



Taste of
KATHMANDU

Food Menu



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Taste of **KATHMANDU**

Welcome and Namaste

Kathmandu is the capital of Nepal and is an incredibly diverse historic city with breathtaking ancient architectures. The city is the gateway to the Nepalese Himalayas, and also home to seven World Heritage Sites selected by UNESCO.

Customs and traditions differ from one part of Nepal to another. A conglomeration lies in capital city Kathmandu where cultures are blending to form a national identity. A prominent factor in a Nepalese everyday life is cultural values. Adding colour to the lives of Nepalese are festivals the year round which they celebrate with much pomp and joy. Food plays an important role in the celebration of these festivals.

In Taste of **Kathmandu**, we have endeavoured to bring you those festivals on plates in the form of good quality foods. We serve authentic Nepalese and Indian cuisine for dinner to delight the palate by using fresh ingredients along with home made spices and herbs, we don't use any artificial food colouring. If there is any particular Nepalese or Indian cuisine that you want to try but not on our menu, please let us know and our brilliant chef will be delighted to cook it for you as per your taste.

This is not just a business for us and that's why there is devotion to authentic, fresh and superbly prepared food. The Management and staff will do everything they can to ensure that those who choose to dine at the restaurant will have a brilliant time. That often means doing immensely more than simply cooking. The motive of the restaurant is not just to serve the customer, but to ensure the customer leaves with a smile, happy and satisfied with one thought in mind "we shall be back very soon".

Thank you (Dhanyabad)

We use vegetable cooking oil (soya bean oil, produced from genetically modified soya) for cooking and frying.

Our chef will be delighted to prepare food on your request if any items are not included on our Menu. Some of our dishes may contain nuts, creams and gluten products. Please let us know when ordering if you have any food intolerances. We can cook nuts free and dairy free dishes on request. We don't use any food colourings or artificial flavourings.

Appetisers

VEG

1. **PLAIN/SPICY PAPADUMS** £0.⁹⁰
2. **RELISHES TRAY (MANGO/MINT D /ONION)** £1.⁶⁰
3. **ALOO KERAU CHATPAT** 🌶️ M £5.⁹⁵
Medium spicy red potatoes cooked with peas, fresh chillies, onion & ginger served in papadum bowl.
4. **SAMOSA CHAT** G D £6.⁹⁵
Combination of veg. samosa, chickpeas, herbs and spices with different sauce mixed together. Mouth watering!
5. **ONION BHAJI** £5.⁵⁰
Sliced onion mixed with cumin seeds, mild spices; deep fried.
6. **GARLIC MUSHROOM** D £5.⁹⁵
Fresh mushroom stir fried in Nepalese style with garlic & herbs.
7. **CHILLI PANEER** 🌶️ D £6.⁵⁰
Cottage cheese pan-fried with peppers, onions, spices & sweet chilli sauce. Nepalese style tasty starter for vegetarians.
8. **SAMOSA** G £5.⁵⁰
Triangular shaped golden fried pastries filled with vegetables, green peas and cumin seeds.
9. **MOMO (5 pieces)** G £7.⁵⁰
Nepalese steamed vegetables dumplings served with medium spiced chutney. One of the most popular dishes in Nepal.



