

Side Orders

66. Plain Naan	2.95
<small>(Traditionally baked butter naan made here fresh in tandoor oven)</small>	
67. Garlic Cilantro Naan	3.95
68. Garlic Herbal Naan	3.95
<small>(Roasted Garlic topped with fenugreek or oregano)</small>	
69. Cheese Naan	4.95
70. Badami Naan	4.95
<small>(Cashew, Peanuts, almond and cherry stuffed bread baked in tandoor oven)</small>	
71. Coconut Naan	5.95
72. Roti .V	3.95
73. Plain Paratha	4.95
74. Aloo Paratha (Stuffed potato, whole wheat bread.)	5.95
75. Basmati Rice	3.95
76. Raita (Homemade yogurt with cucumber, carrot, mint and spices.)	3.95
77. Mango Chutney (Sweet Chutney)	3.95
78. Mixed Pickles	2.95
79. 911 Sauce (Very Spicy Himalayan Sauce)	2.95

Desserts

80. Kheer (Rice Pudding)	4.95
81. Gulab Jamun	4.95
82. Mango Kulfi	3.95
83. Pistachio Kulfi	5.95

Beverages

84. Salty Lassi	3.95
85. Mango Lassi	4.95
86. Plain Lassi	3.95
87. Sparkling Water (Mineral Water)	3.45
88. Chiya (Nepalasi Hot Tea made with milk)	4.95
89. Apple/Orange Juice	3.95
90. Soft Drinks or Iced Tea	3.95
91. Hot Tea / Green Tea	3.95

Beers

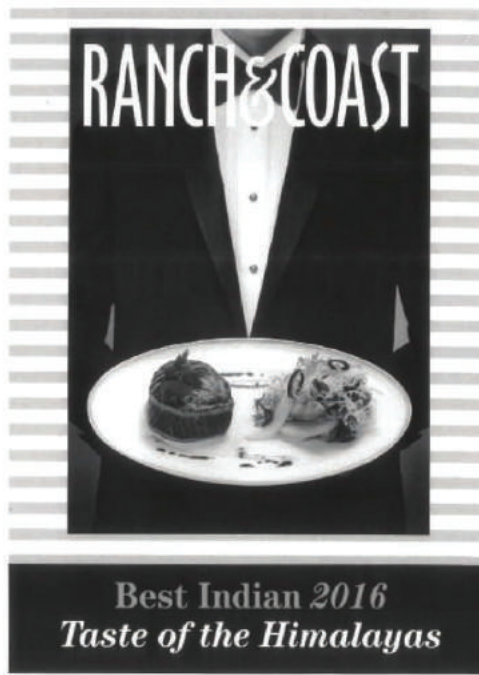
Imported/Nepalese /Indian	Small/Large
92. Kingfisher	9.95/11.95
93. Soppo	7.95/----
94. Stella Artois	7.95/----
95. Sierra Nevada	7.95/----
96. Hayward 5000	11.95/----
97. Taj Mahal	11.95/----

White Wine

98. House White	8.50/---
99. Chateau Ste. Michelle	9.95/35.95
<small>Riesling, Columbia Valley, Washington State, ripe peach and pear flavor</small>	
100. Robert Mondavi	9.95/35.95
<small>Chardonnay, California apple and pear flavor</small>	
101. Bella Syrah	9.95/35.95
<small>Pinot Grigio, Friuli, Italy, with apple, dried nuts and pear flavour</small>	
102. Woodbridge	9.95/35.95
<small>Savignon Blanc, Manteca, California</small>	

Red Wine

103. House Red	8.50/---
104. Ravenswood	9.95/35.95
<small>Merlot, Woodbridge, California</small>	
105. Bogle Vineyard	9.95/35.95
<small>Petite Syrah, Granton, California</small>	
106. J. Lohr	10.95/37.95
<small>Cabernet Sauvignon, San Jose, California</small>	
107. Castle Rock	9.95/35.95
<small>Pinot Noir, Monterey County, California</small>	
108. Estancia	9.95/35.95
<small>Pinot Noir, Sonoma County, California</small>	



