



HIMALAYAN MONAL



APPETISERS

PAPADUMS 1 PC £0.90

PICKLE TRAY £2.40

CHICKEN PAKORA	£6.75
CHILLI CHICKEN Df	£7.00
CHILLI PANEER D V	£7.00
ONION BHAJI (2 PCS) VG	£4.00
PANEER PAKORA D V	£6.75
PAV BHAJI D V	£5.95
SAMOSA CHAAT D V	£5.50
SEEKH KEBAB (2 PCS)	£8.50
TANDOORI CHICKEN (1 PC) D	£5.95
VEG MANCHURIAN VG	£6.95
VEG SAMOSA (3 PCS) VG	£4.50
HIMALI TIKKA (3 PCS) D	£8.50
ALOO MATAR TIKKI	£5.00
CRISPY, SPICED, SAVOURY PATTIES MADE FROM MASHED POTATOES, GROUND SPICES AND HERBS	
KATAR KEBAB	£7.50
PANEER 65	£7.50
CHICKEN 65	£7.50
GOBI 65	£6.75
MONAL VEG PLATTER	£12.50
COMBINATION OF MONAL'S SPECIAL STARTERS	

NOTICE: OUR CURRIES MAY CONTAIN DAIRY. IF YOU HAVE DIETARY RESTRICTIONS REGARDING DAIRY, PLEASE INFORM OUR STAFF,
AND WE WILL GLADLY ACCOMMODATE YOUR REQUEST. THANK YOU FOR CHOOSING US.

FLAVORS of South

*Dosa!!! A classic south indian dish loved for its
Crispy texture and delicious taste.*

Dosa is a thin, crepe-like pancake made from a fermented batter of rice and lentils. its typically served with sambar, a flavourful lentil-based vegetable stew, and coconut chutney for dipping.

Dosas can be filled with various ingredients mainly spiced potatoes, onions, or cheese to create different variations. the key to a perfect dosa lies in achieving the right balance of crispiness and softness in the pancake.

**Himalayan monal carries about 40 years of experience on making dosa's.
Enjoy delicate taste of authentic south flavours.**

MASALA DOSA V	£6.75
A SOUTH INDIAN CLASSIC WITH THIN RICE AND LENTIL CREPE, FILLED WITH FLAVOURFUL POTATO MASALA.	
MYSORE DOSA V	£7.75
A SOUTH INDIAN DELIGHT WITH CRISPY CREPE AND FIERY MYSORE CHUTNEY.	
PANEER DOSA D V	£8.25
CREPE ROLLED WITH GRATED COTTAGE CHEESE AND SERVED WITH SAMBAR AND CHUTNEY.	
MONAL DOSA D V	£8.25
CHEFS SPECIAL DOSA. STUFFED WITH FLAVOURFUL MASHED POTATOES, CHEDDAR CHEESE AND SERVED WITH SAMBAR AND CHUTNEY.	

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NEPALESE STREET

Starters

STEAM MOMO **CHICKEN £6.95 | VEG £6.50**
ENJOY OUR HOMEMADE STEAM DUMPLINGS FILLED WITH FLAVOURFUL HERBS, EITHER CHICKEN OR VEG,
SERVED WITH A DELIGHTFUL TOMATO CHUTNEY DIP. CONTAINS SOY.

CHILLI MOMO **CHICKEN £7.75 | VEG £7.25**
CHICKEN OR VEGETARIAN DUMPLINGS TOSSED IN ONIONS, BELL PEPPERS, CHILLI SAUCE AND GARNISHED
WITH SPRING ONION. CONTAINS SOY.

JHOL MOMO **SS** **CHICKEN £7.75 | VEG £7.25**
CHICKEN OR VEG NEPALESE DUMPLINGS SERVED WITH SPICY TOMATO AND SESAME SEED BROTH.
A POPULAR WINTER TREAT IN KATHMANDU. CONTAINS SOY.

SADEKO MOMO **M** **MEDIUM** **CHICKEN £7.75 | VEG £7.25**
SPICY AND TANGY NEPALESE DUMPLINGS BURSTING WITH FLAVOUR. A STREET FOOD SENSATION
FROM STREETS OF POKHARA. CONTAINS SOY. (SERVED COLD)

PANI PURI **V** **£5.50**
BALLS OF CRISPY PURIS SERVED WITH POTATO AND ONION MASALA FILLING AND SPICY TANGY WATER ON SIDE. (SERVED COLD)

CHATPATE **V** **£5.50**
PUFFED RICE MIXED WITH FINELY DICED ONION, POTATOES, CHILLI AND LEMON JUICE. HOT (SERVED COLD)

NEPALESE

Noodle Haven

CHICKEN CHOWMEIN **£8.00**
STIR FRIED NOODLES WITH ONION, GINGER, GARLIC, MIXED VEGETABLES AND NEPALESE SPICES. MEDIUM. CONTAINS SOY.

