



MENU

All our dishes are homemade and our ingredients are locally sourced, including meat and vegetables.

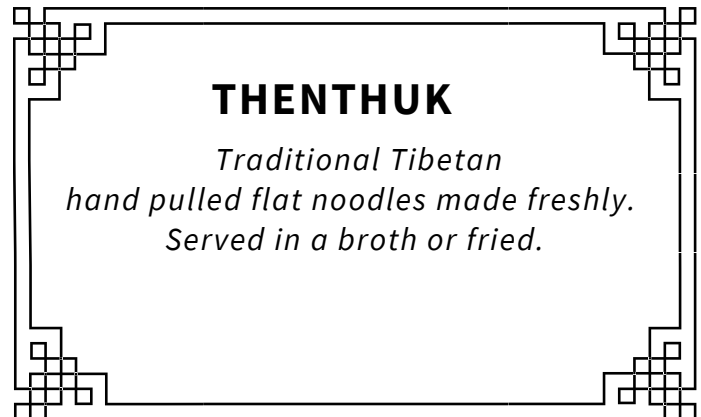
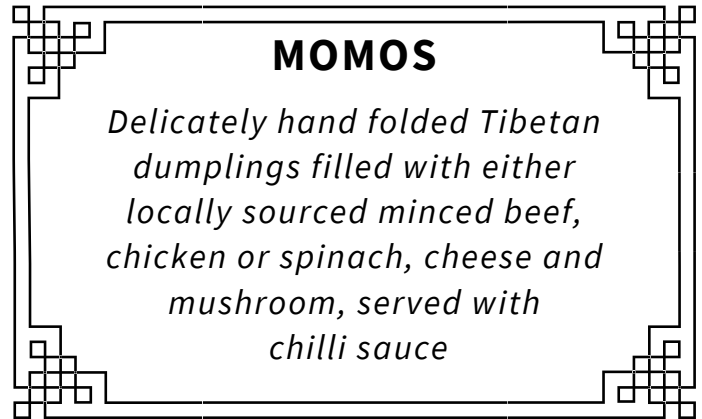
**Our corkage fee is 2.50 per person
Please let us know of any food allergies, thank you!**

STARTERS

MOMOS (4 pieces)	
beef / chicken / vegan	
steamed	6.00
lightly pan fried	6.50
 BHALEY	 4.90
(fried bread with chilli hummus)	

TIBETAN MAINS

MOMOS (8 pieces)	
beef / chicken / vegan	
steamed	12.50
lightly pan fried	12.90
 THENTHUK	
beef / chicken/ vegan	
THENTHUK IN BROTH	12.40
FRIED THENTHUK	12.40
 SHAPTA	 12.40
stir fried beef	
 SHA BHALEY	 12.40
deep fried Tibetan beef patties, served with chilli sauce	
 ALOO SIPSEY	 9.50
stir fried potatoes in garlic and chilli	
 STIR FRIED NOODLES	 9.90
beef / chicken / vegetarian / vegan	
 FRIED RICE	 9.90
beef / chicken / vegan	



CHEF THENLAY'S SPECIAL TIBETAN THALI

two of our curries & momos, served with steamed rice and
homemade chilli dip

LAMB & CHICKEN 20.00

LAMB 17.50

CHICKEN 14.90

VEGAN 14.90

HIMALAYAN CURRIES

LAMB CURRY	14.50
CHICKEN CURRY	12.90
POTATO CURRY	9.90
CHICKPEA CURRY	9.90
LENTIL CURRY	9.90
<i>all curries served with steamed rice</i>	

SIDES

STEAMED RICE	3.00
BHALEY (fried bread)	3.50
TINGMO (steamed bun)	3.50
SEASONAL GREENS	5.40
CHILLI SAUCE	1.50

DRINKS

BHOD JHA Tibetan tea, with butter & salt	3.40
CHAI Indian masala tea	3.40
TEA	2.50
HERBAL TEAS	2.50
HONEY, LEMON & GINGER TEA	2.50
COFFEE	3.40
SOFT DRINKS	2.50
KUMBUCHA	4.50
APPLE / MANGO / ORANGE JUICE	3.90
SPARKLING WATER	2.90

DESSERTS

Please ask about our cakes made with Tsampa, (home milled Tibetan roasted barley flour) served with ice cream	6.90
ICE CREAM	4.90
SORBET	4.90