MEDIUM SPICED



HOT



VERY HOT



Contains Gluten



Contains Seafood



Contains Nuts



Contains Dairy



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Contains Egg



Contains Sulphur Dioxide

NON-VEG

- 10. CHICKEN SADEKO**  **D** **M** £6.⁹⁵
Barbecued chicken mixed with fresh chillies, ginger & garlic. Popular in Kathmandu
- 11. HARIYALI CHICKEN TIKKA** **D** **M** £6.⁹⁵
Breast of chicken marinated in yogurt with five spices & herbs served with tomato chutney.
- 12. KUKHURA TIKKA** **D** **M** £6.⁵⁰
Cubes of chicken marinated with yogurt and light spices skewered and cooked in tandoori oven.
- 13. MEAT SAMOSA** **G** £5.⁵⁰
Triangular shaped golden fried pastries filled with minced lamb, green peas and cumin seeds.
- 14. MEAT MOMO (5 pieces)** **G** £7.⁵⁰
Nepalese steamed chicken dumplings served with medium spiced chutney. One of the most popular dishes in Nepal.
- 15. SEEKH KABAB** **D** £6.⁹⁵
Minced lamb mixed with chopped onions, mild spices & herbs skewered and cooked in tandoor.
- 16. GURKHALI SEKUWA** **D** **M** £7.⁹⁵
Slices of Lamb marinated with fresh herbs and mild spices skewered and cooked in tandoori oven.
- 17. LAMB KARANG** **D** **M** £9.⁹⁵
Lamb chops cooked with a combination of ginger, garlic & Nepalese spices.
- 18. TAREKO JHEENGA** **S** **G** £8.⁹⁵
King prawns battered and deep fried with herbs. Fabulous!
- 19. KATHMANDU MANGO PRAWN** **S** **D** £8.⁹⁵
King prawn cooked with chef's special mango flavour sauce.
- 20. FRIED SQUID** **S** £7.⁹⁵
Squid deep fried with peppers, corn flour & herbs.
- 21. GOLDEN SALMON** **S** **M** £9.⁹⁵
Fresh salmon marinated with saffron, garlic, mustard oil & spices, skewered and cooked in tandoori oven.
- 22. KATHMANDU MIXED PLATTER FOR 2** **S** **G** **D** **M** £16.⁹⁵
Mixed selections of chicken tikka, seekh kebab, veg samosa, onion bhaji and prawns.

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Tandoori Specials

23. **SHASLIK**   (Chicken/Lamb/Salmon ) **£14.⁹⁵ / £15.⁹⁵ / £18.⁹⁵**

Cubes of chicken/lamb/salmon marinated with herbs, spices, mixed peppers & onions all cooked in a clay oven.

24. **KATHMANDU SPECIAL GRILL**    **£18.⁹⁵**

Assorted meats & king prawns marinated with Himalayan spices, cooked in clay oven.

25. **TANDOORI CHICKEN (Half)**   **£14.⁹⁵**

Chicken on bone (breast & leg) marinated with yogurt & spices cooked in tandoori oven.

26. **TANDOORI PRAWN**    **£18.⁹⁵**

Jumbo succulent prawns marinated with homemade spices & herbs cooked in clay oven.

27. **PANEER SHASLIK**   **£13.⁹⁵**

Home made cottage cheese marinated & skewered with mixed peppers, onions & fresh herbs cooked in tandoori oven.

28. **KATHMANDU GRILL VEGETABLE**   **£15.⁹⁵**

Assorted fresh vegetables mushrooms, broccoli, cottage cheese, capsicum & onion marinated with spices and cooked in a hot clay oven.



All the tandoori dishes are served in a hot sizzler plate & comes with a vegetable sauce on the side.

Allergen Information: Please speak to our server for allergens information. Dishes may contain traces of allergens / nuts despite our persistent efforts. Most of our dishes are touched with cream & butter. We can prepare dairy free & nuts free dishes on request.

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Nepalese Specialities

29. **KATHMANDU** 🌶️ **D** **M** (Chicken/Lamb/Prawn **S**) **£13.⁹⁵ / £14.⁹⁵ / £16.⁹⁵**
 Cooked with yogurt, fresh chillies, coriander, ginger & garlic sauce. Popular in Kathmandu.
30. **KHURSANI** 🌶️ 🌶️ **D** **M** (Chicken/Lamb/Prawn **S**) **£13.⁹⁵ / £14.⁹⁵ / £16.⁹⁵**
 Chicken/lamb/prawn cooked with onions, mixed peppers & green chillies in spicy tomato sauce.
31. **NILGIRI** **D** **M** (Chicken/Lamb/Prawn **S**) **£13.⁹⁵ / £14.⁹⁵ / £16.⁹⁵**
 Cooked with spinach, mixed spices and finished with touch of cream.
32. **KATHMANDU BUTTER CHICKEN** **D** **M** **£13.⁹⁵**
 Tender pieces of chicken cooked in cream, butter and tomato sauce.
33. **COASTAL PRAWN CURRY** 🌶️ **S** **D** **M** **£17.⁹⁵**
 Tiger prawns cooked with a lime and lemongrass, lee kum kee garlic chilli and coconut milk sauce.
34. **KATHMANDU KO MACHA** **S** **D** **M** **£18.⁹⁵**
 Sea bass fillet marinated with fresh spices. Served with special sauce, salad & pilau rice.



