

## SIDE DISHES

### BASMATI RICE

PLAIN BASMATI RICE	\$4.95	SAFFRON RICE	\$5.95
PEAS PULAO	\$5.95	COCONUT RICE	\$5.95

### INDIAN BREAD

<b>ROTI</b> Whole wheat bread baked in clay oven	\$2.50	<b>LACHHA PARATHHA</b> Flaky Layered Bread	\$3.50
<b>PLAIN NAAN</b> Leavened white flour bread baked in clay oven	\$2.95	<b>PARATHA (ALOO/ONION/PANEER)</b> Whole wheat bread stuffed with choice of spiced potatoes/Paneer/Onion	\$3.50 / 4.95
<b>GARLIC NAAN</b> Soft flour bread with fresh garlic and cilantro baked in clay oven	\$3.95	<b>MASALA KULCHA</b> Naan stuffed with potatoes, onions and spices	\$3.95
<b>BUTTER NAAN</b> Leavened white flour bread with butter baked in clay oven	\$3.50	<b>ONION KULCHA</b> Naan stuffed with onion and spices	\$3.50
<b>SESAME NAAN</b> Soft flour bread with sesame seed and baked in clay oven	\$3.50	<b>CHEESE KULCHA</b> Naan stuffed with paneer and spices	\$4.95
<b>COCONUT NAAN</b> Soft flour bread with coconut and honey baked in clay oven	\$4.50	<b>KEEMA KULCHA</b> Naan stuffed with ground lamb or chicken and spices	\$5.95
<b>KASMARI NAAN</b> Soft flour bread stuffed with dried fruits and nuts, simply a delicacy	\$5.95		

### CHUTNEYS

<b>MANGO CHUTNEY</b>	\$3.95	<b>MIXED PICKLE</b>	\$2.95
<b>MINT/TAMARIND CHUTNEY</b>	\$2.95	<b>RAITA MIX</b>	\$4.50

## DESSERT

<b>KHEER (RICE PUDDING)</b> ☞ Aromatic basmati rice pudding sprinkled with cashew nut	\$4.50	<b>RASMALAI</b> Delightful Indian cheese patties in milk cream (2pcs)	\$5.50
<b>GULAB JAMUN</b> Spongy milky balls soaked in rose scented syrup (2pcs)	\$5.50	<b>MANGO KULFI</b> Traditional Indian mango ice cream	\$5.00

## BEVERAGES

<b>CHIYA (NEPALI STYLE MILK TEA)</b>	\$3.99
<b>COFFEE/ASSORTED TEA</b>	\$2.99
<b>MILK/ CHOCOLATE MILK</b>	\$3.99
<b>ASSORTED JUICE</b>	\$3.99
<b>ASSORTED POP</b>	\$2.99
<b>MANGO LASSI</b>	\$4.99
<b>LASSI (SWEET/SALTED)</b>	\$3.99
<b>PERRIER</b>	\$3.00
<b>BOTTLE WATER</b>	\$2.50

