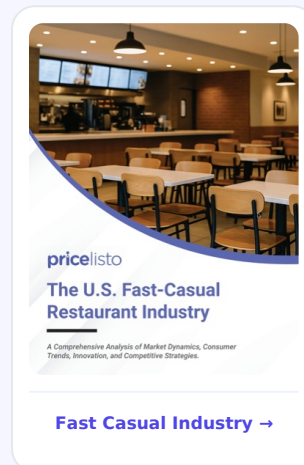




Choolaah Indian BBQ

Menu Prices — September 14, 2026

Restaurant & Food Industry Reports



[Competitor Price Intelligence →](#)

Most Ordered

ITEM	PRICE
Choolaah Bowl A bowl full of yum, that’s why we put our name on it. Whether you’re vegan, vegetarian or meatatarian, the Choolaah bow...	\$13.74
Samosas Savory pastries filled with potatoes, peas, and Choolaah spices (3 per order). (VE)	\$4.19
Perfect Balance Bowl Our Perfect Balance Bowl is epically flavor-packed. Choose your favorite responsibly sourced proteins, select half porti...	\$16.24
Chicken Wrap Chicken with red onions and signature wrap sauce in freshly baked naan.	\$11.14
Pav Bhaji An all time favorite street food. It’s kinda like a vegetarian version of a sloppy joe. A flavorful bowl of vegetable...	\$11.75
Paneer Wrap Paneer with red onions and signature wrap sauce in freshly baked naan. (V)	\$11.14
Mango Lassi A classic Punjab mango yogurt smoothie made with non-GMO yogurt and imported Indian Alphonso mango puree (V, GF).	\$5.27
Pro Bowl Going low-carb? Just ‘cause you say no to rice, doesn’t mean you can’t say yes to a taste bud explosion. Choose your f...	\$17.21
Samosa Chaat Four vegetarian-friendly samosas served with our slow-simmered chickpea masala, sweet yogurt and our sweet and tangy sau...	\$7.66
Mango Lemonade Move beyond the ordinary. Signature lemonade infused with premium Indian Alphonso mangoes. (VE, GF)	\$3.97
Mint Ginger Lemonade Refreshing signature lemonade with a hint of mint and ginger. (VE, GF)	\$3.97
Lamb Wrap Lamb meatballs with red onions and signature wrap sauce in freshly baked naan.	\$12.46

Signature Bowls

ITEM	PRICE
Choolaah Bowl (Signature Bowls) A bowl full of yum, that’s why we put our name on it. Whether you’re vegan, vegetarian or meatatarian, the Choolaah bow...	\$13.74
Perfect Balance Bowl (Signature Bowls) Our Perfect Balance Bowl is epically flavor-packed. Choose your favorite responsibly sourced proteins, select half porti...	\$16.24
Pro Bowl (Signature Bowls) Going low-carb? Just ‘cause you say no to rice, doesn’t mean you can’t say yes to a taste bud explosion. Choose your f...	\$17.21
Choolaah Salad Gourmet salad made with spring mix, romaine, crispy wheat naan chips, roasted sweet potatoes and cauliflower, chickpeas,...	\$16.24
Plain Choolaah Salad Gourmet salad made with spring mix, romaine, crispy wheat naan chips, roasted sweet potatoes and cauliflower, chickpeas,...	\$12.49

Wraps

ITEM	PRICE
Paneer Wrap (Wraps) Paneer with red onions and signature wrap sauce in freshly baked naan. (V)	\$11.14
Lamb Wrap (Wraps) Lamb meatballs with red onions and signature wrap sauce in freshly baked naan.	\$12.46

