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Choolaah Indian BBQ

Menu Prices — October 25, 2026

Choolaah Indian BBQ menu with prices in United States, updated March 2025: 83 items across 12 categories, prices from $0.44 to $18.75.

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Choolaah Indian BBQ Menu with Prices (United States)

Choolaah Indian BBQ menu with prices in United States, updated March 2025: 83 items across 12 categories, prices from $0.44 to $18.75. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/choolaah-indian-bbq

Menu categories: Most Ordered · Signature Bowls · Wraps · Street Food · Protein Only · Sides Masalas · Little Meals · Beverages · Sides · Sauces & Dressings · Family Meals for 4 · Desserts

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**
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

ITEM	PRICE
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

ITEM	PRICE
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

ITEM	PRICE
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**

ITEM	PRICE
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 $2.34
Freshly baked in our tandoor ovens, lightly brushed with butter, and sprinkled with kosher salt and onion seeds. (V)

Wheat Naan $2.34
Freshly baked in our tandoor ovens, lightly brushed with oil, and sprinkled with kosher salt and onion seeds. (VE)

White Basmati Rice $3.59
Imported from India and spice infused. (VE, GF)

Toasted Pav $3.57
Fresh-baked, lightly buttered, toasted buns. (V)

Brown Basmati Rice $3.59
Imported from India and spice infused. (VE, GF)

Roti Chips $1.86
Wheat naan cut and fried to a crisp perfection and sprinkled with salt. (VE)

Diced Onion $0.44
A side of diced onions. (VE, GF)

Side Salad $6.24
Spring mix and romaine with sweet potatoes, chickpeas and choice of housemade dressing.

Diced Serrano $0.44
Side Diced Serrano. (VE, GF)

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 **$11.25**

Enjoy our slow-cooked Masalas & Daals crafted with premium ingredients and our custom ground spice blends.

Samosas (Family Meals for 4) **$10.31**

An 8 piece serving of our crispy dough samosas, stuffed with potatoes, peas and custom ground, exotic spices.

Proteins **$18.75**

Pick your tandoor roasted, family-sized protein.

Kulfi 4 Pack **$15.00**

A 4 pack of our Malai Kulfi Indian ice-cream, lightly infused with cracked imported green cardamom. A rich and creamy de...

Naan Bread **$8.75**

Try our soft and crispy vegetarian-friendly naan or the flaky vegan wheat naan. Includes 4 fresh tandoor baked naans.

Basmati Rice **$10.50**

Our 26 ounce serving of imported basmati rice is lightly infused with a touch of cumin.

Sauces 6 PC - Family Style **$2.62**

Hot Sauce Bottles **$7.49**

Choose from our famously cravable bottled hot sauces.

Veggies **$17.50**

Marinated and roasted cauliflower, zucchini, and sweet potatoes, serves 3-4. (VE, GF)

Lemonade **$15.00**

1/2 gallon of our freshly squeezed lemonade. Your choice of Mint Ginger or Mango lemonade (VE, GF).

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**