

THE GURKHA

KITCHEN

Nepalese & Indian Cuisine



*Kaphar hunnu bhanda marnu ramro
(Better dead than a live coward)*

Nepal is the land where the world's highest point is, the summit of Sagarmatha (Everest) birthplace of Lord Buddha and land of the Gurkhas, who are a brave army.

Nepalese cuisine is a combination of subtle tastes and flavours: ginger, garlic, cumin, coriander, chillies, tumeric and more.

The master chef and his team are delighted to take time to prepare the dishes each time a customer orders and cooks them using fresh ingredients and the highest quality spices and herbs. Nepalese food is found to be refreshing, tasty and low in fat,.

Starters

- 1 **Papadums** (plain or spicy) £1.00
- 2 **House Special Momo** 🌶️ £4.50
Home made Chicken dumplings, most popular dish.
- 3 **Choela - Chicken** 🌶️ £4.50
Marinated chicken with chef's special spices and onion, pan fried.
- 4 **Chicken Chilli Fry** 🌶️🌶️ £4.50
Marinated breast of chicken with Nepalese spices and cooked with fresh onions, green chilli and capsicums.
- 5 **Gurkha Mixed Platter** 🌶️ £5.50
Selection of sheek kebab, chicken tikka & onion bhaji.
- 6 **Chicken Tuk Tuk** 🌶️ £4.50
Chicken marinated with Nepalese spice & bettered in a special sauce then deep fried.
- 7 **Prawn or Chicken Chat Puri** 🌶️ £4.50
Chicken or prawns cooked with Nepalese spices and served with deep fried bread.
- 8 **Chicken or Lamb Tikka** 🌶️ £4.25
Marinated chicken or lamb cooked in the clay oven.
- 9 **Sheek Kebab** 🌶️ £4.25
Minced lamb flavoured with different spices & cooked in the clay oven.
- 10 **Mango Tikka** £4.50
Spiced chicken marinated in mango sauce and cooked in a clay oven.
- 11 **Meat Samosa** 🌶️ £3.75
Crispy pastry stuffed with minced meat.

Vegetarian Starters

- 12 **Mushroom Delight** 🌶️ £4.50
Mushrooms stuffed with cheese, potatoes & herbs.
- 13 **Paneer Chilli Fry** 🌶️🌶️ £4.50
Paneer cheese cooked with onions, green chilli tomatoes with capsicums.
- 14 **Onion Bhaji** 🌶️ £3.75
Crispy onions.
- 15 **Aloo Tikki** 🌶️ £4.50
Popular Nepalese starter, round in shape, made with potato, served with chickpeas.
- 16 **Vegetable Samosa** 🌶️ £3.75
Crispy pastry stuffed with mixed vegetables.

NUTS & ALLERGIES

Many of our dishes contain nuts and dairy products.
Please inform management of any allergies before ordering.

Menu Key

🌶️ *Medium* 🌶️🌶️ *Hot* 🌶️🌶️🌶️ *Very Hot*

Tandoori Clay oven (Dry dishes)

- 17 Tandoori Mixed Grill** 🌶️ £12.95
Mix platter of chicken & lamb tikka, sheek kebab & tandoori chicken served with naan bread.
- 18 Tandoori Chicken** 🌶️ £7.95
Tender chicken on the bone marinated with medium spices, yoghurt.
- 19 Chicken or Lamb Tikka** 🌶️ £8.50
Boneless chicken or lamb marinated with Nepalese spices.
- 20 Tandoori King Prawn** 🌶️ £12.95
King Prawns marinated with spices & cooked in a clay oven.
- 21 Chicken or Lamb Shaslik** 🌶️ £8.95
Marinated chicken or lamb cooked with onions, tomatoes and capsicums.
- 22 Hariyo Tikka** 🌶️ £9.95
Chicken pieces marinated in medium minty spice.
- 23 Salmon Tikka** 🌶️ £9.95
Salmon fish marinated with Nepalese spices, special tandoori herbs.



