



Gluten Free Menu

Meat Dishes cont.

Gurkhali Pork Curry

Mouthwatering cooked of pork meat with our homemade tomato onion gravy £10.50

Himalayan Pork Belly

Typical dry cooked pork belly with Choi sum, onion, tomato, ginger, garlic and our own spices £10.50

Sagarmatha Chichen Curry

Fresh diced chicken cooked with tomato onion gravy £9.50

Sherpa Chicken Curry

Slow cooked fresh chicken with white radish and in our homemade tomato onion gravy £9.50

Sukuti Ko Jhol (Soup)

Grill sukuti of buffalo meat and potatoes soup of tomato onion gravy £11.00

Popular Set Dishes (Dal Bhat Nepali Thali)

Dal Bhat Masu(Choice of meat and lentil

Dal Bhat is traditional and classical meal of Nepal. It's comes to bowl of rice, choice of meat (Lamb or pork or chicken or fish), bowl of Vegetable curry, bowl of lentil (Yellow or Black), ground homemade tomato chuntesy, yoghurt £15.90

Dal Bhat Tarkari

This meal also very popular in Nepal for vegetarian. It comes to a bowl of rice, a bowl of lentil (Yellow or Black), a bowl of green vegetables, a bowl of vegetable curry, ground homemade tomato chuntesy, yoghurt £14.90

Side Dishes

Bhat(Rice)

Boiled Basmati Rice £2.90

Bhuteko Bhat(Fried Rice)

Nepalese style rice fried in ghee with carrot, green peas, onion and cumin £4.50

Himalayan Mixed fried Rice)

Nepalese style rice fried in ghee with eggs, prawn, carrot, green peas and cumin £4.90

Masko Dal(Black Lentil)(Dairy)

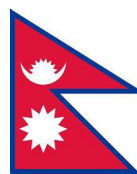
Spilt Black lentil sauce cooked with our traditional herb & finished with ghee and ginger £3.50

Masurko Dal(Yellow Lentil)

Spilt yellow lentil sauce cooked with cumin and vegetables. £3.50



Vegan / Gluten Free Menu



NAMASTE

Authentic Nepalese Restaurant



Please inform a member of staff of any dietary or allergy requirement

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Vegan Menu

	Steamed	Pan-Fried	Steamed Chilli
Vegetable Momo	£6.90	£9.90	£7.90
Aloo Dum(Vegan) Delicately Spiced potato ground seasome and fresh onion, ginger garlic			£6.70
Chilli Chips Fried Potato chips with our own spices with onion,ginger, garlic mixed pepper with tomato ketchup & sweet chilli			£6.70
Aloo Chat Cooked Nepalese style chickpeas,potatoes,onion,tomato , ginger,garlic with our own spices ,tamarid			£6.70

Main Courses

Vegetable Dishes

Aloo Bodi Tama(Curry) Fermented bamboo shoots,potatoes,black eye peas cooked with our own spices	£7.90
Himalayan Mixed vegetables Seasonal mixed vegetables cooked with fresh onion ,ginger, garlic,tomato and nepali spices	£7.90
Green Vegetable Seasonal green vegetable like spinach,broccoli,green peas , green beans with garlic &soya sauce	£6.90
Choi sum/Pok Choi Cooked with garlic & soya sauce	£6.90
Aloo Matar Puri - 2 Pcs Green peas and potato cooked with tomato and onion gray in our Himalayan spices. And fried bread	£8.50
Dal Bhat Tarkari This meal also very popular in Nepal for vegetarian .It comes to a bowl of rice,a bowl of lentil(Yellow or Black), a bowl of green vegetables ,a bowl of vegetable curry ,ground homemade tomato chuntey and papadum	£14.90
Bhat(Rice) Boiled Basmati Rice	£2.90
Bhuteko Bhat(Fried Rice) Nepalese style rice fried in vegetable oil with carrot,green peas, onion and cumin	£4.50

(Celiac-Gluten Free dishes(GF) , Celery(C), Dairy(D), Egg(E), Gluten(G), Sesame Seed(SS), Seafood(SF), Salmon Fish (SF), Soya(S), Vegan(VG), Prawn(crustaceans), Nuts(N)
Note: We cook all the dishes by vegetable oil(Soya bean oil.)
Note:Please order the spice level (Mild,Medium and Hot)



Gluten Free Menu

Aloo Dum (Vegan) Delicately Spiced potato ground seasome and fresh onion, ginger garlic	£6.70
Aloo Chat Cooked Nepalese style chickpeas,potatoes,onion,tomato, ginger, garlic with our own spices, yoghurt, tamarid	£6.70
Sukuti = Buffalo Meat Grill and oven roast marinated our own Himalayan spices buffalo meat and toast with onion , ginger, garlic & tomato paste	£10.50
Himalayan Chhoila (Lamb/Chicken) Roasted Lamb or Chicken with green fresh chilli; Red Onion, Spring Onion, Coriander, crushed Ginger and Garlic and touch of lemon	£9.50

Main Courses

Vegetable Dishes

Aloo Bodi Tama (Curry) Fermented bamboo shoots, potatoes, black eye peas cooked with our own spices	£7.90
Himalayan Mixed vegetables Seasonal mixed vegetables cooked with fresh onion, ginger, garlic, tomato and nepali spices	£7.90
Green Vegetable Seasonal green vegetable like spinach, broccoli, green peas, green beans with garlic	£6.90
Choi sum/Pok Choi Cooked with garlic	£6.90

Meat Dishes

Everest Lamb Curry Slow cooked fresh lamb with tomato onion gravy taste of foothalls of Nepal	£10.50
Himalayan Lamb Curry Fully flavour of Nepali taste of lamb curry cooked with tomato onion gray with green beans	£10.50
Lamb Tama Curry Slow cooked lamb with bamboo shoots and potatoes with homemade tomato onion gravy	£10.50

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