



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



TUMMY FULL BURGERS

Beef Burger	\$14.95	Add Cheese	\$1.50
Blackened Chicken Burger	\$16.95	Caramelized Onions	\$1.50
Beyond Meat Burger	\$16.95		

(All burger serve with choice of Green Salad/fries/Onion Rings & Pop)
(Toppings include lettuce, red onions, tomatoes, pickles & Mayo Sauce)

TUMMY FULL WRAPS (In Tortilla Bread)

(All Rolls serve with choice of fries or Onion Rings with humus sauce)

Chicken Tikka Wrap	\$13.95	Chicken Caesar Wrap	\$13.95
Paneer Tikka Wrap	\$11.95	Lamb Kabab Wrap	\$13.95
Avocado Ranch Chicken Wrap	\$13.95	Beef Seek Wrap	\$13.95
Butter Chicken Wrap	\$13.95		
(Tummy Full Special)			

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)	\$7.95
(Smosas mashed mixed with channa masala or yogurt, Tamarid & Mint chutney with spices)	
Dahi Bhalle	\$7.95
(Lentil Vada balls soaking in thick yogurt & savoury chutney & Spices)	
Mix Veg Pakora	\$8.95
(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)	
Papri Chaat	\$7.95
(fried crisps dipped with diced potatoes,chickpeas, yogurt, tamarind & green chutney)	
Aloo Tikki Chaat (In channa or Yogurt)	\$7.95
(Mashed deep fried potato patties served with chickpeas or yogurt, onions, tomato & Cilantro)	
Chole Bhature	\$10.95
(Chickpea curry with special deep fried leavened bread)	
Poori with aloo baji	\$9.95
(Potato curry with special deep fried bread)	
Achari Paneer Tikka	\$13.95
(Cottage Cheese marinated in ginger garlic paste, yogurt baked in Tandoor)	
Cauliflower 65	\$12.95
(Cauliflower florets cooked with a special sweet and spicy sauce)	
Soya Chaap (tandoori/malai/Mint)	\$11.95
(Soya dish enriched with proteins cooked in clay oven with your choice of margination)	
Paneer Pakora	\$12.95
(Deep fried Cottage cheese fritters fried in chickpea batter with tamarind sauce)	
Onion Bhaji	\$9.95
(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/Haryali/Malai/Achari)** **\$14.95**
(Tendered boneless chicken marinated in ginger garlic paste, yogurt baked in Tandoor with your choice of flavor)
- Chicken Pakora** **\$13.95**
(Deep Fried Chicken Fritters filled with Spices filled in chickpea batter)
- Chicken 65** **\$13.95**
(Chicken florets cooked with a special sweet and spicy sauce)

Non Vegetarian (Sea Food):

- Tandoori Prawns** **\$15.95**
(Prawns marinated in tandoori masala and gently cooked in clay oven)
- Amritsari Fish Pakora** **\$12.99**
(Mouth melting fried Fish marinated in aromatic ginger garlic paste & chef's spices)
- Coconut Shrimp (5 pieces)** **\$13.95**
(Black Tiger Shrimp with Bread Crumbs and Coconut deep fried, served with Sweet Chilli Sauce)
- Fish Tikka** **\$14.95**
(Soft White fish marinated with spices & grilled in clay oven)

Non Vegetarian (Lamb & Beef):

- Lahori Lamb Seek Kabab** **\$14.95**
(Minced Lamb roasted & Flavored with spices grilled in Tandoor)
- Beef Seek kabab** **\$14.95**
(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 \$14.95** **Fish Tikka \$15.95**
- Tandoori Prawns \$17.95** **Beef Kabab \$15.95**
- Chicken Tikka \$15.95** **Lamb Kabab \$15.95**

MAIN COURSES (Rice or Bread not included)

Vegetarian:

- Methi Malai Matar Paneer** **\$14.95**
(Mix of fenugreek with cream cottage cheese & peas lightly sweet in taste)
- Palak (Paneer /Aloo)** **\$14.95**
(Traditionally cooked spinach & spices with any of the above)



Kadai Paneer

(Cottage cheese cooked in thick gravy spiced & sautéed with bell peppers & Red onions)

\$14.95

Paneer Butter Masala

(Cottage cheese cooked in herbed in tomato cream sauce)

\$14.95

Shahi Paneer

(Homemade cottage cheese cooked in a creamy fresh tomato sauce)

