

Western Cuisine

Tempt your taste buds with one of our meal selections from top sirloin steak to homemade soups, tasty salads, crafted side-dishes, we have you covered!


Soup & Salads

Clam Chowder	10
Creamy and delicious! Made with potatoes, celery, onions and carrots	
Fresh Garden Salad V	10
Fresh field greens with cucumber, carrots, tomatoes and house dressing	
Caesar Salad	12
Fresh romaine hearts tossed in our own creamy Caesar dressing, tossed with croutons, bacon bits, shaved parmesan cheese and a fresh lemon wedge (Add chicken for \$3.00)	
Soup & Salad Combo	16
Any soup with Fresh Garden Salad	

Starters

The Cliff Wings (Dairy Free)	13
Choices of: Honey Garlic, BBQ, Teriyaki, Salt and Pepper, Hot, Sweet Chili	
Garlic Ribs (Dairy Free)	15
Deep fried garlic ribs served with fresh veggies and house dressing	

(Starters continued)


Poutine	10
Potatoes lightly seasoned, topped with cheese curds and gravy	
Mozza Sticks 	13
Eight sticks of breaded mozzarella, deep fried until golden brown	
Crispy Chicken Tenders	13
Breaded chicken tenders with sweet and sour sauce	

Entrées

Classic Sirloin Steak GF	6oz. 19	8oz. 21
Served with garlic mashed potatoes and seasoned vegetables		
Chicken Cordon	17	
Tender chicken fillet stuffed with ham and cheese, served with mashed potatoes and green beans		
Pan Seared Salmon GF	21	
Served with asparagus, mashed potatoes or rice, lemon butter sauce		

Burgers

(All burgers served with fries)

Veggie Burger 	13
Onions, lettuce, pickles, mayonnaise and mustard	
Chicken Burger	13
Tomatoes, onion, lettuce, cheddar cheese, mayonnaise and mustard	
Mushroom Burger	14
Melted cheese and creamy mushroom sauce	
Cheddar & Bacon Burger	14
Tomatoes, cheddar cheese, onion, lettuce, pickles, mayonnaise, mustard and bacon	

Rice Bowls GF (all in this category)

- Butter Chicken Rice Bowl 17
A traditional Indian curry made of butter, cream, tomato and mixed with pieces of chicken breast served with basmati rice
- Coconut Chicken Rice Bowl 17
Tender chicken cooked in a creamy coconut sauce, served with basmati rice
- Curry Chicken Rice Bowl (Dairy Free) 17
Tender chicken, marinated and cooked in fresh ginger, garlic, onion and traditional Indian spices served with basmati rice
- Teriyaki Chicken Rice Bowl 17
Grilled Chicken, mushrooms, peas in a teriyaki sauce, served with basmati rice
- Mango Chicken Rice Bowl (Dairy Free) 17
Seared Chicken breast, bell peppers and fresh mango all tossed in a sweet and savory sauce and served with basmati rice

Kids Menu

THE FOLLOWING MEALS COME WITH CARROT STICKS & DIP or FRIES, PLUS A CHOICE OF SMALL MILK or JUICE AND ICE CREAM FOR DESSERT.

11.00

Kids menu available to children 12 & under

Mini Pizza

Chicken Tenders

Hot Dog

Grilled Cheese 

Macaroni & Cheese 

Eastern Cuisine

At The Cliff we serve fresh, tasty Indian food prepared using a combination of fresh herbs and rich flavors from ginger to garlic. You will enjoy traditional Indian cuisine from different regions of India while experiencing some of the most exotic flavor combinations imaginable.

Lunch & Dinner Combo Specials

Served with samosa, salad, rice, naan bread and chutney

CS1. Butter Chicken Combo	18.95
CS2. Mango Chicken Combo	18.95
CS3. Coconut Chicken Combo	18.95
CS4. Beef Curry Combo	18.95
CS5. Beef Korma Combo	18.95
CS6. Lamb Korma Combo	19.95
CS7. Lamb Curry Combo	19.95
CS8. Veg Combo (Jalfrezi, Dal Makhani) 🌿	18.95
CS9. Veg Combo (Veg Korma, Chana masala) 🌿	18.95

Served with samosa, salad, raita and chutney

CS10. Chicken Biryani Combo 🍛	18.95
CS11. Lamb Biryani Combo 🍛	19.95
CS12. Veg Biryani Combo 🌿 🍛	18.95

