



TAVA WOK

Modern Indian & Indo-Chinese Bistro

Unit 204B 7171-80 Ave, NE Calgary T3J 0P6

403-764-5700

www.tavawok.com

Monday to Thursday : 11am - 10pm

Friday to Sunday : 11am - 11pm

Also Available on



Uber Eats

We Also Do Catering

STREET DELIGHTS

- 🍃 Plain Aloo Palak Ki Tikki (1 Pc).....\$0.99
- 🍃 Tava Samosa Bomb (Extra Hot) (1 Pc)\$1.50
- 🍃 Aloo Palak ki Tikki-Chaat (2 Pcs).....\$6.99
(Potato patty made with mashed potatoes and fresh spinach)
- 🍃 Tava Samosa Bomb-Chaat (2 Pcs).....\$8.99
(Veg samosa made with Tava Wok's special extra hot masala)
- 🍃 Papdi Chaat.....\$8.99
(Indian canape wafers, potatoes, chickpeas, yogurt and chutneys)
- 🍃 Dahi Bhalley\$9.99
(Popular street snack of North India made with lentil base and served with sweet yogurt & tangy tamarind chutney)
- 🍃 PaniPuri (8 Pcs)\$9.00
(Combination of wheat & semolina balls stuffed with potatoes, black chana, onions and served with cold sweet and sour water)
- 🍃 Kichhad Choley Bhature.....\$11.99
(Specialty of North India – Deep fried soft and puffy bread served with masala chickpea curry, onions & pickle on the side)
- 🍃 Aloo Puri / Choley Puri.....\$11.99
(Puffy wheat bread served with choice of spicy potato or chickpea curry)
- 🍃 Tava Wok's Choice of Veg Pakoras :
Vegetable / Paneer\$9.00 / \$12.00
(Otherwise known as fritters, these fried snacks are served with chutneys)
- Tava Wok's Choice of Non-Veg Pakoras:**
Fish (Basa) / Chicken / Shrimp\$12.99 / \$12.99 / \$14.99
(Deep fried meat / seafood with spiced chickpea batter and served with chutneys)

SOUPS-R-UP

- 🍃 Kharode Ka Soup\$10.99
(Aromatized goat broth with a hint of mint and spices)
- 🍃 Egg Noodle Chicken Soup\$9.99
(Fresh chicken broth soup served with eggs, mushrooms and noodles)
- 🍃 Veg Noodle Soup.....\$8.99
(Fresh vegetable broth soup, variety of vegetables, noodles)
- 🍃 Sweet Corn soup (Veg.).....\$9.99
(Creamy sweet corn, vegetable stock and spices)

BUCKET OF GREENS






- 🍃 Mix Green Salad\$6.99
(Diced cucumbers, tomatoes, lettuce, onions with lemon dressing)



TAVA WOK'S ORIENTAL CORNER

-  **Honey Chilli Glazed Baby Potatoes**\$11.99
(Baby potatoes, organic honey, chili and spices)
-  **Honey Chilli Cauliflower**\$12.99
(Crispy cauliflower florets, organic honey, chili, and spices)
-  **Tava Wok Chilli Garlic Soya Chaap (Dry/Gravy)**\$13.99
(Soya chaap, bell peppers, garlic, sauces)
-  **Chilli Paneer (Dry/Gravy)**.....\$14.99
(Cottage cheese, onions, bell peppers, fresh spices, cooked in hot spicy sauce)
-  **Veg Manchurian (Gravy)**.....\$13.99
-  **Veg Manchurian (Dry)**.....\$14.99
(Vegetable dumplings in hot & sour Manchurian sauce)
-  **Gobhi Manchurian (Dry/Gravy)**.....\$13.99
(Crispy cauliflower fritters served in Tava Wok special sauce)
- Chilli Chicken/ Chilli Prawns / Chilli Garlic Fish (Dry/ Gravy)**.....\$15.99 / \$17.99 / \$15.99
(Tender pieces of meat/ seafood, Indo Chinese blend of sauce)
- Chicken Lollipop (Dry/Gravy) (8 Pcs)**\$15.99
(Fried chicken winglet, Tava Wok's fresh wing sauce)
- Chicken Wings (8 Pcs)**.....\$13.99
(Fried chicken wings, ginger, garlic, celery and spices)
- Chicken Manchurian (Dry/Gravy)**.....\$15.99
(Chicken, Vegetables, Manchurian Sauce)
- Dragon Chicken (Dry/Gravy)**\$15.99
(Kolkata Chinatown Specialty : Hot red peppers, chicken, bell peppers, fresh peppercorn)

