



Himalayan Kitchen

NEPALI & INDIAN CUISINE

Namaste

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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

Masala Papadam (VG)	\$3.95
Crispy thin lentils roasted wafers seasoned with cumin seeds, black pepper; topped with chopped fresh tomato, ginger, onion, garlic & green chilies	
Vegetable Samosa (V)	\$3.95
Potato, green peas & spices wrapped in homemade pastry dough & deep-fried to golden perfection	
Samosa Chaat	\$4.95
Crispy samosas mixed with onions, tomatoes, yogurt, tamarind and mint	
Lamb Sekuwa (G)	\$10.95
Tandoor grilled lamb chunks marinated with Nepali spices	
Himalayan Assorted Meat Platter (G)	\$12.95
Lamb Kebab, Chicken Tikka, Shish Kebab & Chicken Tandoori with Grilled Prawn	
Himalayan Vegetable Platter (V)	\$7.95
Assortment of Vegetable Samosa, Onion Bhaji & Vegetable Pakora	
Onion Bhaji (VG)	\$4.95
Mildly spiced sliced onion dipped in homemade chickpea flour batter fried light & crispy	
Paneer Pakora (G)	\$5.95
Homemade cheese squares dipped in chickpea flour batter & fried crispy	
Vegetable Pakora (VG)	\$3.95
Seasoned mixed vegetables dipped in homemade chickpea flour fitters & fried golden brown	
Chicken Pakora (G)	\$5.95
Boneless tender chicken seasoned & dipped in homemade chickpea flour batter & fried golden brown	
Aloo Papri (G)	\$4.95
A medley of chickpeas potato & crispy papadam topped with chutney & yogurt dressing	

Breads

Bread Basket	\$9.95
An assortment of garlic naan, sweet naan, onion kulcha & aloo paratha	
Onion Kulcha	\$2.95
Naan stuffed with onion & spices	
Paratha (V Optional)	\$2.95
Butter layered whole wheat flat bread	
Aloo Paratha (V)	\$2.95
Whole wheat flat bread stuffed with spices, potato & green peas	
Garlic Cheese Naan	\$4.95
Whole wheat flat bread stuffed with fresh melted cheese and garlic	
Naan	\$2.95
Traditional tear drop shaped soft flat bread, baked fresh & warm in tandoor oven	
Garlic Naan	\$2.95
Tear drop shaped bread, baked in tandoor oven with fresh minced garlic	
Cheese Naan	\$3.95
Naan stuffed with fresh melted cheese	
Keema Naan	\$4.95
Naan Stuffed with seasoned ground lamb & spices	
Sweet Naan	\$4.95
Naan stuffed with raisins, nuts, coconut & cherries	
Himalayan Special Naan	\$4.95
Naan stuffed with minced chicken tikka & homemade cheese & herbs	
Poori (V)	\$2.95
Two deep-fried whole wheat puffed breads	
Tandoori Roti (V)	\$2.95
Whole wheat flat bread baked in clay oven	

Soups

Dal Aloo ko Soup (VG)	\$3.95
A Southern Nepali creation made with lentils, onion, potato & spices	
Tomato Soup (G)	\$4.95
Creamy tomato-blend cooked and flavored with Indian spices	
Kukhura ko Soup (G)	\$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 **or** brown rice*

Chicken Tandoori (G)

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

Bone In \$13.95 **Boneless** \$14.95

Chicken Tikka (G)

\$14.95

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

Prawn Tandoori (G)

\$16.95

Prawns marinated in yogurt & spices: barbecued in tandoor oven

Kathmandu Tandoori (G)

\$20.95

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

Lamb Boti Kebab (G)

\$16.95

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

Lamb Shish Kebab (G)

\$16.95

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

Grilled Fish (G)

\$19.95

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

Lamb Specialties

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

Lamb Tikka Masala (G)

\$14.95

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

Lamb Korma (G)

\$14.95

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

Lamb Coconut Curry (G)

\$15.95

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

Lamb Curry (G)

\$14.95

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

Lamb Saag (G)

\$14.95

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

Lamb Vindaloo (G)

\$14.95

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

Chicken Specialties

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

- Chicken Tikka Masala (G)** \$13.95
Boneless chicken barbecued in tandoor oven, then cooked with onion, tomato, cashew nuts, cream & curry spices
- Chicken Coconut Curry (G)** \$14.95
Boneless chicken cooked with coconut milk, tomato, onion, cashew nuts, raisins & curry spices
- Chicken Korma (G)** \$14.95
Boneless chicken cooked with cream, onion, tomato, cashew nuts, raisins & curry spices
- Chicken Saag (G)** \$13.95
Boneless chicken cooked with spinach, onion, ginger, tomato & curry spices
- Chicken Mushroom (G)** \$13.95
Boneless thigh meat cooked in a sauce with fresh mushrooms, onion & curry spices
- Chicken Curry (G)** \$12.95
Boneless chicken cooked with garlic, onion, ginger, tomato & homemade curry spices
- Butter Chicken (G)** \$13.95
Boneless tandoori chicken in rich thick sauce cooked in cream, cashew nuts, onion, tomato & spices
- Chicken Vindaloo (G)** \$13.95
Boneless chicken thigh tangy tomato sauce, cooked with potato, onion, tomato, vinegar, curry spices
- Chicken Jalfrezi (G)** \$13.95
Strips of chicken marinated in fresh homemade spices, sautéed tomato, onion, bell pepper & broccoli

