

Welcome to



SOALTEE

Finest Nepalese Cuisine

HEALTH:

Our aim is to provide a high quality Indian fine dining experience and takeaway service.

Our food is freshly prepared using the freshest herbs combined with the best spices to create mouth watering food.

We aim to deliver fine nepalese food direct to your home.

Our dishes are made with your health in mind. We use modern as well as traditional methods of cooking i.e to bake and grill a tandoori oven is used, steaming and stir frying using minimum cholesterol free oil. Our dishes are free from artificial colourings and preservatives. We aim to provide a healthier way of eating Indian without compromising the taste.

ALLERGEN INFORMATION:

If you suffer from a food allergy or intolerance, please let us know before you place your order.
Please ask our staff if you require any assistance or guidance with our menu

STARTERS

MOMO (Chicken/Veg) £4.25

Steamed dumplings with fresh garlic, ginger, coriander, spicy onion

ONION BHAJI£3.25

Coated in spice with gram flour golden fry

SALMON TIKKA £5.95

Cubes of salmon fish chargrilled in a clay oven served with salad

PRAWN PUREE £5.25

Sweet & sour & slightly spiced served with puri

SOALTEE PLATTER £8.25

Assorted tandoori selection of chicken tikka, lamb tikka, tandoori chicken & sheek kabab

GARLIC MUSHROOM£3.95

Mushroom with garlic, peppers & onion

KING PRAWN BUTTERFLY £5.95

Delicately spiced in bread crumb golden fry

KATE DOSA £4.95

Marrinated lamb tikka toasted with onion, tomato served in a pancake

GARLIC CHILLE MOGO£4.25

SAMOSA (Meat/Veg) £3.50

Spiced meat or veg wrapped in homemade pastry

CHICKEN CHAT PURI £4.25

Sweet, sour & spicy served with puri

CHICKEN PAKORA£3.95

Marinated chicken strips, golden fry

PRAWN KAJU£5.25

Tiger prawn stir fried with cashew nuts very tasty

CHICKEN OR LAMB CHOYLA £4.95

Barbecued chicken or lamb with frsh garlic, ginger and green chillies served lukewarm.



Key Rating

Dairy  Nut  Gluten  Egg  Seame Seeds 

FROM THE TANDOORI

A tandoori is a charcoal fired beehive shaped clay oven, where ingredients are marinated in mild spiced & cooked.

	STARTER	MAIN
TANDOORI CHICKEN	£4.50	£7.50
Tender chicken on the bone, glazed in tandoori		

CHICKEN OR LAMB TIKKA	£4.50	£7.50
Marinated chicken or lamb, glazed in tandoori		

SHEEK KEBAB	£4.50	£7.50
Tender minced lamb skewer and glazed in tandoori		

ACHARI PANNER SHASLIK	£7.95	
Homemade cheese with onion & capsicum		

CHICKEN SHASHLIK	£8.95	
Marinated chicken breast piece glazed in tandoori with onion & capsicum		

TANDOORI KING PRAWN	£12.95	
Marinated king prawn with lemon & garlic, glazed in tandoori		

MIXED GRILL	£11.50	
An assortment of kebab, chicken & lamb tikka and king prawn served with salad and nan		

SALMON TIKKA	£5.95	£11.95
Cubes of boneless salmon flavoured with fenugreek, ginger, garlic & honey cooked in tandoori		

LAMB CHOP	£4.50	£7.95
garlic & honey cooked in tandoori		



SOALTEE SPECIALISTS

HIMALI CHICKEN	£8.50
Chicken cooked with garam masala tampered with red special chillies, hot and spicy	
RARA CHICKEN D	£8.50
Sliced marinated chicken prepared with spinach, tomato, onion, coconut simmered in a creamy sauce	
BUTTER CHICKEN D N	£8.95
Marinated chicken grilled and braised in tomato and fenugreek creamy gravy very popular dish	
GORKHALI CHICKEN OR LAMB D	£8.50
Chicken or Lamb spiced with black pepper fried chillies Nepalese spice, lime and coconut milk	
GARLIC CHILLE CHICKEN	£8.50
Stir fry chicken with fresh garlic and special sezwan sauce	
SOALTEE CHICKEN/LAMB	£8.50
A unique preparation with mustard, fenugreek and curry leaves	
CHICKEN GREEN MASALA	£8.50
The simple and yet flavours of homemade green masala make it tasty & delicious	
CHICKEN SHANGRILLA	£8.50
Tandoori chicken on the bone prepared with ginger, garlic and worchester sauce	

MAIN COURSE SPECIAL

CHICKEN TIKKA MASALA D N	£8.50
Succulent pieces of tandoori chicken tikka, simmered in tomato sauce sauce	
MURG MAKHANI D N	£8.50
Cooked in butter and creamy sauce, flavoured with fenugreek and fresh ginger	
CHICKEN/LAMB JALFREZI	£8.50
Hot and spicy cooked with onions, tomatoes, peppers & green chillies	
KARHAI CHICKEN/LAMB	£7.95
Cooked in garlic infused tomato sauce, medium spiced with green peppers and coriander	
KARAHI KING PRAWN	£11.95
Cooked in garlic infused tomato sauce, medium spiced with green peppers and coriander	
SEZHWAN CHICKEN/LAMB	£8.50
Our chef unique preparation of sezhwan sauce beautifully prepared to enhance the full flavour	
KING PRAWN ZALFREZI	£11.95
King Prawn Stir fried with onions, peppers, tomatoes, green chillies and fresh ginger	
NEPALI FISH CURRY	£8.50
Cooked in traditional style with mustard seeds	
METHI CHICKEN OR LAMB	£7.50
Pieces of boneless chicken or lamb cooked with fenugreek (methi) to provide wonderful aroma	
TANDOORI KING PRAWN MASALA D N	£11.95
Grilled king prawn cooked in tomato sauce toasted with butter.	

