

Tibet Nepal House **TASHI DHILE & NAMASTE**

Serving authentic Himalayan cuisine since 2001, **Tibet Nepal House** uses only fresh herbs and spices to offer sumptuous and healthy food to our guests. Some ingredients common to Himalayan cuisine are black cardamom, Jimbu, garlic, ginger, cumin, ajwain, star anis, timboor, chili, turmeric, saffron, sesame & muster seed.

Our chef, **Karma Tenzing Bhotia**, is a Nepali of Tibetan descent from the Mt. Makalu region of northeast Nepal. As a certified mountaineer guide and an avid photographer, his career has taken him throughout Nepal, Tibet and the Himalayan region. Mr. Bhotia has also worked as a chef in Austria for long time where he learned the subtleties of European cuisine. We are pleased to present you his gourmet cookery, which brings the exclusive and contemporary flavors of his homeland, to you here at Tibet Nepal House.

Appetizers

Mo-mo “Dumplings”

Mo-mo is one of the most popular dishes among Nepalese and Tibetans. Preparation includes wrapping stuffed meat and vegetable in flour dough, which is often a fun social activity. The dumplings are steamed or fried, and served with house made achar. “Dipping sauce”.

Sabjee Mo-mo

\$5.99

Choice of steamed or fried mixed vegetable stuffed dumplings

Maasu Mo-mo

\$7.99

Choice of steamed or fried ground chicken or lamb stuffed dumplings

Sabjee Pakoda

\$4.99

Deep-fried mixed vegetables battered with chickpeas flour & spices”

Cheese Pakora

\$4.99

Deep-fried cheese, battered with chickpeas flour

Aloo Achaar

\$4.99

Boiled potato garnished with spring onions, cilantro, Chili, turmeric,
And roasted sesame-seed paste, Served at room temperature

House special sampling platter

\$10.99

Combination of aloo achar, Himalayan chicken, fried vegetable Mo-mo,
And cheese pakoda

Phaley

Meat or vegetable marinated with Himalayan herbs & spices, and filled with flour dough and fried patties served with Padina Achaar. **They are popular snacks in Tibetans picnics, feasts and festivals.**

Shaa Phaley \$9.99

Choice of ground chicken or lamb filled patties

Tse Phaley \$7.99

Mixed vegetable filled patties

Suruwa "Soup"

Soup of the day \$4.99

We served every day different soup; please ask to your server.

Ghaas-Paat "Salad"

Mishaeko Ghaas-Paat \$5.99

Mixed green salad with house-made dressing

Tofu Kaakraa \$6.99

Green salad topped with tofu, cucumber, sesame seeds, and almonds

Nepali Cuisine

Daal-Bhaat refers to lentil & rice. Tarkaari means vegetable curry and meat is called Maasu. Daal Bhaat is a very typical and traditional Nepali food. The most of Nepalese eat Daal-bhaat twice a day. Tarkaari and Achaar are subsidiary food, mostly used in meal. Meat is a rare treat, preferably served on feasts and festivals. However, several homes offer meat on regular base depending upon economic condition of the families.

Nepali Set Menu

Daal- Bhaat Tarkaari \$14.99

Rice, lentils, and achaar served with vegetables curry

Dessert: Choice of "Mt Everest in a Blanket" or Kheer with Nepali Tea

Daal- Bhaat Maasu \$17.99

Rice, lentils, and achaar served with choice of lamb or chicken curry

Dessert: Choice of "Mt Everest in a Blanket" or Kheer with Nepali Tea

Sabjeeko Tarkaari “Vegetable Curry”

