



Dinner Menu

NAMASTE



**York's first family run authentic Nepalese
(Gurkha Restaurant)**

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

**63a Goodramgate, York, YO1 7LS T: 01904 624677 •
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Starters

MO:MO



(Recommended)

Mo:Mo is a type of steamed bun with the choice of filling. It has become a traditional delicacy of Nepal, Tibet and Nepalese/Tibetan communities in India and Bhutan as well as all over the Country (6 Pieces)

(a) Chilli Mo:Mo or Fried

Vegetable (Vegan)	V G S	£6.99
Pork	G S	£7.99
Lamb	G S	£7.99
Buffalo	G S	£7.99

(b) Steamed Mo:Mo

Vegetable (Vegan)	V	£5.99
Pork	G	£6.60
Lamb	G	£6.60
Buffalo	G	£6.60

Chicken Choila GF Halal £7.49

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

Pork Bhutuwa (Pork Internal) GF £7.49

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

(Recommended)

Sukuti GF £8.99

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, ginger, green chillies and Nepalese spices.

Served with (beaten rice) Chiura

slightly dry & chewy

Gurkhali Achar v SS VG £2.99

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

Aloo Dum v SS VG £4.99

A traditional delicately spiced potatoes with ground sesame. (Vegan)

Vegetable Spring Roll (4 Pieces) (Vegan) £4.99

Vegetable Pakora v G VG £5.50

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

Chilli Chips v S VG £5.50

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

Jhinge Machha G E F1 £6.99

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

Tareko Machha G S F1 £6.99

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

Nepalese Style Pork Ribs S GF £7.49

Marinated in spices then oven roasted, stir-fried with Nepali spices and chilli.

Pork Ribs S GF £6.99

Celiac - Gluten Free dishes (GF)	Celery (C)	Dairy (D)	Egg (E)	Gluten (G)
Halal	Sesame Seed (SS)	Seafood (FI)	Soya (S)	Vegan (VG)
				Vegetarian dishes (V)

Main Courses

All the mains courses, come served with boiled basmati rice.

Gurkhali Pork GF £11.99

Gurkhali pork is one of the favourite currys in Yak & Yeti. This is one of the favourite recipe which has been passed down from grandma. It is simple tasty with richmouth watering flavours

Dharane Sungur Ko Masu GF C £12.49

Perfect dry cooked pork belly & spinach

Everest Lamb GF £13.99

Slow cooked fresh local lamb.
Real taste from the foothills of Nepal.

Lamb Tama GF £12.49

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

Mola Ra Khashi Ko Tarkari GF £12.99

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.

Malekha Ko Machha. GF FI £12.99

(Salmon Curry) - May contain small bones
One of the most popular meals at Yak & Yeti. Marinated salmon with homemade spices and cooked over sauce.

Sherpa Chicken GF Halal £11.99

Slow cooked chicken cooked with white radish.

Annapurna Chicken GF Halal £11.99

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

Stir Fry

All stir fry dishes, come served with boiled basmati rice.

Yak and Yeti Beef GF S Halal £12.49

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

Yak & Yeti Chicken GF S Halal £11.99

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

Chicken Chilli G S Halal £11.99

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

Noodle Dishes

Chow Mein V E S G £7.99

Fried noodles (Vegetables)

Chow Mein E S G £8.99

Fried noodles
Pork or Chicken,

Yak & Yeti Special Chow Mein

F E S G £9.99

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

Thukpa (Noodle Soup)

Kukhurako Ko Thukpa £8.99

(Chicken Base) E S G C

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

Mo:Mo Thukpa E S G C £10.99

(Chicken or Vegetable Base)

Steamed any Mo:Mo with Thukpa (Veg, Pork, Lamb or Buffalo)

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				Vegetarian dishes (V)

Individual Vegetable Dishes

All individual Vegetable dishes, come served with boiled basmati rice.

Hario Sabji V GF VG £6.99

Stir fry green vegetables, green peas, spinach & broccoli. (Vegan)

Aloo Tama V GF VG £9.49

Aloo Tama is Nepali curry with bamboo shoots, potatoes and black eye beans. Naturally vegan, gluten free a traditional style of vegetarian curry. (Vegan)

Aloo Ra Chana Ko Tarkari

GF VG £9.49

(Perfect vegetarian curry potatoes and different types of chickpeas (Vegan)

Nepali Tarkari V GF VG £7.49

Mixed Vegetable

Slow cooked mixed vegetables with garlic & Nepali spices. (Vegan)

Side Dishes

Bhat V GF VG £2.00

Boiled Basmati Rice. (Vegan)

Bhuteko Bhat V GF D £3.99

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

Yak & Yeti Special Fried Rice

Nepalese style rice fried with FI ES £4.20
prawns, egg and vegetables.

Dal (Lentil)

Rice & dal are part of Nepalese Meal.
Normally goes together.

Maasko Dal (Black lentil) V GF D £3.99

(Classic) Split black lentil sauce cooked with traditional herbs & finished with ghee & ginger

Masurko Dal (Red lentil) V GF VG £3.99

Split red lentil sauce cooked with traditional spices & finished with garlic. (Vegan)

Chutneys (Vegan)

Khursani Ko Acahar (Spicy Chutney) V G VG £ 1.20

Tomato Chutney V G VG £ 1.00

2 Papadum with Chutney V G VG £ 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. PLEASE inform us if you are a Celiac or Vegan so we can remove Papadum & yogurt.

Dal Bhat Masu (Non vegetarian) GF £17.99

Dal Bhat is a traditional all time classic Nepalese meal of rice, potatoes, bamboo shoots curry (aloo tama), saag (veg) & lentil soup called Dal. Served with black or red lentils and meat (either pork, chicken or lamb)

Dal Bhat Macha FI GF £17.99

May contain small bones

Dal Bhat is a traditional all time classic Nepalese meal of rice, potatoes, bamboo shoots curry (aloo tama), saag (veg) & lentil soup called Dal. Served with black or red lentils & salmon

Dal Bhat Tarkari

(Vegetarian) VG GF C £15.99

Dal Bhat is a traditional all time classic Nepalese meal of rice, potatoes, bamboo shoots curry (aloo tama), saag (veg) & lentil soup called Dal. With Nepali Tarkari, Served with black or red lentils. (Vegan)

Desserts

Rich Chocolate Fudge Cake £ 5.99

Served with chocolate sauce V E D

Cheesecake G E D £ 5.99

Banana Fritter G £ 5.99

Served with honey

A selection of Ice-Creams £ 4.99

(Vanilla or lime and Mango)

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				Vegetarian dishes (V)