

**30. Mango Chutney 3.00 DF, GF**

Sweet and tangy mango pickle, an essential part of any meal in the sub-continent.

**31. Dahima (Nepalese Raita) 4.50 GF**

Refreshing yoghurt salad made with roasted cumin, mint, and cucumber.

**32. Bhuteko Bhaat 6.00 GF**

Fried rice with peas, cashew nuts & coriander.

**33. Bhaat 2.50 GF**

Steamed rice (an additional serve).

**34. Pappadams 2.50 GF**

Six per serve, with mint achar.

**Roti (Bread)**

**35. Roti Lasun 3.50**

Leavened garlic bread cooked in the charcoal clay oven.

**36. Roti 3.00**

Bread cooked in the charcoal clay oven.

**37. Cheese Roti 3.50**

Bread stuffed with cheese, garlic onion and coriander and cooked in the charcoal clay oven.

**Guliyo (Desserts)**

**Himalayan Icecream 7.00**

Chef's special icecream made from pistachio nuts and flavoured with cardamom and blended with full cream.

**Everest Mango Icecream 6.50**

Smooth mango ice cream garnished with creamy mango sauce.

**Bailey's Icecream 6.50**

A rich Bailey's ice cream with crushed chocolate almonds throughout, served with original Baileys Irish Cream.

**Swiss Strawberry / Cointreau Icecream 6.50**

A delicious strawberry ice cream infused with Cointreau, and topped with a serve of Cointreau liqueur.

**Kheer 6.50**

Home made rice pudding prepared in Nepalese style.

**Chocolate Icecream 6.50**

**Vanilla Icecream 6.50**

[Valid from December 2010]



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**Open for Dine In or Take Away  
Monday-Saturday 5.30pm till late**

*(Bookings recommended for Dine-In)*

*(Lunch Bookings by appointment only)*



**TASTE OF NEPAL**

**TAKE AWAY  
MENU**

**FULLY LICENSED AND  
BYO**

**300 The Parade  
Kensington**

**Phone 83322788**

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GF= Gluten free/ DF = Dairy Free

## Khaja (Entrée)

### 1.Momo (five pieces) 7.50

**Chicken or Vegetable** dumplings with ginger, garlic, spring onion and coriander. Steamed and served with tomato achar.

### 2.Tareko Machha (five pieces) 7.50 *GF*

Fish (Barramundi) marinated in Nepali herbs and lightly battered with chickpea (besan) flour and ground mustard and fried.

### 3.Samosha (two pieces) 7.50 *GF*

Seasonal vegetables including potatoes, fresh spring onion, peas, coriander etc. wrapped in home made pastry triangle and served with mint and yoghurt sauce.

### 4.Sekuwa (five pieces) 7.50 *GF*

Tender pieces of chicken fillet marinated in roasted cumin and coriander seeds enriched with yoghurt, lemon juice and a hint of Szechwan and chilli powder, served with mint sauce.

### 5.Phulaura (five pieces) 6.50 *GF*

Traditional crispy patties prepared from black lentils, chickpea flour, spring onion, spinach, coriander blended in Nepali herbs and served with mint and yoghurt sauce.

### 6.Aaloo Bara (five pieces) 7.50

Crispy Patties prepared from potato, cheese, onion, coriander, ginger, garlic combined together with nepali spices and served with mint achar.

### 7.Mismaas (Mixed Entrée) 8.50

Combination of above numbers 1, 3, 4, 5 and 6. Served with mint and tomato sauce. (Vegetarian option available).

## Mukhya Bhojan (Main Course)

**All main courses are served with rice and are Gluten and Nut free.**

### 8.Daal Bhat Masu 17.00

Traditional platter for **one** served with your choice of meat (goat, lamb or chicken) together with stir fried spinach, mango chutney, dahima (refreshing your salad) and lentils.

### 9.Khasiko Masu Lamb 15.50 *DF*

Traditionally spiced Nepali style curry of tender boneless lamb enriched with the flavours of fenugreek, cinnamon, tomatoes, coriander, bay leaves and mustard oil.