Lunch Special \$13.95
Monday-Friday 11:00am-2:00pm
PICK ANY TWO

Served with Lentil Soup, Basmati Rice, and Naan Bread

- 1. Saag Aloo**
Potato and paste spinach cooked with onion, tomato, and creamy Himalayan spices.
- 2. Vegetable Coconut Curry**
All seasonal vegetables cooked with coconut and Himalayan herbs and spices.
- 3. Chicken Curry**
Boneless chicken cooked in onion and tomato gravy.
- 4. Chicken Vindaloo**
Premium chicken cooked in gravy of tomatoes and onions with potato, vinegar, and chili sauce.
- 5. Chicken Tikka Masala**
Boneless chicken breast cubes cooked in creamy tikka masala sauce with herbs and spices.
- 6. Chicken Chilly**
Pan-fried marinated chicken strips with bell pepper and onion, cooked with Himalayan sauce.

House Special
(\$3.00 extra)

- 1. Bhera-ko Tarkari/Goat Curry**
Lamb/bone in goat pieces cooked in Himalayan special sauce with different herbs and spices.
- 2. Fish Tikka Masala**
Filet salmon cooked with the gravy of tikka masala.



Taste of the Himalayas

NEPALI INDIAN TIBETAN & MORE

Please call in advance for your party,
reservation, meeting, or any other occasion order.



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8895 TOWNE CENTER DRIVE
SUITE 115 SAN DIEGO 92122

Aithee Dewa Bhawa!
Our guests are our gods!

01/2018

Appetizers

1. **Vegetable Samosa .V.** 4.99
Two Samosas filled with spiced potato, cabbage, green onion, peas wrapped in a thin layer of flour dough and fried crisp. Served with tamarind sauce.
2. **Chicken/Lamb Choila .G.** 9.95 / 10.95
Your choice of Chicken or Lamb marinated with Himalayan sauce, served with bell peppers, onions and green onions and cooked in a clay oven with Himalayan spices.
3. **Vegetable Pakora .V.** 4.95
Spinach, onion mixed with spices and fried. Served with mint sauce.
4. **Papad .V.** 2.95
Baked crispy thin lenti, served with mint chutney.
5. **Himalayan Salad.** 7.95
Organic mixed greens, cucumber, tomatoes and carrots with homemade dressing.
6. **Sadae ko Aloo ra Kakara.** 7.95
Cucumber, potatoes and green peas marinated Himalayan style.
7. **Daal Soup .V.** 5.95
Mixed lentils cooked with Himalayan spices and herbs.
9. **Himalayan Vegetable Soup** 6.95
10. **Chicken Soup.** 7.95
Cauliflower, zucchini, onion cooked with Himalayan spices and herbs.
11. **Paneer Pakora** 6.95
Homemade cheese cooked with himalayan spices and herbs.
12. **Shrimp Pakora.** 9.95
Fried shrimp cooked with Himalayan spices and herbs served with mint chutney.

Vegetable Curry

(All entrees are served with basmati rice)

