



Menu



101-837 8 St, Canmore

+1 403 675 7676

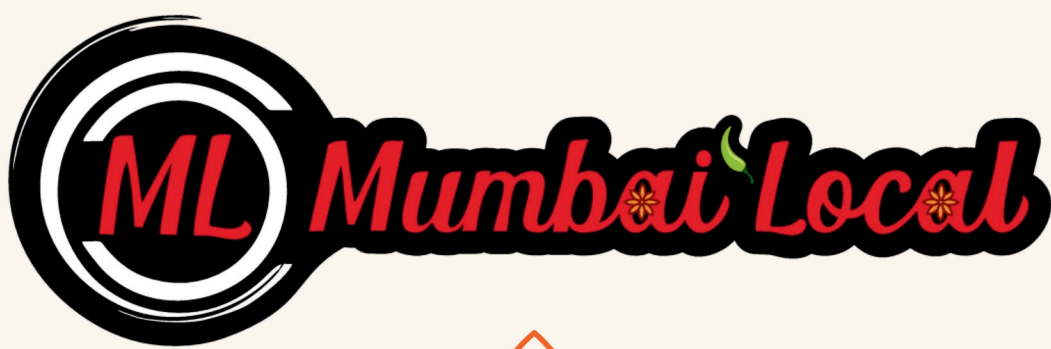
Mumbailocalcanmore.ca



Step away from the ordinary and immerse yourself in a culinary haven where the lively essence of Mumbai merges with the stunning landscapes of Canmore. At Mumbai Locals, delight in genuine Indian cuisine made with care, all set against the awe-inspiring Rocky Mountains. It's an elevated taste of India, beautifully complemented by the breathtaking scenery of your mountain retreat.

Join us to experience the exceptional blend of Mumbai in Canmore.





APPETIZER'S

1. Samosa Chaat (2pc) — \$12.99 (VEG,NF)

Crispy samosas topped with tangy chutneys, yogurt, and spiced chickpeas. A crunchy, creamy, spicy explosion in every bite!

2. Gol Gappa (8pc) — \$9.99 (VEGAN,NF)

Crisp puris filled with tangy tamarind water and spiced potatoes. A burst of flavor that defines Indian street food!

3. Dahi Puri (8pc) — \$13.99 (NF)

Mini puris loaded with potatoes, yogurt, and chutneys, topped with sev. Creamy, crunchy, and perfectly sweet-n-spicy!

4. Veg Spring Rolls (4pc) — \$9.99 (VEGAN,NF)

Crispy rolls stuffed with seasoned veggies, served with a zingy sauce. A fusion bite with a satisfying crunch!



5. Mumbai Local Special Pav Bhaji — \$15.99 (VEG,NF)

Buttery pav served with spicy mashed veggies cooked on a griddle. Iconic Mumbai comfort food done right!

6. Mumbai Style Misal Pav — \$14.99 (VEG,NF)

Crunchy lentil fritters flavored with curry leaves and chilies. Deep-fried delight with a spicy twist!

7. Onion Bhajiya — \$9.99 (VEGAN/GF)

Crispy onion fritters made with chickpea flour and spices. Light, crunchy, and packed with flavor!

8. Veg Samosa (2pc) — \$8.99 (VEGAN)

Golden pastry filled with spiced potatoes and peas. Classic, comforting, and totally addictive!

9. Chole Bhatura (1pc) — \$14.99 (NF)

Golden, puffed bhaturas paired with spicy, slow-cooked chickpeas in a rich, tangy gravy.

A North Indian classic bursting with bold flavors and aromatic spices!

Add 1 Bhatura \$7

*We reserve right to add gratuities for 6 and above





VEG. ENTREE

1. Aloo Gobi — \$16.99 (GF, VEGAN, NF)

Potatoes and cauliflower cooked with turmeric, ginger, and spices. A warm, comforting vegetarian favorite.

2. Dal Tadka — \$16.99 (GF, VEGAN)

Yellow lentils tempered with garlic, chilies, and cumin. Light, hearty, and full of warmth!



3. Bhindi Do Pyaza — \$17.99 (GF, VEGAN, NF)

Okra sautéed with onions and spices until golden and tender. Crisp, bold, and full of flavor!

