

## Chicken Delights

Change to Tikka ..... £2.00

**Chicken Tikka Masala** **MED** **D** **N** ..... £12.50  
Chicken tikka marinated, chargrilled & cooked in a low flame with rich makhani sauce.

**Chicken Korma** **MILD** **D** **N** ..... £12.00  
Tender and juicy chicken breast cooked with minced dry nuts in a spiced creamy sauce.

**Butter Chicken** **MED** **D** **N** ..... £11.95  
Chicken in a creamy tomato sauce with aromatic spices. A delectable blend of smoky, rich flavours that will satisfy your cravings.

**Chicken Chhethinad** **HOT** ..... £11.95  
Traditional chicken pieces cooked with a traditional special Chhethinad masala with a touch of coconut, garnished with fried curry leaves.

**Chicken Jalfrezi** **HOT** ..... £11.95  
Medium to hot dish prepared with fresh bell peppers and onion. A flavourful and vibrant dish from Indian and Pakistani Cuisine, Garnished with bell pepper, ginger and coriander.

**Chicken Sangham** **MILD** ..... £11.95  
Juicy chicken breast cooked with spicy mushroom & peas with fresh ginger and coriander.

**Saagwala Chicken** **MILD** ..... £11.95  
Tender chicken cooked with fresh spinach and spices. A delicious and nutritious dish from Indian cuisine.

## Tandoori Main Delights

All the Tandoori items are served with special medium curry sauce.

*Note- All tandoori item contains Mustard.*

**Mix Grill** **D** ..... £19.50  
A combination of our most popular tandoori items including Tandoori chicken, chicken tikka, seekh kebab and king prawn.

**Chicken Tikka** **D** ..... £13.00  
Marinated chicken pieces cooked in a tandoor, resulting in tender and charred perfection.

**Chicken Tikka Shashlik** **D** ..... £13.75  
Marinated chicken pieces cooked in a tandoor, and served over a bed of bell peppers and onions.

**Tandoori Chicken** **D** ..... £11.00  
Half tandoori chicken marinated in yogurt sauce, spiced and barbecued in tandoor oven.

**Murg Monal Tikka** **HOT** **DF** ..... £14.00  
Chefs special. All the way back from small village in Nepal called Gulmi.

**Everest Chicken** **D** ..... £14.00  
Chefs special. Made using special ingredients.

**Lamb Poleko** **HOT** ..... £14.50  
Lamb pieces marinated in chefs special masala and cooked in tandoor.

**Paneer Tikka** **D** **V** ..... £13.00  
Flavourful vegetarian dish made with marinated cube of paneer, skewered and grilled to perfection.

**Veg Milan** **V** ..... £13.00  
Chefs special combination of baby potatoes and mushroom, prepared to perfection using special ingredients.

## 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** ..... £9.75

**Chicken Biryani** ..... £11.95

**Chicken Tikka Biryani** **D** ..... £12.95

**Lamb Biryani** ..... £13.95

**Paneer Biryani** **D** **V** ..... £11.95

**King Prawn Biryani** ..... £15.50

## Rice Bowl

**Boiled Rice** ..... £3.25

**Pilau Rice** ..... £4.25  
Saffron flavoured basmati rice.

**Mushroom Rice** **V** ..... £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** ..... £7.50  
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** ..... £7.50  
Delicious Indian dish where cube paneer is stir-fried with vegetables and rice, creating a flavourful and satisfying meal option.

**Vegetable Fried Rice** **V** ..... £6.50  
Delicious stir-fried dish made with seasoned rice, and mixed vegetables, resulting in a flavourful and satisfying meal option.

## Naan Breads

**Plain Naan** ..... £2.25

**Butter Naan** ..... £2.50

**Garlic Naan** ..... £2.75

**Chicken Cheese Naan** **D** ..... £4.95  
Flavourful Indian bread stuffed with spiced chicken and cheese, offering a delicious and satisfying option to go with any curry.

