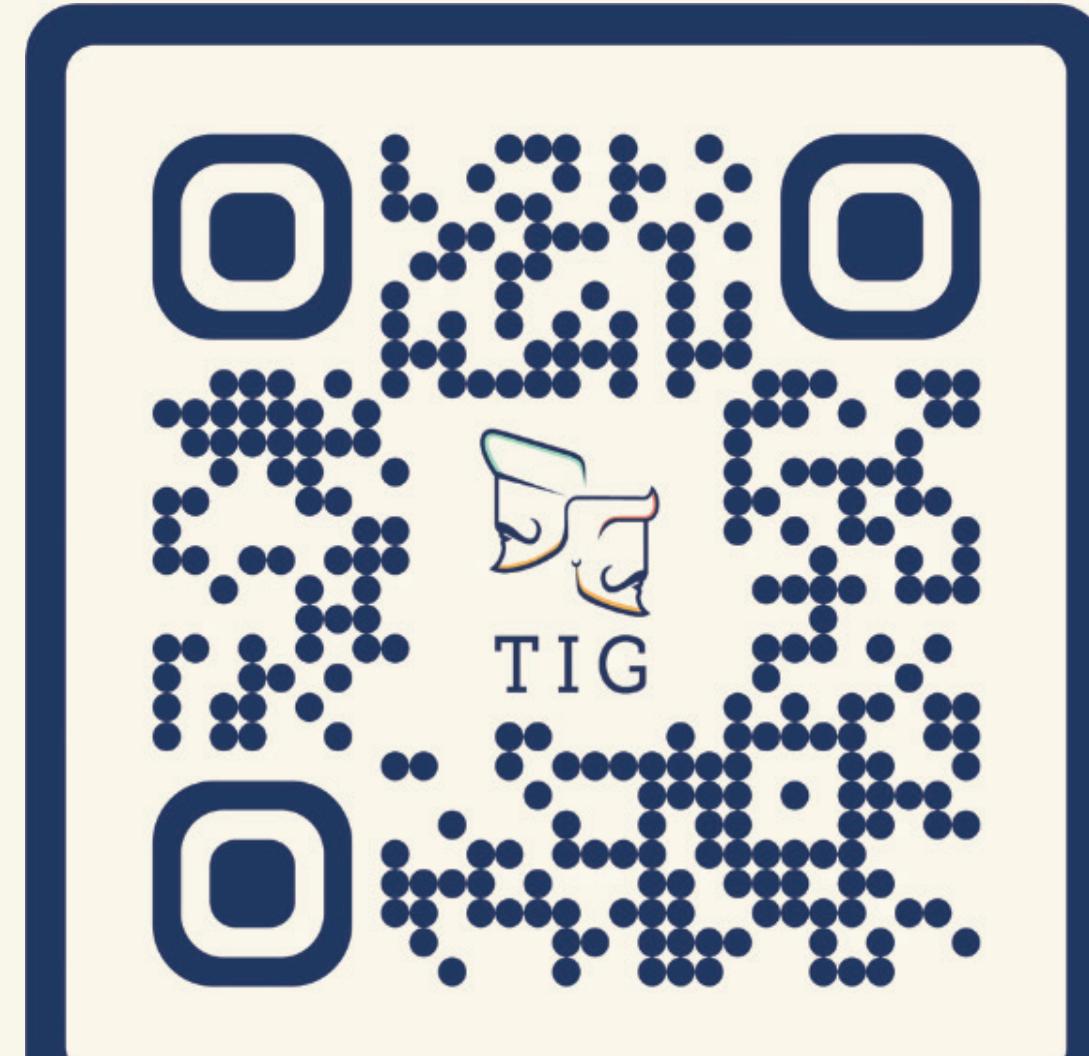




# MENTU

# 152 St. & 19 Ave. Surrey

778.512.9558





# Wrap & Roll



## Malabaar Fish

\$14

Southern Spiced Fish Paratha Roll with Tomato-Coconut Chutney.

## Sultan's Savory

\$14

Tandoor Charred Lamb Skewer Roll with Sumac Onion and Mint Chutney.

## The Humble Paneer

\$13

Tandoor Roasted Paneer Spinach Paratha Roll with Mint Chutney.

## No-brainer Chicken fix

\$13

Grilled Chicken Beetroot Paratha Roll with Mint Chutney.

## Righteous Vegan Wrap

\$13

Tandoor Charred Soya Chunk Lentil Paratha Roll with Mint Garlic Spread.



All our wraps can be made **GF** Gluten Freindly.

