



HIMALAYAN MONAL

**Finest Nepalese & Indian Cuisine
Fully Licensed Restaurant**

MENU

0208 866 8020 / 0208 866 2989

www.himalayanmonal.co.uk










[Vegetarian (V)] ..[Medium spicy 🌶️] ..[Hot 🌶️🌶️] ..[Very Hot 🌶️🌶️🌶️] ..[Nuts (N)]

STARTERS

1	POPPADOMS PLAIN/SPICY -----	£0.60
	Served with chutneys	
2	ONION BHAJI [V] -----	£1.95
	Deep fried gram floured crispy battered onions	
3	VEGETABLE SAMOSA [V] -----	£2.95
	Homemade triangular crispy pastry filled with mixed vegetables	
4	VEGETABLE PAKORA [V] -----	£3.50
	Mixed vegetables with spices and herbs then battered and deep fried	
5	GARLIC MUSHROOM [V] -----	£3.95
	Fresh button mushroom tossed in butter with garlic finish	
6	CHILLI PANEER [V] 🌶️🌶️ -----	£4.50
	Asian cottage cheese cooked with peppers, spring onion touched with soya sauce	
7	ALOO CHAAT PURI [V] 🌶️ -----	£4.50
	Lightly spiced potatoes cooked with herbs and served with unleavened bread	
8	PANEER TIKKA [V] -----	£4.50
	Cottage cheese marinated in yogurt, ginger, garlic and spices then finished in tandoor	
9	CHICKEN / LAMB TIKKA -----	£4.50
	Chicken / lamb pieces flavoured with spices and garlic yogurt marinade then cooked in clay oven	
10	CHILLI CHICKEN 🌶️🌶️ -----	£4.50
	Hot and dry spicy boneless chicken cooked with peppers and spring onion touched with soya sauce	
11	CHICKEN / VEG MOMO 🌶️ -----	£4.95 / £3.95
	Famous traditional Nepalese dumplings made with chicken / veg mince, various spices and served with a special homemade sauce	
12	LAMB SHEEKH KEBAB 🌶️ -----	£4.50
	Spicy lean minced lamb rolled on skewers, grilled in tandoor	
13	LAMB CHOPS (2 pcs) 🌶️ -----	£4.95
	Lamb chops marinated with various herbs and spices, yogurt and cooked in tandoor	
14	SALMON TIKKA 🌶️ -----	£5.50
	Fillet of salmon marinated with Nepalese herbs and spices then finished in tandoor	
15	AMRITSARI FISH 🌶️ -----	£5.50
	Tilapia fish marinated with Indian herbs and deep fried	
16	TANDOORI KING PRAWN (2 pcs) -----	£5.95
	King prawn cooked with peppers, spring onions	
17	TANDOORI CHICKEN 🌶️ -----	£4.50
	¼ Spring chicken marinated in various herbs and spices, barbecued in tandoor	
18	CHICKEN CHAAT 🌶️ -----	£4.50
	Chopped chicken with chat masala and Nepali spices	



TANDOORI GRILL SPECIALS (all served with fresh green salad)

19	CHICKEN / LAMB TIKKA 	-----	£8.50
	Marinated chicken / lamb in homemade blend of Nepali spices, skewered and grilled in tandoor		
20	CHICKEN SHASHLIK 	-----	£8.95
	Marinated grilled on skewers with capsicum, tomatoes, onion, garnished with fresh coriander		
21	PANEER SHASHLIK [V] 	-----	£8.95
	Marinated paneer with capsicum, tomatoes, onion and garnished with fresh coriander		
22	TANDOORI LAMB CHOPS (5 pcs) 	-----	£8.95
	Lamb chops marinated with various herbs and spices, yogurt and cooked in tandoor		
23	LAMB SHEEKH KEBAB 	-----	£7.95
	Spicy lean minced lamb rolled into skewers, grilled in tandoor		
24	SALMON TIKKA 	-----	£9.95
	Fillet of salmon marinated with Nepalese herbs and spices then finished in tandoor		
25	TANDOORI CHICKEN 	-----	HALF £5.95/ FULL £9.95
	Spring chicken marinated in various herbs and spices, barbecued in tandoor		
26	TANDOORI MIXED GRILL 	-----	£11.95
	A selection of tandoori grilled delights including Sheekh Kebab, Chicken Tikka, Lamb Tikka, Tandoori Chicken and Tandoori King Prawn		
27	TANDOORI KING PRAWN (5 pcs) 	-----	£12.95
	King Prawn flavoured with various spices & tenderly cooked in tandoor		

