

# Eat Easy with Alima's

For busy families, young professionals, students, and travellers, we carry a wide selection of professionally packaged, frozen curries (vegetarian and meat), chokas, our famous parathas, dhalpuris and much more!



## Parathas and Dhalpuris

- **Paratha Convenience Pack**

Five parathas cut in half, rolled and sealed. Ten halves.

- **Whole Wheat Paratha Convenience Pack**

Five WW parathas cut in half, rolled and sealed. Ten halves.

- **Paratha Convenience - 2 Pieces**

Contains two parathas.

- **Dhalpuri Convenience Pack**

Five dhalpuris cut in half, rolled and sealed. Ten halves.

- **Dhalpuri Convenience - 2 Pieces**

Contains two dhalpuris.

- **Aloopuri Convenience Pack**

Five aloopuris cut in half, rolled and sealed. Ten halves.

- **Mixed Convenience Pack**

Dhalpuri and Paratha cut in half, rolled and sealed. Ten halves.



## Meat and Seafood

- **Chicken Curry (Boneless) 1lb**

Authentic Caribbean-style boneless curried chicken.

- **Curried Chicken (With Bone) 1lb**

Now we are happy to offer you our special curried chicken, bone-in, mildly spiced, and ready for your family.

- **Lamb Curry (Boneless) 1lb**

Boneless lamb cooked with Alima's distinctive Caribbean flavours.

- **Beef Curry (Boneless) 1lb**

It is best served with any of our flatbreads, or with plain rice and dhal.



## Meat and Seafood (Continued)

- **Shrimp Curry 1lb**

Nice firm shrimp cooked to perfection. Try it with our Dhalpuris or Parathas.

- **Curried Goat With Bone 1lb**

Authentic Caribbean-style curry goat with bone. Slightly spicy.

- **Stewed Beef (Boneless) 1lb**

Boneless beef slow cooked with mild seasoning and spices.

- **Lamb Pepper-Pot 1lb**

A rich stew made from meats and casareep, a cassava/yucca extract.

- **Beef Pepper-Pot 1lb**

A rich stew made from meats and casareep, a cassava/yucca extract.

- **Duck Curry 1lb**

Well-seasoned, bone-in delicacy. Usually served on special occasions, but great any time.

- **Sauteed Minced Beef (Lean)**

Pure lean beef, sauteed and delicately spiced to suit a wide variety of tastes.

- **Sauteed Minced Chicken (Lean)**

This can go over rice, on pasta, on a pizza, with roti, or in a sandwich to take to school or work.

- **Alima's Oven-Baked BBQ Style Chicken**

Great taste of summer. Masterfully done in an oven with Alima's special BBQ sauce.

- **Alima's Jerk Chicken 1lb - Medium Spice**

Get the taste of the Caribbean whenever you want.

- **Alima's Jerk Chicken 1lb - (Very Spicy)**

Get the taste of the Caribbean whenever you want. But hot!

- **Fried Salt Fish 1lb**

Sauteed with common base ingredients and tomatoes; they combine to offer a flavorful side dish.

- **Plantain & Cassava With Saltfish**

A delicious and traditional preparation of three Caribbean staple foods combined.

- **Red Bean Stew With Chicken -1 lb**

Red beans with pieces of chicken, carrots, onions, green onions, ginger, spices and herbs.

- **Gilbacker Fish Curry 1lb**

Gilbacker is a scaleless saltwater fish found in coastal rivers in Guyana and Brazil.

- **Stewed Fish 1lb**

Tender, well-seasoned basa fillets. Great with Rice or Parathas or Dhalpuris.

- **Butter Chicken 1 lb**

A rich blend of herbs and spices, butter and cream, delicately balanced to create a mouth-watering chicken meal.





## Wraps

- **Ready Wraps Chicken on Dhalpuri**

Each package contains two wraps. Each wrap consists of chicken curry wrapped in a dhalpuri (flatbread with split-pea filling).