Please let our team know at the time of ordering

# Sides



## Corn Ribs

\$4

Crispy Sweet corn on the cob curls served with spiced aioli.

## Chaat Potatoes GF

\$4

Crispy potatoes topped with mint and tamarind chutneys.

## Onion Rings

\$4

Crunchy onion rings tossed in spices.



# Let's tikka look at bowls



## Vinni'e Favourite GF

\$18

Butter Chicken, Pulao Bowl with Indian Salsa, Wilted Spinach, and Cucumber Yogurt Dip.

## Tikk-a-fish GF

\$17

Mustard Coconut Fish with Turmeric Rice, Avocado Cucumber Salad, and Malabari Chutney.

## Veggie Punch

\$17

Masala Chickpea Bowl with Lime Cilantro Rice, Radish Cucumber Salad, and Tamarind Chutney.

## Power paneer GF

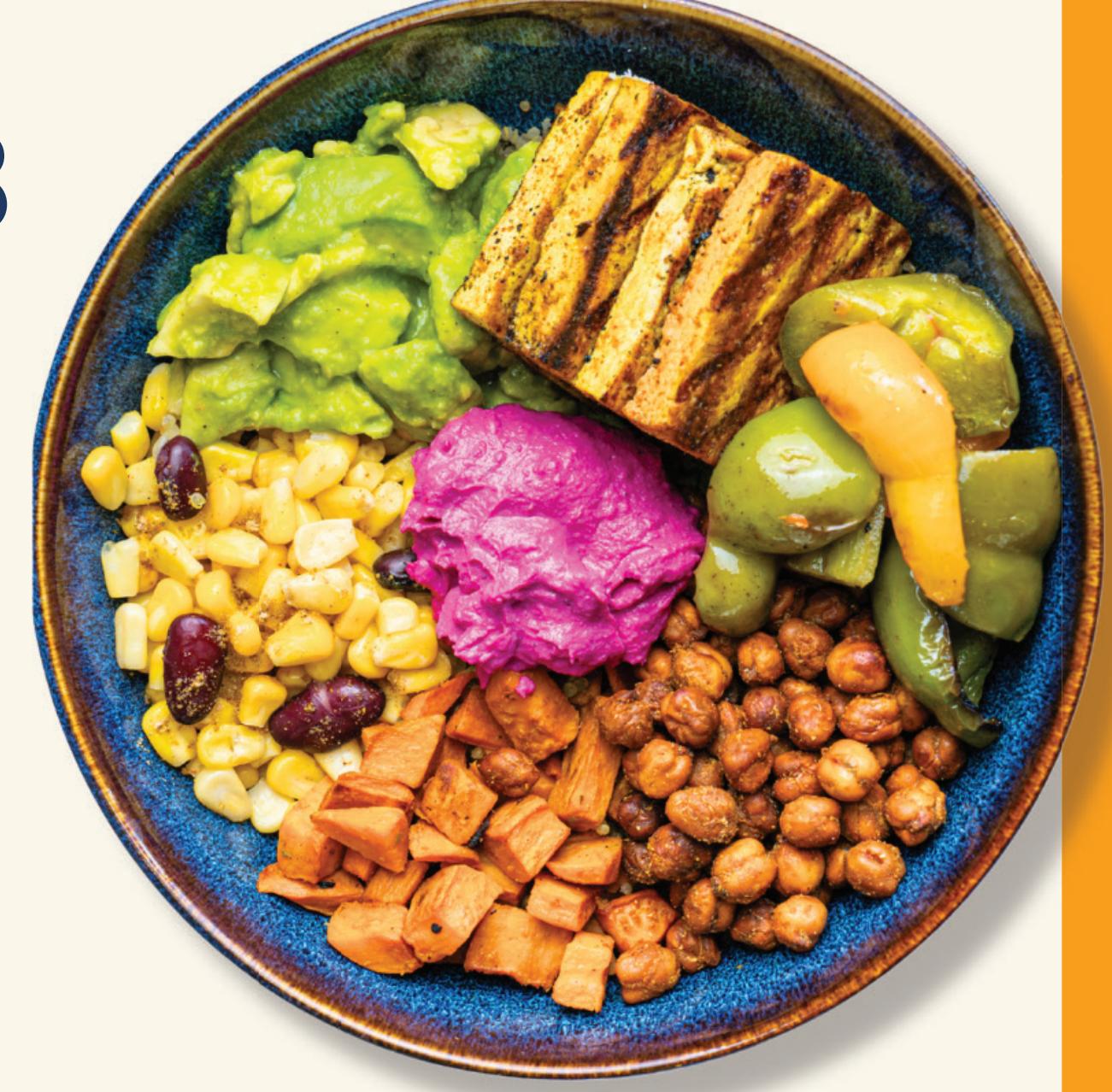
\$16

Tangy Paneer Brown Rice Bowl with Corn Salsa, Edamame, and Mint Yogurt.

