

# HIMALAYAN NEPALESE

## RESTAURANT & CAFE

AUTHENTIC NEPALESE CUISINE

### LUNCH 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.

**\$14.00**

##### **Vegetable Pakora**

Assorted vegetables dipped in batter and deep fried.

**\$8.00**

##### **Chilli Chicken**

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

**\$14.00**

##### **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.

**\$12.50**

##### **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**

##### **Panner Chilli**

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

**\$16.00**

##### **Machha Tareko**

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

**\$12.00**

##### **Jhinghe Machha Poleko**

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

**\$14.00**

##### **Masu ko Tandro**

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

**\$12.00**

##### **Mixed Entrée**

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

**\$15.00**

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

## Main

### Chara ko Parikar (Chicken)

<b>Chara ko Sekuwa</b>	\$20.00
Tender pieces of chicken thigh marinated in special Nepalese spices with yoghurt, cooked in a Tandoori oven. Highly recommended by our Chef.	
<b>Chara ko Tandruk</b>	\$19.50
Boneless chicken pieces cooked in traditional home-made mild sauce, with a combination of ginger, garlic, tomato and other spices.	
<b>Butter Chicken</b>	\$19.50
Boneless chicken pieces cooked in Tandoori oven and finished in a mild Nepalese spiced rich sauce with tomatoes, butter and cream.	
<b>Creamy Chicken</b>	\$19.50
Boneless chicken pieces cooked in cashew nut and onion mild sauce finished with cream.	
<b>Chicken ra Saag</b>	\$19.00
Boneless chicken pieces cooked with spinach and spices in a thick sauce.	
<b>Sabji ra Chara</b>	\$18.50
Stir-fried chicken flavoured with our herbs and spices, served with a mixture of vegetables.	
<b>Himalayan Hot Chicken</b>	\$18.50
Boneless tender pieces of chicken cooked in authentic Nepalese style very hot curry, finished with fresh coriander.	

### Khasiko ko Parikar (Lamb & Goat)

<b>Khashi Sekeko</b>	\$22.00
French lamb chops, marinated with yoghurt and Nepalese spices and cooked in a Tandoori oven. Highly recommended by our Chef.	
<b>Khashi ko Tandruk</b>	\$19.00
Diced lamb cooked in a sauce of onion and tomato finished with fresh coriander.	
<b>Himalayan Hot Lamb</b>	\$19.50
Lamb cooked in a hot Nepalese spicy sauce. Specially for lovers of chilli.	
<b>Kashi ra Saag</b>	\$19.50
Boneless lamb cooked with spinach and spices in a thick sauce.	
<b>Creamy Lamb</b>	\$20.50
Tender lean diced lamb cooked with creamy onion and cashew nut sauce.	
<b>Chef's Special Goat Curry</b>	\$19.50
Goat meat on the bone cooked in a traditional Nepalese style with onions and tomatoes.	

### Beef ko Parikar

<b>Beef Curry</b>	\$18.50
Diced beef cooked in a sauce of onion and tomato finished with fresh coriander.	
<b>Creamy Beef</b>	\$18.50
Tender lean dice beef cooked with creamy onion and cashew nut sauce.	
<b>Beef Masala</b>	\$18.50
Beef cooked with onions, tomatoes, capsicum in a medium sauce.	
<b>Himalayan Hot Beef</b>	\$18.50
Diced beef cooked in a hot Nepalese spicy sauce. Specially for lovers of chilli.	

## Machha ra Prawns ko Parikar (Fish & Prawns)

<b>Grilled Salmon</b>	\$21.00
Salmon fillet marinated with mouth watering Nepalese spices and served with rice and stir fried vegetables.	
<b>Barra</b>	\$21.00
Barramundi fillet marinated with Nepalese spices and served with rice and stir fried vegetables.	
<b>Machha Tareko</b>	\$19.50
Fish fillets marinated in a special seasoned sauce with Nepalese spices and herbs, pan fried.	
<b>Machha ko Tandruk</b>	\$19.50
Fish fillets, cooked in Nepalese village style sauce with tomatoes and onion sauce.	
<b>Prawns Curry</b>	\$20.50
Prawns cooked in traditional Nepalese style sauce with tomatoes and onion.	
<b>Prawns Masala</b>	\$20.50
Prawns, cooked with tomatoes, onion, capsicum, flavoured with garlic and Nepalese spices.	

