

VEGETARIAN DISHES

All main dish curries served with plain rice or plain naan

32. Aloo Govi6.9011.50

Fresh cauliflowers and potatoes cooked in a rich sauce of traditional curry spices and herbs

33. Kerau Paneer7.9013.50

Kerau paneer is a delicious curry consisting of green peas and paneer cheese cubes, cooked in our special house sauce. **MK**

34. Saag Aloo6.9012.50

Spinach cooked with potatoes, onion & traditional Himalayan herbs

35. Palak (Saag) Paneer7.9013.50

Paneer curd cheese cooked with spinach, onion and special house spice blend **MK**

36. Chana Masala6.9012.50

Chickpeas cooked with mild spices

37. Chayuko Tarkari (mushroom curry) 6.9012.50

Mushroom cooked with ginger, garlic and spices in a delicious Nepalese curry sauce

38. Bhindi Masala7.9013.50

Fresh okra cooked with traditional Nepalese spices and herbs

39. Dal Jhaneko7.9013.50

Yellow lentils cooked in typical Himalayan village style. **MK**
Simple yet delicious.

40. Aloo Tama Bodi13.90

A very classic Nepali curry with a distinctive flavor from tama (pickled bamboo shoots) cooked with potatoes (aloo) and black eyed peas (bodi). Naturally vegan and gluten free.
homemade gravy

SIDES

Steamed Basmati rice	2.50
Pilau rice	3.50
Mushroom fried rice	3.50
Egg fried rice.....	3.50
Plain noodles	3.50
Chips	3.50
Naan plain	2.50
Naan garlic	3.00
Onion naan	3.50
Cheese naan.....	3.50
Sweet naan	3.90

SWEET TREATS

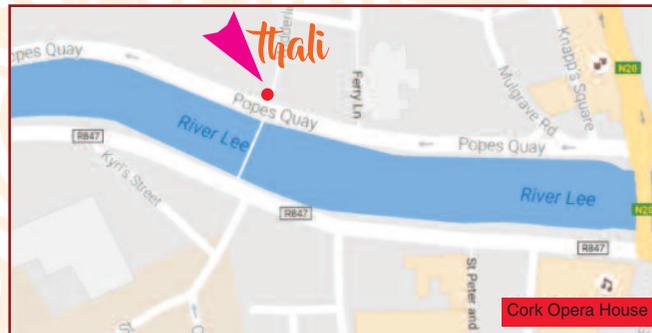
Chocolate Cake	4.90
Kheer (Rice Pudding)	4.50
Gajar Ko Halwa(g,mk).....	5.50

COLD BEVERAGES

Coke/Fanta/Sprite	2.00
Mango juice.....	2.50
Still Mineral water	2.50
Sparkling water	2.50

If you have any allergy issues please inform your server

Gluten =G	Crustaceans=C	Eggs=E	Fish=F
Molluscs=M	Soybeans=S	Peanuts=P	Nuts=N
Milk=MK	Celery=CY	Mustard=MD	
Sesame Seeds=SS		Sulphites=SP	Lupin=L



Experience the real taste
of Nepalese & Asian Food



THALI

Nepal Restaurant



JUST
EAT.
.IE



TAKE-AWAY
MENU



OPEN 5-10PM TUE-SUN

FREE local delivery (5pm-10pm)
(minimum order €15.00)

30 Popes Quay, Cork : T: **021 4553389**

www.thalinel.com E: nepalsethali@gmail.com

Eat In Take Away Delivery

APPETIZERS

1. Piyaz Ko Bhaji (Onion pakora)5.00
Tasty onion fritters cooked in a gently gram flour batter **V**
2. Aloo Chop5.00
Aloo Chop is a type of spicy potato fritter, and is a really popular veggie snack in Nepal. It's hot, spicy and very delicious. Served with our traditional coriander and mint chutney.
3. Chana Chatpat5.00
A classic street food favourite in Nepal. Chickpeas (chana) are combined with a special peanut and herb chutney, and garnished with fresh coriander.
4. Barbeque Masala Wings5.50
Spicy chicken wings with chef's secret recipe with herbs & spices-mouth watering & simply delicious
5. Jingha Poleko9.90
Medium-spiced prawns barbecued in the clay oven served with coriander and mint chutney. **MK F C**
6. Chicken Pakora5.50
Lightly spiced strips of chicken breast deep fried in a light gram flour batter, served with a green chutney sauce. **E**
7. Newari Sadeko Chicken6.50
A type of salad dish from the Newari area in the Kathmandu valley. Chicken breast pieces, marinated with Himalayan herbs, green chilli, spring onion, ginger, garlic, lime and mustard seed oil. Served on a bed of salad. **MK MD**
8. Mo:Mo7.50
A very popular dish in Nepal. Steamed dumplings filled with minced chicken and a subtle blend of herbs. Served with a distinctive Nepalese sesame chili chutney sauce.
9. Chilli Paneer7.50
Cottage cheese cubes cooked in our special oriental sauce

MAIN COURSE

All main course curries are served with plain rice or plain naan

10. Kukhura Ko Masu(Traditional Chicken Curry)13.50
Freshly cooked chicken curry prepared with onion, ginger, fresh herbs and onion based sauce.

