



AUTHENTIC NEPAL & TIBET KITCHEN

MITHO CHA! THAT'S WHAT YOU SAY IN NEPAL AFTER A GOOD MEAL.
IT LITERALLY MEANS: 'IT'S TASTY'. WE WANT TO GET A MITHO CHA OUT OF YOU
WITH THE DELICACIES OF OUR FOOD CULTURE!

ALL DISHES ARE HOMEMADE WITH LOTS OF LOVE.
THE INGREDIENTS ARE FRESH AND NATURAL. WE CARE ABOUT WHERE OUR FOOD
COMES FROM AND TRY TO USE AS MANY REGIONAL AND ORGANIC PRODUCTS
AS POSSIBLE. IF REQUESTED MOST DISHES CAN BE PREPARED AS A KID'S PORTI-
ON. WE ARE OPEN TO YOUR WISHES.

WE HOPE OUR BUDDHIST SERENITY EMBRACES YOUR AND SO YOU ENJOY
A GOOD AND ENRICHING SOJOURN IN OUR RESTAURANT!

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ALLERGENS ARE INDICATED WITH LETTER

A - gluten **B** - crustacean **C** - eggs **E** - peanuts **F** - soya and soyabeans
G - milk **H** - almonds **H1** - cashewnut **H2** - hazelnut and different nuts **K** - sesame

NEPALI STREET FOOD STARTERS

1 CHICKEN SATÉ 4,90

Satay chicken, served with fresh salad, peanut and tomato-cilantro chutney ^E

2 TARKARI KO BURRY 4,90

Homemade vegetable balls served with fresh salad, yoghurt raita & peanut dip ^{ACFE}

3 BHANTA TAREKO 4,70 **Vegan**

Eggplant breaded and fried in gram flour with peanut dip & tomato-cilantro dip ^E

4 SOYA SATÉ 5,80

Soy-meat satay with fresh salad and peanut dip ^{EFA}

5 ALU CHOP 4,90 **Vegan**

Homemade mashed peanut-potatoe balls with peanut & tomato-cilantro chutney ^E

MIXED STARTERS

A selection of our appetizers.
Choose vegetarian or with meat

6 vegetarian 9,50

7 with meat 12,90

SOUPS

12 KWATI 5,40 **Vegan**

Traditional Nepali spoup with nine different types of beans.
Served on festive days and valued for its health benefits

13 BENDA THANG 4,90

Hearty tomato soup with vegetables and buffalo cheese. ^{AG}

14 DAAL 3,90 **Vegan**

Lentil soup.
The staple food in the Himalayas

15 THUKPA 7,90 (Große Portion) **Vegetarian**

Tibetan noodlesoup with fresh vegetables and tofu.

MO : MO DUMPLINGS

MOMOS, MAYBE THE MOST FAMOUS DISH IN NEPAL AND TIBET. THEY ARE HANDMADE IN OUR KITCHEN AND STEAMED IN THE TRADITIONAL STEAMER. WHO EVER TRIED MOMOS ONCE, WON'T FORGET THEM. SERVED WITH FRESH SALAD, PEANUT DIP AND TOMATO-CILANTRO CHUTNEY.

35 **VEG. MOMO** small 6,90 big 9,90 **Vegan**
filled with potatoes, beans, peas, cabbage and carrot ^A

39 **LAMB MOMO** small 7,90 big 11,90
filled with minced lamb meat (regional) ^A

37 **GREEN MOMO** small 6,90 big 9,90
filled with spinach and cheese ^{AG}

41 **MIXED MOMO** small 7,50 big 11,40
vegetarian, green and lamb momos ^{AG}

VEGAN & VEGETARIAN

WE WANT YOU TO DISCOVER THE TRUE TASTE OF NEPAL.
WE ARE HAPPY TO OFFER YOU CONTEMPORARY FOOD
AS WELL AS OLD TIME CLASSICS.
SERVED WITH OUR SPECIAL RICE, FRESH SALAD AND CHUTNEY.

WE CAN PREPARE ALL DISHES 100% VEGAN IF REQUESTED!