SIGNATURE DISHES

BLACK PEPPER KING PRAWNS S	£12.95
King prawn stir fried with black pepper sauce, sesame seeds, capsicums and onions, very delicious and mouth-watering (spicy) dish	
SAMUNDARI PARIKAR	£13.95
Unique preparation of sea food with homemade special sauce and green chillies	
KESAR CHICKEN	£11.95
Chicken laced with delicate flavours of cream, saffron and mango & mild spice	
DALL BHAAT & TARKARI D	£13.95
A traditional Nepalese complete food which is considered as a national dish of Nepal	
DRUNKAN GORKHA	£11.95
Crispy lamb cooked with chef's unique sauce in red wine usually eaten as a victory celebration	
LASSONI MIRCH ZHINGA	£12.95
Jumbo king prawns cooked in a spicy sauce with tempered garlic full of flavours and aromas	

ORIGINAL CLASSICS

CHICKEN CURRY	£5.45
CHICKEN OR LAMB KORMA D N	£6.25
Chicken or lamb flavoured in rich golden mild sauce	
CHICKEN OR LAMB MADRAS	£6.25
Cooked in a fairly hot onion and tomato based sauce with coriander and lemon	
CHICKEN OR LAMB BHUNA	£6.25
Sauteed with onions and tomatoes in medium thick sauce	
CHICKEN OR LAMB DANSAK	£6.95
Cooked with lentils in a hot, sweet and sour sauce	
CHICKEN OR LAMB PATIA	£6.50
Flavoured with palm vinegar and jaggery, hot, sweet and sour sauce	
CHICKEN OR LAMB DOPIAZA	£6.50
Cooked in onion and capsicum in slightly thick sauce	
CHICKEN OR LAMB ROGAN	£6.50
A slightly hot tasty rich aromatic dish flavoured with onions, tomatoes & coriander	
CHICKEN OR LAMB VINDALOO	£6.50
A very hot curry flavoured with chillies and potato	
CHICKEN OR LAMB SAG	£6.50
Slightly spicy sautéed spinach flavoured with cumin, garlic and fenugreek	



BIRYANIS DISHES

Biryanis are complete meals, the principal ingredients are cooked with basmati rice and served with vegetable curry

LAMB	£9.95
CHICKEN	£9.95
PRAWN	£10.95
KING PRAWN	£12.50
VEGETABLE	£8.50
SPECIAL BIRYANI	£12.95

SEAFOODS CLASSICS

	PRAWN	KING PRAWN
CURRY	£7.95	£11.50
MADRAS	£7.95	£11.50
Cooked in a fairy hot onion and tomato based sauce with coriander and lemon		
VINDALOO	£8.50	£11.50
A very hot curry flavoured with chilies and potato		
KORMA	£8.50	£11.50
flavoured in rich golden mild sauce		
BHUNA	£8.50	£11.50
Sauteed with onions and tomatoes in medium thick sauce		
DANSAK	£8.50	£11.50
Cooked with lentils in a hot, sweet and sour sauce		
PATIA	£8.50	£11.50
Flavoured with palm vinegar and jaggery, hot, sweet and sour sauce		
ROGAN	£8.50	£11.50
A slightly hot tasty rich aromatic dish flavoured with onions, tomatoes & coriander		
SAG	£8.50	£11.50
Slightly spicy sautéed spinach flavoured with cumin, garlic & fenugreek		

VEGETABLE SIDE DISHES

ALL MAIN COURSE	£6.00
ALLO TAMA BODI	£4.25
MIXED VEGETABLE	£4.25
ALLO TARKARI	£4.25
SAG ALLO	£4.25
BRINJAL BHAJI	£4.25
SAG PANNER	£4.25
ALLO GOBI	£4.25
BHINDI BHAJI	£4.25
MUSHROOM BHAJI	£4.25
MUTTER PANNER	£4.25
TARKA DAAL	£4.25
CHANA MASALA	£4.25
CHILLE PANNER	£6.95
Homemade cottage cheese cook in sezwan sauce and green chillies	
VEGETABLE KORMA	£5.95
Cooked with cheese and fresh vegetables in sweet mild sauce	

RICE

PLAIN RICE	£2.50
PILAU RICE	£2.95
MUSHROOM RICE	£3.95
SPECIAL FRIED RICE	£3.95
KEEMA RICE	£4.25
GARLIC RICE	£3.95
LEMON RICE	£3.95
SEZWAAN RICE	£4.25

BREAD

NAN	£2.95
GARLIC NAN	£3.25
KEEMA NAN	£3.25
PESHWARI NAN	£3.25
CHILLE AND CHEESE NAN	£3.50
CHAPAT	£1.25
ROTI	£1.95
PARATHA	£2.50
ALLO PARATHA	£2.95
PURI	£1.50
PAPADUM (Plain or spiced)	£0.80
CHUTNEY (per cup)	£0.80
RAITA (cucumber/mixed)	£2.25
GREEN SALAD	£2.95
CHIPS	£1.95



KIDS MENU

CHICKEN KORMA with rice or nan	£5.95
CHICKEN TIKKA MASALA with rice or nan	£5.95
BUTTER CHICKEN with rice or nan	£5.95
CHICKEN NUGGETS with chips and salad	£4.50
FISH FINGERS with Chips and salad	£4.50