

APPETIZERS

 Gluten Free  Vegetarian  Vegan	
KTK Samosa (3pcs) In-housemadesamosas with a choice of Veg/ Chicken/ Beef	\$14
  Bajji AsstseasonalVegetables or Fish dipped in chickpea batter and deep-fried	\$14
Veg Chillli Cigars Cigarshapedvegetable rolls	\$14
  Gobi 65 TamilNādu-stylefriedseasoned cauliflower florets	\$15
 Paneer Skewer Indiancottagecheesemarinated in turmeric, methi and tawa-grilled	\$17
 Karuvepillai Eraal Marinatedshrimppgrilledwith curry leaves	\$16
 Chicken65 TamilNādu-stylefriedboneless chicken	\$17
KTK Spicy Hot Wings Crispywingstossedinaspecial KTK sauce	\$16
Chicken Lollipop Crispy and spiced chicken lollipops	\$17

SHARED APPETIES

Butter Chicken Poutine Hand cutFrenchfries slathered in KTK butter chicken sauce, topped with tandoorichicken andCanadian cheese curds	\$19
Thoothukudi Kothu Parotta SouthIndian flakybreadtossed with egg, chili, curry leaves, spicy onion, and tomato masala, served with raita Choice of Egg/ Veg/ Beef/ Chicken/ Lamb	\$21
Fried Rice (Egg/ Shrimp/ Chicken)	\$24
Biryani (Chicken/ Lamb/ Beef/ Goat)	

CHAATS

 Panipuri Crispy balls stuffed with spiced potato and lentil mixture Served with tamarind water for dipping	\$10
Dahipuri Smallpuri stuffed with spicy potato filling and topped with yogurt, tamarind chutney and chickpea crackers	\$13
Aloo Chaat Tangypotato chaat with veggies, topped with yogurt, tamarind chutney andchickpea crackers	\$13
Samosa Chaat Tangyspicysamosa topped with chickpeas, dollops of yogurt, and tamarind chutney	\$13
Papdi Chaat Popular NorthIndian Street food made with papdi, chickpeas, potato, dollops ofyogurt, and tamarind chutney	\$13
Vada Paav Mumbai-stylepotato and green chilli sandwich with in-house made chutneys	\$13
Pav Bhaji Mashed, mixed veggies curry topped with cilantro and chili butter Served with soft paav buns	\$15

DOSAI

Dosai is a traditional South Indian gluten-free crepe made from fermented rice & lentil batter. Served with in-house made sambar tomato and coconut chutney's.

 Gluten Free  Vegetarian  Vegan	
Ghee Roast Thinandcrispydosaicookedin ghee (clarified butter)	\$12
 Masala Dosai Dosai filled with seasoned potato filling	\$15
 Mysore Masala Dosai Dosai filled with seasoned potato filling and coated with spicy garlic chutney	\$17
 Cauliflower Dosai Dosai filled with mildly-spiced cauliflower	\$17
 Paneer Dosai Dosai filled with crumbled paneer masala	\$17
 Chicken Dosai Dosai filled with chicken masala	\$19
 Lamb Dosai Dosai filled with curried lamb	\$21
 Shrimp Dosai Dosai filled with shrimp masala	\$20
 Beef Dosai Dosai filled with curried beef	\$20
  Veggie Utthappam Soft and spongy rice and lentil pancakes with stuffed with curried veggies	\$16
  Idli Steamed rice cakes	\$15

DOSAI ADD-ONS

  Sambar	\$4
  Chutney	\$2
  Potato masala	\$4
  Onion	\$2
  Podi (Spicy Lentil Powder)	\$2
Egg	\$3
Cheese	\$4
Your choice of add-on protein (Lamb/ Chicken/ Beef)	\$7

THALI

Veg Thali 3 veggie curries, rice, chapati, curd, rasam, appalam, pickle, dessert	\$23
Non-Veg Thali 2 Meat/ Seafood curries, 1 veg curry, rice, chapati, curd, rasam, appalam, pickle, dessert	\$27

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Ask your server for your special needs.
If you have any allergy let our staff know.
Please, mention your spice level: Mild/ Medium/ Hot/ Indian hot

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CURRIES

All our curriesaregluten-free.Served with rice.

