

Non Vegetarian (Seafood):

- Shrimp Vindaloo .....\$17.95  
(Spices perfectly blended with shrimp cubes, cooked in vindaloo sauce)
- Coconut Shrimp Curry ....\$17.95  
(Shrimp Curry south Indian style with coconut flavored)
- Shrimp Butter Masala ....\$17.95  
(Shrimp Cubes cooked in herbed in tomato cream sauce)

RICE & BREADS

- Steamed Rice (Basmati) .....\$4.95
- Saffron Rice .....\$6.95
- Jeera (Cumin) Rice .....\$5.95
- Coconut Rice .....\$7.95
- Peas Pulao.....\$6.95  
(Rice Pulav aromatic with seasoned vegetables & Pea)
- Plain Naan.....\$3.00
- Butter Naan.....\$3.95  
(Traditional oven-baked fresh Indian bread with layers of Butter)
- Tandoori Roti .....\$2.50
- Garlic Naan .....\$4.95
- Coconut Naan.....\$6.00  
(Traditional oven-baked fresh Indian bread with sweet shredded coconut & Honey)
- Aloo & Cheese Naan .....\$5.50
- Glutten Free Bread .....\$4.00

- Coconut Fish Curry .....\$17.95  
(Goa style with coconut, ground spices & Curry Leaves)
- Fish Butter Masala .....\$17.95  
(Fish Cubes cooked in herbed in tomato cream sauce)

- Cinnamon Chocolate Naan .. \$5.00  
(Traditional oven-baked fresh Indian bread with ground cinnamon & Icing sugar & Chunks of chocloates)
- Lamb Biryani.....\$17.95  
(Dum cooked long grain basmati rice cooked on slow heat with Lamb served with raita)
- Shrimp Biryani .....\$17.95  
(Dum cooked long grain basmati rice cooked on slow heat with Shrimp served with raita)
- Chicken Biryani.....\$15.95  
(Dum cooked long grain basmati rice cooked on slow heat with chicken served with raita)
- Veg Biryani .....\$14.95  
(Dum cooked long grain basmati rice cooked on slow heat with vegetables & Paneer served with Raita)

TUMMY FULL SPECIALITY

- Amritsari Aloo Kulcha.....\$14.95  
(Aloo potatoes filling wrapped in crisp pastry comes with special chickpea curry)
- Paneer Aloo Kulcha.....\$16.95  
(Paneer filling wrapped in crisp pastry comes with special chickpea curry)

SPECIAL PLATTERS (MEGA MEAL)

(All Platters accompanied with Rice, naan & Lentil/Chickpea)

- Mega Platter Meal (Veg) .....\$15.95
- Mega Platter Meal (Non Veg) .....\$17.95  
(Choose any 1 item from Main Course excluding sea food)

SOUPS & SALADS

- Chicken Noodle/Clear Soup.....\$5.95
- Tomato Basil Soup .....\$5.95
- Lentil Soup.....\$4.95
- Caesar Salad .....\$8.99  
Add Grill Chicken Breast (8 oz) \$6.49  
Add Cajuan Seasoned Chicken Breast \$6.99
- Green Salad .....\$6.99

MAIN PASTA

(All served with garlic Bread)

- Chicken Alfredo Pasta.....\$15.95

POUTINE LOVERS

- Butter Chicken Poutin .....\$12.95  
(Fries Dipped in Butter Chicken sauce with diced chicken & Curd Cheese)
- Canadian Classic Poutine (with Gravy) .....\$9.95  
(Fries with cheese curd & Poutine Gravy)

TUMMY FULL INDO CHINESE

- Chilli Chicken (Dry or with Gravy) .....\$15.95
- Chicken Manchurian (Dry or with Gravy).....\$15.95
- Black Pepper Chicken.....\$16.95
- Sweet & Sour Chicken.....\$15.95
- Chicken Chowmein\* .....\$12.95
- Chicken Hakka Noodles\* .....\$12.95
- Chicken Fried Rice\* .....\$12.95
- Chilly Fish .....\$14.95
- Shrimp Noodles\* .....\$15.95
- Shrimp Fried Rice\* .....\$15.95
- Veg Manchurian (Dry or with Gravy) .....\$13.95
- Chilly Cheese .....\$14.95
- Veg hakka Noodles\* .....\$11.95
- Veg Chowmein\* .....\$11.95
- Veg Fried Rice\* .....\$11.95
- Spring Rolls (6 pcs) .....\$6.99
- \*(Add scrambled egg to any fried rice or noodles for \$1.50)