Seafood Specialties

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

- Prawn Coconut Curry (G)** \$16.95
Prawns cooked with coconut milk, onion, tomato, cashew nuts, raisins & curry spices
- Prawn Saag (G)** \$15.95
Prawns cooked with spinach, onion, garlic, ginger, tomato & curry spices
- Fish Curry (G) (Seasonal)** \$16.95
Fish cooked in traditional Nepali Style with onion, garlic, ginger tomato & curry spices
- Prawn Vindaloo (G)** \$15.95
Large prawns cooked with red chili pepper in a tangy vinegar tomato sauce with potato
- Prawn Curry (G)** \$16.95
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 **or** brown rice*

Aloo Mattar (VG)	\$11.95
Diced Potato with green peas in a rich homemade spice, tomato, garlic, ginger & onion gravy	
Vegetable Coconut Curry (VG)	\$12.95
Mixed vegetables cooked with onion, garlic, ginger, raisins, cashew nuts & tomato in a creamy coconut milk	
Navaratna Korma (G)	\$12.95
Mixed vegetables cooked with onion, garlic, ginger, tomato, paneer, cream, cashew nuts & curry spices	
Saag Paneer (G)	\$12.95
Spinach cooked with homemade cheese, onion, garlic, ginger, tomato & curry spices	
Malai Kofta (G)	\$12.95
Potato, paneer, cashew nuts, raisins, cream & curry spices mashed into veggie balls then lightly deep-fried until golden brown & cooked in creamy tomato sauce	
Mattar Mushroom (G) (V Optional)	\$11.95
Fresh mushrooms & green peas cooked with onion, tomato, cashew nuts, cream & homemade spices	
Baygan Bharta (VG)	\$11.95
Roasted diced eggplant cooked with onion, tomato, herbs & homemade spices	
Aloo Gobi (VG)	\$10.95
Cauliflower & potato cooked with onion, ginger, garlic, tomato & homemade spices	
Okra (Bhindi) (VG)	\$11.95
Fresh okra sautéed with diced onion, tomato, ginger, garlic & homemade spices	
Saag Aloo (VG)	\$11.95
Spinach cooked with potato, onion, tomato, garlic, ginger & spices	
Dal Maharani (VG)	\$10.95
Tiny brown lentils cooked with onion, tomato & homemade spices in a mild cumin & coriander sauce	
Chana Masala (VG)	\$10.95
Garbanzo beans cooked with onion, ginger, garlic & tomato in a spicy sauce	
Any Vegetable dish half order	\$6.95
(naan or rice not included)	

Himalayan Specialties

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

Himalayan Momos (V Optional)

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

Vegetable	\$10.95
Chicken	\$11.95
Bison	\$11.95

(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
Tofu	\$12.95
Paneer	\$12.95
Chicken	\$14.95
Fresh Prawns	\$15.95

Fried Rice (G)

Imported basmati rice cooked with your choice of

Vegetable	\$11.95
Chicken	\$12.95
Shrimp	\$14.95

Aloo Bhindi (VG)

\$11.95

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

Chana Saag (VG)

\$10.95

Garbanzo beans & spinach stir-fried in mild Himalayan spices

Aloo Simi (VG)

\$10.95

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

Yellow Daal (VG)

\$10.95

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

Traditional Nepali Goat Curry (G)

\$16.95

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

Chilli Momos

Nepali steamed dumplings stir-fry with onion, garlic, ginger, tomato, soy sauce, bell pepper & chili

Vegetable	\$12.95
Chicken	\$13.95
Bison	\$13.95

Accompaniments

Garden Salad (VG)	\$5.95
Lettuce, cucumber, onion, tomato, carrot & lemon with our delicious vegan tomato dressing	
Aloo Ko Achar (VG)	\$2.50
Potato pickle with hot spices	
Mango Chutney (VG)	\$2.50
Sweet & mildly hot slices of mangoes in herbs	
Raita (G)	\$2.50
A tasty dip of cucumber, carrots & spices blended with fresh homemade yogurt	

Beverages

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

Special Rice

Vegetable Biryani (V)	\$11.95
Imported Basmati rice cooked with chicken thigh, curry spices & nuts; served with Raita	
Chicken Biryani (G)	\$12.95
Imported Basmati rice cooked with chicken thigh, curry spices & nuts; served with Raita	
Goat Biryani (G)	\$14.95
Imported Basmati rice cooked with chicken thigh, curry spices & nuts; served with Raita	
Lamb Biryani (G)	\$13.95
Imported basmati rice cooked with lamb cubes & Himalayan herb.	
Prawn Biryani (G)	\$15.95
Imported basmati rice cooked with prawns, nuts & spices	
Brown Rice or White Rice (VG)	\$2.95
Imported Steamed Basmati rice	

Desserts

Kheer (Rice Pudding) (G)	\$3.95
A dessert made with special rice, slow cooked in milk, sugar & coconut, with cashew nuts (served cold)	
Mango Pudding (G)	\$3.95
A dessert made from rich mango pulp, vanilla, milk & sugar (served cold)	
Kulfi (Pistachio or Mango) (G)	\$4.95
Homemade ice cream made with milk; mango flavor or pistachio with cashew nuts & cardamom	
Gulab Jamun	\$3.95
Fluffy milk puffs in sugar syrup	

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