

## SOUP

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| 1. Jwana ko jhol (Thyme Seed Soup)  | \$8.50 |
| A typical nepalese style soup with himalayan herbs.                               |        |
| 2. Chara ko Suruwa  | \$8.50 |
| A home recipe, tender sliced chicken flavoured with herbs.                        |        |
| 3. Thukpa   | \$9.50 |
| A typical himalayan style noodle soup with mix vegetables & herbs. (Chicken/Lamb) |        |

## SALAD

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| 4. Green Salad                 | \$11.50 |
| 5. Banda Salad (Lettuce Salad) | \$11.50 |

## APPETISERS

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| 6. Bhatmas Sadeko  | \$11.50 |
| Roasted soy beans mixed with chopped onions, garlic, ginger, tomato, coriander, spring onion, fresh lime juice and olive oil.                      |         |
| 7. Chicken Pokoda  | \$11.50 |
| Deep fried chicken fillet marinated in seasoned flour. Served with honey mustard sauce.  |         |
| 8. Aloo Sadako (GF)(VF)  | \$11.50 |
| A typical Nepali boiled potatoes dish mixed with sesame paste, ginger, garlic, coriander, chilli, fresh lime juice and olive oil.                  |         |
| 9. Chicken/Veg. Momo (Steam or Fried)  | \$14.50 |
| Traditional nepalese dumpling marinated with mince meat or seasonal vegetables, ginger, garlic paste & mixed spices. Served with nepalese chutney. |         |
| 10. Vegetable Pokora (GF)(VF)(NF)  | \$11.50 |
| Deep fried mixed vegetable mixed in gram-flour. served with nepali pickle.   |         |
| 11. Makai Taba (Corn)  | \$11.50 |
| Shallow fried corn tossed in garlic butter, carrot, beans, bell pepper and seasoning.  |         |
| 12. Chicken Lollipop   | \$11.50 |
| Fried six chicken wings marinated with plain flour, chopped onion, ginger, garlic and white sesame seeds. Served with Nepalese chutney.            |         |

## GRILLED

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| 13. Grill Prawn (GF)   | \$25.50 |
| Marinated overnight in nepalese spices and herbs. Served with salad.   |         |
| 14. Kashi Poleko (Lamp Chop)(GF)   | \$25.50 |
| Lamb chop marinated overnight in nepalese spices and herbs. Served with asparagus, beans, grill sweet tomato, adamame seed and cafe' de perri. |         |
| 15. Porter House Steak with Saute'd Veg.(GF)   | \$25.50 |
| Served with asparagus, beans, grill sweet tomato, adamame seed and cafe' de perri.   |         |
| 16. Chicken Breast (GF)  | \$18.50 |
| Marinated overnight in nepalese spices and herbs. Served with grilled bell pepper and onion.   |         |
| 17. Grill Salmon with Pesto Zucchini Juddel(GF)  | \$25.50 |
| Marinated overnight in nepalese spices and herbs. Served with salad.   |         |
| 18. Chicken Sekuwa (GF)  | \$18.50 |
| Marinated overnight in nepalese spices and herbs. Served with grilled bell pepper and onion.   |         |

## VEGETABLES

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| 19. Chilli Paneer (GF)  | \$14.50 |
| A typical nepalese dish made from diced homemade cheese, marinated in spices, cooked with onion, tomato, capsicum and green chilli. |         |
| 20. Saag Paneer (GF)  | \$14.50 |
| A chef's recipe consisting of an exotic blend of spinach and fresh cubed cottage cheese.  |         |
| 21. Mushroom Curry (GF)   | \$14.50 |
| Fresh mushroom cooked with nepalese spices.   |         |
| 22. Eggplant Curry (GF)   | \$14.50 |
| Thin sliced eggplant and potatoes lightly deep fried then stir fried with red and white onions, green chilli and nepalese spices.   |         |
| 23. Mix Vegetable Curry (GF)  | \$14.50 |
| Seasonal vegetables cooked with nepalese traditional spices.  |         |