SIDES

- Green Salad .....\$5.95
- Plain Yogurt/Raita.....\$4.88
- Poppadums’ (2pcs) .....\$1.99
- Fries .....\$4.95
- Cajun Fries.....\$5.95
- Onion Rings .....\$6.95
- Mango Chutney.....\$2.50
- Mint/Tamarind Sauce ...\$2.00
- Pickles.....\$2.00

TUMMY FULL DELIGHTS

- Mango/Sweet/Salted Lassi...\$4.95
- Mango Shake.....\$4.95
- Strawberry Shake .....\$4.95
- Chocolate Shake .....\$4.95
- Chai Tea .....\$2.99

KIDS MENU

- Chicken Nuggets with choice of fries or onion rings.....\$8.95
- Butter chicken Poutine.....\$8.95
- Canadian Classic Poutine .....\$7.95

TUMMY FULL DESERTS

- Gulab Jamun (2 pcs).....\$4.99
- Molten Chocolate Cake.....\$7.95  
(served with ice cream)
- Gulab Jamun with Ice Cream.....\$6.95
- Saffron Kheer (Rice pudding).....\$5.95
- Rasmalai .....\$5.95
- Chocolate/Mango/vanilla ice cream.....\$4.00



# Tummy Full

INDIAN AUTHENTIC & FUSION RESTAURANT



**We do Catering For All Occasions**

**Serving Liquor Now**

**121 Town Crest Road #123**  
**Fort Saskatchewan, AB T8L 0G7**  
**587-285-3855 | 587-285-3856**  
www.tummyfull.com | tummyfullinfo@gmail.com

Our chefs will be delighted to prepare meals flavoured to your specifications. Discuss any food allergies with frontend staff at the order.





## TUMMY FULL BURGERS

(All burger serve with choice of Fries/Onion Rings & Pop)

Original Beef .....	\$13.00	Crispy Bufflo Chicken...	\$13.95
Blackened Chicken .....	\$16.95	Crispy Bbq Chicken .....	\$13.95
Classic Grill Chicken .....	\$15.95	Add Cheese .....	\$1.50
Classic Crispy Chicken ...	\$13.95	Caramelized Onions .....	\$1.50

## TUMMY FULL AMAZING WRAPS

(All Wraps serve with choice of fries or onion rings)

Paneer Tikka Wrap .....	\$13.95	Chicken Caesar Wrap ...	\$13.95
Blackened Chicken Wrap. ....	\$13.95	Marinated Chicken, Lettuce, croutons & Parmesan Cheese with Caesar dressing, wrapped in white Tortilla Bread	
Butter Chicken Wrap .....	\$13.95	Beef Seek Wrap .....	\$13.95
Marinated Chicken with butter sauce, Lettuce, Tomato & onions with mayo wrapped in white Tortilla Bread		Marinated mince beef with Lettuce, Tomato & onions with mayo wrapped in white Tortilla Bread	
Buffalo Chicken Wrap .....	\$13.95	Chicken Tikka Wrap .....	\$13.95
(Grilled/crispy) Chicken toss in buffalo sauce, Lettuce, Red Onions, 3 cheese & Mayo sauce wrapped in white Tortilla Bread		Marinated Chicken in tandoor with Lettuce, Tomato & onions with mayo wrapped in white Tortilla Brea	
		Sweet Thai Chilli .....	\$13.95
		Marinated Chicken, Lettuce, Red Onions, Carrots, 3 cheese & crispy noodles with mayo toss in Thai Chilli sauce wrapped in white Tortilla Bread	

## TUMMY FULL AMAZING BOWLS

Ginger Chicken Rice Bowl	\$15.95	Teriyaki Chicken Rice Bowl	\$15.95
Teriyaki Shrimp Rice Bowl	\$17.95		

