

# Starter

<b>BASKET OF PAPADUM WITH DIPS</b> 	<b>£3.95</b>
<b>VEG MOMO</b>  Dumpling filled with Vegetables, ginger, garlic and fresh coriander served steam or fried.	<b>£5.95</b>
<b>LAMB MOMO</b> Dumpling filled with Lamb mince, ginger, garlic and fresh coriander served steam or fried.	<b>£6.50</b>
<b>CHICKEN MOMO</b> Dumpling filled with Chicken mince, ginger, garlic and fresh coriander served steam or fried.	<b>£6.50</b>
<b>VEGETABLE PAKAUDA</b>  Mixed vegetables dipped in batter and deep fried	<b>£4.95</b>
<b>VEGETABLE SAMOSA</b> Pastry filled with assorted vegetable served with chutney.	<b>£4.95</b>
<b>PANEER JHHIR</b> Paneer marinated with ginger garlic paste, yogurt and spices, served with mixed pepper.	<b>£6.95</b>
<b>ALOO TIKKA</b>  Crispy Mashed potato patty.	<b>£5.50</b>
<b>CHATPATE GARLIC CHYAU</b>  Mushroom, mixed pepper and garlic cooked in Himalayan spices.	<b>£6.95</b>
<b>ONION BHAJI ORIGINAL</b>  Finely chopped onion coated with a light, subtly spiced batter, deep fried until golden brown and presented with tamarind sauce.	<b>£4.95</b>
<b>CHICKEN JHHIR</b> Boneless piece of chicken marinated with Himalayan spices and barbecued.	<b>£6.95</b>
<b>CHICKEN LOLIPOP</b> Spicy chicken wings marinated with ginger, garlic, coated with corn flour and deep fried sautéed with spiced sauce.	<b>£6.95</b>
<b>SHAHI CHICKEN JHHIR (MILD)</b> Chicken marinated with cheese, cashew nuts, gram flour, white pepper and Himalayan spices.	<b>£6.50</b>
<b>PEPPER CHICKEN</b> Sweet and sour medium spicy chicken with onion and mixed pepper.	<b>£6.95</b>
<b>HIMALI LAMB CHOPS</b> Lamb Chops marinated in ginger, garlic, chillies and grilled in a tandoor.	<b>£8.95</b>
<b>JHHIR KEBAB</b> Skewered Lamb minced mixed with ginger, garlic, green chillies, onion and Himalayan spices.	<b>£6.50</b>
<b>FISH PAKAUDA</b> White fish mixed with ginger, garlic, Himalayan herbs and battered with graham flour and deep fried.	<b>£6.95</b>
<b>FISH JHHIR</b> White fish marinated in traditional himalayan tandoori spices and barbecued in the clay oven.	<b>£6.95</b>
<b>KING PRAWN JHHIR</b> 6 X 8 sized king prawn marinated in traditional himalayan tandoori spices and barbecued in the clay oven. (Served 3 pieces)	<b>£10.50</b>
<b>TAREKO JHHINGE MAACHA</b> King prawn battered and fried served with garlic sweet chilli sauce.	<b>£9.50</b>
<b>SALMON</b> Fresh salmon with butter, cream and black pepper cooked pan fried.	<b>£9.95</b>
<b>PRAWN PURI</b> Prawn cooked in a Nepalese style sauce enhanced by fresh coriander served on puffed fried bread.	<b>£8.50</b>

## Mixed Grill Option

All mixed grills are normally served for two People

<b>MIXED GRILL - LAMB &amp; CHICKEN</b>	<b>£13.50</b>
<b>MIXED GRILL - SEAFOOD</b>	<b>£13.95</b>
<b>MIXED GRILL - LAMB CHOPS</b>	<b>£14.95</b>
<b>SPECIAL HIMALAYAN MIXED GRILL - LAMB, CHICKEN, FISH &amp; KING PRAWN</b>	<b>£16.95</b>

