

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

KULCHA SLIDERS

Pattie with chickpea slider in bun (3 pieces)

CHILLI CHICKEN PAPDI

Chilli chicken on a layer of papdi

PRAWN PAKORA

Breaded prawns

FLAMING CHICKEN BITES

Fried chicken served with house sauce

MANCHURIAN

Cabbage, carrot, green pepper & potato cooked with soy sauce

CHICKEN WINGS

Hot, Honey Garlic, BBQ, Salt & Pepper

FRIED CHICKEN

3 pieces of crispy fried chicken

VEGETABLE PAKORA

Deep fried mixed vegetable fitters, 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 KADAI

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

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

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.

