APNA TIFFIN SERVICE

pure vegetarian · home made

Fresh, home-style tiffins

+1 (416) 564-0332

+1 (647) 804-5741

apnatiffin@gappebaj.ca

@apna_tiffinservice



GappeBaj

INDIAN STREET FOOD

+1 (647) 794-7495

info@gappebaj.ca

@gappe_baj



gappebaj.ca

3495 Danforth Ave, Scarborough, ON M1L 1E2

APNA TIFFIN SERVICE

pure vegetarian · home made



Why choose Apna?

Freshly made, home-style tiffins

We cook our pure vegetarian meals fresh each day, with less oil and no added preservatives.

Healthy everyday meals

Enjoy the comfort of dal, sabzi and soft rotis on a busy day.

A limited number each day

We prepare a limited number of tiffins and take orders on a first-come, first-served basis.

Need a hand?

Call or text for immediate assistance with your order.

Try a sample tiffin for $15

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · @apna_tiffinservice

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham

APNA TIFFIN SERVICE

pure vegetarian · home made



Your first tiffin $15

8 oz each of dal, sabzi and rice + 4 rotis

Weekly tiffin plans

Value — $70/week

8 oz each of dal, sabzi and rice + 4 rotis

Regular — $80/week

12 oz dal, 8 oz sabzi, 8 oz rice + 6 rotis

Premium — $90/week

12 oz dal, 12 oz sabzi, 8 oz rice + 7 rotis

Extra roti $0.75 each

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · @apna_tiffinservice

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham

APNA TIFFIN SERVICE

pure vegetarian · home made



Your first tiffin $15

8 oz each of dal, sabzi and rice + 4 rotis

Monthly tiffin plans

Student 8 oz dal or sabzi + 4 rotis	**$190/month**
Value 8 oz each of dal, sabzi and rice + 4 rotis	**$230/month**
Regular 12 oz dal, 8 oz sabzi, 8 oz rice + 6 rotis	**$270/month**
Premium 12 oz dal, 12 oz sabzi, 8 oz rice + 7 rotis	**$290/month**

Extra roti $0.75 each

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · **@apna_tiffinservice**

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham

APNA TIFFIN SERVICE

pure vegetarian · home made

WEEKLY MENU

The Shahi Table



MONDAY	**Aloo baingan & green moong dal**
TUESDAY	**Shahi paneer & dal tadka**
WEDNESDAY	**Jeera aloo & Punjabi kadhi**
THURSDAY	**Mixed vegetables & dal makhani**
FRIDAY	**Chole, pasta & pulao** **Gulab jamun / rasgulla**

Served with roti & rice · Complimentary side each day

Extra roti $0.75 each

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · **@apna_tiffinservice**

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham

APNA TIFFIN SERVICE

pure vegetarian · home made

The Pav Bhaji Kitchen



WEEKLY MENU

Served with roti & rice • Complimentary side each day

Monday	Aloo matar & chana dal
Tuesday	Nutri masala bhurji & masoor dal
Wednesday	Aloo gobhi & kadhi
Thursday	Matar paneer & moong dal
Friday	Pav bhaji & tawa pulao Gulab jamun / rasgulla

Extra roti $0.75 each

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · @apna_tiffinservice

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham

APNA TIFFIN SERVICE

pure vegetarian · home made

WEEKLY MENU

The Palak Kitchen



MONDAY	**Aloo & green peppers with dal tadka**
TUESDAY	**Palak paneer & mixed dal**
WEDNESDAY	**Bandh gobhi, gajar & matar with dal makhani**
THURSDAY	**Black chana masala & kadhi pakoda**
FRIDAY	**Aloo bhaji, rajma & jeera rice** **Gulab jamun / rasgulla**

Served with roti & rice · Complimentary side each day

Extra roti $0.75 each

Call or text +1 (416) 564-0332 • +1 (647) 804-5741

apnatiffin@gappebaj.ca · **@apna_tiffinservice**

3495 Danforth Ave, Scarborough, ON M1L 1E2

Free delivery in Scarborough, plus parts of North York and Markham