11. Jomsom Bhedo (Lamb Curry).....14.90
A classic Nepalese-style lamb curry cooked in a medium spiced onion based sauce, flavoured with Himalayan mountain herbs

12. Gheu Ma Pakayeko Kukhura (Butter Chicken)13.90
Tender pieces of grilled chicken breast slow cooked in cream and butter and mild spices. **MK N**

13. Chicken Tikka Masala.....13.50
Tomato based cream sauce with ground cashew nuts **MK N**

14. Jingha Macha Ko Tarkari (Prawn Curry)16.50
A classic Nepalese-style jumbo prawn curry, cooked in a slightly spicy sauce, flavoured with traditional herbs **F MK C**

15. Nepali Chicken Curry (mild)13.50
Chicken breast pieces cooked with mango, coconut milk. **MK**

16. Dal Masu.....Lamb 14.50 / Chicken 13.50
Classic Nepalese curry that combines juicy lamb or chicken cooked with peppers and braised lentils to make a mouthwatering dish full of spicy flavour

17. Piro Aloo Masu (hot)14.50
Lamb and potatoes cooked with Himalayan spices in a rich onion & tomato gravy sauce

18. Himali Macha Ko Jhol (Fish Curry)16.50
Succulent pieces of monkfish cooked in a delicious spicy tomato, ginger and mustard seed sauce. Highly recommended.

19. Nepalese Potatoes13.50
Freshly cooked, combination of pepper, onion and chix, authentically cooked Aama (Mother) style, served with naan.

20. Saag Masu13.50
Spinach cooked with choice of lamb or chicken

THALI SPECIAL

21. Mix & Match.....16.90
A dish and style of cooking which originated with the Nepalese Army, combining a delicious mix of char-grilled lamb, chicken and jumbo prawns.

22. Jimbu Timur Chicken or Lamb13.90
Chicken or lamb cooked in a typical Nepalese style with herbs and spices, featuring a local herb from the Mustang region of the Himalayas called Jimbu

23. Yogi Rice13.90
Khichadi is mixture of lentil dal and rice. It is mainly eaten by yogis in Nepal, and is rich in vitamins and protein. Served with aloo gobi (cauliflower and potato curry) and coriander mint chutney

14. Chilli Chicken14.50
Chicken prepared with peppers, onions, fresh coriander and a touch of lemon, served on a sizzling hot plate. Served with plain rice or naan **G**

OTHER POPULAR DISHES FROM BEYOND NEPAL

25. Biryani
(Chicken 14.50/ Lamb 15.50/Prawn 16.50/ Veg 12.50)
Aromatic basmati rice dish with chicken, lamb or prawn cooked with spices and fresh mint **MK**

26. Thai Curry(Veg 12.50/ Chicken 12.50)
A traditional Thai curry made with a subtle blend of hot and sweet flavours. Served with plain rice or naan

27. Noodles.....Chicken11.90 Lamb 12.90 Veg 9.90
Delicately flavoured traditional dish, prepared according to our unique house recipe. Choice of lamb, chicken, prawn or vegetable

CLAY OVEN DISHES

28. Tandoori Jingha19.90
Jumbo prawns marinated with fresh herbs, mixed peppers, onion and grilled in the clay oven. Served on a sizzling hot plate served with plain rice or plain naan. **MK C**

29. Bheda Ko Jhir (Lamb espetadas)16.50
Lamb pieces flavoured with mild spices, fresh herbs, peppers and onions, skewered and cooked in the clay oven. Served with plain rice or naan **MK**

30. Tandoori Chicken Tikka14.50
Tender chicken breast pieces marinated in yogurt sauce, seasoned with our special homemade spice blend, fresh herbs and grilled in the clay oven. Served with plain rice or naan **MK**

31. Khasi Ko Kebab14.50
Minced lamb mixed with ginger, onions and fresh coriander, and cooked in the Tandoor clay oven. Served with plain rice or naan **MK**