

“ DHANYAVAD ”
(THANK YOU)

CHEF: MR GIRENDRA GHALE

“NAMASTE”

The Sherpa people of Nepal became prominent to Westerners after the first successful Mt. Everest expedition in 1953 by Sir Edmund Hillary and Sherpa Tenzing Norgay. The skill, expertise and dedication of Sherpas have made them an integral part of International Himalayan Climbing as Guides.

Some Sherpas have also made a distinctive mark as ‘Gurkhas’. Exceptionally renowned for their bravery, Gurkhas have been a fundamental part of the British Army for just over 200 years. “ Better to die than be a coward ” is the motto of the legendary Gurkhas.

The heart of Nepali meal is daal, bhat (lentils and rice), and achar (chutney) surrounded by other main dishes thus achieving the ultimate meal. The utmost use of fresh herbs and spices and its preparations in the “ Khal ” (stone mortar) makes Nepalese food unique to other contemporary Asian cuisine.

At the Sherpa Kitchen, we take huge pride on the uniqueness of our food and are passionate about preserving the authenticity of Nepalese cuisine. Hence, we pay detailed attention to all the food prepared. Additionally, to deliver the flavoursome dishes, every dish is freshly prepared only using the superior quality ingredients.

Sherpa kitchen presents you a gastronomic experience in a heartwarming surrounding

“MITHO MANI KHANOO”
(ENJOY YOUR MEAL)

(d) Contains dairy

(n) Contain nuts

(g) Contain Gluten

SPICE STRENGTH

MILDLY SPICY 🌱 HOT 🌶️

Set Meals can be prepared on request

APPETISERS

Poppadum £1.00

Plain (g)/ Spicy poppadum with pickles

Talumien Soup(g) £6.50

Traditional Tibetan noodle soup with slices of chicken, fresh vegetables and egg

Dayalu (v) (g) £6.50

Potato cake made with lentils, spinach and fresh herbs, served with sesame pickle

Vegetable Khaja (v) (g) £6.50

Crisp pastry parcel with fresh vegetables, served with sesame seed pickle

Bhutuwa 🌱 (g) £6.50

Stir-fried chicken liver, prepared in traditional Nepali spices

Momo 🌱 (g) £6.50

Our famous steam cooked pork/lamb dumplings, delicately spiced and served with tomato chutney

Sekuwa Parbat £6.50

Tender pieces of lamb steeped in the spices and yogurt overnight, offering full flavour and aroma

Tareko Squid £6.95

Tempura of finely spiced squid, fragranced with herbs

Asala Macha (n) £7.95

Salmon marinated in yoghurt and dried fruit paste, chargrilled to succulence in the clay oven, served on a bed of thin potato slices

Prawn Sinka £7.95

Prawns marinated in sesame seeds, ginger, garlic and served on bamboo skewer

Monday: Closed

Tuesday - Saturday: 5pm - 11pm

Sunday: 1pm - 9pm

Fully Air Conditioned

If you have any allergies please consult a member of staff for information

10% DISCOUNT FOR TAKEAWAY COLLECTION ONLY

All prices are inclusive of VAT
We apply 12.5% service charge on your bill

We accept most credit cards

FOOD ALLERGIES AND INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

Thank you.

RICE

Bhat	£3.45
Steamed rice	
Rashilo Bhat (n)	£3.75
Rice cooked with bay leaves and cardamom, garnished with caramelised onions	
Bhuteko Bhat)	£3.95
Fried rice with vegetables and egg	
Tibetan Fried Rice	£7.95
Fried rice with chicken and vegetables	

CHOW-CHOW/NOODLES

Stir-fried noodles delicately prepared according to traditional Nepalese recipes.

Choice of:	
VEGETABLE (g)	£7.95
LAMB (g)	£8.95
CHICKEN (g)	£8.95

BREAD

Naan (g)	£3.65
A classic plain naan bread	
Garlic Naan (g)	£3.95
Self-raising flower bread with fresh garlic baked in our clay oven	
Gulyo Roti (n) (g)	£4.50
Sweet bread prepared with almonds, coconut and sultanas	

ACCOMPANIMENTS

Moola Achar ↵	£1.95
Homemade white radish pickle preserved in mustard seeds and mustard oil (hot & spicy)	
Dahi	£2.00
Homemade Plain yoghurt	
Sandeko Bari	£3.75
Green salad with homemade dressing	

CHULI

Ideal as main courses or generous starters.