4. Dal Makhani — \$16.99 (GF, NF)

Black lentils slow-cooked in butter and cream. Luxurious, velvety, and rich in every spoonful.

5. Chana Masala — \$16.99 (GF, VEGAN, NF)

Chickpeas simmered in a tangy tomato-onion masala. A bold, protein-packed plant-based favorite!

*We reserve right to add gratuities for 6 and above





VEG. ENTREE

6. Paneer Butter Masala — \$19.99 (GF,NF)

Paneer cubes in a creamy tomato-butter gravy. Sweet, savory, and totally crave-worthy!

7. Kadai Paneer — \$19.99 (GF,NF)

Paneer tossed with bell peppers and onions in kadai spices. Smoky, spicy, and bursting with flavor!



8. Palak Paneer — \$19.99 (GF,NF)

Creamy spinach puree with soft paneer cubes. Nutritious, comforting, and full of Indian flair!

9. Mumbai Mughlai Paneer — \$19.99 (GF,NF)

Cottage cheese in a rich saffron and nutty cream sauce. Royal, indulgent, and packed with flavor.

10. Soya Chaap Masala — \$17.99 (GF)

Tender soya chaap in a rich, spiced gravy. A perfect protein-packed meatless marvel!

*We reserve right to add gratuities for 6 and above





NON-VEG. ENTREE

1. Handi Masala

(Chicken/Beef/Lamb) – \$19.99 /
\$20.99 / \$21.99 (GF,DF,NF)

Slow-cooked in a traditional handi with bold spices. Deep, rich, and flavorful to the core!



2. Vindaloo (Chicken/Beef/Lamb) –

\$19.99 / \$20.99 / \$21.99 (GF,DF,NF)

Fiery Goan curry with a vinegar kick and tender meat. Spicy, tangy, and totally unforgettable!

3. Butter Chicken – \$19.99 (GF,NF)

Tender chicken in a luscious tomato-butter gravy. Sweet, smoky, and irresistibly creamy!

4. Bhuna Masala

(Chicken/Beef/Lamb) – \$19.99 /
\$20.99 / \$21.99 (GF,NF)

Meat slow-cooked in thick, spiced onion-tomato gravy. Deep, dry-roasted flavors that hit hard!

*We reserve right to add gratuities for 6 and above





NON-VEG. ENTREE

5. Kadai Chicken – \$19.99 (GF,NF)

Chicken stir-fried with onions, peppers, and kadai spices. Bold, smoky, and full of punch!

6. Chicken Tikka Masala – \$19.99 (GF,NF)

Tandoori chicken chunks in creamy, spiced tomato sauce. A global favorite with unbeatable flavor



7. Malvani Curry

(Chicken/Prawn/Lamb) – \$19.99 / \$20.99 / \$21.99 (GF,DF,NF)

Coconut-based coastal curry with bold Malvani spices. A spicy, tangy taste of the Konkan coast!

8. Coconut Prawn Curry – \$22.99 (GF,DF,NF)

Juicy prawns in a rich coconut curry with southern flavors. Creamy, fragrant, and utterly satisfying!





TANDOOR SPECIAL

1. Paneer Tikka — \$20.99 (GF,NF)

Marinated paneer grilled to perfection in a clay oven. Smoky, tender, and packed with flavor!

2. Tandoori Soya Chaap — \$20.99 (VEGAN,NF)

Plant-based chaap skewered and grilled with bold spices. A meaty vegan delight from the tandoor!



3. Tandoori Chicken — \$22.99 (GF,NF)

Juicy chicken marinated in yogurt and spices, flame-roasted. Classic, charred, and flavorful

4. Zafrani Chicken Tikka (Boneless) — \$20.99 (GF,NF)

Boneless chicken infused with saffron and tandoori spices. Elegant, aromatic, and melt-in-your-mouth!

*We reserve right to add gratuities for 6 and above





BIRYANI'S & SIDES



Biryani

1. Chicken Biryani — \$20.99 (GF,NF)

Aromatic basmati rice layered with spiced chicken and herbs. Fragrant, fluffy, and fit for royalty!

