



# TARA

AUTHENTIC INDIAN CUISINE

## For a Unique Palatal Experience

Welcome to an experience of the Indian Cuisine which holds a proud place in the list of distinguished cuisines of the world. Indian food reflects the enormous geo-ethno-cultural diversity of the land as it does the influences of its many ancient rulers - particularly of the Monghule.

This menu has been carefully selected to meet a two-pronged objective. To represent the above diversity and to include the most flavoursome and tasty dishes.

Although the rise of spices (recorded on Sanscrit writings 3000 years ago) is the common denominator of the Indian dishes and their distinguishing factors when compared with other world cuisines, it is the specific combinations and relative portions of these which give each dish its distinctive flavour and "undertone". The dishes in this menu, though spicy, are NOT hot unless otherwise mentioned and, contrary to popular belief - some are rather sweet.

The "art" of Indian cooking makes a BIG difference in the taste. Our chef belongs to that "school" who, over the last 40 years, have popularized Indian cuisine to where it is now a favourite exotic food in England.

Almost all ingredients are fresh and foods are actually cooked upon receipt of the orders. The latter explains why it takes a while to serve the meals. We use NO wine, MSG or other food additives or preservatives. The colours are inherent to the spices themselves. Only some dishes are cooked in "ghee" (clarified butter) while the majority are cooked in vegetable oil.

The following is a list of the herbs, spices and garnishes used: ginger, garlic, turmeric, cumin, black cumin, coriander, cayenne, onion, cardamom, cinnamon, fenugreek, black pepper, mustard seed, clove, bay leaf, nuts, coconut, rose water, etc.

We trust, therefore, that your experience will be a unique one!

Voted Top Family Restaurant 2007 - *Reader's Choice Award*

Voted Best Indian Restaurant 1996-2010, fourteen years in a row - *Reader's Choice Award*

"Critically acclaimed to be the best..." "Taste of India - Matter of Spices" - *Barrie Examiner, August '93*

Barrie's First Curry House has made lots of friends for Indian Cuisine" - *GIG, February '93*

"Tara Indian Cuisine, Taste of Asia" - *Food and Drink, July '06*

"Yummy Chicken Vindaloo" - *Toronto Star*

"My Favourite Food Haunts" - *Katherine Elpich*

"The most delicious Butter Chicken, it melts in your mouth" - *Toronto Star Week, Chef's Showcase, Peter Tammearu*

Recommended by - *The Globe and Mail, Good Life Magazine 2010 Chef in the city - Tara Popular Indian Restaurant*

## Dishes range from Very Mild to Very Hot

Reservations - Takeout - Delivery

128 Dunlop Street East, Barrie

(705) 737-1821

[www.taracuisine.com](http://www.taracuisine.com)

**TARA**  
AUTHENTIC INDIAN CUISINE

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## ALL YOU CAN EAT BUFFET

8 Course Meal, including Dessert  
\$10.99

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### Luncheon Special 11:30-2:30 p.m. \$10.99

YOUR CHOICE OF ANY ONE OF THESE DISHES:

*Mild - Medium - Hot - Your Choice*

1. Beef with Mix Vegetable Curry
2. Lamb with Potato and Peas
3. Beef with Spinach and Potato
4. Chicken with Potato and Tomato
5. Chicken with Potato and Cauliflower
6. Mixed Vegetable Special (assorted vegetables)

*Dishes include steamed rice and  
Mulligatawny (chicken base) or Dal (lentil) soup*

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### Try Our Combo Platter \$10.99

*called "THALI" (homemade lunch)*

Mixed Vegetable or Chicken Vegetable Curry

Dall Tarka (Lentil)

Fresh Salad

Nan Bread

Steamed Rice

Hot Sauce or Mild Sauce

*Please let us know your comments*

## Welcome

MOST DISHES ARE PREPARED MILD UNLESS OTHERWISE STATED - MEDIUM OR HOT

## Soups

Dal Soup <i>Yellow lentil soup (Mild)</i> .....	4.99
Mulligatawny Soup <i>A traditional Anglo-Indian Soup, (Chicken Base)</i> .....	4.99
Chef's Special <i>Broth of Chicken with finely diced Chicken, lemon and coriander</i> .....	5.99