**Peshawari Naan** **D** ..... £3.95  
Nan bread baked with dry nuts, coconut and Himalayan spices.

**Keema Naan** ..... £4.95

**Aaloo Kulcha** ..... £3.75  
Nan stuffed with potatoes in delicate layers.

**Cheese Naan** **D** ..... £3.50

**Monal Kulcha** **D** ..... £4.25  
Chefs special.

**Butter Roti** ..... £2.25

**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.



**HIMALAYAN MONAL**

**01772 386325**

# TAKEAWAY MENU

### OPENING TIMES

MONDAY - 13:00-23:00

TUESDAY - 13:00-22:00

WEDNESDAY - CLOSED

THURSDAY - 13:00-23:00

FRIDAY - 13:00-23:00

SATURDAY - 13:00-23:00

SUNDAY - 13:00-23:00

**HIMALAYAN MONAL,**  
**138 FRIARGATE, PR1 2EE,**  
**PRESTON**



#### Special Notice:

All our curries may contain dairy. If you have any dietary restrictions, allergies, or intolerances, please inform a member of our staff, and we will be happy to assist in accommodating your needs. Thank you for your understanding!

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



## Appetisers

Papadums 1 pc.....	£0.90	Pickle Tray.....	£2.40
Chicken Pakora <b>DF</b>	£6.75		
Chilli Chicken <b>DF</b>	£7.00		
Chilli Paneer <b>D V</b>	£7.00		
Seekh Kebab	£8.50		
Onion Bhaji (2 pcs) <b>VG</b>	£4.00		
Samosa Chaat <b>D V</b>	£5.50		
Tandoori Chicken (1 pc) <b>D</b>	£5.95		
Gobi Manchurian <b>VG</b>	£7.00		
Veg Samosa (3 pcs) <b>VG</b>	£4.50		
Himali Tikka (3 pcs) <b>D</b>	£8.50		
Chicken 65	£7.50		
Paneer 65 <b>D V</b>	£7.50		
Gobi 65 <b>VG</b>	£6.75		
Masala Dosa <b>V</b>	£6.75		
A south Indian classic with thin rice and lentil crepe, filled with flavourful potato masala			
Mysore Dosa <b>V</b>	£7.75		
A south Indian delight with crispy crepe and fiery Mysore Chutney.			
Paneer Dosa <b>D V</b>	£8.25		
Crepe rolled with grated cottage cheese and served with sambar and chutney.			
Monal Dosa <b>D V</b>	£8.25		
Chefs special dosa. Stuffed with flavourful mashed potatoes, cheddar cheese and served with sambar and chutney.			

## Nepalese Curry Delights

"Embark on a Culinary Journey:  
Experience the Rare & Authentic Flavors of Our Exclusive  
Nepalese Curry Delights, Unparalleled and Unforgettable!"

Veg.....	£9.75
Paneer.....	£11.25
Chicken.....	£12.25
Lamb.....	£14.50
King Prawn.....	£16.95

### Himali Special **HOT**

Mixed in a spicy sauce made with touch of bell peppers and Himalayan spices. . Garnished with bell pepper, ginger and coriander.

### Tama **MED**

Traditional Nepalese dish that is cooked with flavourful bamboo shoots in a rich curry sauce. Garnished with cherry tomato and coriander.

### Piro **HOT**

Spice up your taste buds with a fiery Nepalese dish cooked in a flavourful and spicy curry sauce. . Garnished with cherry tomato and coriander.

## Nepalese Street Starters

Steam Momo	
Chicken.....	£7.25
Veg.....	£6.95
Enjoy our homemade steam dumplings filled with flavourful herbs, either Chicken or Veg, served with a delightful tomato chutney dip. <i>Contains soy.</i>	
Chilli Momo	
Chicken.....	£8.50
Veg.....	£7.75
Chicken or Vegetarian Dumplings tossed in onions, bell peppers, chilli sauce and garnished with spring onion. <i>Contains soy.</i>	
Jhol Momo	
Chicken.....	£8.50
Veg.....	£7.75
Chicken or Veg Nepalese dumplings served with spicy tomato and sesame seed broth. A popular winter treat in Kathmandu. <i>Contains soy.</i>	
Sadeko Momo <b>M</b>	
Chicken.....	£8.50
Veg.....	£7.75
Spicy and tangy Nepalese dumplings bursting with flavour. A street food sensation from streets of Pokhara. <i>Medium Spiced.</i> <i>Contains soy.</i>	
Pani Puri	£5.50
Balls of crispy puris served with potato and onion masala filling and spicy tangy water on side. <i>(Served cold)</i>	
Chatpate <b>HOT</b>	£5.50
Puffed rice mixed with finely diced onion, potatoes, chilli and lemon juice. <i>(Served cold)</i>	

