

# MONTY'S

NEPALESE CUISINE

## TRADITIONAL NEPALI DISHES (STARTERS)

MOMOCHA	4.75
Steamed chicken or vegetable dumplings of Newari origin, served with roasted tomato chutney and sesame seed. (C) (D)	
CHHOELA	6.25
BBQ chicken with Nepalese spices, cooked in mustard oil, ginger & garlic sauce.	
HAANS KO SEKUWA	7.80
Marinated duck morsels, chargrilled with medium spices.	
MACHHA POLEKO	11.95
Marinated salmon with ginger & garlic, flavoured with mustard sauce and carom seeds. (F)	
CHARA KO ACHAAR	7.80
Warm pickled chicken salad with spring onion, garlic and coriander.	
TRISHULI JHINGA	11.95
Delicious prawns, prepared home style with medium spices and fenugreek dressing. (T)	
LOBSTER SAMOSA	9.50
Spiced lobster and mixed vegetables wrapped in a flaky pastry, served with tamarind chutney. (S)(C)	
SQUID RINGS	7.80
Spiced squid with hint of lovage seeds. (S)	
CHICKEN CHILLI	7.80
A speciality of Kathmandu valley, spiced with ginger, garlic, soya sauce and cumin, slightly hot. (C)	
ACHARI LAMB	8.25
BBQ lamb in pickled spices, slightly hot.	
PANEER CHILLI	7.50
Home made cheese spiced with ginger, garlic, soya sauce and cumin, slightly hot. (C)(M)	
LAMB CHOPS	12.50
Marinated lamb chops in a curry spiced yoghurt with ginger, garlic & lemon juice (M)	
CHICKEN SEKUWA	8.75
Marinated boneless chicken, chargrilled with medium spices	
ALOO SADHEKO	7.50
Baby potatoes spiced with onion, coriander and sesame powder tempered with hot toasted sesame oil	

## MONTY'S SPECIALS

FRESH CATCH OF THE DAY	15.95
Rainbow trout, marinated in Nepalese spices, served with tomato chutney. (F) (M)	
STAFF'S SPECIAL	13.75
Choice of chicken or lamb cooked in a bean stew in traditional Newari style. (M)	
KATHMANDU CHICKEN	13.75
Kathmandu cites' most popular chicken dish, delicate and delicious, cooked with mashed aubergine.	
PAHADI CHICKEN/LAMB	13.75
Tender boneless chicken or lamb cubes, spiced up with pounded black pepper & coriander seeds. (M)	
NUTTY LAMB	13.75
Diced lamb served in a cashew nut based mild creamy sauce with saffron. (M)(N)	
LAMB MAHARANI	13.75
Lamb meat balls in tangy tomato sauce. (M)	

KAALO DAAL	9.50
Classic Newari dish of black lentils, kidney beans, tomatoes, ginger & garlic, simmered overnight on a slow charcoal fire and finished with cream. (M)	