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Nepalese Chef's Recommendations

- 24 Chicken or Lamb Bhutuwa** 🌶️
Cooked with fresh green herbs, spices & spring onion.
- 25 Chicken Chilli Fry Main** 🌶️🌶️
Marinated breast of chicken with Nepalese spices and cooked with fresh onions, green chilli and capsicums.
- 26 Chicken or Lamb Naga** 🌶️🌶️🌶️
Cooked with hot Naga chilli pickle.
- 27 Lamb or Chicken Achari** 🌶️
Cooked in tantalizing masala with fresh herbs, tomatoes and coriander
- 28 Tava Chicken or Lamb** 🌶️🌶️
Cooked with home-made Kashmiri spices.
- 29 Gurkha Mis Mas** 🌶️
Mixture of barbecued chicken, lamb, and prawns cooked with tomatoes, capsicum & coriander leaves with wine in a medium sauce.
- 30 Himalaya Chicken or Lamb** 🌶️
Cooked with fresh coriander, mustard seeds, curry leaves and special Nepalese spices.
- 31 Chatti or Khutta** 🌶️
Chicken or lamb cooked with fresh mushrooms, green peas and Nepalese spices.
- 32 Hariyali Chicken or Lamb** 🌶️🌶️
Cooked in a special green sauce made from spinach, coriander, green pepper, garlic ginger, fresh mint and green chilli.
- 33 Mala Dahi Chicken** 🌶️
Chicken cooked with fresh ginger, coriander and a touch of mint and yogurt.
- 34 Sherpa Chicken or Lamb** 🌶️🌶️
Cooked in a delicious blend of fifteen different Nepalese spices.
- 35 Gurkhali Chicken or Lamb** 🌶️🌶️
Cooked with ground spices, hot chillies and tomatoes which gives plentiful flavour.
- 36 Everest Chicken or Lamb**
Pan fried strips of chicken or lamb, cooked with crispy peppers, a good example of a Nepalese recipe.
- 37 Chicken or lamb Nepal**
Cooked with mango, coconut & almond in a rich mild sauce.
- 38 Chicken or Lamb Aloo** 🌶️
Cooked with potato with Nepalese herbs and spices.
- 39 Garlic Chicken or Lamb** 🌶️
Cooked with garlic with Nepalese herbs and spices.
- 40 Jimmu Chicken or lamb** 🌶️
Cooked with Neutralise spices, Jimmbu (Allium Hypsistum stern).
- 41 Timur Chicken or lamb** 🌶️
Cooked with Neutralise spices, Timur (Zanthoxylum-Alatum)
- 42 Jwano Chicken or lamb** 🌶️
Marinated with carom - Thyme (Jwano) cooked with chef's special sauce.
- Chicken** £7.95
Lamb or Prawn £8.95
King Prawn £12.95

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Classic Dishes

- 43 Chicken or Lamb Tikka Masala**
Barbecued chicken or lamb cooked with coconut, almond and special mild sauce.
- 44 Chicken or Lamb Pasanda**
Barbecued chicken or lamb cooked with coconut, almond, with a special mild sauce with a touch of wine.
- 45 Chicken or Lamb Tikka Jalfrezi** 🌶️🌶️
Barbecued chicken or lamb marinated with spices and cooked in the tandoor with onion, capsicum, chilli and tomatoes.
- 46 Chicken or Lamb Karahi**
Barbecued chicken or lamb cooked with tomatoes, capsicum and onions.
- 47 Jeera Chicken (medium)**
Barbecued chicken cooked with cumin spices, chopped tomatoes, green and red peppers and fresh coriander.
- 48 Chicken or Lamb Saag**
Chicken or lamb with spinach, medium hot.
- 49 Korma**
Cooked with coconut & almonds.
- 50 Bhuna** 🌶️
Cooked with chopped onions & capsicum.
- 51 Rogan** 🌶️
Cooked with lots of tomatoes & herbs.
- 52 Balti** 🌶️
Cooked with onions, ginger & aromatic spices.
- 53 Dansak** 🌶️
Sweet, sour & hot dish cooked with lentils & garlic.
- 54 Madras** 🌶️🌶️
- 55 Vindaloo** 🌶️🌶️🌶️
- Vegetable or Chicken** **£7.50**
- Lamb or Prawn** **£8.50**
- King Prawn** **£12.95**
- 56 Goan Fish Curry** **£9.95**
Fish cooked with medium spices.