2. Tandoori Chicken Biryani — \$23.99 (GF,NF)

Char-grilled tandoori chicken nestled in saffron rice. Smoky, spicy, and utterly irresistible!

3. Chicken Tikka Biryani — \$21.99 (GF,NF)

Tandoori chicken tikka mixed into flavorful biryani rice. Fiery, fragrant, and fusion-perfect!

4. Veg Biryani — \$19.99 (GF,NF)

Fragrant rice cooked with seasonal vegetables and spices. A vegetarian delight bursting with flavor!



5. Tandoori Prawn Biryani — \$22.99 (GF,NF)

Juicy prawns and saffron rice with a smoky tandoori twist. Elegant, aromatic, and rich in taste!

Sides

1. Green Salad — Vegan

A crisp medley of garden-fresh greens, tossed with a hint of lemon and spice.

Refreshing, light, and the perfect palate cleanser.

2. Onion Salad — Vegan

Thinly sliced onions tossed in tangy chaat masala and fresh herbs.

Simple, sharp, and bursting with bold flavor.

3. Kachumber Salad — Vegan

A crunchy mix of cucumber, tomato, and onion with a splash of lemon zest.

Cool, zesty, and irresistibly refreshing.

4. Mix Raita — Gluten Free

Creamy yogurt blended with chopped veggies and a sprinkle of roasted cumin.

Cooling, flavorful, and the ideal sidekick to any spicy dish.

*We reserve right to add gratuities for 6 and above





RICE & INDO-CHINESE

Rice

1. Steamed Rice — \$5.99 (GF/VEGAN)

Fluffy basmati rice served plain and perfect. The ideal base for any bold curry!

2. Mumbai Style Tawa Veg Pulao — \$7.99 (GF,NF)

Street-style veggie pulao tossed on a hot griddle. Spicy, colorful, and full of life!



3. Jeera Rice — \$6.99 (GF,NF)

Basmati rice tempered with cumin seeds and ghee. Aromatic, simple, and flavorful!

Indo Chinese

1. Chili Chicken — \$19.99 (NF,DF)

Crispy chicken tossed in spicy chili-garlic sauce. Indo-Chinese fusion at its fiery best!

2. Paneer Chili — \$19.99 (NF,DF)

Crispy paneer cubes tossed with peppers and chili sauce. Spicy, tangy, and full of zest!

3. Triple Schezwan Fried Rice — \$16.99 (NF,DF)

Fried rice & noodles spiked with spicy Schezwan sauce, vegetables & egg. Hot, smoky, and full of wok flavor!

Add Chicken \$4

Add 4 Prawn \$6

4. Cauliflower Manchurian — \$19.99 (NF,DF)

Fried cauliflower in tangy Indo-Chinese gravy. Crunchy, spicy, and totally addictive!

*We reserve right to add gratuities for 6 and above





BREAD'S & DESSERT

Breads

1. Cheese Naan — \$9 (NF)

Soft naan stuffed with gooey melted cheese. A rich, indulgent twist on classic bread!

2. Garlic Naan — \$5 (NF)

Leavened bread baked with garlic and herbs. Warm, fluffy, and perfectly aromatic!



3. Plain Naan — \$4(NF)

Soft, chewy naan straight from the tandoor. Perfect for scooping up saucy curries!

4. Butter Roti — \$4(NF)

Whole wheat flatbread brushed with butter. Light, flaky, and wholesome!

5. Laccha Paratha — \$7(NF)

Layered, flaky flatbread with crisp edges. Buttery and perfect with rich gravies!

Desserts

1. Gulab Jamun (2pc) — \$6 (GF/NF)

Warm milk dumplings soaked in rose-cardamom syrup. Soft, syrupy, and pure comfort!

2. Kesar Rasmalai (2pc) — \$7 (GF/NF)

Soft cheese patties in saffron-infused sweet milk. Creamy, delicate, and luxuriously spiced!

3. Carrot & Walnut Cake — \$12 (VEGAN)

Moist vegan cake packed with carrots and crunchy walnuts. Sweet, spiced, and plant-based perfection!

*We reserve right to add gratuities for 6 and above