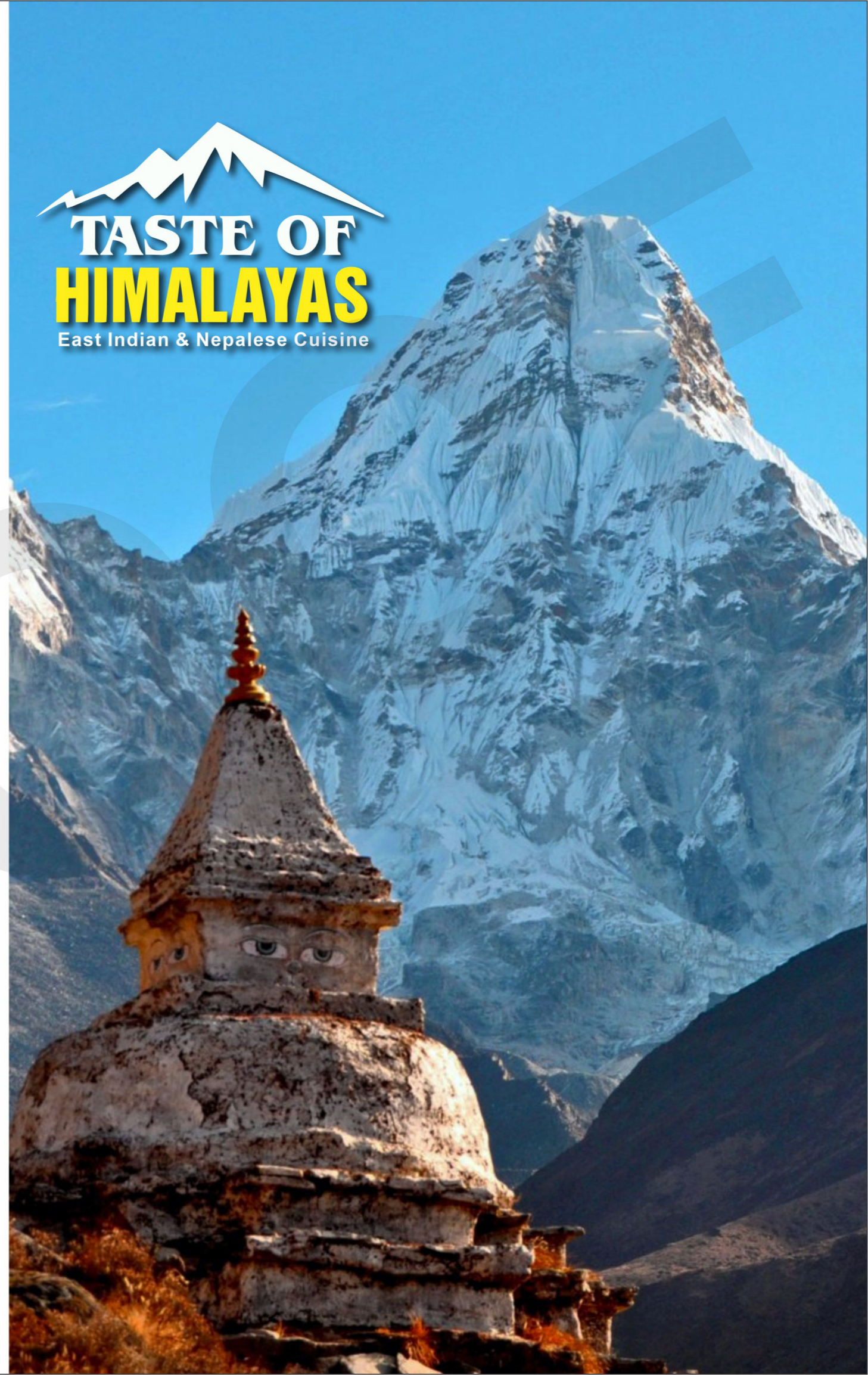
Please let us know of any allergies and for the spice level.  
5% GST is not included in the above price.

Taste of Himalayas deserves the right to add 15% gratuity to the group of 8 or more people.