Aloo Phulkopi Tarkaari	\$7.99
Potatoes and cauliflower cooked with tomatoes, onions, And Himalayan spices, prepared to perfection	
Arun Valley Saag	\$8.99
Fresh baby Bock-Choy cooked with Chef’s special blended sauce	
Aloo Baigoon Tarkaari	\$7.99
Eggplant and potatoes sautéed with Nepali spices	
Hariyo Simi	\$7.99
Green beans sautéed with garlic and Nepali spices	
Aloo-Taamaa	\$7.99
Bamboo shoots and potatoes cooked with Himalayan spices	
Goondruk	\$7.99
A typical Nepali dish, preserved muster green leave and cabbage, and tomato, Cooked with Nepali spices	
Paloongo saag	\$7.99
Fresh spinach sautéed with garlic and Himalayan spices	
Tare ko Ramtoria	\$7.99
Stir-fried okra sautéed with tomatoes, onion, bell pepper, and Himalayan spices	
Tofu Saag	\$8.99
Sautéed tofu cooked with pureed spinach & seasoned with Himalayan spices	
Chanaa Tarkaari	\$7.99
Garbanzo beans cooked in onions, tomatoes, ajwain, And Himalayan spices	
Bhuteko Bandagovi	\$7.99
Cabbage sauteer with onion, tomato, and Himalayan spices	
Mushroom peas	\$7.99
Mushroom and peas cooked with onion, tomato and Himalayan spice	
Kumari Tarkaari	\$7.99
Varieties of vegetables, Mushroom, & pan-fried with onions, Tomatoes, and Himalayan spices, “ pure vegan ”	
Himalayan Nutrela	\$8.99
Grounded soybean made boll and dried cook with creamy sauce and Himalavan spices. This dish is Verv good sores of protein.	

Himalayan Sekuwa “Clay Oven Roasted”

Himalayan Chicken \$11.99
Tender chicken Quarter leg overnight marinated in Himalayan spices

Lamb Sekuwa \$14.99
Lamb overnight marinated in Himalayan spices

Kukhura Sekuwa \$12.99
Chicken breast marinated with sour cream and Himalayan spices

Kathmandu Sekuwa \$12.99
Chicken breast overnight marinated with mint, Cilantro, and Himalayan spice.

Laangsha Sekuwa \$13.99
Tenderloin Beef marinated overnight with Himalayan spices

House Specialized Platter \$15.99
Combination of Sekuwa chicken, lamb, and shrimp

Himalayan Shrimp Sekuwa \$17.99
Jumbo shrimps marinated in Himalayan spices

Vegetable Sekuwa \$9.99
Bell pepper, Mushroom, Onion, Egg plant, & Tomato Marinate with Himalayan spice and roasted in clay oven

Machha “Fish”

Tsangpo Na-shaa Jarkey \$15.99
Specially pre-marinated pan-grilled salmon, served with Sautéed spinach and Mango, cucumber salad

Nariwal Machha \$14.99
Salmon cooked in coconut milk and Himalayan spices

Nariwal Jhinge Machha \$14.99
Shrimps cooked with coconut milk and Himalayan spices

Masala Machha \$14.99
Salmon cooked in creamy sauce and Himalayan spices

Masala Jhinge Machha \$14.99
Shrimps cooked in creamy sauce and Himalayan spices

Jhinge Machha Saag \$15.99
Shrimp cooked with pureed spinach & seasoned with Himalayan spices

Sangkhuwa Machha \$14.99
Salmon cooked with baby bock Choy, tomato, onion, cilantro, & Himalayan spices.

Laangsha “Beef”

Darjeeling Beef \$13.99
Ground beef seasoned & made boll, cooked in creamy sauce

Annapurna Beef \$11.99
Beef sautéed with green chili, bell pepper, onions, and Himalayan spice

Kukhura “Chicken”

Kukhura Methi \$9.99
Fresh chicken meat cooked with fenugreek leaves, garlic, and Himalayan spices

Gaunle Kukhura \$9.99
Chicken cook with onion, tomato, ginger, garlic, and Himalayan spice

Chyamtange Pujaari \$9.99
Chicken cooked with dry chili, cumin, garlic, and Nepali spices

Annapurna Kukhura \$10.99
Boneless pieces of chicken sautéed with green chili, bell pepper, onions, & Himalayan spices

Kukhura Saag \$10.99
Chicken cooked with pureed spinach, onion, tomato, & Himalayan spices

Masala Kukhura \$11.99
Chicken cooked in creamy sauce and Himalayan spices

Bheda Khasi “Lamb”

Lamb Saag \$12.99
Lamb cooked with purred creamy spinach, & Himalayan spices

Gaunle Khasi \$12.99
Fresh goat meat cooked with onion, tomatoes, ginger, & Himalayan spices

Mashala lamb \$13.99
Lamb cooked in creamy sauce and Himalayan spices

Tibetan Cuisine

In Tibet, Tsampa is a traditional food. It is roasted wheat or barley flour consumed as a paste, moistened in butter tea. A typical family eats tsampa for breakfast, rice & lentils for lunch, and bread with vegetables & a small amount of dried Yak Jar key (steak) for dinner. Living on the high mountain plateau, Tibetans use fewer seasonings than the Nepalese, yet food is just as tasty. Try it for yourself...

