



Our Lunch Combos include rice, naan, and vegetables of the day. Each reasonably priced at \$9.



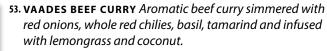
- 45. BUTTER CHICKEN Do we really need to remind you what this is?
- 46. PISTACHIO CHICKEN CURRY A delicate fragrant and aromatic curry of lightly marinated chicken gently casseroled in a cardamom pistachio cream sauce.
- 47. TANDOORI CHICKEN Corn fed chicken marinated overnight in a spicy yogurt marinade and then roasted in clay oven.
- 48. SIGNATURE LAMB CURRY (ROGAN JOSH) Succulent lamb chunks braised with ginger, shallots, yogurt, garlic, aromatic spices and home ground fresh Kashmiri chillies.
- 49. SPINACH LAMB CURRY (SAAG GOSHT) Slow braised lamb and leaf spinach tossed with garlic, chili, cumin and roasted fenugreek leaves.
- 50. LAMB VINDALOO Lamb cooked with home ground red chilies and spices intensely flavored with garlic and wine vinegar, reduced for a unique taste.
- 51. COCONUT PRAWNS Prawns simmered in creamy sauce of fresh coconut milk and flavored with garlic, onions, turmeric and fresh cilantro. Served in a tender coconut shell.
- **52. FISH CURRY** Catch of the day simmered in a unique flavored sauce of onions, ginger, tomatoes, coconut oil and the wonderful aroma of curry leaves.

Our sauces are made with only the finest ingredients: Unsalted butter, pure vegetable oil and light cream. No flour or meat stock is used. Please let us know if you have any allergies. Enjoy!



We have vegan options, too! Make sure you tell your server you'd like your meal *Vegan* and look for this icon to find Vegan dishes on our menu.





- 54. INDIAN BURRITOS (KATHI ROLL) Freshly prepared homemade Indian flatbread stuffed with a choice of meat or Indian ricotta cheese (Paneer), Spanish onions, a trio of peppers, cilantro, a squeeze of lime and jalapeno cream sauce Choice of meat: Butter Chicken, Curried Lamb, Lemongrass Beef, Coco Lime Prawns.
- 55. BAIGAN BHARTHA (EGGPLANT) Our own exclusive recipe of roasted eggplants prepared in a creamy way with onions, turmeric, green peas and fresh cilantro.
- 56. CHILLY CAULIFLOWER: Marinated cauliflower florets tossed with onion, trio of peppers and a flavorful scallion garlic chili sauce. **V**
- 57, CURRIED INDIAN RICOTTA (SHAHI PANEER) Indian ricotta cheese simmered in a delicate flavored gravy of sweet onions, ginger, garlic, tomatoes, cardamom, fenugreek leaves and finished with cream.



OUR CHEF'S SIGNATURE

58. EXOTIC HEALTHY OPTION \$21 Steamed halibut wrapped in banana leaf & marinated with cilantro, mint, fresh coconut and lime rub, accompanied with coconut vegetable curry, steamed brown rice and spring mix salad.



BEVERAGES

SOFT DRINKS (Canned): Coke, Diet Coke, Sprite, Ginger Ale, or Iced Tea \$3

MANGO LASSI \$3



DESSERTS \$5

59. GULAB JAMUN

60. FRESH MANGO AND BASIL MOUSSE with apples and red grapes.



Enjoy a local BC Merlot or sip a Shiraz from half way around the world. We carry wines from all regions. Ever had a beer from India? Check out our complete drink list at Vaades.com