# TASTE OF HIMALAYAS

East Indian & Nepalese Cuisine



## APPETIZERS

<b>VEGETABLE PAKORA</b> 	<b>\$10.95</b>	<b>SAMOSAS</b> <b>vegetable / chicken / beef</b>	<b>\$4.95 / \$5.95</b>
Assortment of vegetables chopped and dipped in chickpea flour batter, fried and served with Tamarind sauce		Triangular fried puffed pastry filled with mixed vegetables or choice of beef or chicken and spices served with tamarind sauce (2pcs)	
<b>PANEER PAKORA</b>	<b>\$11.95</b>	<b>CHAT PAPRI</b>	<b>\$7.95</b>
Indian cheese filled with coriander and mint chutney dipped in chickpea flour, fried and served with mint sauce		A medley of chickpeas, potatoes and flour crisp tossed with chutney and yoghurt	
<b>CHICKEN PAKORA</b> 	<b>\$12.95</b>	<b>PAPADUM</b>	<b>\$2.99</b>
Juicy chicken filet batter in chickpea flour, fried and served with mint sauce		Fried East Indian crackers made from spicy lentil and rice served with tamarind sauce	
<b>FISH PAKORA</b>	<b>\$12.95</b>	<b>TASTE OF HIMALAYAS SPECIAL VEGETARIAN PLATTER</b>	<b>\$14.95</b>
Boneless fish filet batter in chickpea flour, fried and served with mint sauce		A combination of veg. Samosa, Veg. Pakora, Paneer Pakora and onion bhajia served with assorted chutneys	
<b>ONION BHAJIA</b> 	<b>\$10.95</b>	<b>TASTE OF HIMALAYAS SPECIAL NON-VEGETARIAN PLATTER</b>	<b>\$15.95</b>
Onions marinated in chickpea flour, lemon juice and traditional spices, deep fried and served with tamarind sauce		A combination of chicken or beef samosa, fish pakora and chicken pakora served with assorted chutneys	

## SOUP & SALAD

<b>MULLIGATWANI SOUP</b> <b>vegetable/chicken</b>	<b>\$5.95/6.95</b>	<b>KUCHUMBER SALAD</b> 	<b>\$4.95</b>
A South Indian specialty, lentil based, garnished with diced vegetable or chicken and rice		Fine cut cucumber, tomato, onion, carrot and coriander mixed with salt, pepper and fresh lemon juice	
<b>SOUP OF THE DAY</b>	<b>\$5.95</b>	<b>GARDEN SALAD</b> 	<b>\$5.95</b>
Ask one of our server for today's chef inspired creation		Freshly cut slices of cucumber, onion, tomato, carrot garnished with lemon wedge and cilantro	

## NEPALI SPECIAL

<b>MOMO (vegetable / chicken)</b>	<b>\$11.95 / 12.95</b>	<b>CHICKEN CHILLI</b>	<b>\$15.95</b>
Steamed Nepali style Dumplings filled with Cheese, mixed vegetable or chicken and spices served with tomato-based home made spicy sauce (8pcs)		Fried marinated boneless chicken stir fried with green peppers, onion, Nepali spices, soya sauce and herbs	
<b>SEKUWA (chicken / lamb)</b> 	<b>\$16.95 / 17.95</b>	<b>CHOWMEIN (vegetable/chicken)</b>	<b>\$13.95 / 15.95</b>
Tender Lamb or Chicken meat marinated with Nepalese spices and grilled on clay oven served on the bed of onion and bell pepper in sizzling plate		Wheat flour noodle stir fried with mixed vegetables or chicken, ginger, garlic, spices and soya sauce	
<b>VEGETARIAN SEKUWA</b>	<b>\$16.95</b>	<b>PEANUT SADEKO</b> 	<b>\$11.95</b>
Indian cottage cheese (paneer) marinated with Nepalese spices and grilled on clay oven served on the bed of onion and bell pepper in sizzling plate		Roasted split peanut mixed with chopped tomato, green chili, cilantro, onion, ginger, garlic and blended with salt, chat masala, red chili powder, lime juice and sesame oil	
<b>ALOO JEERA</b> 	<b>\$13.95</b>	<b>NEPALI KHANA (Dal-Bhat) Dine-In Only</b>	<b>\$23.95</b>
Potatoes simmered with cumin seeds, spiced with exotic Nepali spices		Lamb or Chicken (cooked in tomato based sauce) or Paneer (cooked in creamy tomato and cashew nut based sauce) accompanied with Saffron Rice, Dal (Yellow lentil), Rayo saag (broad leaf mustard), Green salad (slices of cucumber, tomato, red onion), spicy mixed pickle and Naan bread, finished with a cup of tea or coffee and mango rice pudding	
<b>MIXED VEGETABLE (stir fried)</b> 	<b>\$14.95</b>		
Seasonal mixed vegetables stir fried with garlic, ginger and Nepali spices			

