



# **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.

**\$9.00**

### **Chilli Chicken**

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

**\$14.50**

### **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.

**\$13.00**

### **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

**\$12.50**

### **Mixed Entrée**

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

**\$16.00**

## Main

### Chara ko Parikar (Chicken)

<b>Chara ko Sekuwa</b>	\$21.00
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>	\$20.00
Boneless chicken pieces cooked in traditional home-made mild sauce, with a combination of ginger, garlic, tomato and other spices.	
<b>Butter Chicken</b>	\$21.00
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>	\$20.50
Boneless chicken pieces cooked in cashew nut and onion mild sauce finished with cream.	
<b>Sabji ra Chara</b>	\$20.00
Stir-fried chicken flavoured with our herbs and spices, served with a mixture of vegetables.	
<b>Himalayan Hot Chicken</b>	\$20.00
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>	\$24.00
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>	\$21.00
Diced lamb cooked in a sauce of onion and tomato finished with fresh coriander.	
<b>Himalayan Hot Lamb</b>	\$21.00
Lamb cooked in a hot Nepalese spicy sauce. Specially for lovers of chilli.	
<b>Kashi ra Saag</b>	\$21.50
Boneless lamb cooked with spinach and spices in a thick sauce.	
<b>Chef's Special Goat Curry</b>	\$21.50
Goat meat on the bone cooked in a traditional Nepalese style with onions and tomatoes.	

### Beef ko Parikar

<b>Beef Curry</b>	\$20.50
Diced beef cooked in a sauce of onion and tomato finished with fresh coriander.	
<b>Creamy Beef</b>	\$20.50
Tender lean dice beef cooked with creamy onion and cashew nut sauce.	
<b>Beef Masala</b>	\$20.50
Beef cooked with onions, tomatoes, capsicum in a medium sauce.	
<b>Himalayan Hot Beef</b>	\$20.50
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>Machha Tareko</b>	\$20.50
Fish fillets marinated in a special seasoned sauce with Nepalese spices and herbs, pan fried.	
<b>Machha ko Tandruk</b>	\$20.00
Fish fillets, cooked in Nepalese village style sauce with tomatoes and onion sauce.	
<b>Prawns Curry</b>	\$23.50
Prawns cooked in traditional Nepalese style sauce with tomatoes and onion.	
<b>Prawns Masala</b>	\$24.00
Prawns, cooked with tomatoes, onion, capsicum, flavoured with garlic and Nepalese spices.	

## Jhaneka kura haru (Sizzling Dishes)

<b>Sizzling Chicken</b>	\$21.50
Sizzling chicken with onion, tomatoes and capsicum.	
<b>Sizzling Garlic Prawns</b>	\$24.00
Sizzling prawns with onion, capsicum in a tomato, onion and garlic sauce.	
<b>Sizzling Lamb</b>	\$24.50
Sizzling French lamb chop served with mixed vegetables.	

## Sabjee ko Prikar (Vegetables)

<b>Aloo Bhuteko</b>	\$14.50
Nepalese style potato cubes pan fried with herbs and spices.	
<b>Saag ra Panner</b>	\$17.50
Baked ricotta cheese cooked in mild creamy spinach sauce.	
<b>Mismas</b>	\$16.50
Fresh seasonal vegetables stir fried with tomato and onions.	
<b>Aloo Cauli</b>	\$15.50
Potato cubes cooked with cauliflower in a medium tomato sauce with fresh coriander.	
<b>Panner ko Tarkari</b>	\$17.00
Delicious baked ricotta cheese cooked in mild tomato and onion sauce.	
<b>Aloo Bodi Tama</b>	\$15.00
Potato cubes, white beans and bamboo shoots tempered in light curry sauce flavoured with Nepalese herbs and spices, topped with chopped coriander.	
<b>Pancha Mukhi Daal</b>	\$13.50
A combination of lentils, seasoned with cumin seeds, ginger and garlic.	

## Bhuja ko Parikar (Rice)

<b>Bhuja (Rice)</b> Steamed Basmati rice.	<b>\$4.50</b>
<b>Jhogi Rice</b> Fried rice with peas, cumin seeds and saffron.	<b>\$5.50</b>
<b>Sabji ra Bhuja</b> Fried rice with seasoned vegetables.	<b>\$7.00</b>
<b>Biryani</b> Fried rice with chicken, lamb or goat served with raita.	<b>\$16.00</b>

## Side Dish

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

## Naan ko Parikar (Breads)

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