## Appetizers

Vegetable Samosa <i>Vegetable stuffed turnover-dumpling. Popular!</i> .....	contains peanuts	4.99
Meat Samosa <i>Deep fried Beef dumpling with Coriander and Indian Herbs</i> .....		5.99
Sheek Kabab <i>Ground beef sausage marinated with Indian herbs and spices.</i>		
<i>Cooked in our special charcoal oven, served with salad</i> .....		5.99
Onion Bhaji <i>(Onion Balls) Sliced onions dipped in Indian battered flour and fried Delicious! Popular!</i> .....		6.99
Chicken Pakora <i>Chicken Fritters with Indian Herbs and Spices</i> .....		9.99
Appetizer Assortment <i>Combination of Samosa, Onion Bhaji and Sheek Kabab</i> .....		12.99
Pappadum <i>India's answer to the giant potato chip. A thin crisp wafer made from ground lentils</i> .....		.99
Chicken Chat <i>Marinated Roasted Chicken pieces fried in butter with fresh ginger, garlic, onion, lemon and tomato, served with fresh green salad</i> .....		9.99
Chef's Salad .....		7.99
Vegetable Pakora <i>Onions, Fresh Vegetables, Cumin Coriander</i> .....		6.99

## Suggested Combinations

### A

Sheek Kabab  
Pappadum Chips  
Chicken Tikka Masala  
Mixed Vegetable Curry  
Palao Rice  
Nan Bread  
Dessert  
\$42.99

### B

Vegetable Samosa  
Pappadum Chips  
Bhoona Methi Gosht (Beef)  
Mixed Vegetable Curry  
Palao Rice  
Nan Bread  
Dessert  
\$42.99

### C

FOR VEGETARIANS  
Onion Bhaji  
Pappadum Chips  
Mixed Vegetable Curry  
Tarka Dall  
Palao Rice  
Nan Bread  
Dessert  
\$42.99

### D

CHEF'S SPECIAL  
Mulligatawny Soup  
Meat Samosa  
Pappadum Chips  
Mango Chutney  
Butter Chicken  
Mixed Vegetable Curry  
Palao Rice  
Nan Bread  
Dessert  
\$49.99

### AA

Sheek Kabab  
Samosa  
Pappadum Chips  
Chicken Korma  
Bhoona Chicken  
Mixed Vegetable Curry  
2 Palao Rice  
Nan Bread  
Dessert  
\$59.99

### BB

Sheek Kabab  
Onion Bhaji  
Pappadum Chips  
Bhoona Lamb  
Shrimp Jalfrezi  
Mixed Vegetable Curry  
2 Palao Rice  
Nan Bread  
Dessert  
\$59.99

### CC

FOR VEGETARIANS  
Onion Bhaji  
Vegetable Samosa  
Pappadum Chips  
Mixed Vegetable Curry  
Aloo Gobi  
Dal Makhani  
Vegetable Biryani  
Nan Bread  
Dessert  
\$59.99

### DD

CHEF SPECIAL  
Pappadum Chips  
Chef's Special Soup  
Meat Samosa  
Sheek Kabab  
Onion Bhaji  
Mango Chutney & Pickle  
Butter Chicken  
Shrimp Jalfrezi  
Lamb Dupiaza  
Mixed Vegetable Curry  
Peas Palo  
Peshawari Nan  
Mixed Dessert  
\$89.99

## Rice Dishes

Steamed Rice <i>Long Grain Patna rice, cooked so as to keep the grains separate, (small)</i> . . . . .	3.99
Palao Rice <i>Very Popular! The most refined and aromatic rice. Best quality Basmati rice with fried onion and saffron and other spices to give a distinctive flavour (Mild) Small: serving for one</i> . . . . .	4.50
Pea Palao <i>Best quality Basmati rice, fried with peas, onions and other spices</i> . . . . .	11.99
Aloo Palao <i>Best quality Basmati rice, fried with potato, onions and other spices</i> . . . . .	11.99
Mushroom Palao <i>Best quality Basmati rice, fried with mushrooms and other spices</i> . . . . .	11.99

