



# MONTYS OF KATHMANDU



## KID'S MENU €15

SERVED EVERY DAY UP TO 8PM

At Montys of Kathmandu, we value our younger customers, just as much as our adult customers. Everything is made to order so we can make dishes mild, spicy or hot!

### Choose one STARTER

#### TAREKO SABJI (V)

Mild deep-fried vegetables in a light batter with crushed cashew nuts and jwano (lovage) seeds

#### TAREKO JHINGA MACHA

Deep-fried medium-spiced king prawn in a slightly spiced batter, served on a bed of salad.

#### KHUKURA KO CHUSO MASU

Medium-spiced deliciously sticky barbecued chicken wings. (We wrap the tips in foil so they are easy to eat!)

### Choose one MAIN COURSE

#### CHICKEN SEKUWA

Cubes of medium-spiced chicken, marinated with a secret Kathmandu recipe.

#### CHICKEN TIKA MASALA

Boneless chicken cooked in Tandoor (a special charcoal oven) and served in a creamy masala curry sauce.

#### LAMB LEDO BEDO

Traditional Nepali Curry

#### VEGETABLE MASALA (V)

Mixed vegetables including cauliflower, aubergine, capsicum (that's a pepper) and green beans in a rich, creamy masala sauce.

*Your Main Course is served with Plain Rice or Plain Nan.*

### DESSERT

The best Vanilla ice cream



# MONTYS OF KATHMANDU

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Shiva and Lina who own Montys of Kathmandu  
and all our chefs and waiting staff are from  
Nepal, a country in Southern Asia.

We call the restaurant **MONTYS OF KATHMANDU** because the owners are originally from Kathmandu, the capital city of Nepal.

**TENZING NORGAY, THE GREAT EXPLORER** was from Nepal – he was one of the first people to reach the summit of Mount Everest, with a British climber Sir Edmund Hillary on 29 May 1953.

Nepal is approximately twice the size of Ireland but has a population **of over 25 million**.

Sagarmatha is the Nepali name for **Mount Everest**.  
Can you guess its height? (If not, see below!)

Nepal has **eight of the highest peaks** in the world.

Buddha was born in Nepal in a place called Lumbini and not India as many books tell you. It is now a world heritage site.

**Gorkhas**, the famous brave soldiers, are from Nepal.

**Nepal is a land-locked country** with India bordering on three sides and Tibet to the North.

The official language of Nepal is **Nepali**. Apart from that, English and a number of other languages are also spoken there.

**The majority of the people in Nepal are Hindus**, followed by Buddhists and Muslims.

The currency of Nepal is the **Nepali Rupee**.

In Nepal, touching anything with your **feet** is considered as an offence.

Most Nepali people do not eat beef as we see the cow as a sacred.  
We see the cow as Mother as we drink her milk  
(would you eat your mother!)