



# Himalayan Kitchen

NEPALI & INDIAN CUISINE

**Namaste**

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[www.himalayankitchen.com](http://www.himalayankitchen.com)

## Tandoori Cooking

In India, a popular method of baking, roasting and grilling is called *tandoori*, named after the tandoor (clay oven), which cooks all three ways simultaneously. Tandoor ovens were initially used for baking breads and later for meats. Bread dough is stretched, shaped and smacked onto the sides of the pit and baked in about five minutes. All tandoori meat dishes are first marinated in a special spiced yogurt marinade with a natural dye added to give the meat a strong aesthetic appeal with its bright red-orange color. This coloring distinguishes a tandoori dish from all others. Tandoori meats are generally very moist and tender with a distinctive earthy aroma absorbed by the clay lining of the oven.

### Appetizers

|   |         |
|---|---------|
| <b>Masala Papadam (VG)</b>  | \$3.95  |
| Crispy thin lentils roasted wafers seasoned with cumin seeds, black pepper; topped with chopped fresh tomato, ginger, onion, garlic & green chilies |         |
| <b>Vegetable Samosa (V)</b>   | \$6.95  |
| Potato, green peas & spices wrapped in homemade pastry dough & deep-fried to golden perfection  |         |
| <b>Lamb Sekuwa (G)</b>  | \$11.95 |
| Tandoor grilled lamb chunks marinated with Nepali spices  |         |
| <b>Himalayan Assorted Meat Platter (G)</b>  | \$12.95 |
| Lamb Kebab, Chicken Tikka, Shish Kebab & Chicken Tandoori with Grilled Prawn  |         |
| <b>Himalayan Vegetable Platter (V)</b>  | \$8.95  |
| Assortment of Vegetable Samosa, Onion Bhaji & Vegetable Pakora  |         |
| <b>Onion Bhaji (VG)</b>   | \$5.95  |
| Mildly spiced sliced onion dipped in homemade chickpea flour batter & deep-fried: light & crispy  |         |
| <b>Paneer Pakora (G)</b>  | \$6.95  |
| Homemade cheese squares dipped in chickpea flour batter & deep-fried: tender & crispy   |         |
| <b>Vegetable Pakora (VG)</b>  | \$5.95  |
| Seasoned mixed vegetables dipped in homemade chickpea flour fritters & deep-fried golden brown  |         |
| <b>Chicken Pakora (G)</b>   | \$6.95  |
| Boneless tender chicken seasoned & dipped in homemade chickpea flour batter & deep-fried golden brown   |         |
| <b>Fish Pakora (G)</b>  | \$9.95  |
| Seasonal fish seasoned with spices & dipped in homemade chickpea flour batter & deep-fried <b>(Seasonal)</b>  |         |
| <b>Aloo Papri (G)</b>   | \$4.95  |
| A medley of chickpeas, potato & crispy papadam topped with chutney & yogurt dressing  |         |

## Breads

|  |          |
|--|----------|
| <b>Bread Basket</b>  | \$ 10.95 |
| An assortment of garlic naan, roti, onion kulcha & aloo paratha                  |          |
| <b>Onion Kulcha</b>  | \$3.95   |
| Naan stuffed with onion & spices   |          |
| <b>Paratha (V Optional)</b>  | \$3.95   |
| Butter layered whole wheat flat bread  |          |
| <b>Aloo Paratha (V)</b>  | \$3.95   |
| Whole wheat flat-bread stuffed with spices, potato & green peas                  |          |
| <b>Paneer Paratha</b>  | \$3.95   |
| Whole wheat flat-bread stuffed with homemade cheese                              |          |
| <b>Naan</b>  | \$2.95   |
| Traditional tear drop shaped soft flat-bread, baked fresh & warm in tandoor oven |          |
| <b>Garlic Naan</b>   | \$3.95   |
| Tear drop shaped bread, baked in tandoor oven with fresh minced garlic           |          |
| <b>Cheese Naan</b>   | \$3.95   |
| Naan stuffed with fresh melted cheese  |          |
| <b>Keema Naan</b>  | \$3.95   |
| Naan Stuffed with seasoned ground lamb & spices                                  |          |
| <b>Sweet Naan</b>  | \$3.95   |
| Naan stuffed with raisins, nuts, coconut & cherries                              |          |
| <b>Himalayan Special Naan</b>  | \$3.95   |
| Naan stuffed with minced chicken tikka & homemade cheese & herbs                 |          |
| <b>Poori (V)</b>   | \$2.95   |
| Two deep-fried whole wheat puffed breads   |          |
| <b>Tandoori Roti (V)</b>   | \$2.95   |
| Whole wheat flat bread baked in clay oven  |          |