ITEM	PRICE
Chicken Wrap (Wraps) Chicken with red onions and signature wrap sauce in freshly baked naan.	\$11.14
Cauliflower and Chickpea Wrap Chickpea masala, roasted cauliflower, and greens in freshly baked wheat naan. (VE)	\$11.14
Street Food	
Samosas (Street Food) Savory pastries filled with potatoes, peas, and Choolaah spices (3 per order). (VE)	\$4.19
Pav Bhaji (Street Food) An all time favorite street food. It's kinda like a vegetarian version of a sloppy joe. A flavorful bowl of vegetable...	\$11.75
Samosa Chaat (Street Food) Four vegetarian-friendly samosas served with our slow-simmered chickpea masala, sweet yogurt and our sweet and tangy sau...	\$7.66
Protein Only	
Veggie Croquettes Our vegan croquettes are magical spheres of tasty goodness. Made with lentils, onions, eggplant, potatoes and green peas...	\$7.81
Paneer Choolaah's fresh-curd paneer cheese is inspired by co-CEO Randhir's grandmother's own family recipe. Made from wholesom...	\$7.81
Chicken Our premium sourced chicken is cooked to perfection in our 600 degree tandoor ovens allowing the fat to drop away and se...	\$7.81
Salmon Marinated and cooked to flaky, moist perfection. Our salmon comes from the pristine waters of the Faroe Islands. Each sa...	\$11.56
Lamb Meatballs Tender meatballs made with our custom ground spice blend and fresh herbs making them flavor-packed with just the right a...	\$11.56
Roasted Veggies Our veggies are vegan marinated and gently roasted to bring out the tasty goodness of each veggie. A veggie medley of c...	\$5.31
Tofu Our protein-packed tofu is USDA Organic, Non-GMO, Vegan, Kosher and 100% Delicious (VE, GF).	\$7.81
Sides Masalas	
Half Rice and Half Masala Half portion of white or brown basmati rice, plus a half portion of masala or daal.	\$5.86
Tikka Masala Our signature creamy tomato sauce simmered with roasted onions, garlic, exotic herbs and spices pairs perfectly with eve...	\$5.86
Chickpea Masala This hearty chickpea vegan chili, a staple of Indian households, is slow cooked, with authentic herbs and spices. (VE,...	\$5.86
Black Lentil Daal Black lentils, tomatoes, and spices are simmered to a deep, rich and creamy finish. It's yum for your tum. (V, GF)	\$5.86
Yellow Lentil Daal We use three types of lentils slow cook them with veggies, herbs and spices to create a creamy cornucopia of flavors. M...	\$5.86

Little Meals	
ITEM	PRICE
Masala and Rice Bowl Comfort food at its simplest, the Masala & Rice bowl comes with a serving of white or brown basmati rice, plus a serving...	\$9.45
Chicken and Rice Show the kiddos some tandoori love. Juicy chicken served with basmati rice. (GF)	\$7.24
Chicken Pizza It's so good your parents will probably try to sneak a piece. So watch out. Our crispy naan is topped with a flavor-pack...	\$9.99
Cheese Pizza Feeling cheesy? No worries, we have you covered with our naan pizza topped with delicious mozzarella. What's not to love...	\$8.11
Paneer and Rice Cheese done right. Our custom crafted paneer cheese, gently toasted to perfection on a yummy serving of our fragrant bas...	\$7.24
Little Choolaah Bowl This little bowl of yum comes with your choice of chicken, paneer or tofu plus rice and masala of your choosing.	\$9.36
Tofu and Rice Our marinated organic tofu served with basmati rice. (VE, GF)	\$7.24

Beverages	
ITEM	PRICE
Mango Lassi (Beverages) A classic Punjab mango yogurt smoothie made with non-GMO yogurt and imported Indian Alphonso mango puree (V, GF).	\$5.27
Mango Lemonade (Beverages) Move beyond the ordinary. Signature lemonade infused with premium Indian Alphonso mangoes. (VE, GF)	\$3.97
Hot Chai Hot chai made with black tea leaves, authentic custom ground spices and a hint of sweetness. (V, GF)	\$4.74
Fountain Drink Your choice of soda. Available at pickup	\$3.52
Chilled Chai Chilled chai made with black tea leaves, authentic custom ground spices and a hint of sweetness. (V, GF)	\$4.74
Juice Products brands may vary by location.	\$2.49
Chocolate Milk Products brands may vary by location.	\$2.49
Mint Ginger Lemonade (Beverages) Refreshing signature lemonade with a hint of mint and ginger. (VE, GF)	\$3.97
Bottled Water Products brands may vary by location.	\$3.11

Sides	
ITEM	PRICE
Naan Freshly baked in our tandoor ovens, lightly brushed with butter, and sprinkled with kosher salt and onion seeds. (V)	\$2.34
Wheat Naan Freshly baked in our tandoor ovens, lightly brushed with oil, and sprinkled with kosher salt and onion seeds. (VE)	\$2.34
White Basmati Rice Imported from India and spice infused. (VE, GF)	\$3.59

