



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 Malahide 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 experienc 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 anexceptional 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".





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 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 flavour with slight lemony hint, creates a tingly 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.



STARTERS

1. **STEAM CHICKEN MO: MO**    € 17.00
Nepalese authentic flour dumplings stuffed with chicken, spices of curry flavour, shallot, ginger, garlic, coriander & mustard oil serve with tomato & sesame (For 2).
2. **VEGETABLE SAMOSA CHAT**    € 8.95
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**  € 7.95
Crispy Potato cake made with crushed rooster potato, red onion, ginger, garlic, cumin & coriander, sweet & sour tomato chutney.
4. **ONION BHAJI**  € 7.95
Sliced onion lightly battered with gram flour, cumin, seeds, coriander, ginger, garlic & fried served with mint yogurt.
5. **POLEKO JHINGA**   € 12.95
Freshly marinated Tiger Prawn with, fennel seeds, ginger, garlic flavour of curry spices, black salt, & lemon, cooked in clay oven served with Schwan Tomato Sauce.
6. **POLEKO SALMON**   € 12.95
Black salt & turmeric infused Grilled fillet of Salmon served with tomato couli & timboori aloo.
7. **CHARAKO PAKHETA**    € 8.95
Melting in your mouth slow cooked chicken wings with crispy salad, sweet & sour Glaze.
8. **KATHMANDU CHHOELLA**  € 9.95
Overnight marinated cubes of chicken cooked in clay oven with a flavour of fresh ginger, lime, coriander, plum tomato & infused Fenugreek seed, oil.
9. **KUKHURO KO PAKORA** € 8.95
Nepalese spiced gram flour batter fried strips of chicken fillet served with crispy salad, tomato & timboor chutney.
10. **LASUNI CHEESY CHICKEN TIKKA**   € 8.95
Cubes of chicken fillets marinated with, yogurt, lemon, ginger, garlic, cumin, cheese, black salt & slowly cooked in a clay oven served with yogurt dressing & crunchy salad.
11. **LAMB CHOP**   € 12.95
Overnight marinated spring lamb chops with ginger, garlic, cumin & a hint of natural yogurt slowly cooked in clay oven served with mint & mango gel.
12. **NEPALI LAMB KEBAB**    € 10.95
Spring minced lamb kebab cooked with bell pepper & tikka masala sauce.
13. **KATHMANDU KITCHEN MIX SHARING FOR 2**    € 22.95
Tandoori Prawn, Tandoori Chicken, Chicken Tikka & Seekh Kebab on sizzling hot Plate mint Pepper and Onion.





FROM OUR CLAY OVEN-BBQ TANDOORI SIZZLER













All Tandoori speciality sizzlers served with choice of tikka masala, ledobedo or madras curry sauce (on side)

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| 14. CHICKEN TANDOORI | | € 19.95 |
| Half of the free-range chicken marinated with tandoori spice, natural yogurt, lemon juice & slowly cooked in our clay oven served on a bed of mix pepper and onion. | | |
| 15. TANDOORI JHINGA 🍤 | | € 23.95 |
| Freshly marinate Tiger Prawn with, fennel seeds, ginger, garlic flavour of curry spices, black salt, & lemon, cooked in the clay oven served Lemon & Tomato. | | |
| 16. CLAY OVEN MONKFISH | | € 24.95 |
| Freshly marinate monkfish with authentic tandoori spice, yogurt, ginger and garlic cooked in clay oven served on a sizzler. | | |
| 17. BHEDAKO KARANG | | € 23.95 |
| Overnight marinated spring lamb chops with ginger, garlic, cumin & a hint of natural yogurt slowly cooked in clay oven. | | |
| 18. HANSKO MASU ON A SIZZLER | | € 20.95 |
| Duck breast marinated with spices, ginger & coriander cooked until crisp served on a sizzler plate with tomato, onion and pepper | | |
| 19. CHICKEN SHASHLIK | | € 22.95 |
| Tandoori spices rubbed meat and vegetable cooked in Smokey clay oven | | |
| 20. MIXTURE SIZZLER | | € 22.95 |
| Mixture of King Prawn, Tandoori chicken, chicken tikka, gulafi sheekh served in sizzling hot plate. | | |
| 21. SEEKH KEBABS | | € 20.95 |
| Kebab of spring lamb minced, Smokey garlic, sweet onion, fenugreek leaf, ginger, chilli, fresh coriander & cumin served with mint yogurt dressing. | | |
| 22. SEAFOOD SIZZLER | | € 23.95 |
| Mixed sea food tandoori prawn, mussels, crab, grilled fillet of fish served in sizzling hot plate. | | |





MALAHIDE BAY FISH CORNER

23. **SHRIMP ON THE BOAT**    € 11.99
Freshwater shrimp marinated with curries mayonnaise served on papadum boat & crispy cabbage and carrot slaw. (STARTER)
24. **GRILLED SALMON**   € 23.95
Grilled fillet of Salmon marinated with black salt, turmeric serve with potato.
25. **GRILLED SEA BASS**   € 24.95
Black salt & turmeric infused grilled fillet of Sea Bass served with potato.
26. **SWADILO MACHHA**      € 22.95
Fillet of Fresh Hake served with rich lemon, mustard, yogurt & curry sauce. & Naan on side

BIRYANI

27. **NEPALI SPECIAL KHICHADI SAAG BHAT**       € 24.95
This Nepalese meal is prepared with coconut Rice, Spinach and Lamb or Chicken serve with Dal, Chutney, Salad on Nepalese Thali.
28. **BIRYANI**   € 20.95
Sub Continent favourites slow-cooked curry spices Basmati rice with meat, vegetable, bay leaf, cinnamon, cardamom, cloves, saffron & perfumed rose water serve with curry sauce, chilled tomato & yogurt dressing - choice of any meat or fish or vegetables.

