

## STARTER

**Brussels Sprouts** : Crispy sprouts on a bed of roasted red bell pepper hummus, drizzled with beet vinaigrette *veo/gf* —16

**Afghan Nuggets**: A basket of golden fried chicken bites is now an Afghan Kitchen staple, served with Afghan chutney + Afghan yogurt —17

**Pakawras**: Think big potato chips with a crunchy batter, served with Afghan yogurt *v/veo* —13

**Cauliflower**: Fried cauliflower, black tea-pickled raisins, with spicy romesco sauce *v/veo* —15

**Chilled Eggplant Dip**: *veo + gfo* —14

**Orange Hummus Dip**: *ve + gfo* —12

All dips are served with Afghan bread

Kindly ask about our weekly features.

## SOUP & SALAD

**Afghan Noodles**: Also known as Aush. Tomato noodle soup made with beans, topped with yogurt. An Afghan cure for sick days *v/veo* —13

**Sweet Corn Chicken Chowder**: Mum's first creation in the kitchen. This is comfort food at its finest *gf* —15

**Chef's Salad**: Seasonal greens + fruit, served with pink beet dressing or emerald vegan dressing *v/veo + gf* —17

**Chicken + Greens**: Seasonal greens + grilled chicken kebab, served with pink beet dressing or emerald vegan dressing *gf* —26

Please let us know if you have any dietary restrictions

*v = vegetarian*

*ve = vegan*

*veo = vegan option*

*gf = gluten free*

*gfo = gluten free option*

## VEGETABLE


**Bolani**: This is the famous big bread you are looking for on the menu. Pan-fried and stuffed with potato, herbs + spices, served with Afghan chutney + Afghan yogurt. To share or not to share, that is the question *v/veo* —22

**Lentil Stew**: Afghan soul food. Thick boil of lentils, split peas + spices, served with rice *ve + gf* —19

**Lubya**: Buttery soft kidney beans in a curry base, bursting with rich flavours of coriander + tomato, served with rice *ve + gf* —17


**Banjan**: Customers who don't like eggplant have told us in the past few years that they enjoyed this dish. Pan-seared eggplant with layers of flavour that blend well together. Yogurt drizzle, served with rice *veo + gf* —24

**Kachaloo**: Tender potato slices in fragrant garlic-laced tomato sauce. Yogurt drizzle, served with rice *veo + gf* —19

 **Kololi**: An old family recipe. Handmade vegetable & flour patties in an inviting vegetable sauce. Slightly spicy, very flavoursome. Served with rice *ve* —23

## DUMPLINGS


**Aushak**: Steamed veggie dumplings, stuffed with leeks, spinach + green onion, topped with split peas, tomato sauce + yogurt *v/veo* —25

 **Aushak 2.0**: Steamed veggie dumplings, stuffed with onions, carrots + cabbage, topped with split peas, tomato sauce + yogurt *v/veo* —25

**Mantu**: Steamed minced beef dumplings, topped with split peas, tomato sauce + yogurt —28


## MEAT

**Chicken Qorma**: Boneless chicken thigh in a zesty sauce of onions, garlic + tomatoes, served with rice *gf* —25

 **Afghan Chicken**: Bone-in chicken thigh is cooked for hours in garlic tomato gravy. We devour this slightly spicy chicken dish after a long shift. Served with rice. We can always bring you some extra sauce, just kindly let us know *gf* —25

**Lamb Shoulder**: Roasted shoulder, perfect caramelization. Paired with our succulent Banjan (eggplant) dish + Afghan rice. *gf* —36

**Lamb Shank**: Slow-cooked lamb shank in tomato stock. You don't need a knife; the meat falls off the bone. Give it a gentle shake then give us a thumbs up. Served with Kachaloo (potato) + Afghan rice *gf* —38

 **Grilled Spice Chicken**: An unexpected surprise. We were bringing home marinated chicken breast using Afghan spices for our busy little brother. He loved it and told us to serve it here. Afghan 4-spice rubbed overnight, then oven-grilled. With potato & asparagus. For once, no rice or bread

*gf* —27

## FROM THE CHARCOAL

Kebab has a long history dating to the ancient times where fuel for cooking was relatively scarce. Kebab dishes have been adopted and integrated with different cooking styles and innovations.

