

STARTER

Brussels Sprouts : Crispy sprouts on a bed of roasted red bell pepper hummus, drizzled with beet vinaigrette *veo/gf* —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* —13

Orange Hummus Dip: *ve + gfo* —11

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* —14

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* —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 + gf* —17

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

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 *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* —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 KITCHEN  

@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.

3-5PM WEEKENDS 4-6PM WEEKDAYS 9PM-CLOSING FRIDAY & SATURDAY		SOOTHE SAVOUR SATISFY		ESCAPE EXHALE ENJOY		ESCAPE EXHALE ENJOY	
HAPPY HOUR		beers on tap					
eats		beer flights					
		bottles					
HUMMUS 8 AFGHAN NUGGETS 13 4 PIECE VEGGIE DUMPLINGS 14 CHICKEN KEBAB + AFGHAN BREAD 19 AFGHAN CHICKEN 20		ciders		NON-ALCOHOLIC		rosé	
drinks		NON-ALCOHOLIC BEERS		50% OFF ANY WINE BOTTLE ON WEDNESDAYS		sparkling	
 CORONA (375ml) 5  ALL BEERS ON TAP 5  HOUSE RED/WHITE (6oz) 6  GULRANG ROSE (1oz) 7  AFGHAN CHUTNEY CAESAR (1oz) 7				 			
HAPPY HOUR		BEERS		RED WINE		WHITE WINE	

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.