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Chef's Special Vegetable Dishes

- 57 Himalayan Sabjee** 🌶️ **£7.95**
Potato, cheese and broccoli cooked with fresh ginger, garlic, tomato and coriander.
- 58 House Special** 🌶️ **£7.95**
Cooked with seasonal vegetables
- 59 Paneer Methi Malai** **£7.95**
Nepalese cheese cooked in a mild creamy sauce with fenugreek.
- 60 Vegetable Jalfrezi** 🌶️🌶️ **£7.95**
Seasonal vegetables cooked with ginger, onions, capsicum and green chillies.
- 61 Sambar** 🌶️ **£7.95**
Vegetables cooked with thick lentil sauce. A savoury curry prepared with tamarind sauce.
- 62 Crunchy Courgettes** 🌶️ **£7.95**
Pan fried fresh courgettes, cooked with different Nepalese spices.
- 63 Vegetable Masala** **£7.95**
Mixed vegetables cooked with coconut, almond & herbs and spicy delicately blended masala sauce.
- 64 Mas Ko Dal (Black lentils)** **£7.95**
Black lentil cooked with onions, Nepalese herbs finished with ginger, garlic and fenugreek seed



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Biryani Dishes

Cooked with basmati pilau rice, fried in spices, ground almonds and ghee.
Served with a mixed vegetable curry

65 Mixed Vegetable Biryani 🌶️	£9.95
66 Chicken or Lamb Biryani 🌶️	£10.95
67 Prawn Biryani 🌶️	£10.95
68 King Prawn Biryani 🌶️	£13.95
69 Gurkha Special Biryani 🌶️ Mixture of chicken, lamb, prawn and egg.	£12.95

Vegetable Side Dishes

70 Kathmandu Aloo 🌶️ Potatoes cooked with Nepalese spices and a touch of lemon juice.	£3.95
71 Gurkhali Vegetables 🌶️ Seasonal mixed vegetables.	£3.95
72 Aloo Semi 🌶️ Green beans & potatoes cooked Nepalese style.	£3.95
73 Tarka Dal 🌶️ Lentils cooked with garlic flavour.	£3.95
74 Chana Masala 🌶️ Chick peas cooked with chopped onion and tomatoes.	£3.95
75 Aloo Gobi 🌶️ Cauliflower cooked with potatoes.	£3.95
76 Saag Aloo 🌶️ Spinach cooked with potatoes.	£3.95
77 Mushroom Bhajee 🌶️ Mushrooms cooked with onions	£3.95
78 Bombay Aloo 🌶️ Medium spicy potatoes.	£3.95
79 Brinjal Aloo 🌶️ Aubergines with potatoes	£3.95
80 Matar Paneer 🌶️ Paneer cheese and fresh peas cooked in a mild sauce.	£3.95
81 Saag Paneer 🌶️ Spinach cooked with paneer cheese.	£3.95

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DELUXE FOR TWO £34.95

2 Papadoms, Onion Bhaji, Chicken Tikka (St)
Chicken Nepal, Lamb Bhutuwa, Aloo Gobi
Large Pilau Rice, Naan Bread and regular coffee or tea.

If there is a dish you would like which is not on our menu then please ask us, our Chef would be happy to prepare it for you

PLEASE NOTE - If you are allergic to nuts, dairy and gluten please let us know before placing your order.



