



Vegan Menu

	Steamed	Pan-Fried	Steamed Chilli
Vegetable Momo	£7.50	£8.50	£8.50
Mustange Aloo			
Fried Potato with sechawan pepper and salt to taste			£7.50
Aloo Dum(Vegan)			
Delicately Spiced potato ground sesame and fresh onion, ginger garlic			£7.50
Chilli Chips			
Fried Potato chips with our own spices with onion,ginger, garlic mixed pepper with tomato ketchup & sweet chilli			£7.50

Main Courses Vegetable Dishes

Aloo Bodi Tama(Curry)	
Fermented bamboo shoots,potatoes,black eye peas cooked with our own spices	£8.90
Himalayan Mixed Vegetables	
Seasonal mixed vegetables cooked with fresh onion, ginger, garlic,tomato and nepali spices	£8.90
Green Vegetable	
Seasonal green vegetable like spinach,broccoli,green peas , green beans with garlic & soya sauce	£7.90
Choi Sum/Pok Choi	
Cooked with garlic & soya sauce	£7.90
Aloo Matar Puri - 2 Pcs	
Green peas and potato cooked with tomato and onion gravy in our Himalayan spices. And fried bread	£9.50
Dal Bhat Tarkari	
This meal also very popular in Nepal for vegetarian .It comes to a bowl of rice,a bowl of lentil (Yellow or Black), a bowl of green vegetables ,a bowl of vegetable curry ,ground homemade tomato chunthey and papadum	£16.90
Bhat(Rice)	
Boiled Basmati Rice	£3.10
Bhuteko Bhat(Fried Rice)	
Nepalese style rice fried in vegetable oil with carrot,green peas, onion and cumin	£5.10
Homemade Tomato Coriander Chunthey	£1.00
Papadum	£1.50
Bread (Puri)	£2.10

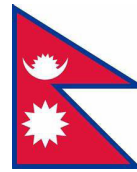
(Celiac-Gluten Free dishes(GF) , Celery(C), Dairy(D), Egg(E), Gluten(G), Sesame Seed(SS), Seafood(SF), Salmon Fish (SF), Soya(S), Vegan(VG), Prawn(Crustaceans), Nuts(N)
 Note: We cook all the dishes by vegetable oil(Soya bean oil.)
 Note:Please order the spice level (Mild,Medium and Hot)



MENU

No Gluten-Containing Ingredients
And
Vegan Menu

NAMASTE



Authentic Nepalese Restaurant



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

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Menu

(No Gluten-Containing Ingredients)

Aloo Dum (Vegan)

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

Sukuti = Buffalo Meat

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

Himalayan Chhoila (Lamb/Chicken)

Roasted Lamb or Chicken with green fresh chilli; Red Onion, Spring Onion, Coriander, crushed Ginger and Garlic and touch of lemon £10.50

Main Courses

Vegetable Dishes

Aloo Bodi Tama (Curry)

Fermented bamboo shoots, potatoes, black eye peas cooked with our own spices £8.90

Himalayan Mixed vegetables

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

Green Vegetable

Seasonal green vegetable like spinach, broccoli, green peas, green beans with garlic £7.90

Choi sum/Pok Choi

Cooked with garlic £7.90

Meat 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 gray with green beans £11.50

Lamb Tama Curry

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

Gurkhali Pork Curry

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

Himalayan Pork Belly

Typical dry cooked pork belly with Choi sum, onion, tomato, ginger, garlic and our own spices £11.50

Sagarmatha Chichen Curry

Fresh diced chicken cooked with tomato onion gravy £10.50

Sherpa Chicken Curry

Slow cooked fresh chicken with white radish and in our homemade tomato onion gravy £10.50

Sukuti Ko Jhol (Soup)

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

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 to bowl of rice, choice of meat (Lamb or pork or chicken or fish), bowl of Vegetable curry, bowl of lentil (Yellow or Black), ground homemade tomato chutney, yoghurt £17.90

Dal Bhat Tarkari

This meal also very popular in Nepal for vegetarian. It comes to a bowl of rice, a bowl of lentil (Yellow or Black), a bowl of green vegetables, a bowl of vegetable curry, ground homemade tomato chutney, yoghurt £16.90

Side Dishes

Bhat (Rice)

Boiled Basmati Rice £3.10

Bhuteko Bhat (Fried Rice)

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) (Dairy)

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

Masurko Dal (Yellow Lentil)

Spilt yellow lentil sauce cooked with cumin and vegetables £4.50

Homemade Tomato Coriander Chutney £1.00

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