STARTER

Brussels Sprouts: Crispy sprouts on a bed of roasted red bell pepper hummus, drizzled with beet vinaigrette *veo/af* —15

Afghan Nuggets: A basket of golden fried chicken bites is now an Afghan Kitchen staple, served with Afghan chutney + Afghan yogurt —15

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 -13Orange Hummus Dip: ve + gfo -11All 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 *qf* —14

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

Chicken + Greens: Seasonal greens + grilled chicken kebab, served with pink beet dressing or emerald vegan dressing af —24

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 —21

Lentil Stew: Afghan soul food. Thick boil of lentils, split peas + spices, served with cumin rice ve + qf = -17

Lubya: Buttery soft kidney beans in a curry base, bursting with rich flavours of coriander + tomato, served with cumin rice ve + qf = -16

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 Afghan rice veo + af = -22

Kachaloo: Tender potato slices in fragrant garlic-laced tomato sauce. Yogurt drizzle, served with Afghan rice

veo + gf - 19

Kololi: An old family recipe. Handmade vegetable & flour patties in an inviting vegetable sauce. Slightly spicy, very flavoursome. Served with cumin rice ve −21

DUMPLINGS

Aushak: Steamed veggie dumplings, stuffed with leeks, spinach + green onion, topped with split peas, tomato sauce + yogurt v/veo -23

Aushak 2.0: Steamed veggie dumplings, stuffed with onions, carrots + cabbage, topped with split peas, tomato sauce + yogurt √/veo −23

Mantu: Steamed minced beef dumplings, topped with split peas, tomato sauce + yogurt —24

MEAT

Chicken Qorma: Boneless chicken thigh in a zesty sauce of onions, garlic + tomatoes, served with cumin rice gf —24

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 Afghan rice. We can always bring you some extra sauce, just kindly let us know af —24

Lamb Shoulder: Roasted shoulder, perfect caramelization. Paired with our succulent Banjan (eggplant) dish + Afghan rice. gf -35

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 —36

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 —26

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 at least overnight, then grilled over fire to maximize the tenderness of the meats and their flavours. Chicken, Beef, Lamb are served with Kachaloo (potato), diced Afghan salad + Afghan rice. The Shami Kebab is served with pickled onion, Afghan mint chutney + cumin rice.

Chicken -24 Beef -25 Shami (Minced Beef) -24 Lamb -25

A TASTE OF AFGHAN KITCHEN

Specially curated personal plates or shareable platters. All items are served with Afghan salad + cumin rice or Afghan 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 *qf* —36

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

KBL to YVR | Platter for Two: Eggplant, potato, sautéed spinach, chicken kebab, lamb shank *qf* —72

Afghan Feast | Platter for Four: Bolani (starter), KBL to YVR (above) & mantu (beef dumplings) —115

Nights in Kabul | Kebab Bouquet for Four: Two chicken kebab two beef kebab, two lamb kebab, seasonal greens, pakawras + Afghan bread gfo —139

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 **F**

@eatdrinkafghan / afghankitchen.com
Parties of 8 or more are subject to 18% gratuity

Afghan rice is seasoned rice balanced by sweet bursts of caramelized carrot, golden raisins and almond. Cumin rice is traditional Afghan white rice with cumin seeds.

We pair our dishes carefully and according to their history with either rice, but if you fancy the other rice dish for your meal, just kindly let us know.

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.