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(604) 973-0123

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- 01. VEG SAMOSA (4 PIECES) \$5 A small fried turnover of Indian origin stuffed with potatoes and peas, spiced up with light Indian spices. V
- 02. DAHI WADA \$5.50 Fluffy lentil dumplings topped with whole wheat crisps smothered in creamy yogurt and drizzled with mint and tamarind chutneys.
- 03. SPICY MOGO \$6.50 Chunky cassava chips, deep fried, tossed in an aromatic spice mix and served with chilly cream sauce. V
- 04. CRUNCHY OKRA \$6.50 Deep fried crispy okra tossed with gram flour and spices and served with cilantro mango chutney. 🚺
- **05. CRISPY PRAWNS \$9** King prawns scented with curry leaves, garlic, chilli paste, rolled in special spices and fried to perfection. Served with mango chilli sauce and jalapeno cream sauce.
- **06. INDIAN CHILLI CHICKEN \$9** Succulent pieces of chicken tossed with onion, trio of peppers and a flavourful scallion garlic chilli sauce.
- 07. SPRING MIX SALAD \$7 A fresh mesclun mix with baby carrots, apple, cucumber, mixed berries and cherry tomatoes in a honey balsamic dressing.



- 08. TANDOORI CHICKEN \$11 Corn fed chicken marinated overnight in a spicy yogurt marinade and roasted in our own clay oven.
- 09. CILANTRO & MINT CHICKEN KEBAB (KASTOORI) \$12 Spring chicken morsels infused with a marinade of ground cilantro, mint, ginger, chilli, lime and cream cheese.
- 10. CHARCOAL GRILLED PRAWNS WITH MANGO-CUCUMBER **SALSA \$16** King prawns marinated in a tongue tickling marination of chili, lime, fresh mint leaves and topped with our homemade mango-cucumber salsa.
- 11. BARBQUE FISH \$14 Fresh fish of the day rubbed with a mix of garlic, ground red chillies, curry leaves and lime and barbequed in clay oven

11. ROASTED PANEER \$11 Indian ricotta cheese in a subtle marinade of ginger, fennel, cream cheese and spices, grilled to perfection in the tandoor.



- 12. BUTTER CHICKEN \$10 Do we really need to remind you what this is?
- 13. CHICKEN TIKKA MASALA \$13 Chicken tikka sauteed with onions, peppers, lime, green onions, cilantro & mild spices in a thick creamy sauce.
- 14. CHICKEN IN CREAMY CASHEW CURRY (KORMA) \$12 Tender chicken simmered in a rose-scented, creamy cashew nut sauce. Served in a coconut shell.
- 15. PISTACHIO CHICKEN CURRY \$14 A delicate, fragrant and aromatic curry of lightly marinated chicken gently casseroled in a cardamom pistachio cream sauce.
- 16. CHICKEN COCONUT CURRY (KUKU PAKA) \$12 Tender chicken braised with roasted coconut, eggs, potatoes, turmeric, cilantro and unique spices.



LAMB LOVERS

- 17. LAMB AND ONION CURRY (DO PYAZA) \$13 Succulent pieces of lamb simmered with garlic, red onions, cinnamon, peppers, curry leaves, cilantro, lime and aromatic indian spices.
- 18. SPINACH LAMB CURRY (SAAG GHOST) \$13 Slow braised lamb and leaf spinach tossed with garlic, chilli, cumin and roasted fenugreek leaves.
- 19. EXOTIC LAMB CURRY (KOLHAPURI SUKKA) \$14 A dry preparation of boneless lamb tossed with roasted coconut, fenugreek leaves, lime, green onions and mild indian spices.
- 20. LAMB VINDALOO \$12 Lamb cooked with home ground red chilies and spices intensely flavored with garlic and wine vinegar, reduced for a unique taste.



OCEAN WORLD

21. PRAWN MASALA \$14 King prawns butterflied and sauteed with onions, peppers, lime, green onions, cilantro & mild spices in a thick creamy sauce.

- 22. COCONUT PRAWNS (DAAB CHINGRI) \$15 Prawns simmered in creamy sauce of fresh coconut milk and flavoured with garlic, onions, turmeric and fresh cilantro. Served in a tender coconut shell.
- 23. AROMATIC FISH CURRY \$13 Catch of the day simmered in a unique flavored sauce of shallots, ginger, green chilly, garcinia indica, coconut milk and the wonderful aroma of curry leaves.