## Soups

|   |        |
|---|--------|
| <b>Dal Aloo ko Soup (VG)</b>  | \$3.95 |
| A Southern Nepali creation made with lentils, onion, potato & spices            |        |
| <b>Vegetable Soup (VG)</b>  | \$3.95 |
| Delicious soup made with mixed vegetables, onion & tomato                       |        |
| <b>Kukhura ko Soup (G)</b>  | \$3.95 |
| A traditional Nepali soup made with chicken, green peas, onion, tomato & spices |        |

## Tandoori Specialties

*All Tandoori dishes are served mild, medium or hot with a side of Basmati rice, brown rice **or** naan*

### Chicken Tandoori (G)

Chicken leg quarters marinated in yogurt & spices: barbecued over tandoor oven

Full Order \$15.95 Half Order \$11.95

### Chicken Tikka (G)

Boneless chicken breast marinated in yogurt & spices: barbecued in tandoor oven

\$16.95

### Prawn Tandoori (G)

Prawns marinated in yogurt & spices: barbecued in tandoor oven

\$19.95

### Kathmandu Tandoori (G)

Tandoori chicken, Chicken Tikka, Lamb Tikka, Prawn Tandoori & Shish Kebab, grilled in Tandoor oven: served on a hot sizzling platter **(Each Two pieces)**

\$23.95

### Lamb Boti Kebab (G)

Tender chunks of lamb marinated in yogurt & spices: barbecued in tandoor oven

\$19.95

### Lamb Shish Kebab (G)

Mildly spiced minced lamb seasoned with chopped onion, herbs & spices: skewered & grilled sausage style

\$18.95

### Grilled Fish (G)

Nepali spiced sautéed or grilled fish **(Seasonal)**

\$19.95

## Lamb Specialties

*All lamb dishes are served mild, medium or hot with a side of Basmati rice, brown rice **or** naan*

### Lamb Tikka Masala (G)

Boneless lamb barbecued in tandoor oven, then cooked with onion, tomato, cream, cashew nuts & curry spices

\$17.95

### Lamb Korma (G)

Boneless lamb cooked with cream, onion, cashew nuts, golden raisins & curry spices

\$17.95

### Lamb Coconut Curry (G)

Boneless lamb cooked with coconut milk, onion, tomato, cashews nuts, golden raisins & curry spices

\$17.95

### Lamb Vindaloo (G)

Boneless lamb cooked with potato, onion, tomato, vinegar & curry spices in a tangy sauce

\$16.95

### Lamb Curry (G)

Boneless lamb cooked with onion, garlic, ginger, tomato, & homemade curry spices

\$16.95

### Lamb Saag (G)

Boneless lamb cooked with spinach, onion, tomato, ginger, garlic & curry spices

\$17.95

## Chicken Specialties

*All chicken dishes are served mild, medium or hot with a side of Basmati rice, brown rice **or** naan*