## TUMMY FULL STARTERS

### Vegetarian:

Veg Samosas .....	\$4.50
(Crispy puff pastry stuffed with potatoes & peas served with tamarind & mint sauce)	
Samosa Chaat (In channa or Yogurt) .....	\$8.95
(Smosas mashed mixed with channa masala or yogurt, Tamarid & Mint Chutney with spices)	
Dahi Bhalle.....	\$8.95
(Lentil Vada balls soaking in thick yogurt & savoury chutney & Spices)	
Mix Veg Pakora.....	\$9.95
(Deep Fried Fritters filled with mix of potatoes, cauliflower, spinach, onions, cilantro & Spices filled in chickpea batter)	
Pani Puri.....	\$8.95
(Round & hallow fried crisps with potatoes,black chickpeas with tangy water) (8pcs)	
Papri Chaat .....	\$8.95
(fried crisps dipped with diced potatoes,chickpeas, yogurt, tamarind & green chutney)	
Aloo Tikki Chaat (In channa or Yogurt) .....	\$8.95
(Mashed deep fried potato patties served with chickpeas or yogurt, onions, tomato & Cilantro)	
Chole Bhature.....	\$11.95
(Chickpea curry with special deep fried leavened bread)	
Poori with aloo baji.....	\$10.95
(Potato curry with special deep fried bread)	
Achari Paneer Tikka .....	\$14.95
(Cottage Cheese marinated in ginger garlic paste, yogurt baked in Tandoor	

### Vegetarian:

Cauliflower 65 .....	\$14.95
(Cauliflower florets cooked with a special sweet and spicy sauce)	
Buffalo Cauliflower Bites.....	\$13.95
(Crispy cauliflower floret tossed in buffalo sauce serve with ranch)	
Paneer Pakora .....	\$14.95
(Deep fried Cottage cheese fritters fried in chickpea batter with tamarind sauce)	
Onion Bhaji .....	\$10.95
(spiced snack made with onions, coriander & Cumin fried until crisp)	

### Non Vegetarian (Chicken):

Chicken Samosas.....	\$6.00
(Crispy puff pastry stuffed with minced chicken served with tamarind & mint sauce)	
Beef Smosas.....	\$7.00
(Crispy puff pastry stuffed with minced beef served with tamarind & mint sauce)	
Tandoori Chicken.....	Half \$14.95   Full \$24.95
(Marinated whole chicken baked in tandoor)	
Chicken Tikka (Tandoori/Malai) .....	\$15.95/\$16.50
(Tendered boneless chicken marinated in ginger garlic paste, yogurt baked in Tandoor with your choice of flavor)	
Chicken Pakora .....	\$14.95
(Deep Fried Chicken Fritters filled with Spices filled in chickpea batter)	
Chicken 65 .....	\$14.95
(Chicken florets cooked with a special sweet and spicy sauce)	
Chicken Wings (10pcs) .....	\$12.95
(light breaded wings with choice of your flavor serve with ranch)	

### Non Vegetarian (Sea Food):

Tandoori Prawns.....	\$17.95
(Prawns marinated in tandoori masala and gently cooked in clay oven)	
Amritsari Fish Pakora .....	\$13.99
(Mouth melting fried Fish marinated in aromatic ginger garlic paste & chef's spices)	
Coconut Shrimp (5 pieces).....	\$14.95
(Black Tiger Shrimp with Bread Crumbs and Coconut deep fried, served with Sweet Chilli Sauce)	
Fish Tikka.....	\$16.95
(Soft White fish marinated with spices & grilled in clay oven)	

### Non Vegetarian (Lamb & Beef):

Lahori Lamb Seek Kabab.....	\$16.95
(Minced Lamb roasted & Flavored with spices grilled in Tandoor)	
Beef Seek kabab .....	\$15.95
(Minced Beef roasted & Flavored with spices grilled in Tandoor)	
Tummy Full Mix Grill .....	\$29.99
(Assortment of Kebabs, Paneer Tikka, Chicken Tikka, Tandoori Prawns, Tandoori Chicken. Served with Citrus Aioli, Mini naan, lime)	
Tandoori Salad	
Paneer Tikka .....	\$15.95
Fish Tikka.....	\$15.95
Tandoori Prawns.....	\$17.95
Beef Kabab .....	\$15.95
Chicken Tikka .....	\$16.95
Lamb Kabab .....	\$16.95

