



# KATHMANDU KITCHEN



## WELCOME

*A COMPLETE DINING EXPERIENCE*



## Kathmandu

Kathmandu is a capital city of Nepal, Kathmandu valley comprises three ancient cities of Kathmandu, Patan & Bhaktapur situated in hilly region of Nepal. The three cities house seven UNESCO world Heritage shrines which are together listed as a UNESCO World Heritage site (Culture). Kathmandu is a city of artistic temples and magnificent art- full of cultural and specially traditional Newari culture & foods is our another attraction. Nepal is a natural beauty of Himalayas including Highest peak Mt Everest, Birth place of Lord Buddha.

## The Food

Restaurant is situated in the heart of the Dame Street village Co Dublin, Kathmandu Kitchen is serving Nepalese & Indian cuisine to its finest level and gives it a true ethnic Nepalese taste & Indian all-time favourite curries with Himalayan fresh herbs, spices and ingredients. Our voyage takes you on a gastronomic tour that extends from various regions of south Asia and Nepal. Come and experience the exceptional regional dishes reflecting the taste of the inverse communities of Nepal & India by well experienced chef. Each meal in this restaurant truly said to be a "Feast of The Festivals".

## The Restaurant

Kathmandu Kitchen is authentic Nepalese and Indian cuisine dedicated to providing the customer with an exceptional overall dining experience to moderate prices, consistently. This restaurant is full of Light, colors and that festive ambience which makes our customers relax and enjoy their meal. With a buzzy atmosphere and a healthy competition in the hospitality industry it is time to try something difference from the Chicken Tikka Masala and Kathmandu Kitchen is here to provide its customers that difference. We believe only in excelling and so do our friendly staffs, unique Nepalese hospitality that will make you return soon for another tantalizing "Taste".



[www.kathmandukitchen.ie](http://www.kathmandukitchen.ie)



## SPICES

**Methi - Fenugreek** Methi is one of the most common vegetables and spices in Nepalese cuisine. Methi is used as a herb, spice (dried or fresh leaves) vegetable (as leaves), sprout and micro cress. Cuboid-shaped, yellow to amber-coloured fenugreek seeds are frequently encountered in the cuisines of the Indian subcontinent both used whole and ground for the preparation of pickles, vegetable dishes, dal, and spice mixes such as Nepalese Choella, sprouted raw salad and curry. They are often roasted to reduce bitterness, enhance flavour and tempered in mustard oil to infuse an aroma. It has high health benefits which helps improve indigestion, sluggish liver, dysentery, diarrhoea, skin disorders and mouth sores, healing joint problems, reduces mental stress, prevents blood sugar, reduces post delivery weaknesses and body weight management.

**Timboor - Schuwan Pepper** A unique Himalayan herb, Timboor (Schuwan pepper) is one of popular spices used for chutney and curries in the Nepalese cuisine to produce the distinct Nepalese taste. Its unique aroma and flavor with slight lemony hint, creates a tingling numbness in the mouth. Recipes often suggest lightly toasting the tiny seed pods, then crushing them before adding them to chutney and curries. It contains many different minerals, nutrients, and antioxidants like potassium, vitamin A, iron, manganese, zinc, copper and phosphorous. It helps reduce blood pressure, prevent cramping, constipation and bloating stomach, eliminate inflammation in body, build the strong bones, to help appetite and reduce pain.

**Jwano - Ajwain** Ajwain is one of the most popular spices in all geographic conditions and cultural practices in Nepal. Ajwain's small, oval-shaped, seed-like fruits are pale brown schizocarps. They have a bitter and pungent taste, with a flavour similar to anise and oregano. It contains many health benefits including digestive, antibacterial, antiseptic and antifungal properties. It is rich in dietary fibre, essential minerals and vitamins. Using powdered Ajwain in any sauce, soup or salad or just drinking water with some seeds helps in supplying calcium in the body. Garnishing beans soup with Ajwain helps balance any gas content in the beans. Using it in green leafy vegetable enhances absorption of vitamins of the greens.

**Bire Nun - Himalayan Salt** Himalayan Black salt is a kiln-fired rock salt mostly used in Nepal and other South Asian countries with a sulphurous, powerful-smell. The salts are mined in the regions surrounding the Himalayas. When grounded into a powder, its colour ranges from purple to pink. Himalayan Black salt has been acknowledged in Ayurvedic and used for its distinguished medical qualities. It helps balance blood sugar, support weight loss, hormone balance, reduce muscle cramps and acts as a powerful antihistamines. It is used for chutneys, pickle, dressing, fruits and other snacks food.