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### 10.Khasiko Masu Goat 15.50 *DF*

Exquisite Village style curry of tender boneless goat enriched with the flavours of fenugreek, cinnamon, tomatoes, coriander, bay leaves and mustard oil.

### 11.Kukhura ko Masu (Chicken Curry) 15.50 *DF*

Traditional Nepali country cuisine of boneless chicken prepared in aromatic Nepali spices and mustard oil.

### 12. Nepalese Hot Curry 15.50 *DF*

Your choice of boneless **chicken or lamb** cooked in a very hot curry sauce and garnished with fresh coriander.

### 13. Khukhura Lali Gurash (Butter chicken) 16.50

Boneless chicken cooked with tomato, garlic, ginger, coriander, Szechwan pepper and fresh butter in Nepalese style.

### 14. Piro Kukhura (Chilli Chicken) 15.50

Lightly battered chicken fillet cubes pan-fried with onion, banana chilli and capsicum, flavoured with soy sauce and white wine.

### 15. Khasiko lamb ra pharsi (Lamb Pumpkin) 15.50

Tender lamb cubes cooked with sweet pumpkin and enriched with subtle flavours of fenugreek, cinnamon, tomatoes and coriander.

## Machha Parikar (Seafood)

### 16. Machha Tarkari (Fish Curry) 16.50

Aromatic Barramundi curry enriched with the flavours of onion, tomatoes, coconut milk and mustard oil.

### 17. Piro Jhingey (Chilli Prawn) 16.50

Fresh King prawns, pan-fried with seasonal vegetables, flavoured with lemon juice and a hint of chilli.

### 18. Jhingey ko Tarkari (Prawn Curry) 16.50

Rich King prawn curry cooked with onion and tomatoes infused with the flavours of green chilli, ginger, garlic, fresh coriander and nepali herbs.

## Sakahari Bhojan (Vegeterain)

### 19. Daal Bhat Tarkari 16.50

Traditional platter for **one** comprising of seasonal vegetable curry, stir-fried spinach, lentils, dahima (refreshing yoghurt salad) and mango chutney.

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### 20. Misayako Tarkari 14.50

Mixed vegetable curry of cauliflower, green beans and potatoes flavoured with spring onion and fresh coriander.

### 21. Bari Special 15.50

A rich dish of cottage cheese, cooked with diced mushrooms, snow peas in a sauce of tomato, ginger, garlic and onion and served with a dash of cream.

### 22. Kwati 13.50

A curry of nine different beans cooked with chilli and, Nepali spices and served with tomato pickle.

## Nepali Chulo (charcoal clay oven special)

### 23. Poleko Khasi (3 pieces) 17.50

Juicy lamb ribs marinated in yoghurt sauce flavoured with Szechwan pepper, black pepper, lemon juice and other Nepali Spices, cooked in charcoal clay oven (chulo) served with Daal (lentils).

### 24. Sekuwa (as main Course) 16.50

Tender pieces of chicken fillet marinated in roasted cumin and coriander seeds enriched with yoghurt, lemon juice and a hint of Szechwan and chilli powder served with Daal.

## Accompaniments

### 25. Bhuteko Vunta 7.00

Deep fried eggplant cooked with onion, potato enriched with flavours of garlic, ginger, fenugreek, cumin, ground mustard seeds and hint of lemon juice and chilli.

### 26. Pharsi ko Tarkari 6.50 *GF*

Pumpkin curry, flavoured with mustard seeds, fenugreek, ginger, salt and pepper.

### 27. Rayoko Saag 6.50 *DF, GF*

A Nepali specialty. Mustard leaves (spinach) stir-fried with chilli and cumin seed.

### 28. Janeko Daal 6.00 *GF*

Lentils cooked in traditional style with Nepalese herbs.

### 29. Hariyo Salad 6.00 *DF, GF*

Salad prepared from tomatoes, cucumber, lettuce with Nepali style dressing.