Starters

1. Fish Pakora Savory fish coated with chickpea flour and Indian spices	8
2. Chicken Pakora Deep fried chicken coated with chickpea flour and spices	8
3. Vegetable Pakora Delicately spiced vegetables, coated with chickpea batter and deep fried	6
4. Vegetable Samosa (2pcs) Savory pastry filled with potatoes, green peas and spices	7

Tandoori Dishes GF (all in this category) (Served with rice, butter sauce, green salad & Italian dressing)

- 5. **Chicken Tikka** Tandoori kebab made of cubed chicken marinated with yogurt and spices 15
- 6. **Hariyali Kebab** Chicken tikka kebab made with a combination of mint and cilantro 15
- 7. **Tandoori Prawn** Marinated in our very own blend of Indian spices 18
- 8. **Beef Kebab** Marinated with Indian spices and grilled to perfection 15
- 9. **Malai Tikka** Chicken marinated with Indian spices and sour cream 15

Chicken Entrées GF (all in this category)

- 10. **Butter Chicken** 15
Boneless chicken breast pieces cooked in a blend of tomato sauce & spices
- 11. **Chicken Curry (Dairy Free)** 15
Boneless chicken pieces, marinated and cooked in a rich curry sauce
- 12. **Karahi Chicken** 15
Boneless chicken, onions and vegetables, slow cooked in a tomato-based gravy
- 13. **Coconut Chicken** 15
Boneless chicken cooked in a coconut-based sauce
- 14. **Chicken Jalfrezi (Dairy Free)** 15
Chicken marinated with fresh ground spices, sautéed with tomatoes
- 15. **Spinach Chicken** 15
Spinach and chicken cooked in a tomato-based sauce, with cream and spices
- 16. **Chicken Korma** 🍌 15
Boneless chicken cooked in onion tomato gravy
- 17. **Chicken Vindaloo (Dairy Free)** 15
Boneless chicken cooked in onion gravy with potatoes
- 18. **Chicken Tikka Masala** 15
Boneless chicken breast pieces cooked in a blend of tomato onion sauce
- 19. **Mango Chicken** 15
Boneless chicken breast pieces cooked in a blend of mango sauce
- 20. **Chicken Biryani** 🍌 17
Basmati rice cooked with aromatic spices with chicken

Lamb Entrées GF (all in this category)

- 21. **Lamb Curry (Dairy Free)** 16
A traditional lamb stew smoked with cloves and Indian spices

(Lamb Entrees continued)

22. **Spinach Lamb** 16
Spinach & lamb cooked in tomato sauce, cream, onion, ginger and spices
23. **Lamb Vindaloo** (Dairy Free) 16
A traditional lamb dish cooked with potatoes, cloves and spices
24. **Lamb Korma** 🍗 16
A traditional lamb dish cooked in onion tomato gravy
25. **Lamb Jalfrezi** (Dairy Free) 16
Lamb marinated with fresh ground spices, sautéed with tomatoes
26. **Lamb Karahi** 16
Boneless lamb, onions, slow cooked in a tomato-based gravy
27. **Coconut Lamb** 16
Boneless lamb cooked in a coconut-based sauce
28. **Lamb Tikka Masala** 16
Boneless lamb pieces cooked in a blend of tomato onion sauce
29. **Mango Lamb** 16
Boneless lamb pieces cooked in a blend of mango sauce
30. **Lamb Biryani** 🍗 17
Basmati rice cooked with aromatic spices with lamb

Beef Entrées GF (all in this category)

31. **Beef Curry** (Dairy Free) 16
A traditional beef stew smoked with clove and spices
32. **Spinach Beef** 16
Spinach & beef cooked in tomato sauce, cream, onion, ginger and spices
33. **Beef Vindaloo** (Dairy Free) 16
A traditional beef cooked with potatoes, clove and spices
34. **Beef Korma** 🍗 16
A traditional beef cooked in onion tomato gravy
35. **Beef Jalfrezi** (Dairy Free) 16
Beef marinated with fresh ground spices, sautéed with tomatoes
36. **Beef Karahi** 16
Beef, onions, slow cooked in a tomato-based gravy
37. **Coconut Beef** 16
Beef cooked in a coconut-based sauce
38. **Beef Tikka Masala** 16
Beef pieces cooked in a blend of tomato onion sauce