In this method of cooking, combination of fresh herbs and spices are used and foods are marinated for hours in order to enhance to flavour of the food. All chuli dishes are then cooked over charcoal in a beehive shaped clay oven

Chayu (v) (n)	£9.95
Lightly spiced mushrooms with cheddar filling. Grilled with vegetables on a skewer	

Poleko Aloo (v) (n)	£9.95
Potatoes stuffed with blended cashew nuts, almonds and raisins filling	

Teeli See ↵	£11.50
Belly of pork soaked overnight in cumin seeds, coriander, turmeric and fresh chilies marinade	

Gurkhali Chicken ↵	£11.50
Pieces of Chicken breast marinated in green chilies, ginger and Nepali herbs	

Khasi Khachila ↵	£12.95
Chargrilled peppers stuffed with minced lamb and fragranced with turmeric, cumin seeds and crushed peppercorns	

Sherpa Lamb	£12.95
Tender pieces of barbecued boneless lamb fragranced with mild spices	

Prawn Soonkoshi	£14.50
King prawns cooked in delicate spices and exotic flavours	

MAIN DISHES

Chicken Korshani ↵↵	£11.50
Shallow fried chicken with tomatoes, green chilies, herbs and spices (Extra hot on request)	

Chicken Dahi (n) ↵	£11.50
Meltingly tender pieces of chicken breast, cooked with curry leaves and spiced yoghurt	

Mooli Chicken ↵	£11.50
Tender pieces of chicken cooked with white radish <i>"A traditional Nepali dish"</i>	

Pork Masu ↵	£11.50
Well spiced pork curry with onions, ginger and coriander	

Piro Lamb 🍴 🍴 **£12.50**

Spiced boneless lamb with ginger, garlic, coriander and green chilies (Extra hot on request)

Rara Chicken (n) **£12.50**

Barbecued chicken in a mild tomato and cream sauce, topped with almonds

Aduwa Machha (g) **£14.95**

Pan seared white fish (Pangasius) with spices, ginger and spring onions

Janaki Prawn (n) **£12.95**

Prawns in a light coconut sauce flavoured with saffron

Khasi Tang 🍴 **£12.95**

Knuckle of lamb cooked in a slow heat, served with chickpeas “Sherpa Kitchen's signature dish”

Mayalu Lamb (n) **£12.95**

Tender pieces of lamb prepared in a mild nutty sauce, blended with fresh cream and smoked honey to create a delicate flavour

Lasoon Machha 🍴 🍴 **£14.95**

Slowly pan-fired white fish (Pangasius) cooked with ginger, garlic and peppers in a chilli garlic sauce

CHEF'S SPECIALS

Prawn Asworya (n) 🍴 🍴 **£14.95**

Prawns cooked in garlic, fresh coriander and creamy tomato sauce

Methi Prawns (g) 🍴 **£14.95**

Prawns cooked with exotic spices and spring onions

Methi Chicken (g) 🍴 **£13.95**

Barbequed chicken breast cooked with exotic spices and spring onions

Chicken Asworya (n) 🍴 🍴 **£13.95**

Chicken cooked in garlic, fresh coriander and creamy tomato sauce

Solti Chicken **£13.95**

Barbequed shredded chicken breast cooked with green chilli and fresh ginger, garlic and coriander.

Methi Lamb (g) 🍴 **£13.95**

Lamb cooked with exotic spices and spring onions

VEGETABLES

Dhahi Bhanta **£5.95**

Spicy aubergine crushed and marinated in yoghurt.

Hariyo Miss Mass (g) **£5.95**

Mixed vegetables stir-fried in vegetable oil with fresh ginger and garlic

Kalo Daal **£5.95**

Dark lentil prepared in a special pot, flavoured with Tibetan herbs all the way from Nepal. Daal is essential part of the Nepalese culinary

Chayu-Ko-Tarkari 🍴 **£5.95**

Delicious combination of button mushrooms and green peas, simmered with herbs and crushed coriander seeds

Rato Farshi **£5.95**

Steamed pumpkin cooked in tomato and onion sauce with carom seeds

Palungo Sag **£6.25**

Fresh steamed spinach sautéed with fenugreek seeds. Rich in vitamins and minerals cooked with butter and cream, it is one of the many popular dishes of Sherpa kitchen

Vegan

Gurkha Aloo **£5.95**

Potatoes tossed in turmeric and cumin seeds. Considered as a “must have dish” when having guests around

Vindi 🍴 **£6.25**

Fresh okra cooked with coarsely ground spices.

Aloo Kauli **£5.95**

Cauliflower and potatoes prepared in a light onion and tomato sauce.

Aloo Ra Bodi 🍴 **£5.95**

Fresh runner beans and strips of potatoes, cooked with garlic and fresh onion gravy sauce

Vegan Palungo Sag **£6.25**

Rich in vitamins and minerals. Fresh steamed spinach sautéed with fenugreek seeds, it is one of the many popular dishes of Sherpa kitchen