## CURRY DISHES

CURRY (Medium) (M)	
Chicken Curry	10.95
Lamb Curry	11.50
Prawn Curry/ King Prawn Curry (S)	11.50/ 15.75
MADRAS (Hot) (M)	
Chicken Madras	11.50
Lamb Madras	11.95
Prawn Madras/ King Prawn Madras (S)	12.50/ 15.75
VINDALOO (Very hot) (M)	
Chicken Vindaloo	11.50
Lamb Vindaloo	11.95
Prawn Vindaloo/ King Prawn Vindaloo (S)	12.50/ 15.75
KORMA (Mild) (M)(N)	
Chicken Korma	11.50
Lamb Korma	11.95
Prawn Korma (S) / King Prawn Korma (N)(S)	12.50/ 15.75
SAG Curry served in a spinach sauce (M)	
Sag Chicken	11.50
Sag Gosth	11.95
Sag Prawn (S)/ Sag King Prawn (S)(N)	12.50/ 15.75
BHUNA Curry Stir fry (M)	
Bhuna Chicken	12.50
Keema Bhuna (Minced lamb)	13.50
Bhuna Gosth	13.50
Prawn Bhuna/ King Prawn Bhuna (S)	13.50/16.50
KALIA Curry with potato and a fenugreek sauce (M)(N)	
Chicken Kalia	11.50
Lamb Kalia	11.95
DOPEAZA (With onions) (M)	
Chicken Dopeaza	11.50
Lamb Dopeaza	11.95
DHANSAK Hot, sweet & sour curry with a lentil sauce (M)	
Chicken Dhansak	12.50
Lamb Dhansak	13.50
ROGAN Curry with tomato based sauce (M)	
Chicken Rogan	12.50
Rogan Josh	13.50
KEEMA CURRY Spiced minced lamb (M)	
Keema curry	11.50
Keema curry with peas	13.50
PATIA Hot, sweet and sour curry (M)(S)	
Prawn/ King Prawn	13.50/16.50
BIRIYANI	
Cooked with Basmati rice and served with curry sauce	
VEGETABLE BIRIYANI (M)(N)	14.25
MUSHROOM BIRIYANI (M)(N)	14.25
CHICKEN BIRIYANI (M)(N)	14.95
LAMB BIRIYANI (M)(N)	14.95
PRAWN BIRIYANI (M)(N)(S)	15.50
KING PRAWN BIRIYANI (M)(N)(S)	17.50

# MONTY'S

NEPALESE CUISINE

## MONTY'S SPECIALS

NEPALESE MURGH MASALA Chicken on/off the bone with mild creamy sauce. (M)(N)	13.25
NEPALESE MEAT MASALA Boneless lamb with tomato based creamy sauce. (M)(N)	12.95
NARGIS KEEMA Minced lamb with tomato based creamy sauce. (M)(N)	12.95
METHI GOSTH Boneless Lamb with fenugreek spices. (M)	12.95
TANDOORI BUTTER CHICKEN Chicken on/off the bone with tomato based thick creamy sauce and served hot, medium or mild. (M)(N)	13.95
TIKKA MASALA (M)(N) Curry with a tomato based creamy sauce	
Chicken Tikka Masala	13.25
Paneer Tikka Masala (D)	10.95
LAMB BADAM PASANDA Boneless lamb with tomato based creamy sauce. (M)(N)	13.25
MOGLAI CURRY Choice of chicken or lamb with almonds & egg in mild creamy sauce. (M)(N)(E)	12.75
CHICKEN JALFRIZI Breast of chicken with onion, capsicum and touch of yoghurt. (M)	12.95
SHAHI KORMA Mild lamb in creamy sauce with fruits (M)(N)	12.75
BEGUM BAHAR Medium spiced chicken covered with minced lamb. (M)(N)	12.95

## TANDOORI DISHES

TANDOORI CHICKEN Tendered on the bone chicken prepared with medium spices. (M)	
HALF - Two pieces	10.50
FULL - Four Pieces	17.50
CHICKEN TIKKA Boneless chicken pieces flavoured with medium spices (M)	11.50
SHASHLICK Boneless chicken flavoured with special spices with onions, capsicums & tomatoes	12.50
LAMB TIKKA Boneless lamb pieces flavoured with medium spices. (M)	12.50
HASINA Boneless lamb flavoured with special spices with onions, capsicums & tomatoes. (M)	12.95
SHEEK KEBAB Minced lamb, mixed with various spices. (M)	11.50
PANEER TIKKA Marinated homemade cheese flavoured with medium spices. (M)(D)	10.50
TANDOORI MIXED GRILL Mix of tandoori chicken, chicken tikka, lamb tikka, sheek kebab and king prawn. (M)(S)	15.95
TANDOORI KING PRAWN King prawns flavoured with various spices (M)(S)	17.50