VEG CHOWMEIN **£7.50**
STIR FRIED NOODLES WITH ONION, GINGER, GARLIC, MIXED VEGETABLES AND NEPALESE SPICES. MEDIUM. CONTAINS SOY.

EGG CHOWMEIN **£7.75**
STIR FRIED NOODLES WITH ONION, GINGER, GARLIC, MIXED VEGETABLES AND NEPALESE SPICES. MEDIUM. CONTAINS SOY.

LAMB CHOWMEIN **£8.95**
STIR FRIED NOODLES WITH ONION, GINGER, GARLIC, MIXED VEGETABLES AND NEPALESE SPICES. MEDIUM. CONTAINS SOY.

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CLASSIC *Lamb Delights*

IF YOU WOULD LIKE TO HAVE DAIRY FREE CURRIES
PLEASE INFORM THE STAFF FOR THE CHANGES

- LAMB KORMA** **D N** MILD £12.50
TENDER AND JUICY LAMB COOKED WITH MINCED DRY NUTS IN A SPICED CREAMY SAUCE.
- LAMB SANGHAM** MILD £12.25
TENDER LAMB COOKED WITH SPICY MUSHROOM & PEAS WITH FRESH GINGER AND CORIANDER.
- LAMB SAAG** MILD £12.25
TENDER LAMB COOKED IN A FLAVOURFUL SPINACH-BASED GRAVY. A DELICIOUS AND NUTRITIOUS DISH FROM INDIAN CUISINE.
- LAMB KARAH** MEDIUM £12.00
TENDERED LAMB COOKED WITH ONIONS, TOMATO GRAVY WITH BELL PEPPERS., AND AROMATIC SPICES.
- LAMB JALFREZI** HOT £12.00
MEDIUM TO HOT DISH PREPARED WITH FRESH BELL PEPPERS AND ONIONS. A FLAVOURFUL AND VIBRANT DISH FROM INDIAN AND PAKISTANI CUISINE.
- LAMB VINDALOO** HOT £12.00
SPICY, FLAVOURFUL, AND TENDER LAMB COOKED IN A TANGY, AROMATIC SAUCE. PERFECT FOR SPICE ENTHUSIASTS.

NEPALESE *Curry Delights*

IF YOU WOULD LIKE TO HAVE DAIRY FREE CURRIES
PLEASE INFORM THE STAFF FOR THE CHANGES

VEG £8.75 | PANEER £9.75 | CHICKEN £11.25 | LAMB £13.00 | KING PRAWN £15.00

HIMALI SPECIAL HOT

MIXED IN A SPICY SAUCE MADE WITH TOUCH OF BELL PEPPERS AND HIMALAYAN SPICES.

TAMA MEDIUM

TRADITIONAL NEPALESE DISH THAT IS COOKED WITH FLAVOURFUL BAMBOO SHOOTS IN A RICH CURRY SAUCE.

PIRO HOT

SPICE UP YOUR TASTE BUDS WITH A FIERY NEPALESE DISH COOKED IN A FLAVOURFUL AND SPICY CURRY SAUCE.

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VEGETABLE *Delights*

IF YOU WOULD LIKE TO HAVE DAIRY FREE CURRIES
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- PALAK PANEER** **D** £9.00
SPINACH AND COTTAGE CHEESE COOKED IN A CURRY SAUCE.
- PANEER BUTTER MASALA** **D N MEDIUM** £9.50
COTTAGE CHEESE COOKED IN A LOW FLAME WITH RICH MAKHANI SAUCE.
- KADAI PANEER** **D MEDIUM** £9.00
COTTAGE CHEESE COOKED WITH ONIONS, TOMATOES, CUMIN, CORIANDER, PEPPERS, GINGER AND GARLIC.
- SAAG AALOO** **VG MILD** £8.00
SPINACH AND POTATO COOKED WITH SPICES.
- KATAR JALFREZI** **VG HOT** £9.00
STIR-FRIED WITH BELL PEPPERS IN A SPICY AND AROMATIC TOMATO BASED SAUCE.
- CHANA MASALA** **VG MEDIUM** £8.00
CHICKPEAS COOKED IN A LIGHT TOMATO MASALA SAUCE.
- DAL MAKHNI** **D MEDIUM** £8.50
BLACK LENTILS SLOW-COOKED WITH ONION AND GARLIC.
- DAL TARKA** **VG MEDIUM** £7.75
YELLOW LENTILS PREPARED WITH GARLIC, GINGER, AND TOMATO.
- BAIGAN KA BHARTA** **VG MEDIUM** £9.00
SPICY FIRE ROASTED EGGPLANT MASH, WITH ONION, GINGER & GARLIC.