\$14.95

Paneer Tikka Masala

(Tandoor baked cheese tikka, bell pepper, onion and tomatoes cooked in masala gravy)

\$14.95

Chana Masala

(Chickpeas cooked in combination of chopped tomatoes, spices, herbs topped with cilantro)

\$12.95

Aloo Gobi

(Cauliflower and potato cooked with herb spices, topped with fresh cilantro)

\$13.95

Bhindi Masala (Okra)

(Fresh okra, cooked Indian style with fresh onions)

\$14.95

Non Vegetarian (Chicken):

Butter Chicken

(A world-renowned dish, chicken cooked in chef special sauce)

\$15.95

Chicken Korma

(Cubes of Chicken breast simmered in blend of tomato cream & onion gravy sauce)

\$15.95

Chicken Vindaloo

(Spices perfectly blended with chicken cubes cooked in vindaloo sauce)

\$15.95

Chicken Tikka Masala

(Tandoor baked chicken tikka, bell pepper, onion and tomatoes cooked in masala gravy)

\$15.95

Mango Chicken

(Chicken simmered in kesar mango puree and coconut sauce)

\$15.95

Non Vegetarian (Lamb & Beef):

Kadai Lamb

(Cubes of lamb cooked in thick gravy spiced & sautéed with bell peppers & Red onions)

\$16.95

Lamb Vindaloo

(spices perfectly blended with Lamb cubes, cooked in vindaloo sauce)

\$16.95

Lamb Curry

(boneless lamb cooked in our mildly spiced curry sauce)

\$16.95

Lamb Rogan Josh

(A spicy thin curry cooked lamb and cracked whole of spices)

\$16.95

Lamb Saagwala

(Sautéed lamb cooked in spinach & garlic)

\$16.95

Bombay Potatoes

(Baby potatoes lightly spiced with aromatic herbs mixed with fresh cilantro)

\$10.95

Baingan Bharta (with peas)

(Eggplant roasted in the clayoven and pureed with garlic, onion, peas and spices)

\$12.95

Daal Makhni (Black Lentil)

(Black Lentil slowly cooked flavoured with fresh ground spices sauted in butter)

\$13.95

Daal Tadka (Yellow Lentil)

(Traditional Yellow lentils tempered with tadka-a blend of tomatoes, herbs & spices)

\$11.95

Veg Korma

(Stir Fry Seasoned vegetables in blend of tomato cream & onion gravy sauce)

\$13.95

Veg Vindaloo

(Cottage cheese and potato cubes, cooked in vindaloo sauce)

\$13.95

Mixed Vegetable Jalfrazi

(Stir fry vegetables sauteing in indian spices)

\$13.95

Chicken Curry

(boneless chicken breast cooked in our mildly spiced curry sauce)

\$15.95

Kadai Chicken

(Cubes of Chicken breast cooked in thick gravy spiced & sautéed with bell peppers & Red onions)

\$15.95

Chicken Jalfarazi

(Stir fry chicken sauteing in Indian spices)

\$15.95

Chicken Saagwala

(Sautéed Chicken cooked in spinach & garlic)

\$15.95

Coconut Chicken

(Chicken tossed with farm peppers, onions and spices)

\$15.95

Fenugreek Chicken

(Harmony of chicken & fenugreek leaves with perfect blend of spices)

\$15.95

Beef Curry

(Cubes of Beef cooked on slow flame with indian spices melt in your mouth)

\$15.95

Beef Vindaloo

(Spices perfectly blended with Beef cubes, cooked in vindaloo sauce)

\$15.95

Beef Saagwala

(Sautéed Beef cooked in spinach & garlic)

\$15.95

Beef Butter Masala

(Beef Cubes cooked in herbed in tomato cream sauce)

\$15.95

Non Vegetarian (Seafood):

Shrimp Vindaloo (Spices perfectly blended with shrimp cubes, cooked in vindaloo sauce)	\$16.95
Coconut Shrimp Curry (Shrimp Curry south Indian style with coconut flavored)	\$16.95
Shrimp Butter masala (Beef Cubes cooked in herbed in tomato cream sauce)	\$16.95
Coconut Fish Curry (Goa style with coconut, ground spices & Curry Leaves)	\$14.95
Fish Butter Masala (Fish Cubes cooked in herbed in tomato cream sauce)	\$14.95