44 SAG TAREKO 6,80 **Vegan**

Green spinach lightly fried with garlic and chillies, cilantro, ginger and turmeric.

51 TARKARI KAJU NARIWAL 10,50 **Vegan**

Fresh cauliflower, potatoes, eggplant, mushrooms and bell peppers with curry-coconut-milk. ^{HH1H2}
/with soy-meat + 2,- ^F

45 ALU FRY 8,90

Spicy potatoes, chilli, red and green bell peppers, tomatoes and onions. ^{AF}

52 RATO MASHORA 10,90

Lightly fried soy-meat with coconut-milk, red curry and fresh vegetables. Our own creation with a Thai touch. ^{BF}

46 SAG PANEER 7,90

Pureed spinach with paneer cheese, ginger and turmeric. ^G

53 TOFU BADAM 9,50 **Vegan**

Potatoes, tofu and onions fried in our homemade peanut sauce (sweet). Refined with cashews and almonds. ^{EFH1H2}

47 MIS MAS TARKARI 8,90 **Vegan**

Fresh vegetables of the day lightly wok-fried and prepared in our homemade Curry.

54 ALU BHANTA 7,90 **Vegan**

Eggplants and potatoes lightly wok-fried and prepared in our homemade Curry.

48 SOJA FRY 9,50

Soy-meat, bell peppers, onions, ginger, mushrooms and tomatoes lightly fried in soy sauce.
A very light and refreshing dish. ^{AF}

55 VEG. CHAU CHAU 7,90

Fried noodles with tofu, mushrooms, carrot and cilantro.

49 JOGI BHAT 8,60

Fried red and white rice with paneer cheese, bell peppers, carrot, mushrooms and green beans. ^{AG}

56 CHANA MASALA 7,40 **Vegan**

Chickpea-Zucchini stew with tomatoes, turmeric and cilantro.

THE SALAD DRESSING CONSISTS OF OLIVE OIL, SESAME OIL, GINGER, HONEY, BLACK AND WHITE SESAME.

OUR RICE IS A MIXTURE OF BASMATI RICE AND RED RICE.
EVERY DISH MAY BE PREPARED SPICY OR MILD AS YOU REQUEST IT.

MEAT SPECIALITIES

SERVED WITH OUR SPECIAL RICE, SALAD AND CHUTNEY

CHICKEN (KUKHURA)

60 **CHICKEN CURRY** 9,50

Classic. Chickenbreast, turmeric and cilantro slightly fried in our homemade curry.

61 **COCOS CHICKEN** 10,90

Chicken breast, almonds, cashwes and fresh vegteables cooked in curry-coconut milk. HH1H2

62 **CHICKEN CHILLI** 9,80

Fried spicy chicken with onions and capsicum. Spicy! G

LAMB (KHASI)

66 **KHASI ALU** 10,80

Traditional dish of the mountain farmers. Lamb and potato curry.

67 **PAKUWA LEDO BEDO** 11,40

The Nepali style goulash with tomatoes and cilantro.

68 **KHASI SAG** 10,90

Lamb and minced spinach in typical nepalese spices.

DUCK (HAANS)

71 **HAANS NARIWAL** 12,50

Crispy duck with vegetables, coconut-milk, almonds and cashwes. AHH1

72 **RATO HAANS** 11,50

Crispy duck with vegetables cooked in coconut milk with red curry. BF

73 **HAANS BADAM** 12,50

Crispy duck with homemade peanut sauce (sweet), onions, potatoes, almonds and cashews. A E HH1

SIZZLER (HOT PAN)

SERVED IN A METAL PAN WITH RICE AND SALAD

75 **LAMB FRY** 12,90

Lamb, marinated for 24 hours and fried with chilli, bell peppers, tomatoes and onions. (spicy)
Served sizzling. AF

76 **KHASI KO SESAM** 13,90

Lamb, fried in sesame oil with mushrooms, onions, carrots, black and white sesame. Served sizzling. A FK

77 **CHICKEN SIZZLER** 12,90

Fried Nepali style chicken breast with bell peppers, mushrooms and onions. Served sizzling.