SEAFOOD *Delights*

IF YOU WOULD LIKE TO HAVE DAIRY FREE CURRIES
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- KING PRAWN MASALA** **D HOT** £14.50
KING PRAWN COOKED IN A RICH MAKHANI SAUCE.
- KING PRAWN JALFREZI** **HOT** £14.50
STIR-FRIED WITH BELL PEPPERS IN A SPICY AND AROMATIC
TOMATO BASED SAUCE.
- KING PRAWN SAAGWALA** **MILD** £14.50
COOKED IN A FLAVOURFUL AND AROMATIC SPINACH- BASED SAUCE. MILD
- FISH JALFREZI** **HOT** £13.00
WHITE FISH COOKED WITH BELL PEPPERS IN A SPICY AND AROMATIC TOMATO BASED SAUCE.

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TANDOORI *Main Delights*

ALL THE TANDOORI ITEMS ARE SERVED WITH SPECIAL MEDIUM CURRY SAUCE.
NOTE- ALL TANDOORI ITEM CONTAINS MUSTARD.

- MIX GRILL** **D** **£16.50**
A COMBINATION OF OUR MOST POPULAR TANDOORI ITEMS INCLUDING TANDOORI CHICKEN, CHICKEN TIKKA, SEEKH KEBAB AND KING PRAWN.
- CHICKEN TIKKA** **D** **£12.50**
MARINATED CHICKEN PIECES COOKED IN A TANDOOR, RESULTING IN TENDER AND CHARRED PERFECTION.
- CHICKEN SHASHLIK** **D** **£12.75**
MARINATED CHICKEN PIECES COOKED IN A TANDOOR, AND SERVED OVER A BED OF BELL PEPPERS AND ONIONS.
- TANDOORI CHICKEN** **D** **£10.00**
HALF TANDOORI CHICKEN MARINATED IN YOGURT SAUCE , SPICED AND BARBEQUED IN TANDOOR OVEN.
- MURG MONAL TIKKA** **Df** **HOT** **£13.50**
CHEFS SPECIAL. ALL THE WAY BACK FROM SMALL VILLAGE IN NEPAL CALLED GULMI.
- EVEREST CHICKEN** **D** **£13.50**
CHEFS SPECIAL. MADE USING SPECIAL INGREDIENTS.
- LAMB POLEKO** **Df** **HOT** **£14.50**
LAMB PIECES MARINATED IN CHEFS SPECIAL MASALA AND COOKED IN TANDOOR.
- PANEER TIKKA** **D** **V** **£12.25**
FLAVOURFUL VEGETARIAN DISH MADE WITH MARINATED CUBE OF PANEER, SKEWERED AND GRILLED TO PERFECTION.
- VEG MILAN** **Df** **V** **£9.50**
CHEFS SPECIAL COMBINATION OF JACKFRUITS AND MUSHROOM, PREPARED TO PERFECTION USING SPECIAL INGREDIENTS .

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CHICKEN *Delights*

IF YOU WOULD LIKE TO HAVE DAIRY FREE CURRIES
PLEASE INFORM THE STAFF FOR THE CHANGES

CHANGE TO TIKKA - £2.00

- CHICKEN TIKKA MASALA** **D** **N** **MEDIUM** £10.50
CHICKEN TIKKA MARINATED , CHARGRILLED & COOKED IN A LOW FLAME WITH RICH MAKHANI SAUCE.
- CHICKEN KORMA** **D** **N** **MILD** £10.50
TANDER AND JUICY CHICKEN BREAST COOKED WITH MINCED DRY NUTS IN A SPICED CREAMY SAUCE.
- BUTTER CHICKEN** **D** **N** **MEDIUM** £10.50
GRILLED CHICKEN IN A CREAMY TOMATO SAUCE WITH AROMATIC SPICES. A DELECTABLE BLAND OF SMOKY, RICH FLAVOURS THAT WILL SATISFY YOUR CRAVINGS.
- CHICKEN CHHETINAD** **HOT** £10.00
TRADITIONAL CHICKEN PIECES COOKED WITH A TRADITIONAL SPECIAL CHHETINAD MASALA WITH A TOUCH OF COCONUT.
- CHICKEN JALFREZI** **HOT** £10.00
MEDIUM TO HOT DISH PREPARED WITH FRESH BELL PEPPERS AND ONION. A FLAVOURFUL AND VIBRANT DISH FROM INDIAN AND PAKISTANI CUISINE.
- CHICKEN SANGHAM** **MILD** £10.00
JUICY CHICKEN BREAST COOKED WITH SPICY MUSHROOM & PEAS WITH FRESH GINGER AND CORIANDER.
- SAAG CHICKEN** **MILD** £10.00
TENDER CHICKEN COOKED WITH FRESH SPINACH AND SPICES . A DELICIOUS AND NUTRITIOUS DISH FROM INDIAN CUISINE.