## Feel-good phenomenon GF

\$18

Grilled Tofu Quinoa Bowl with Roasted Sweet Potato, Beetroot Hummus, and Tahini Dressing.



## Kids Menu

Chicken/Paneer Quesadilla \$8

Butter chicken/Paneer Rice Bowl \$8

Vegetarian

Vegan

GF Gluten Friendly

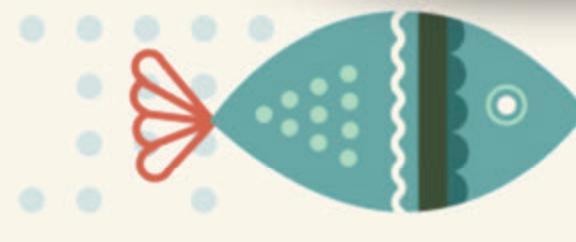
Signature Dish

Contains Nuts





# Fusion Flavours



## Butter Chicken Quesadilla

\$17

Fusion food can't get any better than this !

## Paneer Masala Quesadilla

\$15

Fusion quesadilla recipe using paneer, sweet corn olives, red beans and jalapenos.

## Masala-Fish Tacos (2 Pcs)

\$14

Fish Tikka Paratha Taco with Guacamole, Lime Slaw, and Mint Chutney.

## Crispy Mushroom Bao (3 Pcs)

\$15

Crispy Mushroom Bao with Tangy Soy Glaze and Peanut Sprinkle.

## Chilli Chicken Bao (3 Pcs)

\$15

Spicy Chili Chicken Bao with Garlic Soy Sauce and Crushed Peanuts.



# From the streets



## Jinny's Chai

\$4

A soul soothing blend of Assam tea (chai), milk and aromatic spices like cardamoms & cloves and ginger.

## Bombay Masala Sandwich

\$10

Toasted buttered bread, mint chutney, sliced boiled potatoes, beets, cucumbers, and onions, seasoned with sandwich masala

## Papri Chaat

\$10

Crispy snacks topped with tangy mint & tamarind chutney, yogurt and spices for a burst of flavors.

## Chana-Kulcha

\$10

Fluffy kulcha served with chickpea curry, chutneys and fresh herbs.





# Beer



## Desi pale Ale

\$6.75

A golden to amber-colored beer with a hop-forward, malty flavor profile

## TIG Lager

\$6.5

A popular accompaniment to spicy and flavorful South Asian cuisine. Light amber, medium-bodied.



# Juices & Smoothies



## Blueberry & Banana

\$6

Blueberry Banana Yogurt Smoothie with Honey.

## Mango Lassi

\$6

An irresistible drink made with a blend of mango, yogurt and honey.

## Beets & Carrots

\$6

Beet & Carrot Detox Juice (Beetroot, Spinach, Apple, Ginger).

## Immunity Booster

\$6

A perfect blend of fresh orange, carrots, lemon and hint of ginger to energize your day and promote gut health.

## Pink Lemonade

\$6

Sweet & Tangy Pink Lemonade (Apple, Pomegranate, Ginger).



# Sandwiches

## Pulled Chicken Naanwich \$14

Pulled Chicken Tikka, lettuce and raita yogurt in a toasted Naan.