|   |         |
|---|---------|
| <b>Chicken Tikka Masala (G)</b>   | \$15.95 |
| Boneless chicken barbecued in tandoor oven, then cooked with onion, tomato, cashew nuts, cream & curry spices       |         |
| <b>Chicken Coconut Curry (G)</b>  | \$15.95 |
| Boneless chicken cooked with coconut milk, tomato, onion, cashew nuts, raisins & curry spices                       |         |
| <b>Chicken Korma (G)</b>  | \$15.95 |
| Boneless chicken cooked with cream, onion, tomato, cashew nuts, raisins & curry spices                              |         |
| <b>Chicken Saag (G)</b>   | \$14.95 |
| Boneless chicken cooked with spinach, onion, ginger, tomato & curry spices  |         |
| <b>Chicken Mushroom (G)</b>   | \$14.95 |
| Boneless thigh meat cooked in a sauce with fresh mushrooms, onion & curry spices                                    |         |
| <b>Chicken Curry (G)</b>  | \$14.95 |
| Boneless chicken cooked with garlic, onion, ginger, tomato & homemade curry spices                                  |         |
| <b>Butter Chicken (G)</b>   | \$15.95 |
| Boneless tandoori chicken cooked with cream, cashew nuts, onion, tomato & curry spices in a rich thick butter sauce |         |
| <b>Chicken Vindaloo (G)</b>   | \$14.95 |
| Boneless thigh chicken cooked with potato, onion, tomato, vinegar & curry spices in a tangy tomato sauce            |         |
| <b>Chicken Jalfrezi (G)</b>   | \$14.95 |
| Strips of chicken marinated in fresh homemade spices & sautéed with tomato, onion, bell pepper & broccoli           |         |

## Seafood Specialties

*All Seafood dishes are served mild, medium or hot with Basmati rice, brown rice **or** naan*

|  |         |
|--|---------|
| <b>Prawn Coconut Curry (G)</b>   | \$19.95 |
| Prawns cooked with coconut milk, onion, tomato, cashew nuts, raisins & curry spices      |         |
| <b>Prawn Saag (G)</b>  | \$19.95 |
| Prawns cooked with spinach, onion, garlic, ginger, tomato & curry spices                 |         |
| <b>Fish Curry (G) (Seasonal)</b>   | \$18.95 |
| Fish cooked in traditional Nepali Style with onion, garlic, ginger tomato & curry spices |         |
| <b>Prawn Vindaloo (G)</b>  | \$18.95 |
| Large prawns cooked with red chili pepper in a tangy vinegar tomato sauce with potato    |         |
| <b>Prawn Curry (G)</b>   | \$18.95 |
| Traditional dish made with prawns, onion, garlic, ginger, tomato & homemade curry spices |         |

## Vegetable Specialties

*All vegetable dishes are served mild, medium or hot with Basmati rice, brown rice **or** naan*

|  |         |
|--|---------|
| <b>Aloo Mattar (VG)</b><br>Diced Potato with green peas in a rich homemade spice, tomato, garlic, ginger & onion gravy   | \$12.95 |
| <b>Vegetable Coconut Curry (VG)</b><br>Mixed vegetables cooked with onion, garlic, ginger, raisins, cashew nuts & tomato in a creamy coconut milk  | \$14.95 |
| <b>Navaratna Korma (G)</b><br>Mixed vegetables cooked with onion, garlic, ginger, tomato, paneer, cream, cashew nuts & curry spices  | \$13.95 |
| <b>Saag Paneer (G)</b><br>Spinach cooked with homemade cheese, onion, garlic, ginger, tomato & curry spices  | \$13.95 |
| <b>Malai Kofta (G)</b><br>Potato, paneer, cashew nuts, raisins, cream & curry spices mashed into veggie balls then lightly deep-fried until golden brown & cooked in creamy tomato sauce | \$13.95 |
| <b>Mattar Mushroom (G) (V Optional)</b><br>Fresh mushrooms & green peas cooked with onion, tomato, cashew nuts, cream & homemade spices  | \$12.95 |
| <b>Baygan Bharta (VG)</b><br>Roasted diced eggplant cooked with onion, tomato, herbs & homemade spices   | \$13.95 |
| <b>Aloo Gobi (VG)</b><br>Cauliflower & potato cooked with onion, ginger, garlic, tomato & homemade spices  | \$12.95 |
| <b>Okra (Bhindi) (VG)</b><br>Fresh okra sautéed with diced onion, tomato, ginger, garlic & homemade spices   | \$13.95 |
| <b>Saag Aloo (VG)</b><br>Spinach cooked with potato, onion, tomato, garlic, ginger & spices  | \$12.95 |
| <b>Dal Maharani (VG)</b><br>Tiny brown lentils cooked with onion, tomato & homemade spices in a mild cumin & coriander sauce   | \$12.95 |
| <b>Chana Masala (VG)</b><br>Garbanzo beans cooked with onion, ginger, garlic & tomato in a spicy sauce   | \$12.95 |
| <b>Any Vegetable dish half order<br/>(naan <i>or</i> rice not included)</b>  | \$7.95  |