78 **LAMB SIZZLER** 13,90

Fried Nepali style lamb with bell peppers, mushrooms and onions served sizzling.

THALI

Traditional Nepal Tibet Plate

THE TRADITIONAL MEAL. ACCORDING TO OLD AYURVEDIC TEACHING A MEAL SHOULD CONTAIN ALL FIVE ELEMENTS OF FLAVOUR. WE SERVE DIFFERENT DISHES ON A ROUND BRAZEN PLATE (THALI).

80 CHICKEN THALI 14,90

Chicken curry with fresh cilantro.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, raita, salad & papad. GK

/for two 27,50

84 KHASI THALI 15,90

Nepali lamb goulash.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, tomato-cilantro chutney, salad & papad. K

/for two 29,50

82 DAAL BHAT 11,90 **Vegan**

Fresh vegetables of the day lightly wok-fried and
prepared in our homemade Curry.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, tomato-cilantro chutney, salad & papad. K

/for two 21,50

86 VEG THALI 12,40 **Vegan**

Fresh vegetables cooked in curry-coconut-milk.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, peanut dip, salad & papad. HHK

/for two 23,50

SIDES

100 RAITA 1,90

Yoghurt dip with cucumber and onions G

101 BHATURA 2,50

Fried pita bread A

102 SALAD 4,90

with honey-sesame dressing K

103 ROTI 1,90

Pita bread A

104 BHAT 1,50 **Vegan**

Portion Rice

105 PAPAD 0,90

2 Papadam KG

DESSERTS

90 SHIKARNI 3,90

Yoghurt with cinnamon, cardamon
& nuts GHHH2

91 YOGI PAN CAKE 5,50

Homemade pancake with vanilla ice cream and chocola-
te sauce strewn with almonds & cashews AG

92 FRIED BANANA 3,90

with honey. A

TEA SELECTION

Nepali highland Tea (organic) black tea from Ilam (Nepal) with green kardamom and dried cloves ³	3,80	Raab-Ga-Yangzin Tea Tibetan herbal tea, saphi berry, wild saffron, cardamon, ginger, himalayan musk rose. To balance your body energies. Infuse for several minutes. Straight, with sugar or salt	3,80
Sherpa Tea glas / pot homemade Yogi Chai with fresh ingredients (a very old family recipe) ^{6,3}	2,00 3,80	Mint-Ginger-Lemon Fresh mint, ginger and lemon. Served with honey. Good against cough and sore throat	4,30
Chamomile tea dried organic chamomile (whole blossoms), very healthy antioxidative power, lowes cholesterol and calming effect.	3,60	Citronella tea 38% lemon gras, 34% lemon verbena, 25% melissa, rose bloom und lemon myrtle (organic) infuse for 7-10 min.	3,60
Mint tea with fresh mint	3,70	Ginger tea with fresh ginger	3,70
Jasmine tea (organic), infuse for 2 minutes to maintain the flowery taste	3,60	Green tea (organic)	3,60

SOFTDRINKS

Mineral water still / sparkling	1,90 / 0,2l 3,50 / 0,4l
L'eau Sans Souci mineral water Naturell / Classic	5,50 / 0,75l
Fritz Kola & Lemonade Cola ³ / Cola sugarfree ³ / Orange / Lemon	2,20 / 0,2l 4,00 / 0,4l
Pie plant spritzer (organic)	2,90 / 0,33l
Thomas Henry Spicy Ginger / Ginger Ale / Tonic Water / Bitter Lemon	2,80 / 0,2l 4,90 / 0,4l
Juice and juice spritzer ⁶ apple / mango ⁵ / orange / pineapple / banana / cherry	2,50 / 0,2l 4,50 / 0,4l

BEER ^(A)

Warsteiner Pilsner draft beer	2,90 / 0,3l 4,20 / 0,5l
Radler pilsner draft beer and sprite	2,90 / 0,3l 4,20 / 0,5l
NEPALI BEER Nepal Ice Everest Beer (big bottle)	3,90 / 0,33l 6,90 / 0,65l
König Ludwig Weissbier pale / dark / alcohol free	3,90 / 0,5l
Beck's alcohol-free	2,90 / 0,33l

