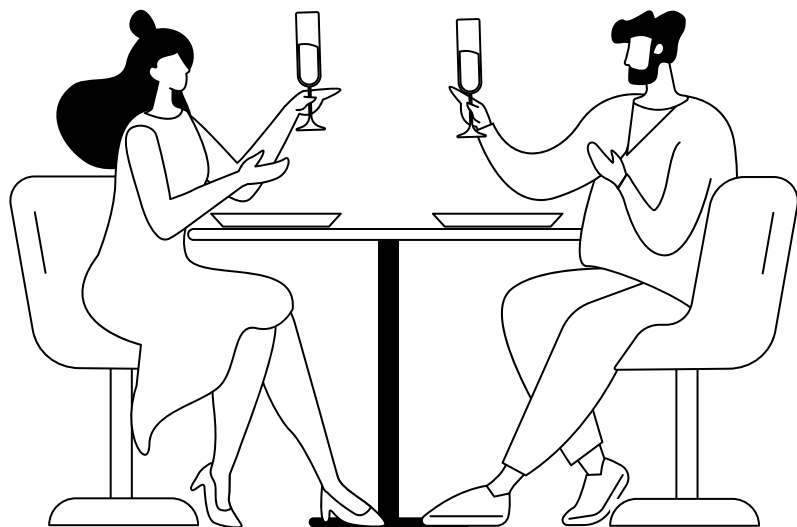


# INDUS FLAVOUR

INDIAN RESTAURANT & BAR



**To our Three Hills family** – you embraced us with open hearts from day one. We will always be grateful for the love you've shown us.

**To our visiting friends** – welcome to this beautiful prairie town. While you're here, take time to discover its treasures: meet the alpacas at **Kirk's Farm**, sip coffee at **Busy Bee**, grab a donair at **Tripple Hills Pizza**, enjoy steaks at **Bell 720**, and taste history at **Harvest House**, the oldest eatery in town.

*We're honoured to call this place home – and even more honoured to share it with you.*

And a special thanks to **Angie** and **Allan Ironside** – for treating us as their own.

MON	TUE	WED	THU	FRI	SAT	SUN
CLOSED	CLOSED	10 am - 2 pm	10 am - 2 pm	10 am - 2 pm	10 am - 2 pm	10 am - 2 pm
CLOSED	4 pm - 10 pm	4 pm - 10 pm	4 pm - 10 pm	4 pm - 10 pm	4 pm - 10 pm	CLOSED

### NAANZA Nights

When naan meets pizza. Crispy, fluffy, and topped with your favourite curry and melted cheese

for \$15.99

SUMMER 2026

### UNLIMITED Buffet

Fill your plate as many times as you like! Butter Chicken, Lamb Rogan Josh, Dal Makhni, Steamed Rice, Crispy Samosas, Chai Tea, and much more - plus warm, freshly made Garlic Naan brought right to your table

for \$29.99

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Your Canadian - Mild menu is on the other side



### 1 Chai (Tea) 5.99

Fresh ginger, cardamom, cinnamon, cloves, and a whisper of saffron. We simmer these with black tea leaves and creamy milk to create **India's beloved everyday brew.**

Note: Make it Iced Chai Tea (\$ 8.99)

### 2 Green Witch 6.99

Khus (Vetiver) is a natural summer remedy: it cools your body, calms your stomach, and fights the heat. We brew this with crisp ginger ale and a squeeze of fresh lemon. **The result? A fizzy, herbal escape from the sun.**

### 3 Creamy Soda Float 7.99

**You already know this one — eight or eighty, it's pure nostalgia.** A frosty glass, your choice of soda, a scoop of vanilla ice cream, and a dollop of melted cream on top. Just like it should be.

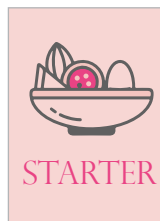
Choice of Soda: Root Beer (A&W, Mug), Fanta (Orange, Pineapple, Strawberry), Pepsi, Coke, Sprite, 7up, Dr. Pepper, Mountain Dew, Crush Cream Soda

### 4 The Pink Drink 8.99

**This drink is a tribute to the rose.** Strawberry milk and rose syrup dance together in a creamy swirl, topped with a scoop of vanilla ice cream and tutti frutti cherries on top. Pink. Pretty. Perfect.

### 5 Mango Lassi 8.99

This is sunshine in a glass: creamy yogurt and Alfonso mangoes, crowned with a scoop of vanilla ice cream and showered with crushed mixed nuts. **No wonder it's India's favorite drink!**



### 6 Street Samosas (2 Pcs) 9.99

**Meet the superstar of Indian snacks!** These handcrafted golden, triangular pockets of joy are filled with seasoned potatoes, peas, and aromatic herbs and served with a sweet and sour mango chutney

### 7 Disco Chaat 14.99

**Prepared live at your table!** Watch us build this famous Indian street food: crispy spinach, sweet yogurt, zigzags of mint and tamarind chutneys, boiled potatoes, a shower of sev, fresh cilantro, and a burst of pomegranate. It's a snack that puts on a show.

Note: Make it Samosa Chaat (no extra charge)

### 8 Chicken Wings Pakora 19.99

Warning: These aren't your average wings. Double-fried for audibly crisp perfection, yet juicy inside. Seasoned with our signature spice blend and served with creamy ranch dip. **The first bite is a promise. The last bite is the payoff.**

### 9 Tandoori (Oven Roasted) Chicken 22.99

**Hissing and smoking — this chicken arrives with its own soundtrack.** Our half chicken is marinated for hours, clay-oven roasted until juicy, then served on a blazing hot sizzler along with rice and veggies.