39. **Mango Beef** 16
Beef pieces cooked in a blend of mango sauce
40. **Beef Biryani** 🍛 17
Basmati rice cooked with aromatic spices with beef

Fish & Seafood Entrées GF (all in this category)

41. **Fish Curry (Dairy Free)** 18
Fish cooked with tomato gravy with spices
42. **Mango Fish** 18
Fish cooked with tomato mango gravy with spices
43. **Shrimp Curry (Dairy Free)** 18
Cooked with garlic ginger and Indian spices
44. **Shrimp Jalfrezi (Dairy Free)** 18
Shrimp marinated with fresh ground spices, sautéed with tomatoes
45. **Shrimp Biryani** 🍛 18
Basmati rice cooked with aromatic spices with shrimp



Vegatarian Entrées 🌿 GF (all in this category)

46. **Daal fry** 14
Yellow lentils cooked in a tomato sauce with ginger and spices
47. **Daal Makhani** 14
Mixed lentils cooked in a butter cream tomato gravy with ginger and spices
48. **Karahi Paneer** 14
Homemade cheese cooked with vegetable and onion tomato gravy
49. **Aloo Ghobi** V 14
Cauliflower cooked in sauce with onions, potatoes, ginger, garlic and spices
50. **Bhindi Masala** V 14
Okra cooked in onion tomato
51. **Chana Masala** 14
Chickpea cooked in onion tomato gravy with Indian spices
52. **Mattar Paneer** 14
Cottage cheese cooked with green peas in tomato gravy with Indian spices
53. **Veggie Jalfrezi** V 14
Mixed vegetable cooked with Indian spices
54. **Veg Biryani** 🍛 V 15
Basmati rice cooked with aromatic spices with choice of vegetable

Accompaniments (all in this category)

55. Basmati Rice V	3
56. Raita	2
Indian Breads	
57. Traditional Naan	3
58. Garlic Naan	3.5
59. Roti	2.5
60. Papadum (2pcs) V	1.5

Desserts (all in this category)

61. Ice Cream Vanilla / Chocolate / Mango / Strawberry	6
62. Cheese Cake (Choose your topping: Cherry / Blueberry)	8
63. Crème Brûlée	7
64. Gulab Jamun	5
Northern Indian sweet dessert, a light pastry ball made from milk, fried and soaked in syrup and garnished with coconut	
65. Kheer Delicious rice pudding flavoured with cardamom and nuts 	6
66. Rasmalai Sweetened milk with fresh cottage cheese garnished with pistachio 	7

Beverages

Regular Tea	3
Masala Chai	3
Herbal Tea Peppermint / Chamomile / Lemon Ginger / Earl Grey / Green Tea	3
Coffee	3
Soft Drinks Coke / Diet Coke / Root Beer / Ginger Ale / Iced Tea	2
Milkshake Vanilla / Mango / Chocolate	5
Lassi Sweetened yogourt shake: Plain / Salted / Mango	6
Juice Orange / Apple / Cranberry	3
Sparkling Water	250mL 3 500mL 5



The Power of Spices

Herbalists have used plant remedies for centuries, but only recently have scientists begun to study the powers of common herbs and spices. Spices have a very low calorie content and are relatively inexpensive. They are reliable sources of antioxidants and scientific studies suggest that they are also potent inhibitors of tissue damage and inflammation caused by high levels of blood sugar. (R. Vasanthi and P. Parameswari, 2010)

This list below outlines the role of some spices used in the Indian kitchen for its flavour, taste and possible medicinal benefits.

Cardamom इलायची



Among all Indian spices, cardamom is one of the most expensive spices in the world. It is expensive as its harvesting takes a lot of manual labour and is hand-harvested. It belongs originally to the Malabar coast but is now grown in some other places. Black cardamom is smoky and spicy while the green variant has a subtle eucalyptus taste to it. Cardamom is generally used for its flavour in Indian desserts and tea.

Clove लौंग



Clove is a common spice in Indian cooking and its anise notes are easily recognizable in many Indian preparations. The strong, almost medicinal flavor of clove comes from the concentration of essential oils. Cloves are technically flowers, and a lot of their oils are pressed out before they are dried and used in cooking.