 Gluten Free  Vegetarian  Vegan	
 Ennai Kathirikka Eggplant cooked in a tangy tamarind curry	\$20
 Channa Masala Chickpeas cooked with tomato, onion, and in-house ground spices	\$20
 Sodhi A thin turmeric-coconut stew with seasonal vegetables mildly spicedwith aromatic herbs and spices	\$20
Palak Paneer Indiancottagecheese simmered in a spinach cream sauce	\$21
Kadai Paneer Panner, bell pepper and onion stir fried in a kadai with freshly pound spices	\$21
Maanga Meen Kuzhambu Fish fillet cooked with raw mango in a garlicky tamarind curry	\$23
Eraal Vendakkai Kuzhambu Shrimp and okra in a traditional tamarind coconut gravy	\$26
Aatu Milagu Curry Boneless lamb cooked with turmeric, green chillies and pepper in an onion-tomato gravy	\$25
Goat KariKuzhambu Curried bone-in goat pieces slow-cooked with tomato, caramelized onions and cashews in a coconut curry	\$25
Beef Chukka Beefcookedstir-fried with caramelized onion and tomatoes and Indian spices	\$24
Chicken Saalna Overnight-marinated chicken simmered in a tomato-onion-coconut curry sauce	\$25
Kozhi Varuval Spicybone-inchicken and chillies stir fry	\$23
Butter Chicken Authentic in-house made sauce of butter, spices, tomato, and ginger garlic mixed with pieces of tandoori chicken pieces Vegetarian Options: Paneer instead of chicken	\$24
Chicken Manchurian Marinatedchicken piecestossed in in-house made Manchurian sauce of bell peppers, onion, scallions, soy sauce and spices. This curry contains soy & gluten *Vegan Options: Cauliflower instead of chicken	
Steamed Rice	\$5
KTK Special Coconut Rice	\$5
Chappathi (2pcs)	\$6
Paratha (1pcs)	\$4
Poori (2pcs)	\$6
Raitha	\$5
Mint Chutney	\$5
Pickle	\$4
Pappad (2pcs)	\$4

DESSERT

 Gluten Free  Vegetarian  Vegan	
 Payasam Tapioca pearls and Rice Vermicelli dessert with nuts and dry fruits *Can be made Vegan	\$7
 Saffron Cardamom Cheesecake Creamy rich and gently infused with saffron and cardamom	\$11
 Mango Ice cream In-house made delicious mango ice cream	\$9
Carrot Halwa Indian dessertmade with fresh carrots, milk, sugar, cardamom, ghee & nuts	\$7
Gulab Jamun Sundae Gulab jamun are soft delicious plum sized balls made of milk solids, flour, corn flour, sugar, cardamom, rose water, dipped in rose sugar syrup served with vanilla ice cream	\$7
Falooda Layered dessert drink made with vermicelli, jelly, rose syrup, basil seeds, milk and ice cream. Mojito with rose syrup.	\$11

LUNCH SPECIALITIES

Tuesday: Dosa Wednesday: Curry
Thursday: Indo Chinese Friday: Appy + Local Tap Beer
Weekend special: 10\$ OFF on all WINE Bottles

OUR STORY

Welcome to Kootenay Tamil Kitchen! We are Tamils by birth living in the Kootenay region. Hence the name!!! Being far far away from home, we've had many a craving for a simple South Indian meal. Most of our recipes are truly authentic as they have been passed on in the family for generations. They are heart-healthy recipes, devoid of fats like butter and cream. We believe that Food is Medicine and have incorporated this also in our menu.

Kootenay Tamil Kitchen is the brainchild of Chef Ciraj and me, his wife.

Chef Ciraj started his career in India with the Sheraton group of Hotels and then he was placed in U.S Cruise lines where he gained a deeper understanding about multi-cuisines. He worked there for 8 years and was promoted to Chef for 6400 guests with 137 cooks working under him. Then he came to Canada and worked for 4 years here cooking for various renowned guests.

I am currently a businesses partner and mother of 2 kids , one boy and one girl. I' am equally passionate about cooking and baking. My love for good food and my husband's fine-dining expertise are what we believe make our menu unique. So come to our restaurant to try our healthy traditional Tamil food and to learn a little about our Tamil culture which is one the oldest cultures in the world.

Nandri,
Martina

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If you like our spices, be sure to visit KTK Masala Grocery store, located just across the street from our restaurant, where all our ingredients are available!

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Ask our server for our daily specials!