**Garam Masala** is a blend of ground spices, originating from Indian, Nepalese, Bangladeshi cuisines. A mixture of cumin, coriander seeds, green cardamom, cinamon, pepper, corns, fennel, cloves, star seeds, nutmegs, curry leaves as ingredients.

**If you have a food allergy/dietary requirement please advise a member of staff**

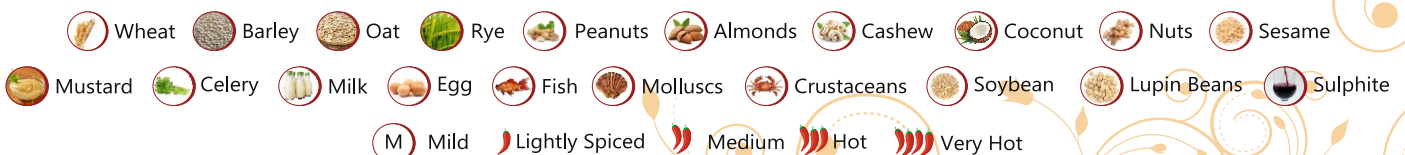


# KATHMANDU KITCHEN



## STARTERS

1. **KATHMANDU MIX FOR 1**     € 11.95  
Mix of vegetarian samosa, barbecue chicken malai tikka, sheekh kebab
2. **VEGETABLE SAMOSA CHAT**      € 9.95  
Soft and crispy fried savoury parcel filling with flowery potato, green peas, sweet onion, coriander & cumin served with crunchy Bombay mix natural yogurt & tamarind sauce.
3. **ALOO CHAP**   € 8.95  
Crispy Potato cake made with crushed rooster potato, red onion, ginger, garlic, cumin & coriander, sweet & sour tomato chutney.
4. **ONION BHAJI**   € 9.95  
Sliced onion lightly battered with gram flour, cumin, seeds, coriander, ginger, garlic
5. **CHICKEN WINGS**    € 9.95  
Overnight marinated bbq chicken wing melting in your mouth with crispy salad, sweet & sour glaze.
6. **GRILL PRAWN**    € 16.95  
Freshly marinated Tiger Prawn with, fennel seeds, ginger, garlic flavour of curry spices, black salt, & lemon, cooked in clay oven
7. **CHICKEN PAKORA**  € 10.50  
Nepalese spiced gram flour batter fried strips of chicken fillet served with crispy salad
8. **CHICKEN MALAI CHEESE TIKKA**   € 10.95  
Chicken breast marinated and grilled to perfection with cheese and mild spices.
9. **LAMB CHOP**    € 16.95  
Overnight marinated spring lamb chops with ginger, garlic, cumin & a hint of natural yogurt slowly cooked in clay oven served with mint & mango gel.
10. **NEPALI LAMB KEBAB**     € 12.50  
Kebab of spring lamb minced, smokey garlic sweet onion, fenugreek leaf, ginger, chilli, fresh cumin and coriander
11. **NEWARI CHICKEN CHHOILLA**    € 11.95  
Chicken breast marinated with himalayan herbs green chill, red onions, spring onions, ginger, garlic and touch of lime, mustard oil serve on papad bed.
12. **STEAM CHICKEN MO: MO**     € 18.95  
Nepalese authentic flour dumplings stuffed with chicken, spices of curry flavour, shallot, ginger, garlic, coriander & mustard oil with tomato & sesame (sharing for 2)
13. **KATHMANDU KITCHEN MIX**     € 23.95  
**SHARING FOR 2**  
Tandoori Prawn, Tandoori Chicken, Chicken Tikka & Seekh Kebab on sizzling hot plate

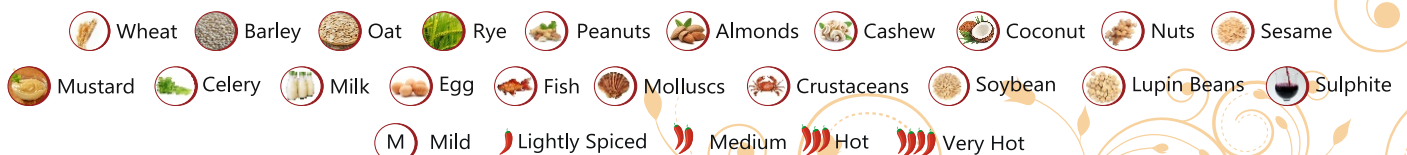




## FROM OUR CLAY OVEN-BBQ TANDOORI SIZZLER

All Tandoori speciality sizzlers served with kathmandu kitchen special  
curry sauce on side