# Chicken Main Dishes

- CHICKEN BHUTUWA** 🌶️ £12.50  
Medium spiced chicken dish in a rich tomato, garlic, ginger and onion based sauce.
- AKBARE CHICKEN** 🌶️🌶️ £12.95  
Chicken cooked with spicy sauce, mixed pepper and onion.
- CHICKEN MAKHANI (MILD)** £12.50  
Roasted juicy chicken breast cooked in a creamy tomato and butter sauce.
- CHICKEN JHHIR MASALA** 🌶️ £12.50  
Barbecued chicken cooked in chef's special creamy tomato sauce.
- CHICKEN SAAG** 🌶️ £12.50  
Chicken cooked in spinach rich in garlic and temper cumin sauce.
- HARIYALI CHICKEN (MILD)** £12.50  
Chicken cooked in blended spinach, cashew nuts, garlic, onion and Himalayan dried herbs.
- CHILLY CHICKEN** 🌶️🌶️🌶️ £12.95  
Spicy chicken curry with mix peppers, onions and Himalayan spices.
- CHICKEN ACHARI** 🌶️ £12.50  
Chicken cooked with homemade pickle and spices in tangy flavors.
- CHICKEN POKHRELI** 🌶️ £12.50  
Tender pieces of chicken cooked with coconut and mustard sauce with onion and fresh curry leaves.
- GULMELI CHICKEN** 🌶️ £12.50  
Tender chicken cooked with tomato, onion and coconut based sauce with Himalayan herbs and spices.
- SHAHI CHICKEN (MILD)** £13.50  
Creamy thick chicken curry cooked in a smooth onion and cashew nuts sauce.

# Lamb Main Dishes

- LAMB BHUTUWA** 🌶️ £13.50  
Medium spiced lamb dish in a rich tomato, garlic, ginger and onion based sauce.
- AKBARE LAMB** 🌶️🌶️ £13.50  
Lamb cooked with spicy sauce, mix pepper and onion.
- LAMB SAAG** 🌶️ £13.50  
Lamb cooked in spinach rich in garlic and temper cumin sauce.
- HARIYALI LAMB (MILD)** £12.95  
Lamb cooked in blended spinach, cashew nuts, garlic, onion and Himalayan dried herbs.
- LAMB ACHARI** 🌶️ £12.95  
Lamb cooked with homemade pickle and spices in tangy flavors.
- LAMB POKHRELI** 🌶️ £12.95  
Tender pieces of lamb cooked in coconut and mustard sauce with onion and fresh curry leaves.
- GULMELI LAMB** 🌶️ £12.95  
Tender lamb cooked with tomato, onion and coconut based sauce with Himalayan herbs and spices.
- SHAHI LAMB (MILD)** £13.95  
Creamy thick lamb curry cooked in a smooth onion and cashew nuts sauce.

# Seafood Main Dishes

<b>GULMELI KING PRAWN</b> 🌶️	£14.95
King prawn cooked with tomato, onion and coconut-based sauce with Himalayan herbs and spices.	
<b>FISH GULMELI</b> 🌶️	£13.95
White fish cooked in a tomato & onion with fresh curry leaves, coconut & mustard sauce.	
<b>FISH POKHRELI</b> 🌶️	£13.95
White fish cooked with coconut and mustard sauce with onion and fresh curry leaves.	
<b>FISH BHUTUWA</b> 🌶️	£13.95
Medium spiced Fish dish in a rich tomato, garlic, ginger and onion-based sauce.	
<b>AKBARE KING PRAWN</b> 🌶️🌶️	£15.50
King prawn cooked in spicy sauce with mix pepper and onion.	

# Vegan / Vegetable Main Dishes

<b>JHANEKO DAAL</b> 🌱	£7.50
Spiced lentils tempered with onion, garlic and fresh coriander.	
<b>DAAL MAKHANI (MILD)</b>	£7.95
Combination of black lentils cooked on a very slow heat, finished with cream and butter.	
<b>MIX VEGETABLE</b> 🌶️ 🌱	£8.95
Seasonal vegetable marinated and cooked with onion and tomato sauce.	
<b>ALOO JEERA</b> 🌶️ 🌱	£7.95
Potato cooked in Nepalese style in cumin seeds.	
<b>CHANA MASALA</b> 🌶️ 🌱	£7.50
Chickpeas cooked with ginger, garlic, tomato & onion sauce.	
<b>SAAG ALOO</b> 🌶️ 🌱	£9.50
Baby potatoes cooked in spinach, rich garlic and temper cumin seeds.	
<b>PANEER AKBARE</b> 🌶️🌶️	£9.95
Cottage cheese cooked in spicy sauce with mix pepper and onion.	
<b>PANEER MAKHANI (MILD)</b>	£9.95
Cottage cheese cooked in creamy tomato and butter sauce	
<b>PANEER HARIYALI (MILD)</b>	£9.95
Cottage cheese cooked in blended spinach, cashew nuts, garlic, onion and Himalayan dried herbs.	