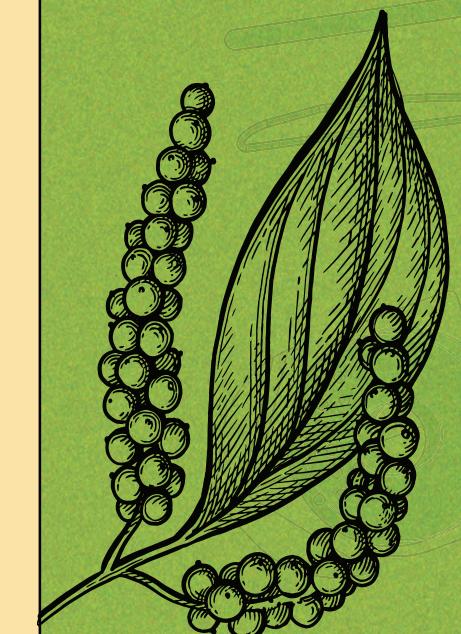
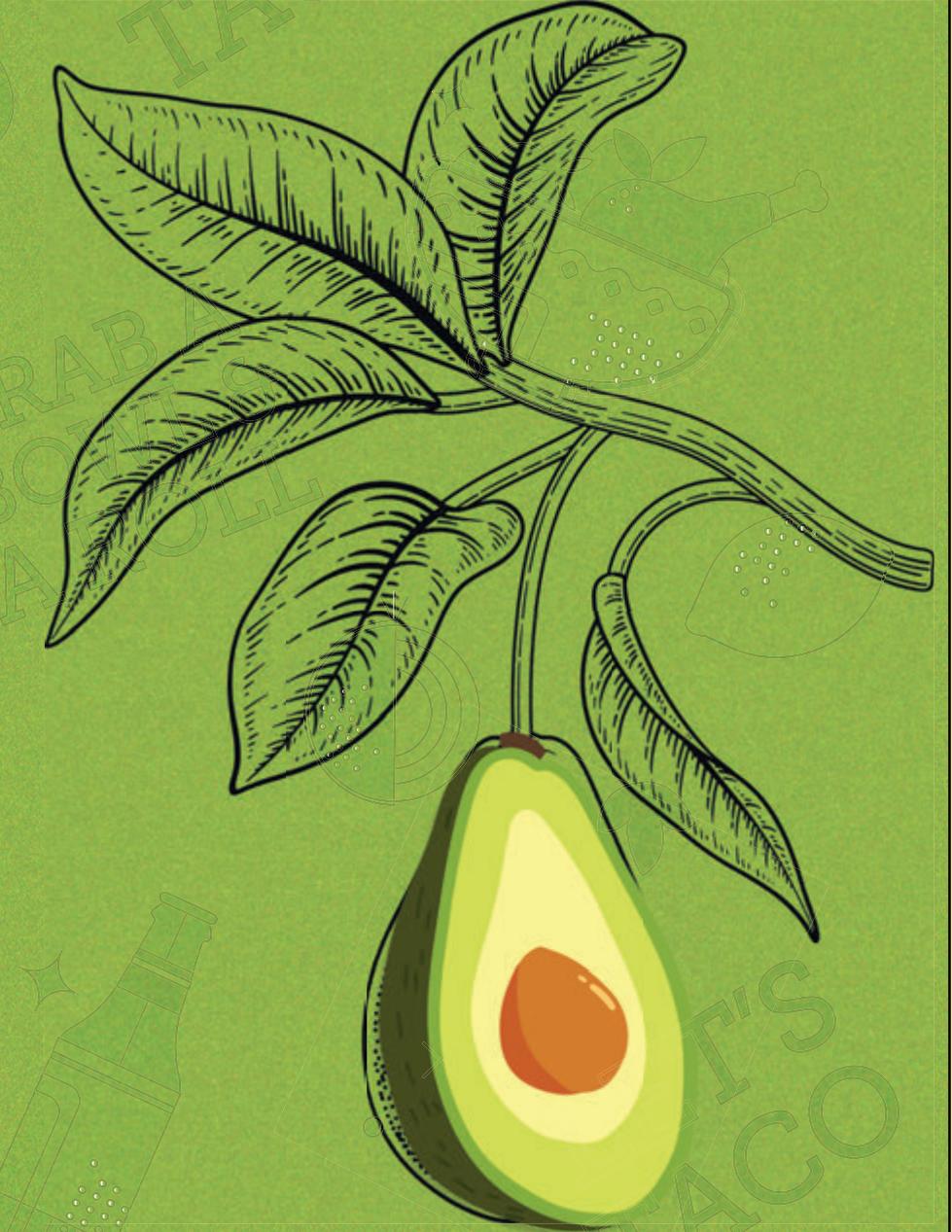
## Guakeema \$14

Ground lamb masala, sprouts, and guacamole in multigrain bread.

## Pepper Paneer \$14

Sautéed paneer cubes in black pepper malai sauce with corn & spinach salad in sourdough bread.

Available between  
11am - 2pm



# Chaurangi Bazaar के बेहतरीन Kathi Roll

Available  
5pm onwards



## Mushroom Galouti \$14

Makhmali mushroom गलौटी kabab, laccha onions, Garlic & mint chutney.

## Haryali Paneer \$13

Paneer टिक्का sautéed bell peppers, lime-cilantro, mint chutney.

## Shahi Chicken \$13

Creamy, शानदार chicken, pickled onion, zesty green chutney.

Add an egg in the रोल \$1.50