**\*(V) - Vegan | \*(G) - Gluten Free**

## Himalayan Specialties

*Himalayan Specialties are accompanied by a selection of their own sauces and served with Rice **or** Naan*

### Himalayan Momos (V Optional)

Typical Nepali steamed dumplings mildly spiced with onion, ginger, garlic & spices served with homemade sesame seed sauce

|           |         |
|-----------|---------|
| Vegetable | \$11.95 |
| Chicken   | \$12.95 |
| Bison     | \$12.95 |

**(Available pan-fried)**  
**(naan *or* rice not included)**

### Thukpa (V Optional)

Traditional Tibetan noodle soup with your choice of rice noodle **or** regular noodle

|                     |         |
|---------------------|---------|
| Seasonal vegetables | \$10.95 |
| Chicken             | \$11.95 |

**(naan *or* rice not included)**

### Chowchow (V Optional)

Nepali stir-fried noodles with vegetables, spices & your choice of rice noodle **or** regular noodle

|                     |         |
|---------------------|---------|
| Seasonal vegetables | \$10.95 |
| Chicken             | \$11.95 |
| Lamb                | \$12.95 |

**(naan *or* rice not included)**

### Chili (G) (V Optional)

Famous in Nepal . . . Spicy stir-fry with onion, garlic, ginger, tomato, soy sauce, bell pepper, chili & your selection of

|               |         |
|---------------|---------|
| Potato (Aloo) | \$11.95 |
| Paneer        | \$12.95 |
| Chicken       | \$14.95 |
| Fresh Prawns  | \$16.95 |

### Dal Chicken (G) \$13.95

Black lentils & chicken cooked with a blend of Himalayan spices

### Shrimp Zucchini (G) \$17.95

Marinated shrimps cooked with black cumin seeds, onion, tomato & shredded zucchini

### Traditional Nepali Goat Curry (G) \$17.95

Tender goat meat with bones cooked in broth with onion, garlic, ginger, tomato & curry sauce

### Quanty Masala (VG) \$12.95

Nepali festival food (Mid-Autumn) – nine different mixed beans cooked with tomato, onion, ginger, garlic & Himalayan herbs

### Aloo Tama bodi (VG) \$11.95

Typical Nepali style curry made with mixed wild bamboo shoots, black-eyed beans & potato with onion, garlic, ginger & tomato in a tangy sauce

### Aloo Bhindi (VG) \$13.95

Potato and Okra sautéed with diced onion, tomato & homemade spices

### Rayo ko Saag (VG) \$12.95

Mustard green leaves stir-fried with mild spices

### Chana Saag (VG) \$11.95

Garbanzo beans & spinach stir-fried in mild Himalayan spices

### Aloo Simi (VG) \$12.95

Fresh green beans cooked with potato, onion, garlic, ginger & tomato sauce in mixed Himalayan herbs

### Yellow Daal (VG) \$11.95

Yellow lentils cooked with onion, tomato, garlic, ginger & spices

### Methi Curry (G) (V Optional)

Fresh Fenugreek leaves cooked with your choice of

|         |         |
|---------|---------|
| Potato  | \$11.95 |
| Chicken | \$13.95 |
| Lamb    | \$15.95 |
| Shrimp  | \$17.95 |