SPECIAL BIRYANI

Lamb Biryani (Dum cooked long grain basmati rice cooked on slow heat with Lamb served with raita)	\$16.95
Shrimp Biryani (Dum cooked long grain basmati rice cooked on slow heat with Shrimp served with raita)	\$17.95
Chicken Biryani (Dum cooked long grain basmati rice cooked on slow heat with chicken served with raita)	\$14.95
Veg Biryani (Dum cooked long grain basmati rice cooked on slow heat with vegetables & Paneer served with Raita)	\$12.95
Beef Biryani (Dum cooked long grain basmati rice cooked on slow heat with beef cubes served with raita)	\$15.95

RICE & BREADS

Steamed Rice (Basmati)	\$3.95	Garlic Naan	\$4.95
Saffron Rice	\$5.95	Coconut Naan	\$5.00
Jeera (Cumin) Rice	\$4.95	(Traditional oven-baked fresh Indian bread with sweet shredded coconut & Honey)	
Coconut Rice	\$5.95	Aloo & Cheese Naan	\$5.00
Peas Pulao	\$5.95	Keema Naan	\$5.00
(Rice Pilaf aromatic with seasoned vegetables & Pea)		(Naan stuffed with minced beef)	
Plain Naan	\$3.00	Gluten Free Bread	\$3.50
Butter Naan	\$3.95	Cinnamon Chocolate Naan	\$5.00
(Traditional oven-baked fresh Indian bread with layers of Butter)		(Traditional oven-baked fresh Indian bread with ground cinnamon & Icing sugar & Chunks of chocloates)	

TUMMY FULL SPECIALITY

Amritsari Aloo Kulcha (Aloo potatoes filling wrapped in crisp pastry comes with special chickpea curry)	\$13.95
Paneer Aloo Kulcha (Paneer filling wrapped in crisp pastry comes with special chickpea curry)	\$14.95

SPECIAL PLATTERS (MEGA MEAL)

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

Mega Platter Meal (Veg)	\$14.95
Mega Platter Meal (Non Veg) (Choose any 1 item from Main Course excluding sea food)	\$16.95

SOUPS & SALADS

Soup of the Day (Ask your Server)	\$6.95
Chicken Clear	\$5.95
Tomato Basil	\$5.95
Lentil Soup	\$4.95

MAIN PASTAS

(All served with garlic Bread)

Penne Primavera (Red Sauce)	\$14.95
• Add chicken	\$5.00
• Add Garlic Prawns	\$9.95 (5 pcs)
Chicken Alfredo	\$15.95

POUTINE LOVERS

Butter Chicken Poutine	\$11.95
(Fries Dipped in Butter Chicken sauce with diced chicken & Curd Cheese)	
Canadian Classic Poutine (With Gravy)	\$8.95
(Fries with cheese curd & Poutine Gravy)	

TUMMY FULL INDO CHINESE

Chilli Chicken (Dry or gravy)	\$15.95
Black Pepper Chicken	\$15.95
Chicken Chowmein*	\$12.95
Chicken Hakka Noodles*	\$12.95
Manchurian Chicken	\$14.95
Chicken Fried Rice*	\$11.95
Chilly (Fish/prawns)	\$14.95/\$15.95
Shrimp Noodles*	\$13.95
Shrimp Fried Rice*	\$13.95
Veg Manchurian (Dry or Gravy)	\$12.95
Gobi Manchurian	\$12.95
Chilly Cheese	\$12.95
Veg hakka Noodles*	\$10.95
Veg Chowmein*	\$10.95
Veg Fried Rice*	\$10.95

*(Add scrambled egg to any fried rice or noodles for \$1.50)

SIDES

Green Salad	\$3.95
Plain Yogurt/Raita	\$2.99/\$3.99
Poppadums'	\$0.99(2 pcs)
Fries	\$4.95
Onion Rings	\$6.95
Mango Chutney	\$1.99
Mint/Tamarind Sauce	\$0.99

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
Tea (Lemon, Green, Black)	\$2.50
Cold Coffee	\$3.00
Cappuccino	\$2.50
Hot chocolate	\$2.50
French Vanilla	\$2.50

KIDS MENU

Chicken Nuggets with choice of fries or onion rings	\$7.95
Chicken/Shrimp Rice Bowl	\$8.95/\$12.95
Butter chicken Poutine	\$7.95
Canadian Classic Poutine	\$6.95

TUMMY FULL DESERTS

Gulab Jamun (2 Pieces)	\$4.99
Kulfi (Traditional indian home made ice cream)	\$6.95
Gulab Jamun with Ice Cream	\$6.95
Saffron Kheer (Rice pudding)	\$5.95

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