Nepalese Cuisine


Nepalese cuisine is a unique combination of food experiences from tropical low lands to the very cold Arctic Himalayas. The geography alone has played a major role in eating patterns. So every region has it's own cuisine, which is mainly based on simple preparation and quick consumption.

Nepalese food is prepared using a blend of spice and ingredients. Most commonly used ingredients are ginger, garlic, cumin, coriander, turmeric, black pepper, cloves, chillies, cardamom and fenugreek. Also distinct Himalayan flavours are derived from the use of unique spices such as Timur, a cousin of schewan pepper, mostly used in pickles and marinades. Another herb Jimbu which is only found in Himalayas, is mainly used in dall.

Rice

82 Boiled Rice Basmati	£2.50
83 Pilau Rice Basmati	£2.75
84 Mushroom Rice Basmati	£3.25
85 Egg Pilau Rice Basmati	£3.25
86 Special Fried Rice	£3.50
87 Coconut Fried Rice	£3.50

Bread

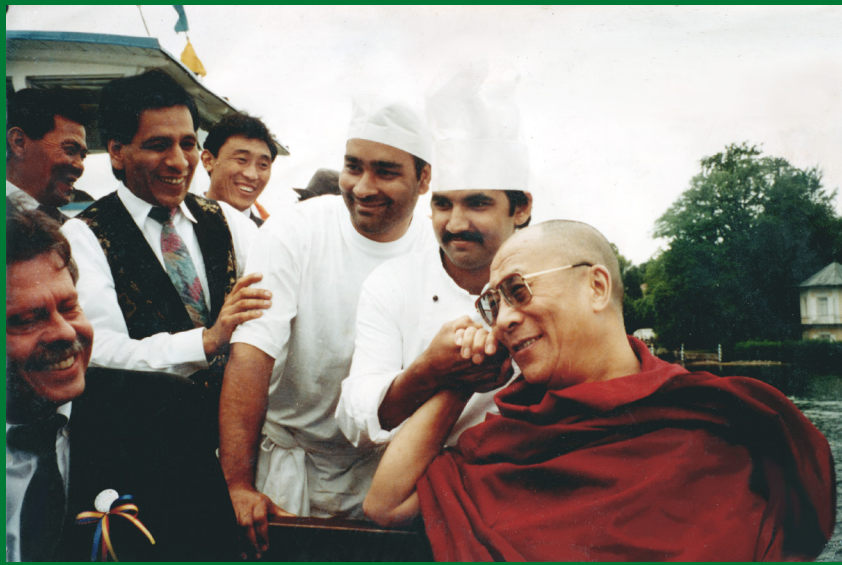
88 Naan Unleavened fluffy bread baked in the tandoor	£2.50
89 Peshwari Naan Stuffed with ground cashew nuts and coconut	£2.95
90 Garlic Naan Stuffed with fresh garlic	£2.75
91 Cheese & Garlic Naan With fresh garlic and cheese	£2.95
92 Keema Naan Stuffed with spiced minced meat	£2.95
93 Kulcha Naan Stuffed with onion & coriander	£2.75
94 Bullet Naan  Stuffed with green chillies, garlic and fresh coriander	£2.75
95 Paratha	£2.95
96 Tandoori Roti	£1.95

Miscellaneous

97 Chutneys (refill)	£0.80
98 Chips	£2.50
99 Raita	£2.25

WEDNESDAY NIGHT BANQUET £13.95

Choose any one: Starter, Main Course, Plus Rice or Bread
Some dishes are excluded from banquet night, please ask staff for more information
Any dish containing King Prawns or fish £4 extra per dish.



Our Head Chef Yedu Paudel with Dalai Lama



*We hope your visit was an enjoyable experience
and hope to see you again soon*

DHANAYABAD

(Thank You)

PHERI-BHETAULA

(See you soon)