- 24. SPICY PORK SAUSAGE AND POTATO CURRY \$14 New potatoes casseroled with pork sausages, cumin, chili,
- 25. VAADES BEEF CURRY \$13 Aromatic beef curry simmered with red onions, whole red chillies, basil, tamarind and infused with lemongrass and coconut.

curry powder, green onions, vinegar and fresh cilantro.

26. AROMATIC POT RICE (BIRYANI) \$13 Fragrant long-grained rice cooked with browned onions, herbs, ground spices, perfumed with kewra water and accompanied with squash 38.ORGANIC MULTIGRAIN ROTI \$2 Unleavened organic yogurt. CHICKEN / LAMB / BEEF / SHRIMP \$3 Extra / VEG



GARDEN FRESH

- 27. BAIGAN BHARTA (EGGPLANT) \$11 Our own exclusive recipe of roasted egaplants prepared in a creamy way with onions, turmeric, green peas and fresh cilantro. \mathbf{V}
- 28. PANEER MAKHNI \$10 Indian ricotta cheese simmered in our signature creamy butter sauce.
- 29. CAULIFLOWER, CARROT AND PEAS \$10 A dry preparation of cauliflower florets, carrots, fenugreek leaves and green peas tossed with ginger, onion, tomatoes and spices. \mathbf{V}
- 30. CHEESE BALLS IN CREAMY CASHEWNUT GRAVY (KOFTA) \$12 Home made Indian ricotta cheese balls finished in a creamy gravy of cashew nuts, onions, cardamom, rose petals and spices.
- 31. COCONUT PORTOBELLO CURRY \$12 Portobello mushrooms simmered in creamy sauce of fresh coconut milk flavored with garlic, onions, turmeric and fresh cilantro. \mathbf{V}
- 32. TRIO OF MUSHROOM AND SPINACH CURRY \$13 Shiitake. portobello and button mushrooms tossed with burnt garlic spinach, chilli, cumin and roasted fenugreek leaves.

- 32. WOK TOSSED SEASONAL VEGETABLE \$9 Seasonal vegetables tossed with onions, tomatoes and mixed peppers, finished with crushed red chilli and coriander seeds.
- 33.BLACK LENTIL STEW (DAL MAKHNI) \$9 Rich, creamy and luscious, this protein rich lentil stew is prepared by simmering the black lentils and kidney beans with garlic, tomatoes and spices. \mathbf{V}



DON'T MISS THE SIDE ORDERS

- 34.NAAN \$2 A leavened flatbread cooked in charcoal oven.
- 35.GARLIC NAAN \$3 Naan bread flavored with pounded garlic.
- 36. ONION PARMESAN STUFFED NAAN \$4 Naan bread stuffed with a cheesy mixture of Spanish onions and aged parmesan cheese.
- 37. PIRI PIRI OLIVE NAAN \$4 Naan bread stuffed with a mixture of olive and piri piri spice.
- multi grain bread. V
- **39.WHOLE WHEAT PARATHA \$3** Multi layered flakey and crispy bread V
- 40.FLUFFY BASMATI RICE \$3 Steamed basmati rice.
- 41.BROWN RICE PILAF \$4 Unmilled brown rice cooked with whole garam masala. V



CONDIMENTS

- 42.PAPADUMS \$3 Crisp pepper spiked cracker, served roasted or fried with mint and tamarind chutney.
- 43.SQUASH YOGURT \$3 Natural yogurt blended with garden fresh squash and a touch of roasted cumin and sea salt.
- 44.CILANTRO, MANGO & MINT CHUTNEY \$3
- 45. SWEET MANGO CHUTNEY \$3 V

Add \$4.95 to make any main a full meal with rice, naan, and vegetables of the day

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