## Indian Bread

Paratha <i>Plain whole wheat rolled out and fried in butter into a crisp and flaky flat disc</i> . . . . .	4.99
Chapati <i>Plain whole wheat flour, rolled very thin and baked on a griddle</i> . . . . .	2.99
Tandoori Roti <i>Whole wheat bread baked in the Tandoori</i> . . . . .	2.99
Nan <i>A bread made out of self-raising flour and baked in the special tandoor oven. Soft. Very Popular!</i> . . . . .	2.99
Vegetable Nan <i>Nan bread stuffed with mixed vegetables and cooked in fresh spices</i> . . . . .	3.99
Peshawari Nan <i>Freshly baked bread, stuffed with nuts, raisins, cherries, cilantro and more</i> . . . . .	3.99
Keema Nan <i>Nan bread stuffed with ground beef and cooked in fresh spices</i> . . . . .	3.99
Garlic Nan . . . . .	3.99
Fenugreek Nan . . . . .	3.99

## From our Amazing Tandoor (Sizzler)

A Tandoor is a clay oven fired by hardwood charcoal. It opens at the top and meat is lowered into the oven on skewers while the Nan breads are baked stuck to the inner side of its walls. The enclosed heat slowly and simultaneously bakes, roasts, grills and smokes food, making the Tandoori meat well-done yet juicy and soft with a "smoky" flavour. The other secret that makes the Tandoor meat so delicious is the special herb and spice yogurt marinade in which the meat or seafood is marinated for more than twenty-four hours. We are one of the few restaurants in Canada who may boast of their own authentic, imported Tandoor. All Tandoor dishes come with vegetable, rice and salad.

Chicken Tandoor <i>One half of a chicken with bones</i> . . . . .	22.99
Shrimps Tandoor <i>King size shrimps</i> . . . . .	24.99
Chicken Tikka <i>One half of a chicken, deboned and diced</i> . . . . .	22.99
Mixed Tandoori Platter <i>Combination of Tandoori Chicken, Shrimp and Chicken Tikka on Vegetables</i> . . . . .	26.99
Fish Tandoor (8oz. of Salmon or Halibut boneless) . . . . .	22.99

## Biryanis (Flavoured Fried Rice)

A very flavoursome special northern dish for special occasions (Weddings, Festivals, etc.). Basmati rice fried with meats or vegetables over simmering heat, whereby the flavour of the spicy meat or vegetable permeates the rice. Flavoured with rose-water and garnished with fried onions, raisins and peanuts. Mild, dry.

Chicken Biryani . . . . .	16.99
Beef Biryani . . . . .	15.99
Lamb Biryani . . . . .	16.99
Shrimp Biryani . . . . .	16.99
Vegetable Biryani . . . . .	15.99
Chicken Tikka Biryani . . . . .	17.99

## Curry Dishes

*These dishes do not include bread or rice. Please order separately.*

Although "curry" is frequently and incorrectly used in the West to describe Indian Food in general, this word is the anglicized version of the Ramil word "Kari" - meaning sauce or a combination of seasonings cooked with vegetables or meat to make a stew-type dish. Curry comes in the form of mild, medium, or hot - your choice.

Beef Curry (regular) Cooked with tomato, pimento, onion and other spices, served in its own gravy	15.99
Chicken Curry (regular) Cooked with tomato, onion & other spices, served in its own gravy	15.99
Lamb Curry (regular) Lamb cubes cooked with tomato, onion and other spices, served in its own sauce.	15.99
Shrimp Curry	15.99