LAMB € 20.95

PRAWN  € 20.95

CHICKEN € 19.95

VEGETABLES € 18.95

EVEREST SPECIAL MIX BIRYANI € 22.95





AUTHENTIC NEPALESE DISH

LAMB € 18.95

PRAWN € 19.50

CHICKEN € 17.95

VEGETABLES € 15.50

29. **HIMALAYAN CURRY** 

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



30. **LEDOBEDO**

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



31. **MASU RA SAAG**

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



32. **GORKHALI CURRY** 

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



33. **KHASI KO MASU**

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



€ 19.95

34. **KHASIKO KHUTTI** 

Baby lamb shank smoked in a clay oven and slow cook in a covered pot with onion, tomato, ginger, & garlic cardamom, cloves, and yogurt.



€ 22.95

35. **KATHMANDU JHINGA MASALA** 

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



€ 22.95

36. **NEPALESE GARLIC CHILLY CHICKEN OR DUCK** 

Cubes of chicken / duck cooked with pepper, onion, tomato, green chillies, soya sauce, ketchup, lemon juice, spring onion and curie spices.



€ 20.95

 Celery
  Gluten
  Sesame
  Mustard
  Milk
  Sulphite
  Molluscs
 Peanuts
  Crustaceans
  Soybean
  Lupin Beans
  Fish
  Egg
  Nuts
 Mild
  Lightly Spiced
  Medium
  Hot
  Very Hot



ALL TIME FAVOURITE





















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

Lamb € 18.95

Prawn € 19.50

Chicken € 17.95

Vegetables € 15.50

37. **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.
38. **NUTTY CHICKEN TIKKA MASALA**   
Tikka is a chunk of meat 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.
39. **BUTTER CHICKEN**  
This lovely creamy butter dish is a base on tikka masala sauce slowly cooked with chicken & butter.
40. **SPICE ROGAN JOSH**
Slowly cook thick gravy flavours of sweet onion, plum tomato, garlic, ginger, Kashmiri chilli, fresh coriander, whole garam masala spices & cook til separate or release oil from sauce which we call Rogan.
41. **CRUNCHY JALFREZI**  
Indian subcontinent origin spicy thick curry base sauce with sweet onion, ginger, garlic, plum tomato, green chilli, crunchy mix bell pepper, turmeric, cumin, coriander, Garam Masala & hint of lemon.
42. **BENGAL BHUNA**   
This is well spiced & flavours Bengal origin thick sauce made with sweet onion, ginger, garlic, turmeric, cumin, coriander, spring onion.
43. **SPECIAL BALTI**  
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.
44. **CHENNAI -MADRAS**   
This curry is originated south of Indian its gave name from city of Madras, City Madras now known as Chennai sauce made with sweet onion, plum tomato, ginger, garlic cumin, cumin, asafoetida, mustard seed cinnamon, cardamom, cloves, curry leaves & chillies.
45. **Vindaloo**  
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.





GARDEN CORNER

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| 46. | DAL JHANEKO | | € 14.95 |
| | Slowly cooked yellow Dal tempered with cumin seed, ginger & garlic. | | |
| 47. | ALOO RA KAULI | | € 14.95 |
| | Kerry rooster Potato and Cauliflower mild curry with sweet onion, plum tomato, spring onion, scented fenugreek seeds, & chili oil. | | |
| 48. | CHANA KO TARKARI | | € 14.95 |
| | Slow cook chickpeas with onion, ginger, garlic, plum tomato, cumin, turmeric, chilli, & fresh coriander. | | |
| 49. | BHINDI BHAJI | | € 14.95 |
| | Stir-fried okra with onions, tomatoes, ground dry mango spices & coriander. | | |
| 50. | PANEER TIKKA MASALA | | € 15.95 |
| | Cottage cheese cooked with creamy onion, tomato & curry spices. | | |
| 51. | SAAG PANEER | | € 14.95 |
| | Cottage cheese & Garden peas cooked with creamy onion, tomato & curry spices. | | |
| 52. | BOMBAY ALOO DUM | | € 14.95 |
| | Stir-fried Karela with onions, tomatoes, ground dry mango spices & coriander. | | |



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|---------|----------------|---------|-------------|----------|----------|----------|
| Celery | Gluten | Sesame | Mustard | Milk | Sulphite | Molluscs |
| Peanuts | Crustaceans | Soybean | Lupin Beans | Fish | Egg | Nuts |
| Mild | Lightly Spiced | Medium | Hot | Very Hot | | |



ACCOMPANIMENTS

53.	PLAIN BOILED BASMATI RICE		€ 3.00
54.	BASMATI PULAU RICE		€ 3.00
55.	LEMON & CUMIN RICE		€ 3.95
56.	CHOICE OF FRIED RICE (Egg Mushroom Vegetables)		€ 4.50
57.	PLAIN NAAN		€ 3.00
58.	GARLIC NAAN		€ 3.50
59.	PESHWARI (SWEET NAAN)		€ 4.25
60.	KEEMA NAAN		€ 4.95
61.	CHEESE NAAN		€ 4.95
62.	GOC NAAN (Garlic, Onion and Coriander Naan)		€ 3.95
63.	TANDOORI ROTI		€ 3.50
64.	STUFFED PRATHA		€ 4.95
65.	CHIPS		€ 3.00
66.	CURRY SAUCE		€ 4.95
67.	MIX RAITA		€ 3.50
68.	GREEN SALAD		€ 3.50

(Note: Our Best suppliers from: Fresh seafood- Kish Fish, Raskim Seafood, Fresh Lamb - Irish Country 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.)