ORIENTAL RICE & NOODLES

-  **Veg Fried Rice/ Veg Noodles**.....\$12.99
(Rice/ Noodles, vegetables, sauces)
-  **Chilli Garlic Fried Rice / Noodles**\$14.50
(Homemade schezwan sauce, fresh chopped garlic, ginger, vegetables & sauces)
-  **Paneer Tikka Fried Rice / Paneer Tikka Noodles**\$15.99
(Paneer tikka, vegetables, rice / noodles)
-  **Veg Garden Noodles**\$17.99
(Broccoli, zucchini, cabbage, carrots, asparagus, beans, peppers, onions, noodles)
- Chicken Fried Rice / Chicken Noodles**\$14.99
(Rice / Noodles, chicken, vegetables, sauces) (add 2 eggs for \$5.00)
- Fish Fried Rice / Fish Noodles**\$14.99
(Rice/ Noodles, fish, vegetables, sauces)
- Shrimp Fried Rice / Shrimp Noodles**\$17.99
(Rice/ Noodles, shrimp, vegetables, sauces)
- Chicken Tikka Fried Rice /Chicken Tikka Noodles**\$16.99
(Chicken tikka, vegetables, rice / noodles)
-  **Stir-Fry Vegetables**\$16.00
(Assorted vegetables, garlic and black bean sauce)

MYSTIQUE CURRIES

VEGETARIAN

- 🍃 **Daal Makhani**.....\$12.99
(Black lentil, fresh plum tomato puree, clarified butter, fresh cream)
- 🍃 **Hing Daal Tadka**.....\$12.99
(Yellow moong daal, hing, cumin, ghee)
- 🍃 **Ralli Milli Chaneri Daal**.....\$13.75
(Chickpea lentil, bottle gourd, spinach, cumin, cilantro)
- 🍃 **Kaju Curry**.....\$14.99
(Gujarati Favorite : A-grade cashew curry, cooked in rich gravy)
- 🍃 **Kadahi Paneer**.....\$14.75
(Cottage cheese cubes, peppers, onion, whole coriander and chilli)
- 🍃 **Shahi Paneer**.....\$14.75
(Cubes of cottage cheese, aromatic spices, tomato and cashew gravy)
- 🍃 **Methi Malai Chaman**.....\$15.75
(Fresh fenugreek, cubes of cottage cheese, aromatic cashew gravy)
- 🍃 **Paneer Butter Masala**.....\$14.75
(Cottage Cheese, tomato, clarified butter and fresh cream)
- 🍃 **Lehsuni Palak Paneer**.....\$15.75
(Fresh spinach puree, Indian cottage cheese cubes, spices and garlic)
- 🍃 **Shahi Paneer Bhurji**.....\$18.99
(Grated cottage cheese, diced onions, tomatoes, peppers, chilli, cilantro & dry fruit)
- 🍃 **Paneer Lababdar**.....\$15.75
(Malai Paneer, peppers, onions, velvety lababdar gravy)
- 🍃 **Tava Mix Vegetable**.....\$13.75
(Assorted special cut veggies, with Tava masala gravy)
- 🍃 **Aloo Gobhi Adraki**.....\$13.75
(Ginger flavored cauliflower and potatoes, onion, and tomato masala)
- 🍃 **Jalapeno Wali Bhindi Masala**.....\$14.75
(Crispy Okra, fresh tomatoes, onions, Jalapeno peppers)
- 🍃 **Tava Soya Chaap Masala**.....\$15.75
(Chunks of fresh soya chaap, buttery gravy tomato, and onion masala)
- 🍃 **Paneer Pasand Kofta**.....\$15.75
(Made with homemade cottage cheese, nuts and cashew gravy)
- 🍃 **Chana Masala**.....\$12.99
(Kabuli Chana, homemade chana masala and dried mango powder)
- 🍃 **Choliya Paneer**.....\$16.00
(Green chickpeas and paneer high in protein, fresh onion and tomato masala)
- 🍃 **Aloo Baingan**.....\$15.75
(Tava Wok's special: Baby eggplant and potatoes, dried mango powder, homemade onion and tomato masala gravy)



