

## Fish Dish

### Pokhareli Fish Curry (G)

Slow cooked fresh salmon with our homemade tomato onion gravy. £11.50

## Chowmein (Noodles)

### Vegetable Chowmin (G)

Oriental Egg Noodles and seasonal vegetables stir-fry in onion, garlic with oyster sauce and soya sauce. £11.50

### Chicken Chowmein (G)

Oriental Fried Noodles with vegetables and chicken in our oyster and soya sauce. £12.50

### Mixed Chowmein (G)

Stir-Fry seasonal vegetables with chicken, eggs, prawn and in Oyster sauce and soya sauce. £13.50

### Sukuti Chowmein (G)

Stir fried dry buffalo meat with vegetables in oyster and soya sauce noodles. £13.50

## Popular Set Dishes ( Dal Bhat Nepali Thali )

### Dal Bhat Masu (Choice of meat and lentil)

Dal Bhat is traditional and classical meal of Nepal. It's comes with bowl of rice, choice of meat (Lamb or pork or chicken or fish), bowl of Vegetable curry, bowl of lentil (Red or Black), ground homemade tomato chutney, yoghurt. £17.90

### Dal Bhat Tarkari (D)

This meal is also very popular in Nepal for vegetarians. It comes with a bowl of rice, a bowl of lentil (Red or Black), a bowl of green vegetables, a bowl of vegetable curry and ground homemade tomato chutney, yoghurt and papadum. £16.90

## Side Dishes

### Bhat (Rice)

Boiled Basmati Rice. £3.10

### Bhuteko Bhat (Fried Rice) (D)

Nepalese style rice fried in ghee with carrot, green peas, onion and cumin. £5.10

### Chicken Fried Rice

Cooked by ghee of rice, diced chicken with red onion, carrot, peas with cumin flavour £6.00

### Special Fried Rice

Cooked by ghee of rice, baby spinach, eggs, diced chicken, peas, onion, carrot and cumin flavour £6.90

### Masko Dal (Black Lentil)

Spilt Black lentil sauce cooked with our traditional herb & finished with ghee, ginger and Himalayan herbs. £4.50

### Masurko Dal (Yellow Lentil)

Spilt yellow lentil sauce cooked with cumin and vegetables. £4.50

### Plain Chips

with tomato ketchup on the side £4.50

### Homemade tomato coriander chutney

£1.00

### Papadum

£1.50

### Bread (Puri)

£2.10

## Desserts

### Banana Split

Bed of banana for three kinds of ice-cream with topping chocolate sauce, whipping cream & cherry. £7.50

### Chocolate Fudge Cake (E,D,G)

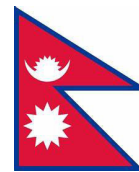
Chocolate cake served with whipping cream & chocolate sauce. £6.50

### Ice-cream

Selection of ice-cream (vanilla, chocolate & strawberry) with chocolate sauce, fan of waffle & pencil of chocolate. £6.50



# Dinner Menu



# NAMASTE



## Authentic Nepalese Restaurant



Please inform a member of staff  
of any dietary or allergy requirement

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Old Town Swindon  
SN1 4BJ

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[contact@yakthehimalayankitchen.co.uk](mailto:contact@yakthehimalayankitchen.co.uk)

## Starter

### MOMO (DUMPLING)=7 Pcs (G)

Momo is one of the most popular and favourite meal of Nepal, Tibet, some part of India. Momo is served thoroughly steam or pan fried or with sweet chilli & Ketchup to toast and steam comes to the homemade chutney.

	Steamed	Pan Fried	Steamed Chilli
<b>Vegetable Momo</b>	£7.50	£8.50	£8.50
<b>Pork Momo</b>	£7.50	£8.50	£8.50
<b>Lamb Momo</b>	£7.50	£8.50	£8.50
<b>Chicken Momo</b>	£7.50	£8.50	£8.50
<b>Buffalo momo</b>	£7.50	£8.50	£8.50

### Momo Jhol (Soup) =7 pcs (G)

Choice of dumpling (Vegetable or Pork or Lamb or chicken or Buffalo or vegetable momo). Thukpa is very popular meal in Nepal. Its base of tomato, onion and sesame powder soup. £10.50

### Mustange Aloo

Fried Potato with sechawan pepper and salt to taste. £7.50

### Aloo Dum

Delicately Spiced potato ground sesame and fresh onion, ginger garlic . £7.50

### Chilli Chips (G)

Fried Potato chips with our own spices with onion,ginger,garlic mixed pepper with tomato ketchup & sweet chilli dip. £7.50

### Aloo Chat (E,D,N,G)

Cooked Nepalese style chickpeas, potatoes, onion, tomato, ginger, garlic with our own spices, yoghurt, tamarind and crispy savoury snacks. £7.50

