

STARTERS: SURUWAT

TAREKO SABJI

Mild deep-fried vegetables in a light batter with crushed cashew nuts and jwano (lovage) seeds.
For 1 (3 pieces) €4.95 For 2 to share (six pieces) €9.50

LINA'S BHYANTA KO BHARTA

Medium spiced barbecued aubergine pate served with plain Nan. €7.00

ALOO KERAU CHAT PAT

Spicy potatoes and peas with fresh chillies, spring onions, ginger and coriander, served in a spicy papad bowl. €5.00

POLEKO SQUID

Sizzling medium-spiced baby squid barbecued in the Tandoor. €8.95

KHUKURA KO CHUSO MASU

Medium spiced barbecued chicken wings
For 1 person (7 pieces) €6.50 For 2 to share (14 pieces) €12.50

KHUKURA KO CHUSO MASU LOLLYPOP

Medium spiced barbecued chicken wings, tossed in a sweet and spicy tomato sauce.
For 1 person (7 pieces) €7.00 For 2 to share (14 pieces) €13.50

CHOILA CHICKEN/LAMB

Spicy chicken or Lamb with fresh chillies, ginger, onions, coriander.
(Served Cool) €8.95

MASU KO BARI

Cubes of medium-spiced minced lamb with garlic, ginger, spices and fresh herbs, served in a tomato-based sauce. €8.50

KACHELA

Raw minced lamb, with garlic, ginger, herbs and spices, served with a shot of whiskey – a delicacy among the Newars of Kathmandu. €14.50

SIZZLING TANDOORI DISHES

SASHLICK

Boneless chicken pieces marinated in home-made yoghurt with herbs and spices, and cooked with onions, capsicum and tomatoes. €17.95

HASINA

Tender pieces of lamb, marinated in home-made yoghurt with herbs and spices, and cooked with onions, capsicum and tomatoes. €18.95

KHASI KO KARANG

Medium-spiced lamb chops marinated in spices cooked in the Tandoor and served in a sizzler. €21.95

CHULO KO PARIKAR

Tandoori mixed grill consisting of sekuwas (chicken and pork), lamb chops, jumbo prawn and poleko chara. €22.50

JUMBO PRAWNS

Medium-spiced jumbo prawns marinated in spices, and Greek-style home-made yoghurt. €22.00

SIZZLING MONKFISH

Medium-spiced monkfish with tomatoes, capsicum and herbs. €24.95



MONTYS OF KATHMANDU



COELIAC/GLUTEN-FREE MENU

- We have created a special menu for our guests who are on a gluten-free diet.
(We use tamari instead of soy sauce.)
- If you have an intolerance to gluten (found in wheat, barley, rye and oats), then you can eat with comfort from this menu.
- Just because you are on a restricted diet doesn't mean you have to choose from a restricted menu. We've created delicious gluten-free dishes to choose from. You'll also find specially designed Tasting Menus below.
- Why not pair each dish with a special wine by the glass
(see our wine menu or ask for suggestions).

Minimum order of a main course per person.

COELIAC TASTING MENUS

We are delighted to offer you a selection of tasting menu to choose from. The tasting menu is available for whole table only. Please allow a minimum of two hours to enjoy your meal.

- MENU A – 6 Course tasting gluten-free menu: €50 per person
- MENU B – 6 Course gluten-free tasting menu with matching wine with each course: €85 per person

We also offer special tasting menus for large parties starting from €30.00. Our dishes are as delicious for non-coeliacs – no-one will notice the difference! Please enquire with your waiting staff for more details. Please make sure to say that you require the Coeliac/Gluten-free menu when booking.

MAIN COURSES: MOUKHAY KHANA

JYOGI BHAT (SAGES’ RICE)

Jyogi is a Nepali term for sages (holy men). The bhat (rice) normally consists of their daily collections of the day, cooked and then mixed together in one pot. Spinach is included in the cooking. This is the Nepali version of Biryani. Served with a side dish of vegetable curry.

VEGETABLE €17.50 CHICKEN €19.50 LAMB €20.50 KING PRAWN €21.95

LEDO BEDO

Traditional Nepali Curry. Can be served mild, medium or hot.

CHICKEN €15.95 LAMB €16.95 PRAWN €19.95

GORKHALI

Spicy Nepali dish with yogurt, fresh chillies, coriander, ginger and a touch of garlic.

CHICKEN €15.95 LAMB €16.95 PRAWN €19.95

KEBAB COCKTAIL

Cubes of minced lamb cooked in the Tandoor and served in a rich, creamy, masala sauce, with peppers, onions and mushrooms. €15.95

NEPALESE MEAT MASALA

Tender boneless lamb cooked in a mild-to-medium masala sauce. €16.95

MASU RA SAG

Tender pieces of lamb (chicken) (medium) cooked with spinach and fresh herbs in fenugreek Sauce. €16.95 (CHICKEN €15.95)

TANDOORI BUTTER CHICKEN

Tandoori chicken on or off the bone cooked in rich thick creamy masala sauce. €16.50

CHICKEN BABARI

Boneless chicken cooked in Tandoor and served in rich creamy masala sauce with fresh mint. €15.95

KHASI KO CHILLI

Slices of lamb, simply pan fried, with onions, capsicum, fresh chillies, coriander and ginger. €16.95

BHUTUWA

Fairly dry medium spiced dish with fresh scallions, onions, capsicum, ginger, garlic and coriander.

CHICKEN €15.95 LAMB €16.95

BANDEL TAREKO

Barbecued pork, simply tossed in the pan with crunchy onions, capsicum, ginger, garlic, chillies, soy sauce and fresh herbs. Served medium to spicy. Also available with Chicken. €17.50

MONKFISH TAREKO

Finalist in the Moreau Chablis Fish Dish Competition 2004
Barbecued spicy monkfish, finished off in the pan with crunchy vegetables and soy sauce. €25.50

VEGETARIAN: MOUKHAY KHANA SAAKHARI

NAVARTNA CURRY

Traditional Nepali mixed vegetable curry. Can be served mild, medium or hot. €14.00

KERAU PANEER

Home-made cheese with peas and onions, ginger and capsicum, medium-spiced, served fairly dry. €14.00

VEGETABLE SPECIAL

Medium-spiced mixed vegetables in a spinach sauce. €14.00

VEGETABLE MASALA

Mixed vegetables in a rich, creamy masala sauce. €14.50

SIDE DISHES: SAAKHARI

ALOO JEERA

Spicy fried potatoes with cumin seeds and ginger. €5.00

BHAYNTA TARKARI

Medium-spiced aubergine, with ginger, garlic, scallions, capsicum and coriander. €6.00 Main €14

JHANEKO DHALL

Chickpea lentils with garlic, ginger, coriander and fried cumin seeds. €7

KALO DHALL

Mixed Moong and black lentils with the usual trimmings – the preferred lentils in most Nepalese homes. €7

CHANA MASALA

Medium-spiced chick peas with ginger and chat masala. €5.00
Main €14

RICE: BHAT

SADA BHAT (PLAIN RICE) €2.95

PILAO BHAT

Multi-coloured rice cooked with ghee and whole spices. €3.25

CHIAO BHAT (MUSHROOM RICE)

Fried rice with mushroom, soy sauce and black pepper. €6

KERAU PILAO (PEAS PILAO)

Fried rice with egg, peas, soy sauce and black pepper. €6.95

LITTLE EXTRAS

GREEN SALAD €2.50

SIDE SAUCE (Choice of; Ledo Bedo, Masala or Gorkhali) €3.00

LINA’S RAITA €3.00

PAPAD (includes home-made chutneys) €1.15