Black pepper काली मर्चि



Black pepper is actually native to India, primarily from the Western Ghats and Malabar region. It is a surprisingly hard spice to grow, as it depends on many natural cycles, like a set amount of rainfall, which is why prices for fresh pepper vary a lot.

Cumin जीरा



Cumin is one of the most commonly used Indian spices. This masala is added to curries, dal, vegetables and much more. It is added for its strong aroma and taste. Cumin is often the first spice added while cooking many Indian dishes. Cumin belongs to the parsley family – yes, the same parsley that is used in various Italian dishes. Cumin is roasted dry before usage. Roasted cumin is also used in the powdered form. Use cumin sparingly as its taste can be overpowering.

Coriander धनिया



This is another common spice that you will find in all Indian kitchens. Coriander is one of the oldest spices in the world. In India, it is grown in a few parts of Madhya Pradesh and Rajasthan. Its subtle citrusy flavour and sweet, tangy taste make it special. Coriander also belongs to the parsley family and is used as an alternative to salt by many.

Nutmeg जायफल



Nutmeg is the seed of the *Myristica fragrans* tree. The tree gives us two spices – mace from the seed-covering, and nutmeg from the seed. We also get nutmeg essential oil and nutmeg butter from this tree. Nutmeg, also known as jaiphal, has a strong aroma and taste. It is mainly used in Indian sweets but added to various savoury dishes too, mainly that have a Mughlai origin.

Mustard seeds सरसों के बीज



Mustard seeds can be yellow, black, or brown and are used interchangeably in Indian cooking. The flavor of mustard seeds is released when they are crushed or cooked in oil. Their smoky, nutty flavor is a staple in curries and curry powders, and mustard oil is commonly used in the North of India.

Turmeric हल्दी



Turmeric is probably the most common spice used in Indian dishes. It is said turmeric is added in every Indian dish apart from steamed rice. Turmeric or haldi belongs to the ginger family. Before being used in cooking, turmeric has been used as medicine and a dye for thousands of years. Turmeric has a warm taste and aroma. It is generally added for its colour. It has a subtle flavour too. Turmeric comes with loads of health benefits. It has antiseptic qualities. Turmeric added to warm milk can help relieve cough. Turmeric milk also improves skin health.

Saffron केसर



The most expensive spice in the world is saffron. It is more expensive than gold! Saffron is the stigma of crocus flowers and needs to be picked by hand. Originating in the beautiful valley of Kashmir, saffron is used to add colour to desserts. It has a honey-like aroma. Saffron is added to water and warm milk for its strong taste and aroma. Buy saffron that has a deep colour; the purity of saffron is judged by its colour.

Cinnamon दालचीनी



Cinnamon is one Indian spice that finds usage in desserts and cakes of the western world. It has a subtle sweet taste and woody aroma. A pinch of cinnamon powder can change the taste of the entire dessert. And what's more? Cinnamon does not add flavour. It comes with a lot of health benefits like lowering blood pressure and preventing cancer. Cinnamon is native to both India and Sri Lanka. It is a common spice grown in the Western ghats of Kerala, Karnataka, and Tamil Nadu.

Red Chili Powder लाल मरिच का पाउडर



Red chili powder was introduced to Indians by the Portuguese. It originated in South America. The powder is prepared from the seeds of red chilli. Red chilli has different varieties and you will get quite a few here in the Indian market. It is very hot and should be used in a small quantity, though that depends on the amount of spiciness you are looking for. Red chilli powder too is commonly used. In fact, it is one of the most common ingredients in all South Indian curries. Dried chilli is used in many Indian dishes.

Nigella Seeds कलौजी बीज



Jet black in colour, nigella seed is another Indian spice which is predominantly used in Eastern India. Nigella seeds are added to various Indian breads like naan, savoury biscuits, and pickles. This spice has a subtle bitter-sweet flavour and has many medicinal properties. It is used in various traditional Bengali dishes and to temper curries and dal. It is one of the main ingredients in panch phoran, an important Bengali spice mixture. Nigella seeds need to be tempered in oil and roasted dry before adding to recipes.

R. Vasanthi, H. and P. Parameswari, R. (2010). Indian Spices for Healthy Heart - An Overview. *Current Cardiology Reviews*, 6(4), pp.274-279.

Spices info: Kanksha Raina, taken from Aeroplane Hing Masala blog (<http://aeroplanemasala.co.in/blog/category/blog/>)