- |   |  |                |
|---|--|----------------|
| <p><b>14. CHICKEN TANDOORI</b> </p> <p>Half of the free-range chicken marinated with tandoori spice, natural yogurt, lemon juice &amp; slowly cooked in our clay oven served on a bed of mix pepper and onion.</p>  |  | <p>€ 21.95</p> |
| <p><b>15. TANDOORI JHINGA</b> </p> <p>Freshly marinate Tiger Prawn with, fennel seeds, ginger, garlic flavour of curry spices, black salt, &amp; lemon, cooked in the clay oven served on sizzling hot plate.</p>   |  | <p>€ 26.95</p> |
| <p><b>16. CLAY OVEN MONKFISH</b></p> <p>Freshly marinate monkfish with authentic tandoori spice, yogurt, ginger and garlic mix paper, mashroom cooked in clay oven served on a sizzling hot plate.</p>  |  | <p>€ 26.95</p> |
| <p><b>17. BHEDAKO KARANG</b> </p> <p>Overnight marinated spring lamb chops with ginger, garlic, cumin &amp; a hint of natural yogurt slowly cooked in clay oven. Served in sizzling hot plate.</p>  |  | <p>€ 26.95</p> |
| <p><b>18. SEEKH KEBABS</b></p> <p>Kebab of spring lamb minced, Smokey garlic, sweet onion, fenugreek leaf, ginger, chilli, fresh coriander &amp; cumin served in sizzling hot plates.</p>   |  | <p>€ 23.95</p> |
| <p><b>19. SEAFOOD SIZZLER</b> </p> <p>Mixed sea food with himalayan spices served in sizzling hot plate ( curry sauce on side)</p>  |  | <p>€ 26.95</p> |
| <p><b>20. POLEKO SEABASS</b></p> <p>Grilled seabass fillet marinated with tandoori spices, fresh herbs, himalayan salt grilled and served.</p>  |  | <p>€ 25.95</p> |
| <p><b>21. KATHMANDU SHASHLIK<br/>BBQ CHICKEN</b></p> <p>Tender pieces of chicken breast marinated with fresh herbs, mixed peppers, mushrooms, onion and grilled in the clay oven.served in sizzling hot plate.<br/>(BEST SELLING IN KATHMANDU KITCHEN</p> |  | <p>€ 25.50</p> |
| <p><b>22. HANSKO MASU SIZZLER</b> </p> <p>Roasted duck in clay oven marinated with chopped onions, tomatoes and capsicum. Served in hot sizzling plate</p>  |  | <p>€ 22.95</p> |
| <p><b>23. KK SPECIAL MIXED SIZZLER</b> </p> <p>Mixed king prawn ,tandoori chicken,chicken tikka and gulafi sheekh kebab served in sizzling hot plate.</p>   |  | <p>€ 25.95</p> |







## AUTHENTIC NEPALESE DISH

LAMB € 22.95

PRAWN

€ 23.95

CHICKEN € 21.50

VEGETABLES

€ 18.50

### 24. HIMALAYAN CURRY CHICKEN 〰

Chicken or Vegetable cooked with, cashew nut, natural yogurt, fresh coriander, green chilli, sweet onion, ginger, garlic, tomato & himalyan salt..



### 25. LEDOBEDO (LAMB / CHICKEN) 〰

Authentic Nepalese curry with rich onion, tomato, spring onion, coriander & infused fenugreek oil.



### 26. MASU RA SAAG (LAMB / CHICKEN) 〰

Creamy spinach cooked with onion, ginger, garlic, tomato, fresh coriander & garam masala.



### 27. GORKHALI CURRY LAMB 〰〰

Lamb cooked with, cashew nut, natural yogurt, fresh coriander green chilli, sweet onion, ginger, garlic, tomato & Himalayan salt.



### 28. KHASI KO MASU LAMB 〰

Homestyle spring lamb meat cooked with onion, tomato, ginger, garlic fresh coriander & garam masala.