All the prawn curry's use King Prawns and we use Chicken Tikka for Jalfrezi and Balti dishes.

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Chef Specials

35. **PAHADI** 🌶️ **D** **M** (Chicken/Lamb/Prawn **S**) £13.⁹⁵ / £14.⁹⁵ / £16.⁹⁵
 Tender pieces of chicken/lamb or prawn cooked with Nepalese spices & herbs and finished with coconut milk.
36. **NEPALI MANGO** **N** **D** **M** (Chicken/Lamb/Prawn **S**) £13.⁹⁵ / £14.⁹⁵ / £16.⁹⁵
 Nepalese style mildest curry with an exotic flavour. Cooked with mango, tomato sauce, almond and coconut powder with a touch of cream.
37. **KATHMANDU GARLIC CHILLI** 🌶️🌶️ **D** **M** (Chicken/Vegetables) £13.⁹⁵ / £12.⁹⁵
 Barbequed chicken or mixed seasonal vegetables cooked with garlic, chilli, mixed peppers, onions and tomatoes. Kathmandu style spicy curry with a garlic flavour.
38. **SHERPA TARKARI** 🌶️🌶️ **D** £14.⁹⁵
 Tender pieces of lamb cooked with mixed peppers, red potatoes and spices.
39. **LAKE KO MACCHA** **S** **D** **M** £15.⁹⁵
 Salmon fish cooked with homemade Nepalese curry sauce and infused with coconut milk.
40. **CHICKEN LEDOBEDO** **N** **D** **M** £13.⁹⁵
 Grilled chicken breast cooked in tomatoes & onion sauce with a touch of special herb jimbu and cream.
41. **KATHMANDU HONEY CHICKEN** **N** **D** **M** £13.⁹⁵
 Chicken tikka cooked with a cashew nuts based sauce, coconut powder, honey and cream.
42. **SPECIAL SEAFOOD BALTI** 🌶️ **S** **D** £17.⁹⁵
 Prawns, salmon, monkfish cooked in a balti sauce with mixed peppers & onions. Served with a plain naan bread.



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All Time Favourite Curries

VEGETABLE **D** **M** £12.⁵⁰

CHICKEN **D** **M** £13.⁹⁵

LAMB **D** £14.⁹⁵

PRAWN **D** **S** £16.⁹⁵

43. **TIKKA MASALA** **N**

Tomato & cashew nut based sauce with almond powder & cream.

44. **KORMA**

Coconut powder, creamy and sweet flavoured curry with a touch of cardamom.

45. **PASANDA** **SD**

Popular Indian dish cooked with mild curry sauce and red wine.

46. **ROGAN JOSH**

Traditional Indian curry cooked with chopped tomatoes and onions.

47. **JALFREZI TIKKA**

A semi dry dish prepared from strips of onions, peppers, fresh coriander, dry fenugreek and touch of lemon.

48. **BHUNA**

Spiced curry prepared with onion, tomatoes and spring onions.

49. **DHANSAK**

A sweet & sour dish created from lentils and spicy sauce.

50. **BALTI TIKKA**

Traditional Indian dish cooked with balti sauce, mixed peppers and onions.

51. **MADRAS**

Popular Indian dish cooked with tomato & onion based curry sauce, coconut powder and touch of lemon juice.