## Jhaneka kura haru (Sizzling Dishes)

<b>Sizzling Chicken</b>	\$20.50
Sizzling chicken with onion, tomatoes and capsicum.	
<b>Sizzling Garlic Prawns</b>	\$20.50
Sizzling prawns with onion, capsicum in a tomato, onion and garlic sauce.	
<b>Sizzling Lamb</b>	\$20.50
Sizzling French lamb chop served with mixed vegetables.	

## Sabjee ko Prikar (Vegetables)

<b>Aloo Bhuteko</b>	\$13.00
Nepalese style potato cubes pan fried with herbs and spices.	
<b>Saag ra Panner</b>	\$16.00
Baked ricotta cheese cooked in mild creamy spinach sauce.	
<b>Mismas</b>	\$15.00
Fresh seasonal vegetables stir fried with tomato and onions.	
<b>Aloo Cauli</b>	\$15.00
Potato cubes cooked with cauliflower in a medium tomato sauce with fresh coriander.	
<b>Panner ko Tarkari</b>	\$16.50
Delicious baked ricotta cheese cooked in mild tomato and onion sauce.	
<b>Aloo Bodi Tama</b>	\$14.00
Potato cubes, white beans and bamboo shoots tempered in light curry sauce flavoured with Nepalese herbs and spices, topped with chopped coriander.	
<b>Chayuu ko Tarkari</b>	\$15.00
Button mushrooms and peas cooked in a medium tomato sauce with fresh coriander.	
<b>Pancha Mukhi Daal</b>	\$13.00
A combination of lentils, seasoned with cumin seeds, ginger and garlic.	

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AUTHENTIC NEPALESE CUISINE

### Chef's Special

#### **Khashi Sekeko**

French lamb chops, marinated with yoghurt and Nepalese spices and cooked in a Tandoori oven. Highly recommended by our Chef.

**\$20.00**

#### **Grilled Salmon**

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

**\$20.00**

#### **Butter Chicken, Rice and Veg**

Boneless chicken pieces cooked in Tandoori oven and finished in a mild Nepalese spiced rich sauce with tomatoes, butter and cream.

**\$20.00**

### Nepalese Thali

#### **Vegetarian Thali**

Mixed vegetable, palak paneer and dhal served with rice and naan bread.

**\$20.00**

#### **Non Vegetarian Thali**

Chicken with lamb or beef curry and dhal served with rice and naan bread.

**\$22.00**

#### **Seafood Thali**

Prawn curry, pan fried fish and dhal served with rice and bread.

**\$23.50**

### Bhuja ko Parikar (Rice)

#### **Bhuja**

Steamed Basmati rice.

**\$4.00**

#### **Jhogi Rice**

Fried rice with peas, cumin seeds and saffron.

**\$4.50**

#### **Biryani (chicken/lamb or goat)**

Fried rice with chicken, lamb or goat served with raita.

**\$15.50**

#### **Sabji ra Bhuja**

Fried rice with seasoned vegetables.

**\$7.00**

### Naan ko Parikar (Breads)

#### **Plain Naan**

Leavened plain flour bread.

**\$4.00**

#### **Garlic Naan**

Naan topped with chopped garlic.

**\$4.50**

#### **Cheese Naan**

Naan topped with tasty cheese.

**\$5.00**

#### **Tandoori Roti**

Unleavened wholemeal bread.

**\$4.00**

#### **Tandoori Paratha**

Multi-layered wholemeal bread.

**\$4.50**

#### **Aloo Paratha**

Multi-layered wholemeal bread stuffed with onions and potatoes.

**\$5.00**

### Side Dish

#### **Kakro ra Dahi**

Nepalese style sorbet, made of chopped cucumber, tomato 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**