### 29. KATHMANDU JHINGA MASALA 〰〰

Tiger Prawn cooked with coconut cream, coriander, chilly, tomato onion sauce.

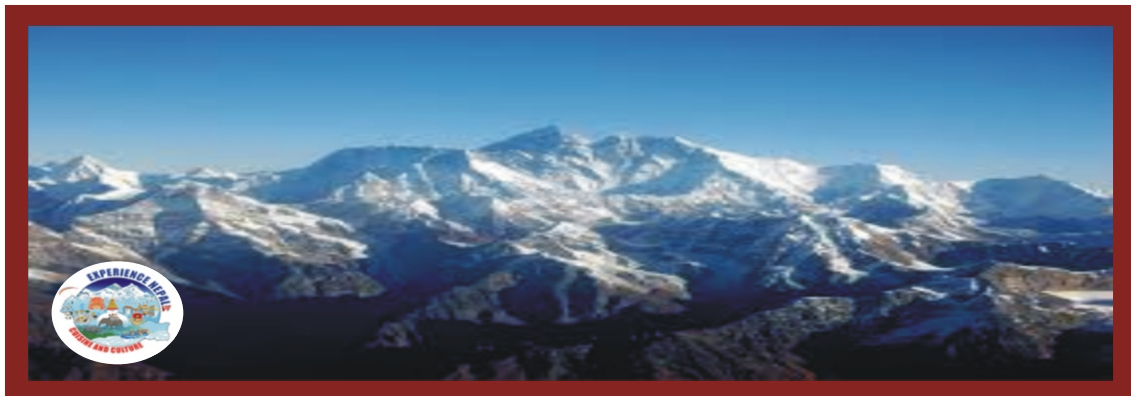


€ 26.95

### 30. GARLIC CHILLY MASALA 〰〰

(CHICKEN/DUCK/LAMB OR PRAWN)

Breast pieces of chicken / tender pieces lamb / prawn simmered in garlic fresh chilli, capsicum and fresh herbs.





## ALL TIME FAVOURITE

Either of the dishes follow with your choice from the favorite list below :

**Lamb** € 22.95

**Prawn**

€ 23.95

**Chicken** € 21.95

**Vegetables**

€ 18.50

### 31. CREAMY CHICKEN KORMA

Sweet and creamy Indian subcontinent curry made with fresh cream, almond, coconut, sweet onion & curry spices, water, blended to produce a thick creamy sweet sauce.



### 32. NUTTY CHICKEN TIKKA MASALA

Tikka is a chunk of chicken overnight marinated with natural yogurt & curry spices, cooked in clay oven with fresh cream, almond, sweet onion, plum tomato, ginger, garlic, bay leaves, cinnamon, cloves & fenugreek leaves.



### 33. BUTTER CHICKEN

This lovely creamy butter dish is a base on tikka masala sauce slowly cooked with chicken & butter.



### 34. SPICE LAMB ROGAN JOSH

Slowly cook thick gravy flavours of sweet onion, plum tomato, mushroom garlic, ginger, Kashmiri chilli, fresh coriander, whole garam masala spices & cook til separate or release oil from sauce which we call Rogan.



### 35. CRUNCHY J ALFREZI ( CHICKEN/PRAWN)

Indian subcontinent origin spicy thick curry base sauce with sweet onion, ginger, garlic, plumtomato, green chilli, crunchy mix bell pepper, turmeric, cumin, coriander, Garam Masala & hint of lemon.



### 36. BENGAL BHUNA LAMB

This is well spiced & flavours Bengal origin thick sauce made with sweet onion, ginger, garlic, turmeric, cumin, coriander, spring onion.



### 37. SPECIAL BALTI (CHICKEN/LAMB)

The word Balti is Punjabi word it means bucket with two handles like cooking wok with two handles, one of the popular Punjabi Indian curries prepare quickly stir fry using vegetable oil rather than ghee, with onion, garlic, ginger, chillies, tomato, turmeric, and coriander.



### 38. MADRAS CURRY CHICKEN/LAMB

A south indian special curry of curry leaves, coconut powder and tossed mustard seeds.



### 39. VINDALOO (CHICKEN/LAMB)

Goan style very hot & spicy popular Vindaloo Prepare with sweet onion, chillies, tomato, ginger, garlic cumin seed, coriander, turmeric, cinnamon, cardamom, cloves, bay leaves & a splash of vinegar.