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| 24. Daal (GF)  | \$14.50 |
| A combination of various lentils, slow cooked with nepalese spices.              |         |
| 25. Allo Kerau ra Cauliflower (GF)   | \$14.50 |
| Potato, cauliflower & peas cooked with cumin, onion, tomato and fresh coriander. |         |

## MAINS

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| 26. Goat curry (GF)  | \$20.50 |
| A typical nepalese style goat curry on the bone. Cooked with ginger, garlic, onion, tomato and fresh coriander. (Mild to Hot)  |         |
| 27. Lamb Curry (GF)  | \$20.50 |
| Ravishly flavoured lamb curry with mild spices.  |         |
| 28. Chicken Curry (GF)   | \$18.50 |
| A typical Nepalese chicken curry, cooked with nepalese spices and based gravy.   |         |
| 29. Lamb Shank (GF)  | \$24.50 |
| Lamb marinated overnight with grounded spices, roasted in the oven. Served with nepalese pulau rice and sauce.   |         |
| 30. Ghinghe Machha Bhuteko (GF)  | \$24.50 |
| King prawns marinated overnight with special nepalese spices and cooked with garlic, ginger, onion and fresh tomato.   |         |
| 31. Chicken/ Veg. Chowmen (GF)   | \$15.50 |
| Stir fry dry boiled noodles with Chicken & egg /mix vegetables cooked in nepalese style.   |         |
| 32. Lamb or Chicken Choila (GF)  | \$20.50 |
| Lamb or chicken grilled in oven, mixed with garlic, ginger, mustard oil, coriander and spring onion, marinated in the traditional nepalese style.                      |         |
| 33. Chilli Chicken   | \$18.50 |
| Traditional nepalese dish made from marinated chicken thigh with ginger, garlic paste, green chilli, onion, green pepper and tomato. (Mild to hot)                     |         |
| 34. Saag Chicken/Lamb (GF)   | \$18.50 |
| The perfect combination of spinach and chicken/ lamb with ground spices.   |         |
| 35. Ghumti Hot Chicken (GF)  | \$18.50 |
| Boneless tender pieces of chicken cooked with curry leaves, coconut mustard seeds and authentic nepalese style (hot to very hot curry), finished with fresh coriander. |         |



36. Butter Chicken (GF) \$18.50  
Oven grilled boneless chicken filets marinated in traditional spices and simmered in creamy tomato gravy finished with touch of honey.

37. Chicken/ Lamb Bhutuwa (GF) \$18.50  
Chicken/Lamb marinated overnight with special nepalese spices and cooked with garlic, ginger, onion and fresh tomato.

38. Fish Masala \$20.50  
A typical nepalese style fish curry cooked with onion, coriander and tomato based gravy.

#### BREADS

39. Wholemeal Roti \$4.00

40. Tawa Aloo Roti \$5.00

41. Puri \$3.00

#### RICE

42. Pulou Rice \$5.00

43. Plain Rice \$4.00

44. Mixed Fried Rice \$12.00

45. Chicken/Lamb/Goat Biryani (G/F) \$17.50  
Fried rice with chicken/lamb/goat served with raita.

#### EXTRA

46. Mula ko Achar (Raddish Pickle) \$3.00

47. Mixed Pickle \$2.00

48. Papadum \$2.00

49. Raita \$4.50  
Yoghurt with chopped onion, cucumber and fresh coriander.

#### DESSERTS

50. Gulab Jamun \$5.50  
Sweet balls of delight made from milk and flour then rested in sugar syrup.

51. Kheer \$5.50  
Nepalese rice pudding cooked in milk with delicious sweet spices.

52. Sikarni \$5.50  
Thick yogurt whipped smooth, then spiced with cinnamon.

53. Ice Cream \$5.50

Swayambhunath temple Area, Kathmandu



Annapurna range trekking, Nepal



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**Some of our foods contain allergens.**  
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