## TANDOORI SPECIAL










All tandoori items are served in hot sizzling plate and garnished with lemon slice and mint sauce

<b>TANDOORI CHICKEN</b> 	<b>HALF \$15.95 FULL \$26.95</b>	<b>PANEER TIKKA</b>	<b>\$15.95</b>
A classic creation of tandoori cuisine; chicken marinated overnight in pressed yoghurt and spices cooked in clay oven		Cubes of marinated homemade cottage cheese, pepper, tomato and onion cooked in clay oven	
<b>CHICKEN TIKKA</b> 	<b>\$15.95</b>	<b>TANDOORI GOBHI</b> 	<b>\$15.95</b>
Boneless pieces of chicken marinated in yoghurt and spices cooked in clay oven		Cauliflower marinated in herbs and spices, slowly cooked in clay oven	
<b>CHICKEN MALAI TIKKA</b> 	<b>\$15.95</b>	<b>TANDOORI PRAWN</b> 	<b>\$17.95</b>
Tender boneless chicken breast marinated in cheese and yoghurt with spices cooked in clay oven		Large juicy prawns marinated overnight in garlic, ginger, onion and spices, cooked to perfection in clay oven	
<b>FISH TIKKA</b> 	<b>\$15.95</b>	<b>SEEKH KABAB (chicken /lamb/beef)</b>	<b>\$15.95 / 16.95</b>
Boneless fish marinated overnight in Indian spices and roasted in clay oven		Juicy minced chicken, lamb or beef meat with special herb and spices skewered and cooked in clay oven	
		<b>TOH SPECIAL MIXED GRILL</b>	<b>\$24.95</b>
		A combination of tandoori chicken, chicken tikka, tandoori prawn, seekh kebab, chicken malai tikka cooked in clay oven	

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## VEGETARIAN

<b>MALAI KOFTA</b>	<b>\$14.95</b>	<b>ALOO GOBHI</b> 	<b>\$14.95</b>
Deep fried paneer and potato balls coated with malai and dipped in cashew nut based sauce		Cauliflower and potatoes cooked in Himalayan herbs	
<b>SHAHI PANEER</b>	<b>\$14.95</b>	<b>ALOO MUTTER</b> 	<b>\$13.95</b>
Homemade Indian cheese cooked in creamy tomato, ginger, garlic and cashew nut sauce		Potatoes and green peas cooked in Himalayan herbs	
<b>PALAK PANEER</b>	<b>\$14.95</b>	<b>MUTTER MUSHROOM</b> 	<b>\$14.95</b>
Fresh spinach pureed and cooked with homemade cottage cheese and finish with exotic spices		Green peas and mushroom cooked in Himalayan herbs	
<b>PANEER MAKHANI</b>	<b>\$14.95</b>	<b>OKRA MASALA</b> 	<b>\$13.95</b>
Indian cottage cheese cooked in our special gravy made of butter and authentic spices		Freshly cut okra cooked with onion, tomato and spices finished with coriander leaves	
<b>CHANA MASALA</b> 	<b>\$13.95</b>	<b>EGGPLANT BHARTHA</b> 	<b>\$14.95</b>
Chickpeas prepared in authentic Indian spices with onions and tomatoes		Roasted Eggplant cooked with tomato, ginger, and green peas	
<b>DAL MAKHANI</b> 	<b>\$14.95</b>	<b>PANEER LABABDAR</b>	<b>\$15.95</b>
Stewed black lentils and red kidney beans sautéed with tomato, onion, garlic and cream		Cottage cheese prepared in tomato and onion gravy with a hint of coriander	
<b>PALAK DAL</b> 	<b>\$13.95</b>	<b>VEGETABLE JALFREZIE</b>	<b>\$13.95</b>
Yellow lentil cooked with pureed spinach		Mixed vegetable cooked with tomatoes, onion, and spices	
<b>DAL MASOOR</b> 	<b>\$13.95</b>	<b>MUTTER PANEER</b>	<b>\$14.95</b>
Yellow lentils cooked in light spices		Homemade cottage cheese and green peas cooked in exotic spices, tossed with tomato and fresh cilantro	
		<b>NAVARATTAN KORMA</b>	<b>\$14.95</b>
		Garden fresh vegetables cooked in cashew nut Korma sauce	