MAIN COURSES

TIKKA MASALA [N]

The nation's favourite food, gently cooked in ground cashew nuts, almonds & special creamy sauce

28	CHICKEN TIKKA MASALA	-----	£9.25
29	PANEER TIKKA MASALA [V]	-----	£9.25

KORMA [N]

Cooked with rich coconut and cashew nuts & almonds gravy and finished with fresh cream

30	CHICKEN KORMA	-----	£8.50
31	LAMB KORMA	-----	£8.95
32	VEGETABLE KORMA [V]	-----	£7.95

KARAHI

Fresh coriander flavoured, sautéed with green pepper, onion and tomato cooked in special recipe of thick sauce

33	KARAHI CHICKEN	-----	£8.25
34	KARAHI LAMB	-----	£8.95
35	KARAHI KING PRAWN	-----	£11.50



BALTI

Famous Indian curry cooked with several herbs & special medium sauce

36	CHICKEN BALTI -----	£8.25
37	LAMB BALTI -----	£8.95
38	KING PRAWN BALTI -----	£11.50

JALFREZI

Cooked with green pepper, onion, tomato, green chilli and special recipe

39	CHICKEN TIKKA JALFREZI -----	£8.95
40	LAMB JALFREZI -----	£8.95
41	KING PRAWN JALFREZI -----	£11.50

DHANSAK


Homemade style curry cooked special spices and lentils, medium hot, sweet & sour


42	CHICKEN DHANSAK -----	£8.25
43	LAMB DHANSAK -----	£8.95
44	KING PRAWN DHANSAK -----	£11.50

BHUNA



Semi-dry dish cooked with fresh herbs, onions & tomato garnished with fresh coriander and fried onion

45	CHICKEN BHUNA -----	£7.95
46	CHICKEN TIKKA BHUNA -----	£8.95
47	LAMB BHUNA -----	£7.95
48	KING PRAWN BHUNA -----	£11.50

49	CHICKEN SAAG  ----- Chicken cooked with fresh spinach	£8.25
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50	LAMB SAAG  ----- Lamb cooked with fresh spinach	£8.95
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51	PRAWN SAAG  ----- Shrimp prawn cooked with fresh spinach	£9.95
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52	LAMB ROGAN JOSH   ----- Cooked lamb in tomato based sauce with unique blend of spices, garnished with several herbs	£8.95
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CURRY

Cooked in medium onion gravy sauce

53	MIXED VEGETABLE CURRY [V] -----	£6.25
54	CHICKEN CURRY -----	£7.50
55	LAMB CURRY -----	£7.50
56	PRAWN CURRY -----	£7.95
57	KING PRAWN CURRY -----	£10.75

MADRAS

Fairly hot dishes cooked with onion and tomato based gravy finished with coriander







58	CHICKEN MADRAS -----	£7.95
59	LAMB MADRAS -----	£7.95
60	PRAWN MADRAS -----	£7.95
61	KING PRAWN MADRAS -----	£10.75

VINDALOO

Very hot dishes cooked with potato, onion and tomato based gravy finished with coriander

62	CHICKEN VINDALOO -----	£7.95
63	LAMB VINDALOO -----	£7.95
64	PRAWN VINDALOO -----	£8.95
65	KING PRAWN VINDALOO -----	£10.95

HIMALAYAN SPECIAL MAIN COURSE

66	PEPPER CHICKEN CURRY  ----- Chicken strips cooked with Nepalese sichuan pepper and herbs	£8.95
67	SPECIAL GOAT CURRY (on the bone)  ----- Homemade style goat meat on the bone cooked slowly with Nepalese recipe	£8.95
68	COCONUT KING PRAWN CURRY  ----- King Prawn cooked with coconut milk, tomato, onion and selected spices and herbs	£11.95
69	BUTTER CHICKEN [N] ----- Boneless chicken cooked with tomatoes base gravy with cashew nut	£9.50
70	GARLIC CHICKEN  ----- Tender pieces of chicken cooked with garlic and spring onions	£8.95
71	GARLIC LAMB  ----- Tender pieces of lamb cooked with garlic and spring onions	£9.50
72	FISH CURRY  ----- Tilapia fish cooked with coconut milk, tomato, onion and selected spices and herbs	£9.95



BIRYANI

Aromatic basmati rice flavoured with saffron, cooked in delicate Blend of exotic spices & herbs, served with veg. curry sauce

73	CHICKEN / CHICKEN TIKKA BIRYANI -----	£10.50
74	LAMB BIRYANI -----	£10.95
75	VEGETABLE BIRYANI -----	£9.95
76	KING PRAWN BIRYANI -----	£12.95
77	SUPREME BIRYANI (chicken, king prawn & lamb) -----	£11.95