Our kebabs are marinated in spices and yogurt, then grilled over fire to maximize the tenderness of the meats and their flavours. Kebabs are served with Kachaloo (potato), diced Afghan salad + Afghan rice. *gf*

Chicken —24 Beef —25 Lamb —25

## A TASTE OF AFGHAN KITCHEN

*Specially curated personal plates or shareable platters.*

*All items are served with Afghan salad + rice*

**From the Field** | Plate for One: Eggplant, potato, sautéed spinach *v/veo + gf* —23

**To the Valley** | Plate for One: Eggplant, potato, sautéed spinach + chicken kebab *gf* —36

**Plant-Lovers** | Platter for Two: Eggplant, potato, aushak, sautéed spinach *v/veo + gfo* —49

**KBL to YVR** | Platter for Two: Eggplant, potato, sautéed spinach, chicken kebab, lamb shank *gf* —74

**Afghan Feast** | Platter for Four: Bolani (starter), KBL to YVR (above) & mantu (beef dumplings) —119

**Nights in Kabul** | Kebab Bouquet for Four: Two chicken kebab two beef kebab, two lamb kebab, seasonal greens, pakawras + Afghan bread *gfo* —149

## ADD-ONS

 Afghan Mint Chutney — 3

 Afghan Chutney — 3

Afghan Bread — 4

Afghan Salad — 4

Pickled Onion Plate — 3

 Afghan Chutney Jar (To-Go) — 12

Afghan Saffron (To-Go) — 12

AFGHAN KITCHEN  

@eatdrinkafghan / afghankitchen.com

Parties of 8 or more are subject to 18% gratuity

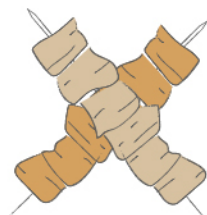
Foods, tastes, and spices of Afghan dishes are a tasteful blend of the regions that surround Afghanistan. Afghan dishes are neither too hot nor pungent: Afghan food is a perfect blend of extravagance and good taste. Stepping away from an Afghan table hungry, simply never happens. If there are any shortcomings with your dining experience, please tell us. We always strive to make your stay with us perfect.

3-5PM WEEKENDS  
4-6PM WEEKDAYS  
9PM-CLOSING FRIDAY & SATURDAY






## HAPPY HOUR

### eats

- HUMMUS 9
- AFGHAN NUGGETS 14
- 4 PIECE VEGGIE DUMPLINGS 15
- CHICKEN KEBAB + AFGHAN BREAD 19
- AFGHAN CHICKEN 20



### drinks

-  CORONA (375ml) 5
-  ALL BEERS ON TAP 6
-  HOUSE RED/WHITE (5oz) 7
-  GULRANG ROSE (1oz) 7
-  AFGHAN CHUTNEY CAESAR (1oz) 7

HAPPY HOUR

SOOTHE | SAVOUR | SATISFY

## beers on tap

- 8 (16oz)
- ZARAK | BELGIAN WITBIER (infused with Afghan spices)
- FOUR WINDS | IPA
- DAGERAAD | BURNABARIAN (light Ale)
- HOYNE | DARK MATTER
- FUGGLES & WARLOCK | THE LOST MANGO

## BEER FLIGHTS

CHOICE OF FOUR 10

## bottles (330ml)

- |                       |                            |
|-----------------------|----------------------------|
| CORONA 7              | STELLA 8                   |
| HEINEKEN 7            | KRONENBERG BLANC 8         |
| SLEEMAN HONEY BROWN 7 | ZARAK 4 PACK 18 (TAKEAWAY) |