13. **Aloo Cauli ko Tarkari .V .G** 15.95
Potatoes and cauliflower with onion and tomato sauce with Himalayan spices.
14. **Aloo Bhanta .V .G.** 15.95
Eggplant and potatoes cooked in Himalayan style curry sauce
15. **Aloo Matar .V .G.** 15.95
Green snow peas and potatoes cooked with onions, tomatoes and Himalayan spices
16. **Chana Masala .V .G** 15.95
Chickpeas cooked with special herbs and spices in Taste of the Himalayas gravy.
17. **Mismas Tarkari .VO .G.** 15.95
Seasonal mixed vegetables with tofu and paneer cooked in onion and tomato sauce with Himalayan spices.
18. **Tofu Saag .VO .G** 15.95
Fresh spinach stir-fry with tofu cubes and assorted spices from the Himalayas.
19. **Ram Torya (Bhindi Tarkari) .V .G** 15.95
Fresh okra and strips of onion sautéed with special herbs and spices.
20. **Saag Aloo .VO .G.** 15.95
Potatoes and spinach paste cooked with onions, tomatoes and Himalayan spices.
21. **Nawaratan Korma (Vegetarian Coconut Curry) .VO .G.** 15.95
Mixed vegetables with tofu and paneer cooked with coconut and Himalayan sauce and spices.
22. **Kerau Paneer .G.** 16.95
Green peas cooked with onions and tomatoes along with herbs, spices and homemade cheese cubes.
23. **Palak Panner .G.** 16.95
Minced spinach with homemade cheese cubes in a light creamy sauce.
24. **Paneer Tikka Masala .G.** 16.95
Homemade cheese cubes cooked with special tikka masala.
25. **Malai Kofta .G.** 16.95
Mashed homemade cheese cubes, potatoes, nuts and spices combined together to make balls made of kofta and cooked with specially prepared sauce of nuts, cream, tomato and onion with herbs and spices

26. **Daal Tadka** 17.95
Cooked lentils tempered with ghee fried herbs and spices.
One of the most popular daal recipe served in Nepal
27. **Vegetable Tikka Masala** 16.95
Mixed vegetables cooked with special tikka masala sauce.
28. **Vegetable Vindaloo** 16.95
Vegetable cooked in gravy of tomatoes and onions, with potatoes and vinegar.
29. **Paneer / Tofu chilly** 16.95
Pan fried marinated with cheese/tofu with bell peppers and onions cooked with Himalayan Sauce.
30. **Achari Paneer** 16.95
Paneer Cooked with Sautéed onion and bell peppers with pickle flavour - authentic Nepalese way

Chicken Curry

31. **Chicken Chilly .G** 17.95
Pan-fried marinated chicken strips with bell pepper and onion cooked with Himalayan sauce.
32. **Kukhara ko Masu .G** 16.95
Premium boneless chicken cooked in specially prepared sauce made of different Himalayan herbs and spices, authentic Nepalese style.
33. **Chicken Vindaloo .G** 15.95
Premium boneless chicken breast cubes and potatoes cooked in our authentic sauce with herbs and spices.
34. **Chicken Tikka Masala .G** 18.95
Premium boneless chicken breast cubes cooked in our signature creamy masala sauce with herbs and spices.
35. **Chicken Makhani .G** 18.95
Premium boneless chicken cooked in the tandoor oven and then baked in our creamy masala sauce with butter.
36. **Achari Chicken .G** 17.95
Premium boneless lamb and potatoes cooked in a tomato onion gravy with herbs and spices.
37. **Bhanta Ra Kukhara .G** 17.95
Diced eggplant and cubes of boneless chicken cooked with exotic spices - Nepalese style
38. **Chicken Saag .G** 18.95
Boneless chicken with paste spinach along with different herbs and spices.
39. **Chicken Korma .G** 18.95
Chicken cooked with coconut and Himalayan herbs and spices.
40. **Kadahi Chicken .G** 18.95
Premium chicken cooked in a Himalayan sauce and red bell peppers.

Lamb Curry

41. **Lamb Tarkari / Bone in Goat .G** 19.95
Premium boneless lamb pieces cooked in special prepared authentic Himalayan sauce with different herbs and spices.
42. **Lamb Vindaloo .G** 19.95
Premium lamb cooked in gravy of tomatoes and onions with potatoes, vinegar, and chilly sauce.
43. **Lamb Saag .G** 19.95
Premium boneless lamb cooked with spinach paste or fresh spinach in a creamy sauce with different herbs and spices.
44. **Lukshaya ko Masu .G** 19.95
Premium Boneless lamb cooked in clay oven prepared with special Himalayan sauce and spices.
45. **Himalayan Balti .G** 20.95
Assorted pieces of tandoor baked lamb, chicken breast, shrimp and mixed vegetables. Cooked in specially prepared sauce made of different Himalayan herbs and spices.

