground spices

### FISH MASALA

Fish pieces cooked with tomatoes, fresh ginger, onions & exotic spices

### FISH VINDALOO

Fish pieces cooked with potatoes in a tangy onion-tomato sauce with desiccated coconut & vinegar

### FISH KADHAI

Fish pieces cooked with butter sauce, with green peppers & Indian spices

### FISH COCONUT

Fish pieces cooked in coconut milk & coconut powder with Indian spices

### PRAWN CURRY

Prawns cooked with an onion & tomato sauce with ground spices

### PRAWN MASALA

Prawns cooked with tomatoes, fresh ginger, onions & exotic spices

### PRAWN KORMA\* (\*Contains Nuts)

Prawn delicately cooked in a seasoned cream sauce with onions & ground cashew nuts

### PRAWN VINDALOO

Prawns cooked with potatoes in a tangy onion tomato sauce with desiccated coconut & vinegar

### PALAK PRAWN

Prawns cooked with chopped spinach & freshly ground exotic spices.

### COCONUT PRAWNS

Prawns cooked in coconut milk & coconut powder with Indian spices

## Chicken Specialties

Spice it to your liking, choose from a scale of 1 (no spice) to 5 (very hot).

### CHICKEN VINDALOO

Boneless chicken pieces cooked with potatoes in a tangy onion tomato sauce with desiccated coconut & vinegar

### CHICKEN MASALA

Boneless chicken pieces cooked with tomatoes, fresh ginger, onions & exotic spices

### CHICKEN TIKKI MASALA

Boneless pieces of chicken tikka cooked with tomatoes, fresh ginger, onions & exotic spices

### PALAK CHICKEN

Boneless chicken pieces cooked with chopped spinach & freshly ground exotic spices

### CURRY CHICKEN

Traditional boneless chicken pieces, cooked in a fine onion, tomato sauce with ground spices

### BUTTER CHICKEN

Boneless chicken pieces cooked in a creamy butter sauce

### CHILLI CHICKEN

Boneless pieces of chicken cooked with green chillies, tomatoes, green peppers, onions & ginger. Finished with a dash of vinegar & a creamy butter-tomato sauce

### CHICKEN KORMA\* (\*Contains Nuts)

Boneless pieces of chicken cooked in a seasoned cream sauce with onions & ground cashew nuts

### KADHAI CHICKEN

Boneless pieces of chicken cooked in butter sauce with green peppers & Indian spices

### COCONUT CHICKEN

Boneless chicken pieces cooked in coconut milk & coconut powder with Indian spices

## Lamb Specialties

Spice it to your liking, choose from a scale of 1 (no spice) to 5 (very hot).

### LAMB VINDALOO

Boneless lamb pieces cooked with potatoes in a tangy onion tomato sauce with desiccated coconut & vinegar

### LAMB MASALA

Boneless pieces of lamb cooked with tomatoes, fresh ginger, onions & exotic spices

### PALAK LAMB

Boneless lamb pieces cooked with chopped spinach & freshly ground exotic spices

### KADHAI LAMB

Boneless lamb pieces cooked in butter sauce with green peppers & Indian spices

### LAMB CURRY

Boneless lamb pieces cooked in an onion tomato sauce with exotic spices

### LAMB KORMA\* (\*Contains Nuts)

Boneless pieces of lamb cooked in a seasoned cream sauce with onions & ground cashew nuts

### COCONUT LAMB

Lamb pieces cooked in coconut milk & coconut powder with Indian spices

## Vegetarian / Vegan Specialties

Spice it to your liking, choose from a scale of 1 (no spice) to 5 (very hot).

Please ask about options for Vegan Dishes (V).

### DAL MAKHNI (V)

Black lentils cooked in garlic & onions with aromatic spices

### YELLOW DAL (V)

Yellow lentils cooked in garlic & onions with aromatic spices

### CHANA MASALA (V)

Chickpeas cooked with tomatoes, fresh ginger, onions & exotic spices.

### PALAK ALOO (V)

Chopped spinach cooked with potatoes, onions, tomatoes & exotic spices.

### MIX VEGETABLE (V)

Mix vegetable delicately cooked with tomatoes, fresh ginger, onions & exotic spices

### PALAK PANEER

Chopped spinach delicately cooked in ginger, garlic & onions mixed with Indian cheese cubes

### VEGETABLE KORMA\* (\*Contains Nuts)

Mixed vegetables delicately cooked in a seasoned cream sauce with onions & ground cashew nuts

### SHAHI PANEER

Paneer pieces cooked in a creamy butter sauce

### PANEER MASALA

Paneer pieces cooked with tomatoes, fresh ginger, onions & exotic spices

### KADHAI PANEER

Paneer pieces cooked in butter sauce with green peppers & Indian spices

### MATTAR PANEER

Peas & paneer cooked in a fine onion, tomato sauce with ground spices

### MALAI KOFTA

Balls with paneer and potatoes cooked in a creamy sauce

### ALOO GOBI

Fresh cauliflower cooked with potatoes, onions, tomatoes & exotic spices

## Biryani Rice Specialties

Spice it to your liking, choose from a scale of 1 (no spice) to 5 (very hot).

### VEGETABLE BIRYANI

Indian basmati rice cooked with fresh vegetables, onions, green bell peppers & exotic spices

### CHICKEN BIRYANI

Boneless pieces of chicken delicately cooked with Indian basmati rice, onions

### LAMB BIRYANI

Boneless pieces of lamb, cooked with Indian basmati rice, onions, green peppers & exotic spices

### PRAWN BIRYANI

Indian basmati rice, onions & green peppers cooked with jumbo prawns & exotic spices

## Breads & Stuffed Breads

Baked vertically in Tandoor

### TANDOORI ROTI (Unleavened bread of fine white flour)

### NAAN (Leavened bread of fine white flour)

### GARLIC NAAN (Leavened bread of fine white flour with garlic)

### ALOO PARATHA

Unleavened whole wheat bread stuffed with potatoes & herbs

### COCONUT NAAN\* (\*Contains Nuts)

Leavened bread of fine white flour stuffed with desiccated coconut

### CHILLI CHEESE NAAN

Leavened bread of fine white flour stuffed with spicy cheese

### TAWA ROTI

Flat bread of fine white flour

### MIX PARATHA

Unleavened bread stuffed with mixed veggies

## Combination Dinners

### MEAL FOR 2

Includes: 4 pieces of Tandoori Chicken, Butter Chicken, Chana Masala, Rice, 2 Naan & Dessert

### MEAL FOR 4

Includes: 8 pieces of Tandoori Chicken, Butter Chicken, Any Lamb Dish, Chana Masala, Biryani (Chicken or Vegetable), 4 Naan & Dessert

## Ask about our Drinks, Sides & Desserts.

ALL ITEMS ARE SUBJECT  
TO CHANGE WITHOUT  
NOTICE.