## CIDERS

- La Petite Abeille Black Current, Apple & Honey Cider (375ml) 15
- La Petite Abeille White Current, Apple & Honey Cider (375ml) 15
- La Petite Abeille Pear Cider (750ml) 35
- La Petite Abeille Rosé Cider (750ml) 35

## NON-ALCOHOLIC (0%)

- ERDINGER - ALKOHOLFREI 6
- HEINEKEN (0%) 7
- Muscato, Le Petit Chavin 41
- Chardonnay, Zera 38
- Merlot, Le Petit Chavin 39



B E E R S

ESCAPE | EXHALE | ENJOY

- |   | By The Glass 5oz |
|---|------------------|
| Pata Negra Tempranillo (ES)                   | 10               |
| Condor Peak Malbec (ARG)                      | 11               |
| Mythic Mountain Cab Franc (ARG)               | 12               |
| Simple life Pinot Noir (USA)                  | 14               |
|   | Bottle (750ml)   |
| Domaine Des Tourelles Red (LEBANON)           | 79               |
| Quail's Gate Pinot Noir (BC)                  | 68               |
| Volver Tempranillo (SPA)                      | 75               |
| LaStella Maestoso Merlot (BC)                 | 149              |
| Corte Pavone Sangiovese (ITA)                 | 89               |
| Sichel Margaux Rouge (FRA)                    | 89               |
| Amarone Della Valpolicella (ITA)              | 180              |
| Pewen De Apalta Carmenere (CHILE)             | 149              |
| Fowles Are You Game? Shiraz (AUS)             | 68               |
| Markham Napa Valley Merlot (USA)              | 89               |
| Little Farm Cabernets (Natural Wine) (BC)     | 75               |
| Bordeaux Chateau Argadens (FRA)               | 68               |
| Laughing Stock Syrah (BC)                     | 89               |
| Bardolino Classico Tacchetto (ITA)            | 68               |
| Hall Ranch Zinfadel (USA)                     | 78               |
| Painted Rock Cabernet Franc (BC)              | 119              |
| Little Engine Union (BC)                      | 110              |
| Black Hills Nota Bene (BC)                    | 121              |
| Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) | 131              |



50% OFF ANY WINE BOTTLE ON WEDNESDAYS

Prices do not include GST + PST (12%). All bottles are 750ml.



R E D . W I N E

ESCAPE | EXHALE | ENJOY

- |  | By The Glass 5oz |
|--|------------------|
| Augey Bordeaux (Semillon & Sauv Blanc) (FRA) | 10               |
| Riondo Pinot Grigio (ITA)                    | 11               |
| Gray Monk Gewurztraminer (BC)                | 13               |
| Wild Goose Sauvignon Blanc (BC)              | 14               |
|  | Bottle (750ml)   |
| Little Engine Chardonnay (BC)                | 68               |
| Little Farm Riesling (Natural Wine) (BC)     | 75               |
| Burrowing Owl Chardonnay (BC)                | 72               |
| Tantalus Old Vines Riesling (BC)             | 84               |
| Matawhero Sauvignon Blanc (NZ)               | 86               |
| Bougrier Vouvray Chenin Blanc (FRA)          | 75               |

## rosé

- Juliette La Sangliere Rosé (FRA) 10
- Painted Rock Rosé (BC) 67
- Casas Del Bosque Pinot Noir (CHILE) 67

## sparkling

- Henkell Trocken - Dry Sec Piccolo (200ml) 10
- Luc Belaire Bleu 78
- Jaume Serra Cava Brut (SPA) 49
- Champagne Bartel Brut (FRA) 90

W H I T E . W I N E

Afghan Kitchen is the manifestation of a young boy's dream. He roamed the streets of Kabul in his sandals and saw how hard his family worked to sustain themselves. In the times of war, they moved to different neighbouring countries until they finally came to Canada.

Afghan Kitchen presents you the vision of the young boy's very own restaurant since he was six years old. Every Corner of Afghan Kitchen is thoughtfully curated. Every dish uses mum's recipe. Afghan Kitchen is the taste of home.