### Vegetable samosa=3 pcs (G)

Three crispy puffed turnover stuffed with potatoes green peas,onion,fresh coriander,cumin seed. Served with homemade chuntey. £7.50

### Sukuti Buffalo meat (G)

Grill and oven roast marinated our own Himalayan spices buffalo meat and toast with onion, ginger, garlic & tomato paste. Served with rice flakes and salad. £11.50

### Himalayan Chhoila (Lamb/Chicken) (G)

Fried Lamb / Chicken with green fresh chilli, Red Onion, Spring Onion, Coriander, crushed Ginger and Garlic and touch of Lemon. And served with rice flakes and fried soya beans. (Nepali Chiura). £10.50

### Chicken wings=3 pcs (G)

Marinated with soya sauce & our own spice then slow roasted in oven. Served with salad and homemade mouthwatering tomato chutney. £7.50

### Himalayan Pork Ribs (G)

Oven Roast marinated soya sauce & five spices pork ribs. Served with sweet chilli dip. £9.50

### Fewa fried Fish with bones (Fish, E,G)

Whitebait small fry fish, onion, ginger, garlic and tomato paste. Served with Szchawan pepper,chilli power and salt on the side. £9.50

### Tempura Battered Prawn(Crustaceans, E,G)

Battered king prawn. Served with sweet chilli sauce. £8.50

(Celiac-Gluten Free dishes(GF) , Celery(C), Dairy(D), Egg(E), Gluten(G), Sesame Seed(SS), Seafood(SF), Salmon Fish (SF), Soya(S), Vegan(VG), Prawn(crustaceans), Nuts(N)

Note: We cook all the dishes by vegetable oil( Soya bean oil.)

Note:Please order the spice level (Mild,Medium and Hot)

## Main Courses

### Vegetable Dishes

#### Aloo Bodi Tama (Curry)

Fermented bamboo shoots, potatoes, black eye peas cooked with tomato onion gravy. £8.90

#### Himalayan Mixed vegetables

Seasonal mixed vegetables cooked with fresh onion, ginger, garlic, tomato and Nepali spices. £8.90

#### Green Vegetable (G)

Seasonal green vegetable like spinach, broccoli, green peas, green beans with garlic & soya sauce. £7.90

#### Choi sum / Pok Choi (G)

Cooked with garlic & soya sauce. £7.90

#### Matar Paneer (D,G)

Green peas and paneer gently cooked with tomato onion gravy in our own spices sauce. £8.50

#### Paneer Chilli (D,G)

Stir-fry paneer with mixed peppers, onion, ginger/garlic with sweet chilli and ketchup to taste. £8.50

#### Aloo Matar Puri =2 Pcs (G)

Green peas and potato cooked by tomato and onion gravy with our own spices with fried puff bread. £9.50

### Meat Dishes

#### Chicken Dishes

##### Sagarmatha Chicken Curry

Fresh diced chicken cooked with tomato onion gravy. £10.50

##### Sherpa Chicken

Slow cooked fresh chicken with spinach and in our homemade tomato onion gravy. £10.50

##### Himalayan Chicken (G)

Stir -Fry tender pieces of chicken cooked with mixed peppers, cabbage, onion, broccoli, garlic with touch of soya sauce and lemon juice. £10.50

##### Chicken Chilli (G)

Tender chicken marinated with our own spices and stir-fry in onion and mixed pepper with garlic and sweet chilli and ketchup. £10.50

##### Chicken Thukpa

A very popular meal in Nepal. Its base cooked slice pcs of chicken, tomato, onion, cabbage noodles and sesame powder soup. £10.50

#### Pork Dishes

##### Gurkhali Pork Belly Curry

Mouthwatering pork belly meat cooked with our homemade tomato onion gravy. £11.50

##### Himalayan Pork Belly

Dry cooked pork belly with choi sum, onion, tomato, ginger, garlic and our own spices. £11.50

#### Lamb Dishes

##### Everest Lamb Curry

Slow cooked fresh lamb with tomato onion gravy taste of foothalls of Nepal. £11.50

##### Himalayan Lamb Curry

Fully flavour of Nepali taste of lamb curry cooked with tomato onion gravy with green beans. £11.50

##### Lamb Tama

Slow cooked lamb, bamboo shoots and potatoes with homemade tomato onion gravy. £11.50

#### Beef Dish

##### Himalayan Beef (G)

Stir -Fry tender pieces of beef cooked with mixed peppers, cabbage, onion, broccoli, garlic with touch of soya-sauce and lemon juice. £11.50

#### Buffalo Dish

##### Sukuti Ko Jhol (Soup)

Grill sukuti of buffalo meat and potatoes soup of tomato onion gravy. £11.50