## MAIN COURSES (Rice or Bread not included)

### Vegetarian:

Methi Malai Matar Paneer \$15.95	Aloo Gobi .....	\$14.95
(Mix of fenugreek with cream cottage cheese & peas lightly sweet in taste)	(Cauliflower and potato cooked with herb spices topped with fresh cilantro)	
Palak (Paneer /Aloo) .....	Bhindi Masala (Okra) .....	\$14.95
\$15.95	(Fresh okra, cooked Indian style with fresh onions)	
(Traditionally cooked spinach & spices with any of the above)	Bombay Potatoes.....	\$12.95
Kadai Paneer .....	(Baby potatoes lightly spiced with aromatic herbs mixed with fresh cilantro)	
\$15.95	Baingan Bharta (with peas) ...	\$13.95
(Cottage cheese cooked in thick gravy spiced & sautéed with bell peppers & Red onions)	(Eggplant roasted in the clayoven and pureed with garlic, onion, peas and spices)	
Paneer Butter Masala.....	Daal Makhni (Black Lentil) .....	\$14.95
\$15.95	(Black Lentil slowly cooked flavoured with fresh ground spices sauted in butter)	
(Cottage cheese cooked in herbed in tomato cream sauce)	Daal Tadka (Yellow Lentil).....	\$12.95
Shahi Paneer .....	(Traditional Yellow lentils tempered with tadka-a blend of tomatoes, herbs & spices)	
\$16.50	Veg Korma .....	\$15.95
(Homemade cottage cheese cooked in a creamy fresh tomato sauce)	(Stir Fry Seasoned vegetables in blend of tomato cream & onion gravy sauce)	
Paneer Tikka Masala .....	Mixed Vegetable Jalfrazi ...	\$14.95
\$16.95	(Stir fry vegetables sauteing in indian spices)	
(Tandoor baked cheese tikka, bell pepper, onion and tomatoes cooked in masala gravy)		
Chana Masala.....		
\$13.95		
(Chickpeas cooked in combination of chopped tomatoes, spices, herbs topped with cilantro)		

### Non Vegetarian (Chicken):

Butter Chicken.....	\$16.95	Mango Chicken .....	\$17.50
(A world-renowned dish,chicken cooked in chef special sauce)		(Chicken simmered in kesar mango puree)	
Chicken Korma .....	\$17.50	Kadai Chicken .....	\$16.95
(Cubes of Chicken breast simmered in blend of tomato cream & onion gravy sauce)		(Cubes of Chicken breast cooked in thick gravy spiced & sautéed with bell peppers & Red onions)	
Chicken Vindaloo .....	\$16.95	Chicken Jalfarazi .....	\$16.95
(Spices perfectly blended with chicken cubes cooked in vindaloo sauce)		(Stir fry chicken sauteing in Indian spices)	
Chicken Tikka Masala .....	\$17.50	Chicken Saagwala.....	\$16.95
(Tandoor baked chicken tikka, bell pepper, onion and tomatoes cooked in masala gravy)		(Sauted Chicken cooked in spinach & garlic)	
Chicken Curry.....	\$16.95	Coconut Chicken.....	\$17.95
(boneless chicken breast cooked in our mildly spiced curry sauce )		(Chicken tossed with farm peppers, onions and spices)	
		Fenugreek Chicken .....	\$16.95
		(Harmony of chicken & fenugreek leaves with perfect blend of spices)	

### Non Vegetarian (Lamb):

Kadai lamb.....	\$17.95	Lamb Saagwala .....	\$17.95
(Cubes of lamb cooked in thick gravy spiced & sautéed with bell peppers & Red onions)		(Sauted lamb cooked in spinach & garlic)	
Lamb Vindaloo.....	\$17.95	Lamb Korma .....	\$17.95
(spices perfectly blended with Lamb cubes, cooked in vindaloo sauce)		(Boneless lamb cooked in onion gravy sauce with secret spices)	
Lamb Curry.....	\$17.95	Lamb Butter Masala.....	\$17.95
(boneless lamb cooked in our mildly spiced curry sauce )		(Boneless lamb cooked in herbed in tomato cream sauce)	
Lamb Rogan Josh .....	\$17.95		
(A spicy thin curry cooked lamb and cracked whole of spices)			