## Special Curries

Butter Chicken Succulent "smoky" chicken Tandoor roasted and cooked with cream yogurt, coconut and clarified butter. Garnished with peanuts. Very mild, most flavourful and highly recommended	17.99
Kashmiri Chicken Curry Deboned chicken, Kashmiri style with peanuts, coconut and sultanas. Mild & sweet	17.99
Chicken Dupiaza Similar to Lamb Dupiaza	17.99
Lamb Dupiaza For onion lovers! Similar to Bhoona. Garnished with diced onions and sauteed in clarified butter.	17.99
Rogan Josh (Beef) Similar to Bhoona with lots of tomatoes	17.99
Chicken Tikka Masala Roasted in charcoal Tandoor, with Indian spices	17.99
Murgh Razala Boneless sliced chicken cooked with special Oriental spices	16.99
Chicken Charga Marinated with yogurt, ginger, garlic	17.99
Chicken Phatia	17.99
Chicken Jalfrezi Chicken breast and cubes cooked with green peppers in a dry sauce	17.99
Methi Chicken Chicken breast cooked in an onion sauce with the succulent flavour of Fenugreek leaves	16.99
Chilli Chicken Pan fried Chicken with dried red Chillies in a thick sauce	17.99
Balti Chicken Chicken Breast cooked with red and green peppers served in a tiny bucket.	17.99
Chicken Pasanda Chicken breast cooked in thick yogurt and tomato sauce and garnished with sliced almonds.	17.99
Garlic Chicken Garlicky goodness in smoked Chicken breasts.	17.99
Methi Gosht	16.99
Keema Motor Ground Beef cooked with green peas, green peppers, tomatoes, onion, Fenugreek leaves with Indian Spices	14.99

## Korma (Sweet)

A northern delicacy. The most popular dish to entertain guests with. Cooked with lots of yogurt, cream, coconut, rose-water and garnished with raisins, peanuts and fried onions. Very mild.

Chicken Korma (Mild)	contains peanuts	16.99
Vegetable Korma	contains peanuts	14.99
Lamb Korma	contains peanuts	17.99
Shrimp Korma		16.99
Beef Korma		16.99

## Madras

Very hot. A popular southern dish. Cooked with lime juice and extra red chilies. Thick sauce. Spicy.

Chicken Madras Curry (Mild, light hot, medium hot, very hot) Chicken curry prepared with extra red chilies and other spices, served in the Southern Indian Style	16.99
Lamb Madras (Mild, light hot, medium hot, very hot)	17.99
Beef Madras (Mild, light hot, medium hot, very hot)	16.99
Shrimp Madras (Mild, light hot, medium hot, very hot)	16.99
Vegetable Madras (Mild, light hot, medium hot, very hot)	14.99

## Vindaloo

Cooked with potato, lime juice and of course extra, extra red chilies! Good Luck!

Beef Vindaloo (Mild, light hot, medium hot, very hot)	16.99
Chicken Vindaloo (Mild, light hot, medium hot, very hot)	16.99
Lamb Vindaloo (Mild, light hot, medium hot, very hot)	17.99
Shrimp Vindaloo (Mild, light hot, medium hot, very hot)	16.99
Vegetable Vindaloo (Mild, light hot, medium hot, very hot)	14.99

## Seafood

Fish Marsala Halibut marinated in our homemade sauce cooked with onions, red pepper flakes and Indian Spices	16.99
Fish Curry	15.99
Fish Madras Lemon juice	16.99
Fish Vindaloo Lemon juice, onions, green pepper, tomatoes and potatoes	16.99
Fish Jalfrezi Halibut cooked with green peppers in a dry sauce.	16.99
Butter Shrimp Similiar to Butter Chicken	17.99
Shrimp Korma Similiar to Chicken Korma.	16.99
Shrimp Dansak Similiar to Chicken Dansak. Mild, Medium or Hot	17.99
Shrimp Phatia Similiar to Chicken Phatia	17.99
Shrimp Dupiaza	17.99
Saag Shrimp	17.99
Kashmiri Shrimp	17.99

## Dansak

*These dishes do not include bread or rice. Please order separately.*

A very spicy sweet-sour-hot curry with a "hot undertone". Cooked with lentils, yogurt and after the Persian style flavoured with fenugreek leaves. Very thick sauce.