### 10 Dal Makhni (Black Lentil Curry) 19.99

Slow-cooked all day with butter, cream, and gentle spices, our black lentil and kidney bean stew is pure velvet in a bowl. Deeply smoky, savory, and satisfying - **a must-try for any stew lover!**

### 11 Palak Paneer (Spinach Curry) 22.99

Silky, spiced spinach puree wrapped around soft cottage cheese, finished with a delicate shower of white sesame seeds. **It's the dish that makes vegetables feel like a celebration.**

Note: Make it Palak Chicken (no extra charge) or Palak Lamb (+\$3)

### 12 Kofta Curry (Saffron Curry) 22.99

**A bowl of pure gold.** Soft, savoury dumplings made from cottage cheese and potatoes, taking the place of meatballs nestled in a pool of the silkiest saffron-scented yellow sauce, then garnished with dried rose petals and crunchy mixed nuts.

Note: Make it Kofta Chicken (no extra charge) or Kofta Lamb (+\$3)

### 13 Butter Chicken 22.99

You already know what it is. And if you don't, this is your sign to order it - it's the star of our menu. Tender chicken in our signature rich, creamy tomato sauce. Try it. **If it's not the best you've had, it's on us!**

Note: Make it Butter Paneer (no extra charge) or Butter Lamb (+\$3)

### 14 Chicken Tikka Masala 22.99

**Experience the curry so beloved, it was crowned Britain's National Dish in 2001.** Featuring a thick, textured gravy of tomato, cream, and a hearty mix of diced onion and sweet bell peppers, this is the curry with character.

Note: Make it Paneer Tikka Masala (no extra charge) or Lamb Tikka Masala (+\$3)

### 15 Chicken Vindaloo 22.99

**No cream. No butter. No apologies.** Born in Goa with Portuguese roots - vinegar for tang, Kashmiri chilies for fire, mustard and coconut for soul. Tender chicken and soft potatoes soak it all in.

Note: Make it Paneer Vindaloo (no extra charge) or Lamb Vinadloo (+\$3)

### 16 Lamb Rogan Josh 25.99

**Rogan Josh" means "Red Juices" describing its iconic crimson hue from the valley of Kashmir.** Tender lamb simmered low and slow in a fragrant gravy of browned onions, cardamom, cinnamon, cloves, and fennel.

Note: Make it Chicken Rogan Josh (\$ 22.99)



### 17 Steamed Rice 5.99

**Flawlessly fluffy basmati rice, elevated.** We've interwoven saffron-kissed grains throughout, giving it a stunning visual appeal and a light, fragrant aroma that complements any curry.

### 18 Clay Pot Biryani

Your choice of tender chicken, robust lamb, or fresh garden vegetables - slow-cooked with fragrant basmati rice, saffron-infused grains, and sweet caramelized onions. **Finished with edible rose petals and fresh mint-cilantro, then served in a traditional clay pot.**

A. Vegetable \$ 19.99

B. Chicken \$ 22.99

C. Lamb \$ 25.99

Please inform your server of your preferred spice level  
Please alert your server of any food allergies



**19 Kneaded overnight, then freshly baked until puffed and blistered.** Soft enough to melt in your mouth - whether it's the gooeyness of the Butter Naan, the aromatic freshness of the Garlic Naan, the tanginess of the Red Chilli Naan, the gentle heat of the Green Pepper Naan, or the irresistible melt of the Cheese Naan. These are the perfect partner for your curry, or simply on their own. Tear, dip, and fall in love.

A. Butter Naan \$ 5.99

B. Garlic Naan \$ 6.99

C. Red Chilli Naan \$ 7.99

D. Green Pepper Naan \$ 7.99

E. Cheese Naan \$ 8.99



## INDO-CANADIAN (FUSION)

### 20 Chicken (Tikka Masala) Burger 15.99

Your two favorites, fused. **We load a grilled brioche bun with mayonnaise, lettuce, spiced chicken tikka, pickled onions, and tandoori sauce.** It's the iconic curry, reimagined as the ultimate burger. Served with Garlic Parmesan fries.

### 21 Butter Chicken Poutine 17.99

**We could not find a better way to thank Canada for wholeheartedly welcoming us.** From our national dish to yours, right here on a plate. We hope you love this savory, spicy, and cheesy handshake between our two homes!

### 22 Pulled Lamb (Rogan Josh) Sandwich 19.99

**Our slow-cooked, fall-apart Lamb Rogan Josh nestled into a centre-pressed open-faced sandwich.** Two slices of texas toast, one glorious dugout of curry. Served with Cajun Spiced fries.



### 23 Nutty-Butty Cream Stick (Kulfi) 8.99

Long before ice cream became a household name, India had kulfi - a slow-simmered, impossibly creamy frozen dessert. The difference? Ice cream is churned and fluffy. Kulfi is dense, rich, and creamier.

Your chosen flavoured stick is dipped in Rabri (sweet, thickened, slightly grainy milk), then coated with crunchy nuts before being served. **Taste a tradition that time couldn't melt away.**

A. Tutti Frooti

B. Cashew

C. Almond

D. Pistachio

### 24 Three Tone Cheesecake 9.99

Three layers of pure magic. A buttery graham crust on the bottom. Creamy Philadelphia cheese in the middle. And a top layer kissed with rose water, saffron, and cardamom. **Hiding in the very centre? Go on, cut it open. Meet the Timbits' Indian half-brother waiting to be discovered.**

25 A. Mint Yogurt

B. Papdums (3 Pcs)

C. Garden Salad



A creamy blend of fresh yogurt, crushed mint, and a touch of black salt.

\$ 3.99



\$ 3.99



\$ 8.99