## BIRYANI SPECIAL

Biryani dishes are specially cooked and fried basmati rice, flavoured with saffron & accompanied with curry sauce of your choice of sauce or raita.

<b>CHICKEN BIRYANI</b>	£12.95
<b>LAMB BIRYANI</b>	£13.95
<b>VEGETABLE BIRYANI</b>	£11.95
<b>KING PRAWN BIRYANI</b>	£15.95

# Himalayan Brother's Special

<b>LAMB SHANK</b>	£17.95
Marrow filled lamb bones in slow cooking with the Himalayas chefs special spices served with pilau rice.	
<b>SEABASS</b>	£16.95
Fresh seabass served with Chef's special sauce on a base of mashed potatoes	
<b>HIMALAYAN BROTHERS SPECIAL FISH CURRY</b>	£16.95
Salmon fish in chef's special mild sauce served with steam rice.	
<b>DAAL BHAT TARKARI</b> 🌱	£14.50
Complete set meal served with rice, lentils, mixed vegetables curry and seasonal pickle.	

## Kids Menu

KIDS CURRY WITH RICE/CHIPS	£8.50
FISH FINGERS WITH CHIPS	£5.95
FISH AND CHIPS	£5.95
CHICKEN NUGGETS AND CHIPS	£6.50
SHAHI CHICKEN AND CHIPS	£5.95

## Rice and Breads

STEAM RICE	£2.95
JEERA RICE	£3.50
MUSHROOM RICE	£4.50
KEEMA RICE	£4.50
EGG FRIED RICE	£4.50
ROTI	£3.50
PLAIN NAAN BEAD	£2.95
GARLIC NAAN BREAD	£3.50
SWEET NAAN BREAD	£3.95
CHEESE AND ONION BREAD	£4.50
PLAIN PARATHA	£3.95
KEEMA NAAN BREAD	£4.50

## Extras

HEALTHY GREEN SALAD	£3.50
CHIPS	£2.95
MASALA CHIPS (SWEET & SOUR SPICY)	£3.95
RAITA	£1.95

# Royal Himalayas Special

## Starter:

- CHICKEN PAKAUDA** £5.95  
Chicken breast dipped in batter and deep fried. Served with tamarind sauce.
- CHOWMEIN (CHICKEN TIKKA £8.50/ SEAFOOD MIXED £8.95/ VEGETABLE £7.95)**  **£7.95**  
Stir-fried noodles with a traditional Nepalese spice served with chutney.
- MASU SADHEKO (CHOILA) LAMB** £8.95  
Grilled lamb, mixed with garlic and chilly paste, onion and tomatoes. Coriander on top and served cold.
- PEANUTS SADHEKO (CHATPATA MIX)**  **£7.95**  
Crunchy nuts mixed with raw onion and garlic. Served cold.
- SPICED HADDOCK** £8.95

## Main Dishes

- CHILLY GARLIC CHICKEN** £12.50  
Cooked in chilli and garlic sauce, garnished with fresh coriander.
- RASUWALI (CHICKEN £12.50/LAMB £13.50/KING PRAWN £13.95)**  
Cooked with a mixture of various lentils and Himalayan special spices.
- JUMLELI CHICKEN** £12.50  
Marinated chicken cooked in creamy curry sauce.
- MAI KHOLA KO MACHHA** £13.50  
Fish and king prawn cooked with onions and tomato sauce.
- NEPALI STYLE FRIED RICE (CHICKEN/VEGETABLE)** £8.95  
Stir-fried rice with Himalayan special spices served with sauce and salad.

**NOTE:** IF YOU DO NOT FIND YOUR FAVORITE DISHES LISTED, OUR CHEF WILL BE HAPPY TO PREPARE IT FOR YOU.

### ALLERGY ADVICE

OUR DISHES MAY CONTAIN GLUTEN, NUTS OR OTHER ALLERGENS SO PLEASE MAKE OUR STAFF AWARE OF ANY ALLERGIES YOU MAY HAVE.





# ROYAL HIMALAYAS

NEPALESE RESTAURANT & BAR

EST 2024

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