TANDOORI KING PRAWN COCKTAIL King Prawn in mild creamy sauce. (M)(N)(S)	18.50
TANDOORI CHICKEN (DRY FRY) Tandoori chicken served on or off the bone in a thick tomato based creamy sauce. (M)(N)	14.95

## VEGETARIAN DISHES

MIXED VEGETABLE CURRY (Medium) (M)	6.20
MIXED VEGETABLE MADRAS (Hot) (M)	6.20
MIXED VEGETABLE KORMA (Mild in creamy sauce) (M)	6.20
VEGETABLE BHAJEE Medium stir fry (M) Mixed Vegetable Bhajee Mushroom Bhajee Bhindi (Okra) Bhajee Brinjal (Aubergine) Bhajee Cauliflower Bhajee Sag Bhajee	6.20
ALOO GOBI (Potato and cauliflower) (M)	6.20
BOMBAY ALOO (Potato) (M)	6.20
SAG PANEER (Spinach and cheese) (M)	6.20
CHANA MASALA (Chick Peas) (M)	6.20
TARKA DAL (Yellow Lentils) (M)	6.20
SAG ALOO (Spinach and Potato) (M)	6.20
MUTTAR PANEER (Cheese and peas) (M)	6.20
VEGETABLE SPECIAL Mixed vegetables in a spinach based sauce. (M)	6.95
VEGETABLE MASALA Mixed vegetables in a tomato based creamy sauce. (M)(N)	7.95
ALOO CHAAT Mix of potato, cucumber and green chillies.	7.95

## TANDOORI BREADS

All breads are hand made and baked to order in our clay oven.

NAN Leavened Tandoori bread (C)(E) Plain Nan or with butter	3.25
Peshawari Nan - Stuffed with vegetables and covered with cashew nuts(N)	3.75
Garlic Nan - Stuffed with fresh garlic & coriander	3.75
Kulcha Nan - Stuffed with vegetables & garnished with coriander	3.75
Keema Nan - Stuffed with minced lamb	3.75
PARATHA Layered Tandoori Bread Plain Paratha	3.50
Stuffed Paratha (Vegetable)	3.75
ROTI (CHAPATI) Unleavened whole wheat Tandoori bread	2.95

# WONTY'S

NEPALESE CUISINE

## SIDES AND CONDIMENTS

---

PLAIN BASMATI RICE	3.25
PILAO RICE (Basmati) (M)	3.95
MUSHROOM RICE (M) (N)	4.95
PEAS PILAO RICE With peas and egg (M) (N) (E)	4.95
ONION BHAJEE (E)	4.25
VEGETABLE SAMOSA	4.25
RAITA (M)	2.75
PAPADUM (plain or spicy)	0.70
PICKLE & CHUTNEY Take away or eating in per person	0.50

TAKE AWAY HOTLINE 020 8549 6118.

FREE HOME DELIVERY (3 MILES RADIUS) ON ORDERS OVER £15  
(LAST ORDER 10pm)

DELIVERY TIMES SUBJECT TO TRAFFIC CONDITIONS.

FREE BOTTLE OF BEER 650ml ON ORDERS OVER £20 ON  
COLLECTION

## SWEETS AND ICECREAMS

---

KULFI (M) (Mango, pistachio and cardamom)	4.25
ICECREAM (Vanilla) (M)	2.95
GULAB JAMUN (Indian sweet) (M)	4.25
RASMALAI (Indian sweet) (M)	4.25
FRUIT	
Mango	2.95
Lychee	2.95
Pineapple	2.95
Mixed Fruit	2.95

---

N=Nuts, E=Eggs, F=Fish, D=Seesame Seeds, T=Mustards,  
C=Cereals containing gluten M=Dairy Products, S=Crustaceans  
All food cooked with GM Soya Oil

Please speak to your server regarding any allergy concerns. Whilst every effort is made, we cannot guarantee that each dish is free from traces of allergens.

All prices inclusive of VAT