- **Ready Wraps Chicken on Paratha**

Each package contains two wraps. Each wrap consists of chicken curry wrapped in half of a paratha (flaky flatbread).

- **Ready Wraps Beef on Dhalpuri**

Each package contains two wraps. Each wrap consists of beef curry wrapped in a dhalpuri (flatbread with split-pea filling).

- **Ready Wraps Beef on Paratha**

Each package contains two wraps. Each wrap consists of beef curry wrapped in a Paratha (flaky flatbread).

- **Ready Wraps - Lamb on Dhalpuri**

Each package contains two wraps. Each wrap consists of Lamb curry wrapped in a dhalpuri (flatbread with split-pea filling).

- **Ready Wraps - Lamb on Paratha**

Each package contains two wraps. Each wrap consists of lamb curry wrapped in a paratha (flatbread).



## Pastry and Bakes

- **Chicken Pies - Baked- 12 Pieces**

They go beyond typical frozen patties in taste and quality.

- **Beef Pies - Baked - 12 Pieces**

Ideal both for parties and for easy home meals.

- **Chicken Pies (Ready To Bake) - 6 Pieces**

Easy to bake from frozen.

- **Beef Pies (Ready To Bake) - 6 Pieces**

Easy to bake from frozen.

- **Doubles Travel Pack "MILD" or "HOT"- 6 Pieces**

A sandwich made of seasoned chick peas flavoured with chutneys, between fried dough buns.

- **Aloo Pie Travel Pack - 8 Pieces**

This is a type of potato fritter popular in some parts of the Caribbean.

- **Bake And Saltfish - 5 PK**

Sauteed salted cod, fried down with tomatoes and onions served in a fluffy fried bake.

- **Polouri Balls - 18 pieces**

Pholouris are savory balls made up of delicately seasoned yellow-split-pea flour and regular wheat flour, and fried to a golden brown.

- **Potato Balls - 6 pieces**

Potato Balls are savory balls made up of mashed potato fried to a golden brown.





# Vegetarian

- **Baigan (Eggplant) Choka 1lb**

This dish is made of roasted and seasoned Eggplant and has a nice smoky flavour.

- **Tomato Choka 1lb**

Tomatoes roasted and seasoned with garlic, onions, and peppers.

- **Bhaji (Spinach) 1lb**

Seasoned and sauteed Spinach. Excellent with Parathas.

- **Fried Ochro 1lb**

Ochro, also known by other names including "Okra", is a fibrous vegetable that is a wonderful compliment to rice or roti.

- **Veggie Delight**

Textured soya chunks seasoned and curried with peas and carrots.

- **Mango Curry 1lb**

This traditional Trinidadian dish brings the Caribbean to your taste-buds.

- **Pumpkin - 1lb**

Smooth seasoned Butternut Squash. Perfect with Parathas.

- **Dhal 1lb**

Our dhal is a thick sauce made from Yellow Split Peas and mild spices.

- **Fried Bodi/Bora 1lb**

Fried string beans, known as "Bodi" in Trinidad and "Bora" in Guyana.

- **Curried Katahar/Chataigne 1lb**

This tropical fruit is curried with coconut milk to enhance its natural flavours.

- **Curried Seim 1lb**

Delicious vegetarian dish made even more tasty with coconut-milk.

- **Shahi Paneer**

Shahi Paneer is a dish of Indian cottage cheese in a rich, creamy, curry-like gravy, made with cream, tomatoes, Indian spices, and a dash of coconut milk.

- **Basmati Rice**

Makes life simpler. This is just a life saver when you need a quick meal.



## FOUR WAYS TO SERVE YOU.



In-Store  
**905-791-7684**



Curbside Pickup  
**[www.alimascurbside.ca](http://www.alimascurbside.ca)**



Weekly Home Delivery  
**[www.alimashomedelivery.ca](http://www.alimashomedelivery.ca)**

Uber Eats



Delivery  
**Uber Eats & Skip**