## BIRYANI

Traditional dish of India & Nepal where rice is cooked with meat or vegetable & whole spices in a sealed pot over the slow fire to seal the aroma and taste within  
(All Biryani can be prepared without nuts or dairy, if required - please ask your server)

- |     |                    |   |   |         |
|-----|--------------------|---|---|---------|
| 40. | LAMB BIRYANI       |  |    | € 24.95 |
| 41. | PRAWN BIRYANI      |  |    | € 25.95 |
| 42. | CHICKEN BIRYANI    |  |    | € 23.95 |
| 43. | VEGETABLES BIRYANI |  |     | € 20.95 |




























## GARDEN CORNER

- |  |                      |   |   |         |
|--|----------------------|---|---|---------|
| 44.  | DAL JHANEK O         |   |    | € 16.95 |
| Slowly cooked yellow Dal tempered with cumin seed, ginger & garlic.  |                      |   |   |         |
| 45.  | ALOO RA KAULI        |    |     | € 17.50 |
| Kerry rooster Potato and Cauliflower mild curry with sweet onion, plum tomato, spring onion, scented fenugreek seeds, & chili oil. |                      |   |   |         |
| 46.  | EVEREST CHANA MASALA |    |   | € 17.95 |
| Slow cook chickpeas with onion, ginger, garlic, plum tomato, cumin, turmeric, chilli, & fresh coriander.                           |                      |   |   |         |
| 47.  | BHINDI BHAJI         |   |    | € 17.50 |
| Stir-fried okra with onions, tomatoes, ground dry mango spices & coriander.  |                      |   |   |         |
| 48.  | KERAU PANEER         |   |    | € 18.95 |
| Cottage cheese and green peas cooked with creamy tomato sauce and fresh herbs.   |                      |   |   |         |
| 49.  | SAAG PANEER          |    |    | € 18.95 |
| Cottage cheese & Spinach cooked with creamy onion, tomato & curry spices.  |                      |   |   |         |
| 50.  | KADAI PANEER         |   |     | € 18.95 |
| Cottage cheese cooked with tomato sauce, garlic, onion, peppers and fresh herbs.   |                      |   |   |         |
| 51.  | BOMBAY ALOO DUM      |   |    | € 15.95 |
| Diced potatoes cooked with brown onions, tomatoes, fresh coriander and ground spices.  |                      |   |   |         |

(ALL GARDEN CORNER VEGETABLES AVAILABLE AS SIDES € 11.50)



## ACCOMPANIMENTS

52.	PLAIN BOILED BASMATI RICE		€ 3.50
53.	BASMATI PILAU RICE	 	€ 3.95
54.	LEMON & CUMIN RICE		€ 4.50
55.	CHOICE OF FRIED RICE Egg / Mushroom / Vegetables	  	€ 4.95
56.	PLAIN NAAN	 	€ 3.50
57.	GARLIC NAAN	 	€ 4.50
58.	PESHWARI (SWEET NAAN)	   	€ 4.95
59.	KEEMA NAAN	 	€ 5.50
60.	CHEESE NAAN	 	€ 5.50
61.	GOC NAAN (Garlic, Onion and Coriander Naan)	 	€ 4.95
62.	CHIPS		€ 3.50
63.	MIX RAITA	 	€ 4.95
64.	GREEN SALAD		€ 4.95
65.	TANDOORI ROTI	 	€ 3.75
66.	STUFFED PRATHA	  	€ 4.95

**(Note:** Our Best suppliers from: Fresh seafood- Kish Fish, Raskim Seafood, Fresh Lamb - Irish Country Meats, Doyale Meats. Lamb Chop-Gahan Meats, Fresh Chicken-Irish Chicken, Musgrave, Himalayan spices from Nepal, Halal food & Grocery. Worldwide Foods. Fresh fruits & Vegetables.)  
(Chef will be happy to change spicy level on your request to suite your palate and prepare your own dish.)

**Please inform our Service Associate in case you are allergic to any of the following ingredients:**

Fish, shellfish & their products | Egg & egg products | Milk & dairy products | Wheat & wheat products |  
Peanuts, soya, tree nuts, sesame seeds & other nuts | Mushrooms or edible fungi | Any Other

**(10% of service charges will be added on group of six or more.)**

