



HIMALAYAN NEPALESE **RESTAURANT & CAFE** AUTHENTIC NEPALESE CUISINE

Welcome to **Himalayan Nepalese Restaurant & Cafe**

Namaste

Himalayan Nepalese Restaurant and Cafe now introduces the unique tastes of the Himalayas right in the middle of Inglewood, Mosman Park and Victoria Park. Our restaurants provide a friendly, tranquil environment where you will hear the haunting sounds of the Himalayas. Sit back and enjoy the freshly created taste sensations only Himalayan Nepalese Restaurant Cafe can offer.

Nepalese cuisine will invigorate your senses as it combines great culinary traditions of the neighbouring countries of China and India. The Nepalese are descendants of major migrations from India, Tibet, North Burma and Yunnan via Assam. Nepalese dishes thus exhibits this great diversity and cultural mix.

* Please ask one of our friendly staff members if you require gluten free meals or have other dietary restrictions due to food allergy.

Menu

Shitan (Entrée)

Momo (chicken, lamb or vegetable)

Traditional Nepalese style meat or vegetable dumplings, specially spiced and wrapped in dough with fresh coriander, ginger and garlic, served with home-made sauce.

\$14.50

Vegetable Pakora

Assorted vegetables dipped in batter and deep fried.

\$9.50

Chilli Chicken

Diced fillet of chicken, sautéed with onion and capsicum, flavoured with soy and tomato sauce.

\$15.00

Panner Chilli

Diced baked ricotta cheese sauted with onion and capsicum, flavoured with chilli, soy and tomato sauce.

\$16.00

Samosa

Curry puffs made of potatoes, fresh spring onion, and coriander, wrapped in a delicious pastry, topped with authentic Nepalese sauce.

\$9.00

Chara Sandeko

Traditional Nepalese dish of soft diced grilled chicken, flavoured with a mixture of herbs.

\$13.50

Chara ko Sekuwa

Tender pieces of chicken marinated with yoghurt, mixture of herbs, and cooked in a Tandoori oven.

\$15.00

Lollipop Chicken

Fried chicken wings marinated with Nepalese herbs and spices, served with home -made sauce.

\$10.50

Machha Tareko

Fish fillets marinated in an especially seasoned sauce with Nepalese spices and herbs, pan fried.

\$14.50

Jhinghe Machha Poleko

Prawns marinated in exotic Nepalese spices and herbs cooked in a Tandoori oven.

\$15.00

Masu ko Tandro

Minced lamb seasoned with Nepalese spices and herbs, skewered and grilled in a Tandoori oven

\$13.00

Mixed Entrée

Chef's special BBQ chicken, lamb kebab, samosa, vegetable pakora and prawn served with sauce.

\$16.00

Main

Chara ko Parikar (Chicken)

Chara ko Sekuwa	\$23.00
Tender pieces of chicken thigh marinated in special Nepalese spices with yoghurt, cooked in a Tandoori oven. Highly recommended by our Chef.	
Chara ko Tandruk	\$22.00
Boneless chicken pieces cooked in traditional home-made mild sauce, with a combination of ginger, garlic, tomato and other spices.	
Butter Chicken	\$23.00
Boneless chicken pieces cooked in Tandoori oven and finished in a mild Nepalese spiced rich sauce with tomatoes, butter and cream.	
Creamy Chicken	\$23.00
Boneless chicken pieces cooked in cashew nut and onion mild sauce finished with cream.	
Chicken ra Saag	\$23.00
Boneless chicken pieces cooked with spinach and spices in a thick sauce.	
Sabji ra Chara	\$22.00
Stir-fried chicken flavoured with our herbs and spices, served with a mixture of vegetables.	
Himalayan Hot Chicken	\$22.00
Boneless tender pieces of chicken cooked in authentic Nepalese style very hot curry, finished with fresh coriander.	

Khasiko ko Parikar (Lamb & Goat)

Khashi Sekeko	\$25.50
French lamb chops, marinated with yoghurt and Nepalese spices and cooked in a Tandoori oven. Highly recommended by our Chef.	
Khashi ko Tandruk	\$23.00
Diced lamb cooked in a sauce of onion and tomato finished with fresh coriander.	
Himalayan Hot Lamb	\$22.50
Lamb cooked in a hot Nepalese spicy sauce. Specially for lovers of chilli.	
Kashi ra Saag	\$23.00
Boneless lamb cooked with spinach and spices in a thick sauce.	
Creamy Lamb	\$23.00
Tender lean diced lamb cooked with creamy onion and cashew nut sauce.	
Chef's Special Goat Curry	\$22.50
Goat meat on the bone cooked in a traditional Nepalese style with onions and tomatoes.	

Beef ko Parikar

Beef Curry	\$22.00
Diced beef cooked in a sauce of onion and tomato finished with fresh coriander.	
Creamy Beef	\$22.00
Tender lean dice beef cooked with creamy onion and cashew nut sauce.	
Beef Masala	\$22.00
Beef cooked with onions, tomatoes, capsicum in a medium sauce.	
Himalayan Hot Beef	\$22.00
Diced beef cooked in a hot Nepalese spicy sauce. Specially for lovers of chilli.	