.V = Vegan .VO = Vegan Option Available .G = Gluten Free

Government Warning: Consuming raw or uncooked meat, poultry, or seafood may increase your risk of food-borne illness, especially if you have certain medical conditions.

Sea Food Curry

46. **Fish Curry (Macha ko Tarkari) .G** 18.95
Salmon fillets cooked with Himalayas special sauce, herbs and spices.
47. **Fish/Shrimp Tikka Masala .G** 18.95
Your choice of Salmon filet or Shrimp cooked in our signature creamy masala sauce.
48. **Ghinghe Macha .G** 18.95
Headless tiger shrimps cooked in Himalayan sauce and
49. **Ghinghe Macha ra Saag .G** 18.95
Headless tiger shrimps cooked with spinach in Himalayan sauce and herbs
50. **Shrimp Chilly .G** 19.95
Pan fried jumbo shrimp sautéed with strips of onion, peppers and tomatoes with a tangy flavor.
51. **Fish/Shrimp Vindaloo .G** 19.95
Salamon/shrimp cooked in gravy of tomatoes and onions with potatoes, vinegar and chilly Sauce.

Tandoori & Biryani

52. **Chicken Tandoori .G** 23.95
Bone chicken roasted in the tandoor oven, served sizzling with sauteed onions, bell peppers cabbage and carrots.
53. **Chicken Tikka .G** 21.95
Boneless Chicken Breast served sizzling with sautéed onions, bell peppers, cabbage and carrots.
54. **Lamb Boti Kebab .G** 23.95
Boneless lamb cubes roasted in the tandoor oven, served sizzling with sautéed onions, bell peppers cabbage and carrots.
55. **Shrimp/Salmon Tandoori .G** 23.95
Your choice of premium Shrimp or wild Salmon Fillets marinated in Yogurt and exotic spices then baked in the tandoor oven and served in Sizzling Platter.
56. **Mixed Tandoori .G** 25.95
Sampling of Chicken Tandoori, Lamb Boti Kabab, Chicken Tikka, Salmon and Shrimp Tandoori.
57. **Rack of Lamb .G** 30.95
One of the most popular dishes from Nepal. Lamb chops marinated overnight, cooked in the tandoor oven and served on a sizzling platter with sautéed vegetables
58. **Chicken Biryani .G** 19.95
Premium chicken is cooked with basmati rice, mix of special herbs and spices.
59. **Lamb OR Shrimp Biryani .G** 20.95
Your choice of lamb or Jumbo shrimps cooked with basmati rice, and Biryani Masala.
60. **Himalayan Biryani .G** 22.95
Combination of chicken, lamb, shrimp and mixed vegetable cooked with rice and Biryani masala.
61. **Vegetable Biryani .G** 17.95
Assorted mixed vegetables and paneer cooked with basmati rice and Biryani Masala.

Momo (Dumplings)

Staple dish of Nepal. Flour pastry filled with spiced ground chicken, lamb or vegetables pinched into bitesize parcels, steamed and served with fresh Himalayan sauce.

62. **Vegetable Momo (8 pieces).** 10.95
Steamed dumplings filled with minced cabbage, spinach, cheese, onion, cashews, cilantro, green onion, and spices. Served with Himalayan Sauce.
63. **Chicken Momo (8 pieces)** 11.95
Steamed dumplings filled with minced chicken, onion, cilantro, and spices. Served with Himalayan Sauce.
64. **Lamb Momo (8 pieces)** 12.95
Steamed dumplings filled with minced lamb, onion, cilantro, and spices. Served with Himalayan Sauce.
65. **Mixed Momo (9 pieces vegetable, chicken and lamb momo).** 13.95