Pata Negra Tempranillo (ES) 10 46 Condor Peak Malbec (ARG) 11 52 Mythic Mountain Cab Franc (ARG) 12 54 Quail's Gate Pinot Noir (BC) 15 64 Fowles Are You Game? Shiraz (AUS) 68 Burrowing Owl Merlot (BC) 76 Markham Napa Valley Merlot (USA) 89 Little Farm Cabernets (Natural Wine) (BC) 75 Bordeaux Chateau Argadens (FRA) 68 Stoller Family Pinot Noir (USA) 75 Laughing Stock Syrah (BC) 89 Bardolino Classico Tacchetto (ITA) 68 Hall Ranch Zinfadel (USA) 78 Painted Rock Cabernet Franc (BC) 110 Little Engine Union (BC) 110 Black Hills Nota Bene (BC) 121 Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) 38 Monator, Le Petit Chavin 41 Chardonnay, Zera 38 Merlot, Le Petit Chavin 39		60Z	Bottle
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Fowles Are You Game? Shiraz (AUS) Burrowing Owl Merlot (BC) Markham Napa Valley Merlot (USA) Little Farm Cabernets (Natural Wine) (BC) Bordeaux Chateau Argadens (FRA) Stoller Family Pinot Noir (USA) Laughing Stock Syrah (BC) Bardolino Classico Tacchetto (ITA) Hall Ranch Zinfadel (USA) Painted Rock Cabernet Franc (BC) Little Engine Union (BC) Black Hills Nota Bene (BC) Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) NON-ALCOHOLIC (0%) Muscato, Le Petit Chavin Chardonnay, Zera Merlot, Le Petit Chavin 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Mythic Mountain Cab Franc (ARG)	12	54
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Bordeaux Chateau Argadens (FRA) Stoller Family Pinot Noir (USA) Laughing Stock Syrah (BC) Bardolino Classico Tacchetto (ITA) Hall Ranch Zinfadel (USA) Painted Rock Cabernet Franc (BC) Little Engine Union (BC) Black Hills Nota Bene (BC) Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) NON- ALCOHOLIC (0%) Muscato, Le Petit Chavin Chardonnay, Zera Merlot, Le Petit Chavin 39 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Markham Napa Valley Merlot (USA)		89
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Little Engine Union (BC) Black Hills Nota Bene (BC) Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) NON- ALCOHOLIC (0%) Muscato, Le Petit Chavin Chardonnay, Zera Merlot, Le Petit Chavin 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Hall Ranch Zinfadel (USA)		78
Black Hills Nota Bene (BC) Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) NON-ALCOHOLIC (0%) Muscato, Le Petit Chavin Chardonnay, Zera Merlot, Le Petit Chavin 39 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Painted Rock Cabernet Franc (BC)		119
Chateauneuf-du-Pape Cuvée Anonyme Rouge (FRA) NON-ALCOHOLIC (0%) Muscato, Le Petit Chavin 41 Chardonnay, Zera 38 Merlot, Le Petit Chavin 39 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Little Engine Union (BC)		110
Anonyme Rouge (FRA) NON- ALCOHOLIC (0%) Muscato, Le Petit Chavin 41 Chardonnay, Zera 38 Merlot, Le Petit Chavin 39 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Black Hills Nota Bene (BC)		121
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Merlot, Le Petit Chavin 50% OFF ANY WINE BOTTLE ON WEDNESDAYS	Muscato, Le Petit Chavin		41
50% OFF ANY WINE BOTTLE ON WEDNESDAYS			38
WEDNESDAYS	Morlot Lo Dotit Chavin		39
WEDNESDAYS	Menot, Le Petit Chavill		-
WEDNESDAYS	Menot, Le Petit Chaviii		1
		TIE	
Prices do not include GST + PST (12%). All bottles are 750ml.	50% OFF ANY WINE BOT	TLE	ON
//#/\\$/\#/\#/	50% OFF ANY WINE BOT	TLE	ON
	50% OFF ANY WINE BOT WEDNESDAYS	TLE	ON

	60Z	Bottle
Augey Bordeaux	11	(750ml) 48
(Semillon & Sauv Blanc) (FRA)		
Riondo Pinot Grigio (ITA)	11	49
Gray Monk Gewurztraminer (BC)	12	54
Wild Goose Sauvignon Blanc (BC)	14	58
Hester Creek Pinot Gris (BC)		62
Burrowing Owl Chardonnay (BC)		72
Little Farm Riesling (Natural Wine) (BC)	75
Terre Brulée Chenin Blanc (SA)		62
Tantalus Old Vines Riesling (BC)		84
First Press Napa Chardonnay (USA)		74
Chateau De Sancerre Sauv Blanc (\vdash	RA)	82
Malbec Rosé Portillo (ARG) Painted Rock Rosé		46 67
1 1 2		
sparkling		
Henkell Trocken - Dry Sec Piccolo (2	00ml)	10
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold	00ml)	76
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold Luc Belaire Bleu		, 0
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold		76 78
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold Luc Belaire Bleu		76 78
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold Luc Belaire Bleu		76 78
Henkell Trocken - Dry Sec Piccolo (2 Luc Belaire Brut Gold Luc Belaire Bleu		76 78

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.