ITEM	PRICE
Toasted Pav Fresh-baked, lightly buttered, toasted buns. (V)	\$3.57
Brown Basmati Rice Imported from India and spice infused. (VE, GF)	\$3.59
Roti Chips Wheat naan cut and fried to a crisp perfection and sprinkled with salt. (VE)	\$1.86
Diced Onion A side of diced onions. (VE, GF)	\$0.44
Side Salad Spring mix and romaine with sweet potatoes, chickpeas and choice of housemade dressing.	\$6.24
Diced Serrano Side Diced Serrano. (VE, GF)	\$0.44

Sauces & Dressings

ITEM	PRICE
Ouch Hot Sauce 5 oz. Bottle "Delicious blend of green chiles, serrano and scorpion peppers with a fresh citrusy punch. (VE, GF) Heat Level: 8/10"...	\$7.49
Spicy Mango "A sweet robust Indian Alphonse mango sauce with just the right amount of kick. It's mango with an attitude. (VE, GF)..."	\$0.44
Choolaah Ranch "Our homemade ranch dressing is an Indian twist on the great American classic. (V, GF) Choolaah Ranch is good on ev..."	\$0.44
Omg Hot Sauce "This sauce is hot. Like slap-my-face hot. Serrano, scorpion, and habanero peppers hot. (VE, GF) Heat Level: 10/10"...	\$0.44
Tamarind Apple With the sweetness of apples and tang of tamarind, open up and say Choolaaaaaah (VE, GF).	\$0.44
Ouch Hot Sauce "Delicious blend of green chiles, serrano and scorpion peppers with a fresh citrusy punch. (VE, GF) Heat Level: 8/10"...	\$0.44
Tamarind Ginger Dressing A sweet & tangy vinaigrette with a hint of ginger. (VE, GF)	\$0.44
Whoa Hot Sauce "Combo of tart and sweet that will put a smile on anyone's face. (VE, GF) Heat Level: 5/10"	\$0.44
Omg Hot Sauce 5 oz. Bottle This sauce is hot. Like slap-my-face hot. Serrano, scorpion, and habanero peppers hot. (VE, GF) Heat Level: 10/10	\$7.49
Mint Yogurt "Fresh mint makes this yogurt-based sauce a refreshingly clean complement. (V, GF) Mint Yogurt pairs well with Chick..."	\$0.44
Whoa Hot Sauce 5 oz. Bottle Combo of tart and sweet that will put a smile on anyone's face. (VE, GF) Heat Level: 5/10	\$7.49

Family Meals for 4

ITEM	PRICE
Masalas Enjoy our slow-cooked Masalas & Daals crafted with premium ingredients and our custom ground spice blends.	\$11.25
Samosas (Family Meals for 4) An 8 piece serving of our crispy dough samosas, stuffed with potatoes, peas and custom ground, exotic spices.	\$10.31
Proteins Pick your tandoor roasted, family-sized protein.	\$18.75

ITEM	PRICE
Kulfi 4 Pack A 4 pack of our Malai Kulfi Indian ice-cream, lightly infused with cracked imported green cardamom. A rich and creamy de...	\$15.00
Naan Bread Try our soft and crispy vegetarian-friendly naan or the flaky vegan wheat naan. Includes 4 fresh tandoor baked naans.	\$8.75
Basmati Rice Our 26 ounce serving of imported basmati rice is lightly infused with a touch of cumin.	\$10.50
Sauces 6 PC - Family Style	\$2.62
Hot Sauce Bottles Choose from our famously cravable bottled hot sauces.	\$7.49
Veggies Marinated and roasted cauliflower, zucchini, and sweet potatoes, serves 3-4. (VE, GF)	\$17.50
Lemonade 1/2 gallon of our freshly squeezed lemonade. Your choice of Mint Ginger or Mango lemonade (VE, GF).	\$15.00

Desserts

ITEM	PRICE
Malai Kulfi Ice Cream Our Malai Kulfi Indian ice-cream is lightly infused with green cardamom. A rich and creamy delight for both young and t...	\$4.01