



Dinner Menu

NAMASTE

**York's first Family run Authentic
Nepalese (Gurkha Restaurant)**

**Please inform a member of staff of
any dietary or allergy requirements.**

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Starters

Momo

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Momo is a type of steamed bun with a choice of filling. It has become a traditional delicacy of Nepal, Tibet and Nepalese/ Tibetan communities in Bhutan as well as all over the Country (Recommended)

Chilli Momo

Vegetable	£6.99	V G S
Pork	£7.39	G S
Lamb	£7.39	G S



Steamed Momo

Vegetable	£5.90	V
Pork	£6.10	G
Lamb	£6.10	G



Chicken Choila

GF

£6.99 (New)

Choila is a typical dish from the Kathmandu Valley consisting of spiced grilled meat, usually eaten with beaten rice (chiura). This dish is typically very spicy, mouth watering, served chilled or room temperature.

Sekuwa Pork

GF

£7.90 (New)

Pork roasted on a natural wood / log fire in a traditional Nepalese country style. Fresh pork mixed with Nepalese herbs & spices, served with tomato & chiura (beaten rice)



Pork Bhutuwa (Pork Internal)

A great example of authentic Nepalese cuisine (Gurkhas are dying for Bhutawa with local wine or beer) GF

£6.99 (New)

Sukuti

GF

£7.99 (New)

A dry buffalo meat. The chunks of meat are kept hanging above a fire, after the meat dries it can be consumed. It is prepared in a pan with onion, garlic, Nepalese spices, green chillies, served with tomatoes & chiura (beaten rice) **slightly dry & chewy**



Aloo Dum

V SS

£4.99

Delicately spiced potatoes with ground sesame.

Vegetable Pakora

V G

£5.50



Potatoes, onions, carrots, ground cumin, fresh coriander and chilli to taste, deep fried pakora batter with tomato chutney.

Gurkhali Achar

(New)

V SS

£2.50

More a salad than a pickle. It's simply delicious and is best served as a starter or side dish with rice and a meat or vegetable curry.



Chilli Chips

V SBS

£5.50

Potato chips with stir-fry vegetables with fresh chilli to taste.



Jhinge Machha

G E

£6.99

(Battered King Prawns) Marinated with our homemade spices & deep fried til crispy.

Tareko Machha

G SBS

£6.50

Marinated salmon pieces, deep fried until crispy. Served with tomato chutney.

Kukhura Ko Pakhetta

(New)

SBS GF

£5.90

Chicken wings marinated in spices, toasted in onions then deep fried. Served with tomato chutney.

Nepalese Style Pork Ribs

SBS GF

£6.99

A salt and pepper mix lends flavour, then oven roasted, stir-fried with Nepali spices and chilli.

Celiac - Gluten Free dishes (GF)
 Vegetarian dishes (V) Peanuts (P)
 Celery (C) Sesame Seed (SS) Wheat (W)
 Egg (E) Soyabean Sauce (SBS) Soya (S)
 Fish (F1) Prawn (P) Milk (M) Gluten (G)

Main Courses

Annapurna Chicken GF £9.10

Slow cooked fresh chicken with onions, ginger, garlic, fresh Nepali masala, chilli and coriander.



Sherpa Chicken GF £9.10

Slow cooked chicken cooked with white radish.

Gurkhali Pork GF £9.10

Diced pork with onion, ginger, garlic, fresh spices, chilli and coriander cooked in Gurkha style.

Dharane Sungur Ko Masu GF £9.49

Perfect dry cooked pork belly with Chinese vegetables



Malekha Ko Machha GF Fi £9.99 (Salmon Curry)

One of the most popular meals at Yak & Yeti. Marinated salmon with homemade spices and cooked over sauce.

Lamb Tama GF £9.10

Slow cooked lamb with bamboo shoots, black eye peas and potatoes. Finished with fresh tomatoes and coriander.

Mola Ra Khashi Ko Tarkari GF £9.49

A perfect combination of slow cooked lamb with white radish (Mooli is a very popular radish in Nepal) An authentic taste from the foothills of Nepal.

Everest Lamb GF £9.99

Slow cooked fresh local lamb with onions, ginger, garlic, fresh Nepali masala, chilli and coriander for a taste from the foothills of Nepal.



Stir Fry

Yak and Yeti Beef GF SBS £9.49

Beef marinated in our special spices then stir-fried with mixed peppers and onions.



Beef Chilli (New) G SBS £9.49

Tender marinated stir-fried beef with mixed peppers & onions.

Chicken Chilli G SBS £9.10

Tender marinated stir-fried chicken with mixed peppers & fresh chilli.

Yak and Yeti Chicken GF SBS £9.10

Tender pieces of chicken, stir-fried with our own blended masala.

Individual Vegetable Dishes

Hario Sabji V GF £5.99

Seasonal green vegetables, green peas, spinach and broccoli.



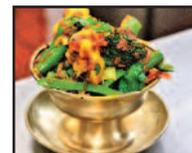
Aloo Tama V GF £6.49

Fermented bamboo shoots stir-fried with new potatoes and black eye peas.

Nepali Tarkari (Yak & Yeti) V GF C £6.99

Mixed Vegetable

Slow cooked mixed vegetables with ginger, garlic, onion, tomato and fresh Nepali spices.



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Side Dishes

Bhat V GF £2.00

Boiled Basmati Rice.

Bhuteko Bhat V GF M £3.90

Nepalese style rice fried in ghee with cumin, garlic, and mixed vegetables.



Yak & Yeti Special Fried Rice P E £4.20

Nepalese style rice fried with prawns, egg and vegetables.

Maasko Dal V GF M £3.99

Split black lentil sauce cooked with traditional spices and finished with ginger.

Masurko Dal V GF £3.99

Split red lentils cooked with traditional spices and freshly chopped herbs.

Noodle Dishes

Chow Mein V E SBS G £7.99

Fried noodles (Vegetables)



Chow Mein E SBS G £7.99

Fried noodles
Pork or Chicken,

Yak & Yeti Special Chow Mein £9.99

Fi E SBS G

Stir fried noodles with vegetables, prawns, chicken & egg.

Kukhurako ko Thukpa E S G £8.99

Thukpa is a very popular meal in the foothills of the Himalayas. A noodle soup base perfect in cold weather.

Chutneys

Khursani Ko Acahar (spicy)

V G SS £1.20

Tomato Chutney V G £1.00

Chillies, tomatoes,
red onion & fresh coriander.

2 Papadum with Chutney £2.00

Set & Inclusive Meals

Please be aware if you have any **dietary** or **allergy** requirements All Dal Bhat Set meals come with papadum & yogurt.

G S M

Dal Bhat Masu GF £16.95

(Non vegetarian)

The all time classic Nepalese meal of rice, potatoes, bamboo shoots, papadum and fresh stone-ground chutney. Served with black or red lentils and meat (either pork, chicken or lamb curry)

Dal Bhat Macha Fi GF £16.95

The all time classic Nepalese meal of rice, potatoes, bamboo shoots, papadum and fresh stone-ground chutney. Served with a choice of black or red lentils and salmon curry.

Dal Bhat Tarkari V GF C £14.00

(Vegetarian)

The all time classic Nepalese meal of rice, potatoes, bamboo shoots, mixed vegetables, papadum and fresh stone ground chutney. Served with a choice of Black or red lentils.



Desserts

Rich Chocolate Fudge Cake £5.99

Served with chocolate sauce V E M

A selection of Ice-Creams £4.50

(Vanilla, Strawberry or Chocolate)

M G

Banana Fritter G £5.99

Served with honey

Cheesecake G M £5.99

Served with or without ice cream

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