Machha ra Prawns ko Parikar (Fish & Prawns)

Grilled Salmon

Salmon fillet marinated with mouth watering Nepalese spices and served with rice and stir fried vegetables.

\$23.50

Barra

Barramundi fillet marinated with Nepalese spices and served with rice and stir fried vegetables.

\$23.50

Machha Tareko

Fish fillets marinated in a special seasoned sauce with Nepalese spices and herbs, pan fried.

\$21.50

Machha ko Tandruk

Fish fillets, cooked in Nepalese village style sauce with tomatoes and onion sauce.

\$21.50

Prawns Curry

Prawns cooked in traditional Nepalese style sauce with tomatoes and onion.

\$24.50

Prawns Masala

Prawns, cooked with tomatoes, onion, capsicum, flavoured with garlic and Nepalese spices.

\$24.50

Jhaneka kura haru (Sizzling Dishes)

Sizzling Chicken

Sizzling chicken with onion, tomatoes and capsicum.

\$23.00

Sizzling Garlic Prawns

Sizzling prawns with onion, capsicum in a tomato, onion and garlic sauce.

\$24.50

Sizzling Lamb

Sizzling French lamb chop served with mixed vegetables.

\$25.50

Sabjee ko Prikar (Vegetables)

Aloo Bhuteko

Nepalese style potato cubes pan fried with herbs and spices.

\$15.00

Saag ra Panner

Baked ricotta cheese cooked in mild creamy spinach sauce.

\$18.00

Mismas

Fresh seasonal vegetables stir fried with tomato and onions.

\$17.50

Aloo Cauli

Potato cubes cooked with cauliflower in a medium tomato sauce with fresh coriander.

\$16.00

Panner ko Tarkari

Delicious baked ricotta cheese cooked in mild tomato and onion sauce.

\$18.00

Aloo Bodi Tama

Potato cubes, white beans and bamboo shoots tempered in light curry sauce flavoured with Nepalese herbs and spices, topped with chopped coriander.

\$15.50

Chayuu ko Tarkari

Button mushrooms and peas cooked in a medium tomato sauce with fresh coriander.

\$16.00

Pancha Mukhi Daal

A combination of lentils, seasoned with cumin seeds, ginger and garlic.

\$14.00

Bhuja ko Parikar (Rice)

Bhuja (Rice) Steamed Basmati rice.	\$5.00
Jhogi Rice Fried rice with peas, cumin seeds and saffron.	\$6.50
Sabji ra Bhuja Fried rice with seasoned vegetables.	\$10.50
Biryani Fried rice with chicken, lamb or goat served with raita.	\$17.50

Naan ko Parikar (Breads)

Plain Naan Leavened plain flour bread.	\$4.50
Garlic Naan Naan topped with chopped garlic.	\$5.00
Cheese Naan Naan topped with tasty cheese.	\$5.50
Tandoori Roti Unleavened wholemeal bread.	\$4.00
Tandoori Paratha Multi-layered wholemeal bread.	\$5.00
Aloo Paratha Multi-layered bread stuffed with onions and potatoes.	\$5.00

Side Dish

Kakro ra Dahi (Raita) Nepalese style sorbet, made of chopped cucumber and sweetened yoghurt.	\$4.00
Hario Sag-pat Nepalalese style salad, prepared with lettuce, cucumber, capsicum and tossed with Nepalese dressing.	\$6.50
Kankro ko Achar Cucumber and cubed potatoes mixed in an assortment of herbs and spices.	\$4.50
Pickles or Chutney Mixed pickles or Mango chutney	\$3.50
Papad Savoury crackers (4 pieces per serve).	\$2.50

Kids Menu

Butter Chicken with Rice Serverd with one soft drink and vanilla ice-cream.	\$15.00
Chicken Nuggets (6pcs) and Chips Serverd with one soft drink and vanilla ice-cream.	\$13.00
Fish and Chips Serverd with one soft drink and vanilla ice-cream.	\$13.00

Himalayan Set Menu (min 4 ppl)

Vegeterian Set Menu	\$38.00
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Entree:

- Samosa, Pakora and Vegetable Momos

Main:

- Saag ra Paneer, Mixed Vegetables or Daal
- Rice, Naan and Raita

Dessert:

- Choice of desserts from the dessert menu
- Tea or coffee

Non Vegeterian Set Menu	\$42.00
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Entree:

- Chicken Momo, Lamb Kebab, Chicken BBQ
- Pakora

Main:

- Choice of Butter Chicken, Goat Curry, Lamb Curry or Beef Curry
- Mixed Vegetables or Daal
- Rice, Naan and Raita

Dessert:

- Choice of desserts from the dessert menu
- Tea or coffee

Seafood Set Menu	\$45.00
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Entree:

- Chicken Momo, Grilled Prawns and Fish

Main:

- Choice of Fish or Prawns Curry
- Mixed Vegetables or Daal
- Rice, Naan amd Raita

Dessert:

- Choice of desserts from the dessert menu
- Tea or coffee