52. **VINDALOO**

A very hot & spicy curry created from fresh spices, tomatoes, onions, with red potatoes & chillies.



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Vegetable Curry

MAIN DISH

£12.⁵⁰

SIDE DISH

£6.⁹⁵

53. **KALO DAAL** **D**
Black lentils cooked with garlic, ginger and jimbu herbs in traditional Nepalese style.
54. **DAAL TARKA** **D**
Mixed lentils cooked with aromatic spices and tempered with onions, garlic & cumin.
55. **DAAL MAKHANI** **D**
Black lentils cooked with garlic and ginger with a touch of butter and cream.
56. **CHANA MASALA**
Large chickpeas cooked in a traditional curry sauce with touch of ginger.
57. **ALOO JEERA** **M**
Diced red potatoes fried with cumin seeds, herbs and spices.
58. **SAAG PANEER** **D**
Home made cottage cheese cooked with spinach and spices touched with cream.
59. **RAJMA ALOO** **D** **M**
Mouth watering kidney beans & red potatoes cooked with special curry sauce. Popular in Kathmandu.
60. **KATHMANDU VEGETABLE** **D** **M**
Fresh mixed vegetables cooked with yogurt, chillies & coriander sauce..
61. **NAVARATNA CURRY** **D** **M**
Fresh mixed vegetables including broccoli, mushrooms, beans, peas and potatoes cooked with special sauce.
62. **BHINDI BHAJI**
Fried okra cooked in special nepalese sauce with touch of kasoori methi.
63. **BRINJAL BHAJI**
Fried slices of aubergines cooked in a tomato & onion based cream sauce.



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Biryani Specialities



64. **CHICKEN TIKKA BIRYANI** 🌶️ N D M SD £14.⁹⁵
65. **LAMB BIRYANI** 🌶️ N D SD £15.⁹⁵
66. **PRAWN BIRYANI** 🌶️ N D S SD £17.⁹⁵
67. **VEGETABLE BIRYANI** 🌶️ N D M SD £13.⁹⁵

Saffron flavoured basmati rice cooked with mild aromatic oriental spices and herbs. Served with a choice of mild, medium or hot curry sauce.

Rice



68. **BASMATI RICE** £3.⁹⁵
Plain boiled rice.
69. **PILAU RICE** D £4.²⁵
Basmati rice cooked in butter topped with brown onion.
70. **GARLIC RICE** £4.⁹⁵
Crushed garlic cooked in basmati rice.
71. **MUSHROOM RICE** D £4.⁹⁵
Fresh mushroom tossed in pilau rice.
72. **COCONUT RICE** D N £4.⁵⁰
Basmati rice topped with coconut powder.
73. **KATHMANDU SPECIAL RICE** D M £5.²⁵
Pilau rice cooked with peas, chicken & vegetables.
74. **EGG FRIED RICE** E £4.⁵⁰
Plain rice cooked with fried eggs



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Roti & Naan

- 75. **PLAIN NAAN** **G** **D** **E** £3.²⁵
- 76. **GARLIC NAAN** **G** **D** **E** £3.⁹⁵
Fresh garlic topped with coriander.
- 77. **KEEMA NAAN** **G** **D** **E** £4.⁹⁵
Stuffed with lamb mince.
- 78. **PESHWARI NAAN** **G** **D** **E** **N** **SD** £3.⁹⁵
Stuffed with coconut cream and nuts.
- 79. **CHEESE NAAN** **G** **D** **E** £3.⁹⁵
Stuffed with fresh cheese.
- 80. **TANDOORI ROTI** **G** £3.²⁵
A thin wholemeal bread.



Sundries

- 81. **CHIPS** £2.⁹⁵
- 82. **KATHMANDU SALAD** £3.²⁵
- 83. **PICKLE** £0.⁶⁰
(Lime **SD** /Tamarind/Mint **D** /Mango)
- 84. **RAITA** **D** £2.⁹⁵
Yogurt mixed with cucumbers and spices.

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