FRESH VEGETABLE DISHES [V]

		Sides	Full
78	DAAL MAKHANI ----- Black lentils cooked with red kidney beans, butter and cream	£4.25	£6.25
79	TARKA DAAL ----- Lentils cooked with garlic, cumin and mustard seeds	£4.25	£6.25
80	MIXED VEGETABLE CURRY ----- Seasonal fresh mixed vegetables cooked with garlic	£4.25	£6.25
81	CHANA MASALA ----- Chicken peas in curry sauce	£4.25	£6.25
82	BOMBAY ALOO ----- Baby potato cooked in spicy onion and tomato gravy, semi-dry	£4.25	£6.25
83	CAULIFLOWER BHAJI ----- Cauliflower stir fried with tomatoes and spices	£4.25	£6.25
84	BHINDI DO PYAZA ----- Stir fried okra cooked in Nepalese style	£4.25	£6.25
85	MUSHROOM BHAJI ----- Button mushroom cooked in garlic and spices	£4.25	£6.25
86	GARLIC PALAK ----- Fresh spinach cooked and tampered with garlic and dill	£4.25	£6.25
87	SAAG ALOO ----- Baby potatoes cooked with spinach	£4.25	£6.25
88	SAAG PANEER ----- Cottage cheese cooked with spinach	£4.25	£6.25
89	AUGERGINE MASALA ----- Baby aubergine cooked with mixed spices	£4.25	£6.25



FRAGRANT RICE

90	STEAMED RICE ----- Steamed, fluffy long grain basmati rice	£2.25
91	PILAU RICE ----- Delicately spiced basmati rice	£2.50
92	MUSHROOM FRIED RICE ----- Aromatic delicately spiced basmati rice	£3.50
93	EGG FRIED RICE ----- Rice cooked with egg	£3.50
94	SPECIAL FRIED RICE ----- Rice cooked with egg and peas	£3.50

BREAD

95	PLAIN NAAN ----- Leavened bread baked freshly in the tandoor oven	£1.95
96	PESHAWARI NAAN [N] ----- Naan with ground almonds, sultana and cashew nuts	£2.95
97	GARLIC NAAN ----- Naan stuffed with fresh garlic	£2.50
98	KEEMA NAAN ----- Naan stuffed with minced lamb	£2.95
99	CHILLI NAAN ----- Naan with green chillies	£2.50
100	CHEESE NAAN ----- Naan with cheese filling	£2.50
101	TANDOORI ROTI ----- Light and crispy flat bread cooked in the tandoor	£1.50
102	PARATHA ----- Traditional Indian layered flat bread with butter	£2.50
103	STUFFED PARATHA ----- Traditional Indian layered bread stuffed with potato and mixed vegetables	£2.95

KIDS MENU

104	CHIPS -----	£2.50
105	CHICKEN NUGGETS & CHIPS -----	£4.50
106	CHICKEN KORMA WITH RICE -----	£4.95
107	CHICKEN TIKKA MASALA WITH RICE -----	£4.95



ACCOMPANIMENT

108	RAITA CUCUMBER / ONION -----	£1.50
109	GREEN SALAD (mix of lettuce, cucumber, onions) -----	£3.50

Allergy Information:

Some of our dishes are made using raw materials that contain allergens such as Nuts, Peanuts, Cereals containing Gluten, Soya, Milk, Mustard, Sesame seeds, Egg, Crustaceans, Fish. Other allergens such as Celery, Lupin, Molluscs and Sulphur Dioxide may also be present.

Our meals are produced in a kitchen environment that handles Nuts and some other allergens.

If you have any food allergies of any kind, please inform us when placing your order. While every care has been taken to prevent cross-contamination, the products may contain traces of above allergens and may not be suitable for allergy sufferers.

Notes:

- 1 Level of heat and spice can be altered upon request.
- 2 If any dish of your choice is not listed on our menu, please ask. If possible, our chef will be happy to prepare on your request.
- 3 Bones may remain on some products.
The management reserves the right to refuse service and make any changes to the menu at its own notice at its own discretion.

Himalayan Monal is the first Nepalese & Indian Restaurant of its kind in town. We serve a fresh and healthy cuisine in a homely ambience. We are pleased to introduce you to a new taste which is reflection of Nepalese & Indian cuisine. Born in the Himalayas, this has become one of the favourite food choices throughout the world.

“Our philosophy is to provide Superior Quality with Exceptional Service and Outstanding Value.”

THANK YOU