Chicken Dansak ( <i>mild, medium, hot</i> ) . . . . .	17.99
Lamb Dansak ( <i>mild, medium, hot</i> ) . . . . .	17.99
Beef Dansak ( <i>mild, medium, hot</i> ) . . . . .	16.99
Vegetable Dansak ( <i>mild, medium, hot</i> ) . . . . .	14.99
Shrimp Dansak . . . . .	17.99

## Bhoona

Tomato, green peppers and lots of onions. Flavoured with fenugreek leaves. Spicy and thick sauce

Bhoona Gosht (Beef) . . . . .	16.99
Bhoona Chicken . . . . .	16.99
Bhoona Lamb . . . . .	17.99
Boona Shrimp . . . . .	17.99

## Saag

"Saag" is the Indian name for "spinach" and is very popular in the East. Moderately spiced and flavoured with fenugreek leaves. Thin sauce. Mild or medium - your choice.

Saag Chicken . . . . .	16.99
Saag Lamb . . . . .	16.99
Saag Beef . . . . .	15.99
Saag Shrimp . . . . .	16.99
Saag Aloo . . . . .	13.99
Saag Masala . . . . .	13.99
Saag Chana <i>Chick peas cooked with fresh spinach</i> . . . . .	13.99

## Vegetables

Mixed Vegetable Curry <i>Mixed vegetables fried together with spices &amp; served in their own gravy</i> . . . . .	13.99
Aloo Gobi Curry <i>of cauliflower with onion, tomato &amp; potato</i> . . . . .	13.99
Aloo Peas Curry <i>of potato &amp; peas with onion and other spices</i> . . . . .	13.99
Mushroom Aloo <i>Mushroom &amp; potato cooked in fresh Indian spices</i> . . . . .	13.99
Tarka Dall <i>Puree of lentils, cooked with spices, garnished with fried onions &amp; fresh garlic</i> . . . . .	12.99
Makhani Dall <i>A bean and lentil delicacy</i> . . . . .	13.99
Sag Paneer <i>Fresh leaf spinach with Indian Curd Cheese cooked in fresh mild spices</i> . . . . .	13.99
Matar Panir <i>Green peas with Indian Curd Cheese cooked in fresh mild spice</i> . . . . .	13.99
Eggplant Bhaji <i>Fresh eggplant, onion and tomatoes cooked in mild spice</i> . . . . .	13.99
Chana Masala <i>Fresh onion and tomatoes cooked in mild spice</i> . . . . .	13.99
Malai Kofta <i>Fresh onion &amp; tomato &amp; creamy sauce. Most popular Dish of India</i> . . . . .	13.99

## Sundries

Homemade Yogurt <i>Very cooling - an antidote to most spices</i> . . . . .	2.99
Cucumber Raeta <i>Homemade yogurt with grated cucumber and some spices; Indian Dressing</i> . . . . .	3.99
Onion Salad <i>with tomato cucumber &amp; red chilies, hot</i> . . . . .	3.99
Mango Chutney, <i>sweet &amp; sour</i> . . . . .	2.99
Mango Pickle ( <i>hot</i> ) . . . . .	2.99

## Desserts

Galub Jamun (Fresh Pastry Ball) *Fried mixture of bread crumbs, flour & milk in cardamom flavoured syrup.*

<i>An Indian Delicacy</i> . . . . .	3.99
Barfi (Coconut Cake) <i>Made from fresh coconut &amp; Indian flavoured cream</i> . . . . .	3.99
Mango Sweet <i>Alphonso quality sliced mangoes from India in syrup</i> . . . . .	4.99
Mango & Ice Cream <i>Alphonso sliced mangoes with vanilla ice cream</i> . . . . .	6.99
Ice Cream Vanilla . . . . .	3.99
Rice Pudding . . . . .	3.99
Misthi Dahi (Sweet Yogurt) . . . . .	4.99