## Nepalese Noodle Haven

Stir fried noodles with onion, ginger, garlic, mixed vegetables and Nepalese spices, garnished with spring onions.  
**MEDIUM. Contains soy.**

Veg.....	£8.00
Chicken.....	£8.75
Egg.....	£8.50
Lamb.....	£9.25

## Seafood Delights

King Prawn Masala <b>HOT</b> <b>D</b>	£15.25
King prawn cooked in a rich makhani sauce.	
King Prawn Jalfrezi <b>HOT</b>	£15.25
Stir-fried with bell peppers in a spicy and aromatic tomato based sauce.	
King Prawn Saagwala <b>HOT</b>	£15.25
Cooked in a flavourful and aromatic spinach-based sauce.	
King Prawn Chhetinad <b>HOT</b>	£15.25
King Prawns cooked with a traditional special Chhetinad masala with a touch of coconut, , garnished with fried curry leaves.	

## Vegetable Delights

Palak Paneer <b>D</b>	£10.75
Spinach and cottage cheese cooked in a curry sauce, garnished with a sliced tomato.	
Palak Paneer <b>MED</b> <b>D</b> <b>N</b>	£10.75
Cottage cheese cooked in a low flame with rich makhani sauce, dressed with cream.	
Kadai Paneer <b>MED</b> <b>D</b>	£10.75
Cottage cheese cooked with onions, tomatoes, cumin, coriander, peppers, ginger and garlic, Garnished with bell pepper, ginger and coriander.	
Paneer Chhetinad <b>HOT</b> <b>D</b>	£10.75
Traditional paneer pieces cooked with a traditional special Chhetinad masala with a touch of coconut, garnished with fried curry leaves.	
Saag Aaloo <b>MILD</b>	£8.95
Spinach and potato cooked with spices with a sliced tomato on top.	
Chana Masala <b>MED</b> <b>VG</b>	£9.25
Chickpeas cooked in a light tomato masala sauce, garnished with coriander and ginger.	
Dal Makhni <b>MED</b> <b>D</b>	£9.50
Black lentils slow-cooked with onion and garlic, garnished with butter and ginger.	
Dal Tarka <b>MED</b> <b>VG</b>	£8.00
Yellow lentils prepared with garlic, ginger, and tomat, garnished with coriander and ginger.	

## Classic Lamb Delights

Lamb Korma <b>MILD</b> <b>D</b> <b>N</b>	£13.00
Tender and juicy lamb cooked with minced dry nuts in a spiced creamy sauce.	
Lamb Sangham <b>MILD</b>	£13.00
Tender lamb cooked with spicy mushroom & peas with fresh ginger and coriander.	
Lamb Saagwala <b>MILD</b>	£13.00
Tender lamb cooked in a flavourful spinach-based gravy. A delicious and nutritious dish from Indian cuisine.	
Lamb Karahi <b>MED</b>	£13.00
Tendered lamb cooked with onions, tomato gravy with bell peppers and aromatic spices. Garnished with bell pepper, ginger and coriander.	
Lamb Jalfrezi <b>HOT</b>	£13.00
Medium to hot dish prepared with fresh bell peppers and onions. A flavourful and vibrant dish from Indian and Pakistani Cuisine. Garnished with bell pepper, ginger and coriander	
Lamb Vindaloo <b>HOT</b>	£13.00
Spicy, flavourful, and tender lamb cooked in a tangy, aromatic sauce. Perfect for spice enthusiasts.	