Thukpa “Hearty noodle soup”

Tse Thukpa	\$8.99
Mixed vegetables and house-made pasta simmered in thick broth Using fresh herbs and spices	
Lhasa Thukpa	\$10.99
Choice of chicken or lamb cooked with pasta and Himalayan spices	
Himalayan Thukpa	\$11.99
A mixture of chicken, lamb, egg, vegetables, and house-made pasta	
Sherpa Stew	\$10.99
Simmered chicken or goat with rice, vegetables, and Himalayan spices Sherpa Stew is often served on trekking routes	

Yak

Tibet Nepal House Known for its Authenticity is please to be offering exotic gourmet **Yak meat** dishes. Local people from Tibet and Nepal get their meat, Milk, butter and cheese from Yak as well as using Yaks for transportation making yak a very intricate Part of their everyday life. There is a lot of love about yak meat. Although it is Low in fat it is mild, succulent, & tender rather than gamy in flavor. Yaks are Free-range living in Himalayan countries where they inhabit stepped of 1500 ft. recently yak has begun to Attract health conscious people and those who have tried the meat cannot get enough of it.

Yak Meat

Yak Mo-Mo	\$15.99
Ground yak meat seasoned and stuffed dumpling	
YakshaaThenthuk	\$18.99
Yak meat cooked with radish, potato, House made pasta, Onion and Himalayan spices	
Annapurnayak	\$16.99
Yak meat sautéed with green chili, Bell pepper, Onions, & Himalayan spices	

Mo-Mo “Dumpling”

Preparation includes wrapping stuffed meat or vegetable
In flour dough Steamed served with our chef’s special sauce

Lhasa Mo-Mo \$10.99
Choice of Chicken or Lamb dumpling

Kothey Mo-Mo \$11.99
Choice of vegetable, chicken or lamb dumpling steamed & pan-fried

Tse Mo-Mo \$8.99
Mixed vegetable dumpling

Phing

Phing is regarded as an auspicious dish as the long noodles represent long life. One of the main ingredients used in Phing is Emma “Timboor”, Sichuan pepper and star anis Phing are thin transparent noodles made from bean flour.

Tse Phing \$7.99
Lightly sautéed mushrooms and varieties of vegetables, tomato,
Himalayan spices, and simmered with beans noodle

Sha Phing \$10.99
Choice of chicken or lamb simmered with phing, onions, and Himalayan spices

Roti “Bread”

Chyamtange Dhopzi \$2.99
Stone ground Whole-wheat fine flour flat-leavened bread
Baked in clay oven

Tibetan Bread \$2.99
Deep-fried whole-wheat flour bread

Naan \$1.99
Leavened bread baked in clay oven

Garlic Naan \$2.99
Leavened bread garnished with garlic and cilantro, baked in clay oven

Bhuteko Bhaat “Fried Rice”

Jogi Bhaat \$6.99
Basmati rice fried with associated vegetables & seasoned with Himalayan spices.

Bhuteko bhaat \$8.99
Basmati rice stir-fried with choice of chicken or lamb with onions,
Green peas, and Himalayan spice

House Special Bhaat Bhuteko \$9.99
Mixed fried rice with chicken, goat, egg, and vegetable

Side Order

Bhaat Steamed Himalayan Basmati rice	\$1.99
Daal Lentils simmered in Himalayan special spices	\$3.99
Bhatamaas saadheko Roasted Soya bean, ginger, green garlic, red onion, and Green chili, marinated with Himalayan spices	\$1.99
Achhaar Choice of Mint chutney, Mango chutney or Tamarind chutney	\$1.50
Papadum Crackers made with stone ground lentil flour	\$1.99

Gooliyo “Dessert”

Kheer House-made rice pudding topped with almonds, Walnuts, and raisins	\$3.99
Mt. Everest in a blanket Ice cream rolled in crepes, topped with chocolate sauce	\$4.99
Ice cream Orange ice cream and Vanilla ice cream	\$2.99

Hot Beverages

Himalayan Mashala Teapot Milk & tea cooked with Himalayan herbs	\$2.99
Tibetan butter teapot Tea simmered with Tibetan tealeaves, blended with salt & butter	\$2.99
Darjeeling Teapot Hand made and dry Tea leaves	\$1.99
Herbal Teapot Choice of ginger Tea, Green Tea, or Herb Tea	\$1.99

**Thank you for coming to enjoy Himalayan cuisine.
Please join us again!**