## Non Alcoholic Beverages

COFFEE/TEA.....	1.99	MILK.....	3.50
ICED TEA.....	4.25	SOFT DRINKS <i>Coke, Diet Coke, Pepsi,</i>	
INDIAN TEA <i>A typical Indian tea flavoured</i>		<i>Diet Pepsi, Ginger Ale, Club Soda, Sprite.....</i>	2.99
<i>with fine and delicate herbs.....</i>	2.99	MANGO JUICE <i>Indian style mango</i>	
LASSI <i>An exotic Indian drink Mango</i>		<i>flavour juice (Cold).....</i>	4.99
<i>fruit flavour milkshake (Cold).....</i>	5.99	FRUIT JUICE <i>Orange, Apple, Tomato.....</i>	3.50
NATURAL SPRING WATER.....	2.99		
PERRIER WATER.....	4.25		

## Wine List

WHITE WINE.....	full	RED WINE.....	full
<i>Lindemans Chardonnay</i>		<i>Woodbridge Mondavi.....</i>	39.99
<i>from Australia (1).....</i>	38.99	<i>Merlot (red, yellow, tail)</i>	
<i>Lindemans Sauvignon</i>		<i>from Australia (1).....</i>	40.99
<i>from Australia (0).....</i>	39.99	<i>Valpolicella (0).....</i>	39.99
<i>Woodbridge Mondavi.....</i>	39.99	<i>Mouton Cadet (0).....</i>	39.99
<i>Folonari Sauvignon.....</i>	38.99		
<i>Mouton Cadet (0).....</i>	39.99		
HOUSE WINE <i>White and Red</i>			
<i>B&amp;G (0-1) Glass 6.95.....</i>	1/2 litre 19.99		
<i>1 litre.....</i>	38.99		

## Alcoholic Beverages

BEER		RYE (1 1/4 oz) <i>Canadian Club.....</i>	6.99
<i>Cobra Premium Extra Smooth.....</i>	5.75	RUM (1 1/4 oz) <i>Captain Morgan's (Dark),</i>	
IMPORTED: <i>Kingfisher Lager (Indian),</i>		<i>Lamb's White.....</i>	6.99
<i>Corona (Mexican), Becks (German), Heineken (Dutch),</i>		GIN (1 1/4 oz) <i>Beefeater.....</i>	6.99
<i>Newcastle Brown (English).....</i>	5.50	SCOTCH (1 1/4 oz) <i>J&amp;B</i>	
PREMIUM: <i>Upper Canada Lager, Sleeman Ale,</i>		<i>Johnny Walker (Red).....</i>	6.99
<i>Molson Dry, Keith's India Pale Ale.....</i>	4.99	VODKA (1 1/4 oz) <i>Smirnoff.....</i>	6.99
<i>*Creemore Spring Lager 500 ml.....</i>	4.99	MIXED LIQUOR.....	7.99
LOCAL: <i>Labatt Blue, Blue Light, Molson, Robert Simpson,</i>		BRANDY / COGNAC (1 1/4 oz)	
<i>Export, Canadian, Coors Light, Bud.....</i>	4.99	<i>Chemineaud, Courvoisier.....</i>	7.99
APERITIF <i>Cinzano, Dubonnet, Martini.....</i>	5.99	LIQUEURS (1 1/4 oz)	
SPECIALTY COFFEES		<i>Grand Marnier, Drambuie, Kahlua,</i>	
<i>Irish Coffee (Irish Whisky &amp; Irish Mist).....</i>	8.99	<i>Amaretto, Bailey's Irish Cream,</i>	
<i>Spanish Coffee (Brandy &amp; Kahlua).....</i>	8.99	<i>Tia Maria.....</i>	7.99
<i>Indian Coffee (dark rum &amp; creme de cacao).....</i>	8.99		
COCKTAILS (1 1/4 oz)			
<i>Bloody Mary, Bloody Caesar, Manhattan, Martini,</i>			
<i>Black Russian, Screwdriver, Margarita.....</i>	7.99		