BIRYANI *Bliss*

A COMBINATION OF BASMATI RICE, FRESH VEGETABLES AND A VARIETY OF SELECTED TRADITIONAL SPICES, GARNISHED WITH CORIANDER AND FRIED ONION. ACCOMPLISHED WITH A SEPARATE TRADITIONAL RAITA. MEDIUM.

- VEG BIRYANI** **VG** £8.75
- CHICKEN BIRYANI** £10.50
- CHICKEN TIKKA BIRYANI** **D** £11.75
- LAMB BIRYANI** £11.95
- PANEER BIRYANI** **D** **V** £10.50
- KING PRAWN BIRYANI** £14.50

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MONAL *Thali Set*

Indulge in the exquisite house special, a delightful culinary creation that encapsulates the authentic flavours of nepal.

This delectable dish harmoniously combines aromatic lentils, known as daal, infused with the captivating essence of jimbu, a himalayan herb that holds a revered place in nepalese cuisine.

Complementing the lentils are fragrant bhat, perfectly cooked rice, and a medley of vibrant tarkari, a vegetable curry bursting with flavours. This extraordinary ensemble is guaranteed to tantalize your taste buds and satisfy every craving.

To conclude this remarkable culinary journey, a delightful sweet dessert awaits, providing the perfect ending to an unforgettable dining experience.

CHICKEN £16.95 | LAMB £18.95 | VEG £14.95

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NAAN Breads

PLAIN NAAN	£2.25
BUTTER NAAN	£2.50
GARLIC NAAN	£2.95
KEEMA NAAN	£4.95
FLAVORFUL INDIAN BREAD STUFFED WITH SPICED LAMB MINCE, OFFERING A DELICIOUS AND SATISFYING OPTION TO GO WITH ANY CURRY.	
PESAWARI NAAN D	£3.95
NAN BREAD BAKED WITH DRY NUTS, COCONUT AND HIMALAYAN SPICES.	
AALOO KULCHA	£3.50
NAN STUFFED WITH POTATOES IN DELICATE LAYERS.	
CHEESE NAAN D	£3.50
MONAL KULCHA D	£4.25
<i>Chefs Special.</i>	
TANDOORI ROTI	£2.00
LACCHA PARATHA	£3.95
FLAKY INDIAN FLATBREAD MADE WITH WHOLE WHEAT FLOUR. LAYERED WITH VEGETABLE GHEE, COOKED UNTIL GOLDEN BROWN, AND PAIRS WELL WITH VARIOUS INDIAN DISHES.	

RICE Bowl

BOILED RICE	£2.75
PILAU RICE	£3.75
SAFFRON FLAVOURED BASMATI RICE.	
MUSHROOM RICE	£4.95
AROMATIC BASMATI RICE COOKED WITH MUSHROOM, GARLIC AND ONIONS.	
HIMALAYAN FRIED RICE	£5.00
PILAU RICE WITH PEAS, EGG AND CHEFS' SPECIAL SPICES.	
CHICKEN FRIED RICE	£6.75
DELICIOUS STIR-FRIED DISH MADE WITH SEASONED RICE, TENDER CHICKEN, AND MIXED VEGETABLES, RESULTING IN A FLAVOURFUL AND SATISFYING MEAL OPTION.	
PANEER FRIED RICE D V	£6.75
DELICIOUS INDIAN DISH WHERE CUBE PANEER IS STIR-FRIED WITH VEGETABLES AND RICE, CREATING A FLAVOURFUL AND SATISFYING MEAL OPTION.	
VEGETABLE FRIED RICE	£6.50
DELICIOUS STIR-FRIED DISH MADE WITH SEASONED RICE, AND MIXED VEGETABLES, RESULTING IN A FLAVOURFUL AND SATISFYING MEAL OPTION.	

V – VEG , **VG** – VEGAN , **D** – DAIRY , **DF** – DAIRY FREE , **M** – MUSTARD , **SS** – SESAME SEEDS , **N** – NUTS.

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