HOMEMADE DRINKS

COFFEE ^(organic)	
Café Si Siciliano 75% Arabica, 25% Robusta ³	
Caffè Crema	2,00
Espresso doppio	1,80 2,90
Cappuccino	2,90
Milky coffee	2,80
Latte Macchiato	3,50
Ice Coffee	3,90
	soya milk + 1,00

LASSI ^G mango / sweet / salty	3,50 / 0,3l
ICED TEA mint-ginger-lime ice tea	3,90
RASPBERRY LEMONADE Raspberry syrup, lemon, brown sugar, soda	3,90
LIME SODA Fresh lime and soda (sugarfree)	3,90
MANGO / PINEAPPLE SHAKE Fresh Lassi mixed with juice	3,90

3 caffeine-containing 4 containing dye 5 containing antioxidant 6 contains sweetener/sugar 7 containg sorbic acid 8 containing chinin

COCKTAILS

Himalayan Sunrise Tequila, orange juice, grenadine, lemon juice	5,50	Mai Tai Captain Morgan, orange liquer, lime juice, almond syrup, sugar syrup, pineapple juice	7,00
Mojito Havanna 3 years, mint, cane sugar	6,50	Mitho Cha Wodka, almond syrup, lemon juice, Blue Curaçao, orange juice	7,50
Caipirinha Cachaca, cane sugar, lime	6,50	Ipanema Limes, cane sugar, mint, Ginger Ale	6,50
Moskow Mule Absolut Wodka, Ginger Beer, lime juice, cucumber	6,90		

WINE

Nero D'Avola Sicily, dry	4,30 / 0,2l 9,60 / 0,5l	House wine white Italy, dry	3,90 / 0,2l 8,70 / 0,5l
Merlot DOC Trentino Italy, dry	4,50 / 0,2l 14,80 / 0,75Fl	Sauvignon France, Semidry	4,30 / 0,2l 9,60 / 0,5l
Bordeaux France, dry	4,90 / 0,2l 15,70 / 0,75Fl	Chardonnay Trentino Italy, dry	4,50 / 0,2l 14,80 / 0,75Fl
St. Magdalener Raetia DOC South Tirol, light and fruity	6,20 / 0,2l 19,60 / 0,75Fl	Claus C. Jacob Riesling Pfalz (Germany), semi-sweet	4,50 / 0,2l 14,80 / 0,75Fl
Rosé D'Anjou Château de Champteloup, France, semidry	4,90 / 0,2l 15,70 / 0,75Fl	White wine spritzer	3,50 / 0,2l

DIGESTIF

Absolut Vodka	3,00 / 2cl
Sierra Tequila Silver	3,00 / 2cl
Sambuca Molinari	3,00 / 2cl
Metaxa	3,00 / 2cl
Ramazotti	3,00 / 2cl
Jägermeister	3,00 / 2cl
Amaretto Disaronno	3,00 / 2cl
Ruslan Nepal. Vodka	3,90 / 2cl
Khukri Nepal. Rum	3,90 / 2cl
Tibetan Schnaps 62% vol	3,90 / 2cl

WHISKY

Ballentines	4,90 / 4cl
Chivas Regal 12 Jahre	4,90 / 4cl
Dimple Golden Selection	4,90 / 4cl
Jack Daniel's Old No. 7	4,90 / 4cl
Johnny Walker Red Label	4,90 / 4cl
Old Durbar Nepal. Whiskey	6,90 / 4cl

APERITIF

Aperol Spritz	5,50
Prosecco, Aperol, soda, slice of orange	
Hugo	5,50
Elderberry syrup, sparkling wine, mint, limes	
Hugo Alcohol free	4,90
Elderberry syrup, sprite, soda, mint, limes	
Prosecco DOC	3,90 / 0,1l 22,90 / 0,75Fl

LONGDRINKS

Campari	4,90
Soda / Orange	
Whisky Cola	5,90
Gin Tonic	5,90
Wodka Orange	5,90
Cuba Libre	5,90