**Business Hours**

**Monday to Thursday**

**Friday**

**Saturday**

**Sunday**

**Lunch**

**11:30 - 2:30**

**11:30 - 2:30**

**12:30 - 2:30**

**CLOSED**

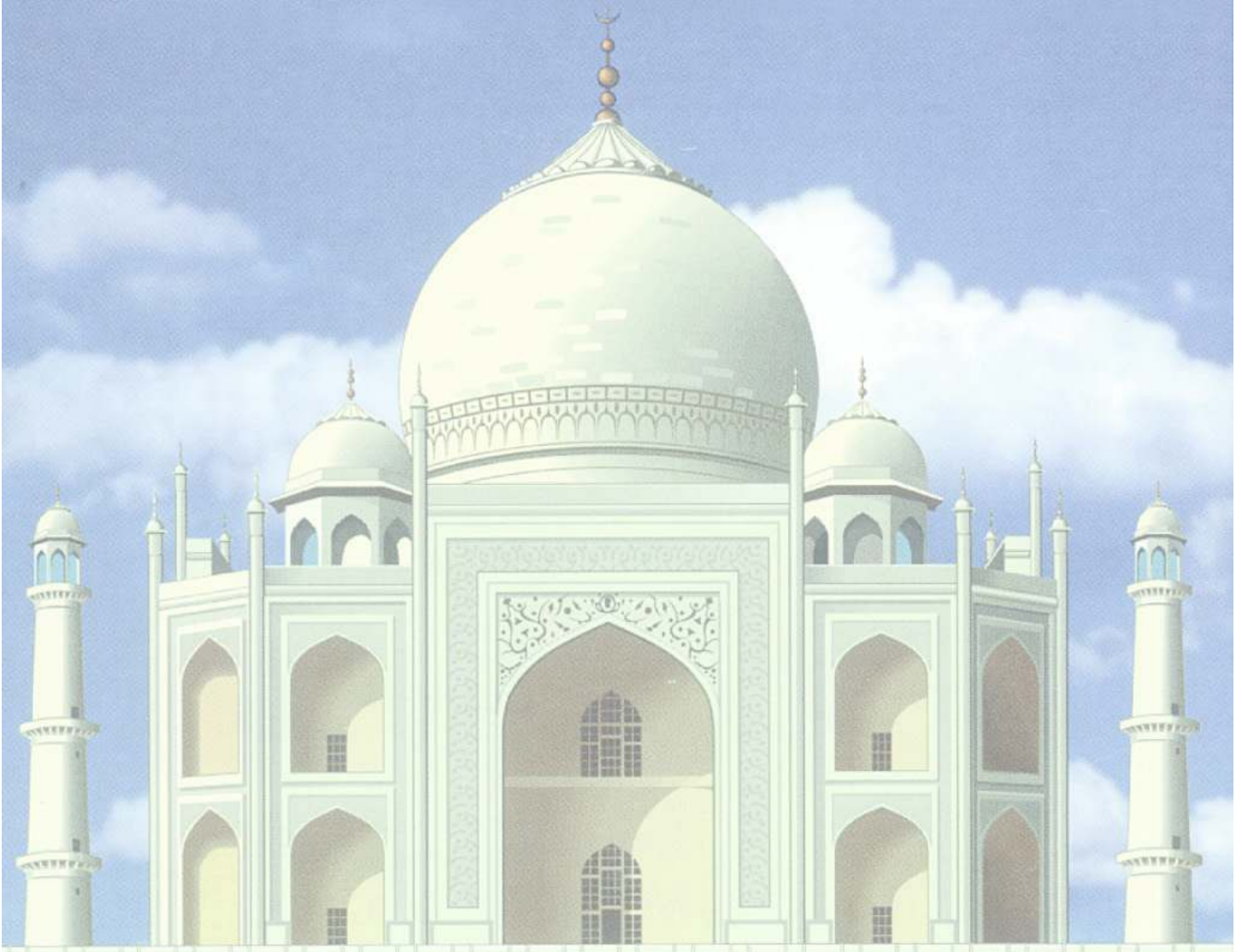
**Dinner**

**5:00 - 9:30**

**5:00 - 10:00**

**5:00 - 10:00**

**5:00 - 9:30**



**Reservations - Takeout - Delivery**

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