## NON-VEGETARIAN

<b>BUTTER CHICKEN</b> 	<b>\$16.95</b>	<b>CURRY (CHICKEN/LAMB/GOAT/BEEF)</b> 	<b>\$16.95 / 17.95</b>
Boneless chicken breast baked and cooked in our special gravy made of butter and authentic spices		Choice of meat cooked with fresh onion, tomato, garlic, ginger and authentic spices garnished with coriander	
<b>CHICKEN TIKKA MASALA</b> 	<b>\$16.95</b>	<b>KORMA (CHICKEN/LAMB/GOAT/BEEF/PRAWN)</b>	<b>\$16.95 / 17.95</b>
Boneless chicken breast baked and cooked in creamy tomato sauce, bell pepper, onion and spices		Choice of meat cooked in cashew nut and mild spiced cream sauce	
<b>SAAG (CHICKEN/LAMB/BEEF/GOAT)</b> 	<b>\$16.95 / 17.95</b>	<b>MANGO CHICKEN</b>	<b>\$16.95</b>
Choice of Boneless meat cooked in fresh spinach, tomato, onion, garlic, ginger and authentic Indian spices		Tender chicken breast cooked in creamy mango, tomato and cashew nut sauce	
<b>KARAHI</b> 	<b>\$16.95 / 17.95</b>	<b>ROGAN JOSH (LAMB)</b> 	<b>\$17.95</b>
(CHICKEN/LAMB/GOAT/BEEF) Boneless chicken cooked with a blend of chopped bell peppers, onion, tomato and Indian spices		Boneless lamb meat cooked with sautéed onions, tomatoes, garlic, ginger, authentic spices and homemade yogurt	
<b>VINDALOO</b>    	<b>\$16.95 / 17.95</b>	<b>FISH CURRY</b> 	<b>\$16.95</b>
(CHICKEN/LAMB/ BEEF/PRAWN) Choice of boneless meat cooked with potato, crushed red chili peppers, vinegar, coriander, cumin and cinnamon		Marinated fish pieces cooked with onion, tomato, ginger, garlic and lemon juice in medium hot spices.	
		<b>PRAWN MASALA</b> 	<b>\$17.95</b>
		Prawns cooked in carom seeds, onion, tomato and spices	

## BIRYANI

<b>CHICKEN BIRYANI</b> 	<b>\$16.95</b>	<b>SHRIMP BIRIYANI</b> 	<b>\$17.95</b>
Baked casserole of basmati rice and chicken; richly flavored with saffron, cashew nuts and raisins		Baked casserole of basmati rice and shrimp; richly flavored with saffron, cashew nuts and raisins	
<b>LAMB BIRYANI</b> 	<b>\$17.95</b>	<b>VEGETABLES BIRYANI</b>	<b>\$15.95</b>
Lean cubes of lamb and saffron basmati rice cooked slowly with cashew nuts and raisins		Mixed vegetables with basmati rice baked with rich saffron flavor, Cashew nuts and raisins	

## INDO-CHINESE SPECIAL

<b>CHILI PANEER</b>	<b>\$15.95</b>	<b>VEGETABLE MANCHURIAN</b>	<b>\$13.95</b>
<b>CHILI CHICKEN</b>	<b>\$15.95</b>	<b>CHICKEN MANCHURIAN</b>	<b>\$15.95</b>
<b>CHILI LAMB</b>	<b>\$17.95</b>	<b>CHICKEN FRIED RICE</b>	<b>\$14.95</b>
<b>CHILI PRAWN</b>	<b>\$17.95</b>	<b>VEGETABLE FRIED RICE</b>	<b>\$13.95</b>

Spicy  Gluten Free 

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