### Daal fried (VG) \$11.95

Split lentils cooked with toasted ginger, garlic, onion, tomato & spices

### Traditional Nepali Dal Bhat \$22.95

**(Regular *or* Vegan-Optional)**

Rice with Assorted Meats or Vegetables & Lentils, Achar, Yogurt & Dessert

**\*(V) - Vegan | \*(G) - Gluten Free**

## Accompaniments

|   |        |
|---|--------|
| <b>Garden Salad (VG)</b>  | \$7.95 |
| Lettuce, cucumber, onion, tomato, carrot & lemon with our delicious vegan tomato dressing |        |
| <b>Aloo Ko Achar (VG)</b>   | \$3.50 |
| Potato pickle with hot spices   |        |
| <b>Mango Chutney (VG)</b>   | \$3.50 |
| Sweet & mildly hot slices of mangoes in herbs   |        |
| <b>Raita (G)</b>  | \$3.50 |
| A tasty dip of cucumber, carrots & spices blended with fresh homemade yogurt              |        |

## Beverages

|  |        |        |
|--|--------|--------|
| <b>Mango Lassi</b>   | \$5.95 |        |
| Homemade sweet yogurt drink blended with mangoes, cool & refreshing      |        |        |
| <b>Banana Lassi</b>  | \$5.95 |        |
| Homemade sweet yogurt drink blended with bananas, cool & refreshing      |        |        |
| <b>Strawberry Lassi</b>  | \$5.95 |        |
| Homemade sweet yogurt drink blended with strawberries, cool & refreshing |        |        |
| <b>Rose Milk</b>   | \$3.95 |        |
| A sweetened milk drink made with milk & a touch of rose water            |        |        |
| <b>Mango, Apple or Orange Juice</b>                                      | \$3.95 |        |
| <b>Himalayan Tea</b>   | \$3.50 |        |
| Nepali tea boiled with milk & warming spices                             |        |        |
| <b>Soft Drinks</b>   | \$2.95 |        |
| Coke, Diet Coke, Sprite, Lemonade, Iced Tea & Dr. Pepper                 |        |        |
| <b>Black or Green Tea</b>  | \$2.95 |        |
| Freshly Brewed Imported <b>Himalayan Coffee</b>                          |        | \$3.50 |

## Special Rice

|  |         |
|--|---------|
| <b>Vegetable Biryani (V)</b>   | \$13.95 |
| Imported Basmati rice cooked with mixed vegetables, curry spices & nuts; served with Raita |         |
| <b>Chicken Biryani (G)</b>   | \$16.95 |
| Imported Basmati rice cooked with chicken breast, curry spices & nuts; served with Raita   |         |
| <b>Pillave Rice (VG)</b>   | \$7.95  |
| Basmati rice garnished with peas, raisins & nuts   |         |
| <b>Lamb Biryani (G)</b>  | \$18.95 |
| Imported basmati rice cooked with lamb cubes & Himalayan herb.                             |         |
| <b>Prawn Biryani (G)</b>   | \$19.95 |
| Imported basmati rice cooked with prawns, nuts & spices                                    |         |
| <b>Brown Rice or White Rice (VG)</b>   | \$2.95  |
| Imported Steamed Basmati rice  |         |

## Desserts

|  |        |
|--|--------|
| <b>Kheer (Rice Pudding) (G)</b>  | \$5.95 |
| A dessert made with special rice, slow cooked in milk, sugar & coconut, with cashew nuts (served cold)                       |        |
| <b>Mango Pudding (G)</b>   | \$5.95 |
| A dessert made from rich mango pulp, vanilla, milk & sugar (served cold)   |        |
| <b>Kulfi (Pistachio or Mango) (G)</b>  | \$5.95 |
| Homemade ice cream made with milk; mango flavor or pistachio with cashew nuts & cardamom                                     |        |
| <b>Gulab Jamun</b>   | \$5.95 |
| Fluffy milk puffs served in rose flavored sugar syrup with a touch of cardamom; like a flourless doughnut ball (served warm) |        |
| <b>Carrot Haluwa (G)</b>   | \$5.95 |
| Shredded slow-cooked carrots with cashews & Raisins in a sweet milk base (served warm)                                       |        |

**Lunch, Dinner, Catering, Parties, Takeout, Gift Certificates**  
**Major Credit Cards & Checks accepted**  
**Sales Tax in addition to listed prices**