MYSTIQUE CURRIES

NON VEGETARIAN

Butter Chicken	\$14.75
<i>(Fresh Chicken Tikka, fresh plum tomato, organic honey, fenugreek & fresh cream)</i>	
Tava Murgh Masala	\$15.75
<i>(Chicken tikka, Tava masala sauce)</i>	
Methi Chicken	\$14.75
<i>(Chunks of chicken, clarified butter, spices and fenugreek)</i>	
Chicken Lababdar	\$15.75
<i>(Malai Chicken, peppers, onions, velvety lababdar gravy)</i>	
Chicken Kofta	\$15.75
<i>(Ground chicken balls, cashew gravy, saffron and spices)</i>	
Chicken / Goat / Fish Curry	\$14.75 / \$16.75 / \$14.75
<i>(An authentic style meat/fish curry, fresh ginger, tomatoes, and onions)</i>	
Chicken / Goat Kadahi	\$15.75 / \$16.99
<i>(Meat cooked with bell peppers, onion and kadahi gravy)</i>	
Palak Chicken / Goat	\$16.00 / \$17.00
<i>(Tender pieces of meat, creamy fresh spinach puree, homemade spices)</i>	
Chicken Changezi with Bone	\$16.50
<i>(A Mughlai preparation: roasted juicy bone-in chicken)</i>	
Murgh Rara	\$16.50
<i>(Chicken pieces cooked in spicy and scrumptious chicken mince gravy, onion, tomato, herbs and spices)</i>	
Goat Lal Maas	\$17.75
<i>(Goat cooked in mathania red chillies, onions and tomato, fresh herbs & spices)</i>	
Goat Korma	\$17.75
<i>(Goat, nuts and yogurt based aromatic gravy)</i>	
Bhuna Goat	\$19.75
<i>(Dry roast Goat, clarified butter, aromatic ground spices)</i>	


HEAVENLY TANDOORI

Tandoori Chicken	\$16.75
<i>(Authentic juicy chicken, aromatic spices and cooked over slow flame in tandoor)</i>	
Lehsuni Chicken Tikka	\$15.50
<i>(Chicken, garlic, and spices)</i>	
Kesari Chicken Malai Tikka	\$15.75
<i>(Chicken, malai and hint of saffron)</i>	
Fish Kaali Mirch Ka Tikka	\$15.75
<i>(Basa fillet, ground black pepper, marinated with special homemade spices)</i>	
 Laal Mirch Ka Paneer Tikka	\$15.99
<i>(Cottage cheese, hung yogurt, spring onion, red chilli and spices)</i>	
 Achari Paneer Tikka / Soya Chaap	\$15.99
<i>(Cottage cheese/ chunks of soya chaap marinated with pickles, and spices)</i>	
 Kashmiri Malai Soya Chaap	\$15.99
<i>(Soya Chaap, hung yogurt, cream, cashew paste, dry fruits)</i>	

DEG KI BIRYANI

(Cooked with Dum Pukht method)

 Chicken / Goat	\$15.75 / \$16.75
 Veg / Soya Chaap	\$14.50 / \$15.50

 Denotes
Vegetarian

Please let us know if you have any food allergies
or special dietary needs.

ARTISAN BREADS

Butter Naan.....	\$2.25
Garlic Naan.....	\$2.50
Tandoori Roti.....	\$2.00
Tava Roti.....	\$2.00
Chilli Garlic Naan.....	\$3.00
Tava Aloo Parantha.....	\$4.50
Tava Gobhi Parantha.....	\$4.50
Tava Mix Parantha.....	\$5.50
Tava Onion Parantha.....	\$4.50
Tava Paneer Parantha.....	\$6.00

AROMATIC RICE

Plain Rice.....	\$4.50
Jeera Rice.....	\$4.99
Pea Pulao.....	\$4.99



YOGURT DELICACIES

Boondi Raita.....	\$3.99
Mix Veg Raita.....	\$3.99
Plain Yogurt.....	\$3.00

TANTALIZING CHUTNEYS

Mint Chutney.....	\$2.99
Imli Chutney.....	\$1.99

SPICE-IT-UP

Achar.....	\$1.99
Green Chilli / Onions.....	\$2.99

SWEET INDULGENCE

Tava Wok's Special Dessert.....	\$9.99
Gulkand Ki Kulfi.....	\$6.99
Saffron Kheer.....	\$5.99
Rasmalai (2 pc.).....	\$4.50
Gulab Jamun (2 pc.).....	\$3.99

ENHANCED FLAVORS

Masala Chai.....	\$2.50
Lemon Masala Soda.....	\$4.99
Mango/ Sweet/ Salty/ Strawberry Lassi.....	\$4.99
Cold Coffee.....	\$5.99
Mango/ Strawberry/ Banana Shakes.....	\$5.99
Masala Chaach.....	\$5.99
Pops (Coke/ Diet Coke/ Ginger Ale/ Club Soda).....	\$2.50
Bottled Water.....	\$1.99



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