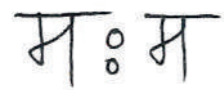


# STARTERS



## MO:MO (Dumplings)

Mo:Mo is a type of steamed bun with the choice of filling. It has become a traditional delicacy of Nepal, Tibet and Nepalese/Tibetan communities in India and Bhutan as well as all over the Country (6 pieces)

### Steamed Mo:Mo

Vegetable	Vegan V	£6.99
Pork	G	£6.99
Chicken (Halal)	G	£6.99
Buffalo	G	£6.99



### Chilli Mo:Mo

Vegetable	Vegan V G S	£7.99
Pork	G S	£7.99
Chicken (Halal)	G S	£7.99
Buffalo	G S	£7.99

Pork Chilli Mo:Mo



### Chicken Choila G Halal £7.99

Choila is a typical dish from the Kathmandu Valley. Consisting of spiced grilled meat, usually eaten with beaten rice (chiura). This dish is typically spicy, mouth watering, served chilled or room temperature.

### Kukhura Ko Pakheta S GF Halal £7.99

(Chicken Wings) Marinated in Nepali spice, oven roasted then stir-fry with garlic, ginger, onions and peppers. (Very popular in Nepal).

### Pork Bhutuwa (Pork Internal) GF £7.99

A great example of authentic Nepalese cuisine (gurkas are dying for Bhutawa with local wine or beer)

### Sukuti Recommended GF £8.99

A dry buffalo meat. The chunks of meat are kept hanging above a fire, after the meat dries it can be consumed. It is prepared in a pan with onion, garlic, ginger, green chillis and Nepalese spices. Served with Chiura (beaten rice). Slightly dry and chewy

### Gurkhali Achar Vegan V SS £3.99

More a salad than a pickle. It's simply delicious and best served as a starter or side dish with rice and meat or vegetable curry.

# MAINS

All main dishes are served with boiled basmati rice

### Ghurkhali Pork GF £12.99

(Pork Curry) Gurkhali pork is one of the favourite curries in Yak & Yeti. This is one of the favourite recipes which had been passed down from Grandma. It is simple, tasty with mouth watering flavours.

### Dharane Sungur Ko Masu GF C £13.99

Perfect dry cooked pork belly & spinach.

### Everest Lamb GF Halal £13.99

(Lamb Curry) Slow cooked fresh local lamb. Real taste from the foothills of Nepal.

### Mola Ra Khashi Ko Tarkari GF £13.99

Halal A perfect combination of slow cooked lamb with white radish (Mooli is very popular radish in Nepal). An authentic taste from the foothills of Nepal.

### Malekha Ko Machha GF FI £13.99

Salmon Curry - May contain small bones One of the most popular meals at Yak & Yeti. Marinated salmon with homemade spices and cooked over sauce.

### Annapurna Chicken GF Halal £12.99

(Chicken Curry) Slow cooked fresh chicken with onions, ginger, garlic, fresh Nepali masala, chilli and coriander.



Annapurna Chicken

# STIR FRY

All stir fry dishes are served with boiled basmati rice

### Yak & Yeti Beef GF S Halal £13.99

Beef marinated in our special spices then stir-fried with mixed peppers and onions.

### Yak & Yeti Chicken GF S Halal £12.99

Tender pieces of chicken, stir-fried with our own blended spice.

### Chicken Chilli GF S Halal £12.99

Tender marinated stir-fried chicken with mixed peppers & fresh chilli.

# NOODLE DISHES

### Chow Mein V E S G £9.99

Fried Noodles (Vegetables).

### Chow Mein E S G £10.99

Fried noodles (Pork or Chicken).

### Yak & Yeti Special Chow Mein £11.99

FI E S G Stir-fried noodles with vegetables, egg, chicken and prawns.

# THUKPA (noodle soup)

### Kukhurako Ko Thukpa E S G C £10.99

(Chicken base) Halal Thukpa is a very popular meal in the foothills of the Himalayas. A noodle soup base perfect in cold weather.

### Mo:Mo Thukpa E S G C £12.99

(Chicken or vegetable base) Steamed any Mo:Mo with Thukpa (Veg, Pork, Chicken or Buffalo).

# VEGETABLE DISHES

All stir fry dishes are served with boiled basmati rice

### Hario Sabji Vegan V GF £9.99

Stir-fry green vegetables, green beans, spinach & broccoli.

### Aloo Ra Chana Ko Tarkani £9.99

Vegan GF A potato and chickpea curry. The most popular curry in Nepal. A naturally vegan and gluten free vegetable curry.

### Nepali Tarkari Vegan V GF £9.99

Mixed vegetable - slow cooked mixed vegetables with garlic & Nepali spices.

# SIDE DISHES

Rice and daal are part of the Nepalese meal, normally served together.

### Bhat Vegan V GF £2.00

Boiled Basmati Rice.

### Bhuteko Bhat V GF D £3.99

Nepalese style rice fried in ghee with cumin, garlic and mixed vegetables.

### Yak & Yeti Special Fried Rice £4.50

FI E S Nepalese style rice fried with prawns, egg and vegetables.

### Maasko Daal (black lentil) V GF D £3.99

(Classic) Split black lentil sauce cooked with traditional herbs & finished with ghee & ginger.

### Masur Ko Daal (yellow lentil) Vegan £3.99

Split yellow lentil sauce finished with spices and garlic.



# CHUTNEYS

### Khursani Ko Acahar V G Vegan £1.20

(Spicy Chutney)

### Tomato Chutney V GF D £1.00

### 2 Papadum with Chutney £2.00

Vegan V GF D

# NEPALESE

## All Time Favourite Meals



### Daal Bhat Masu GF £17.99

Daal Bhat is a traditional all time classic Nepalese meal of rice, potato and chickpea curry, lentil soup called Daal, Saag (vegetable), choice of black lentil Daal or yellow lentil Daal and **either chicken, pork or lamb curry.**

### Daal Bhat Macha FI GF £17.99

Daal Bhat is a traditional all time classic Nepalese meal of rice, potato and chickpea curry, lentil soup called Daal, Saag (vegetable), choice of black lentil Daal or yellow lentil Daal and salmon curry.

### Daal Bhat Tarkari Vegan GF C £15.99

Daal Bhat is a traditional all time classic Nepalese meal of rice, potato and chickpea curry, lentil soup called Daal, Saag (vegetable), choice of black lentil Daal or yellow lentil Daal Nepali Tarkari



Hariyo Sabji (Green Vegetables)



Veg Chilli Mo:Mo



Gurkhali Pork (Pork Curry)



Nepali Tarkari (Mix Vegetables)



Yak & Yeti Beef

Celiac - Gluten Free dishes - GF Celery - C Dairy - D Egg - E Gluten - G  
Vegan Halal Sesame Seed - SS Seafood - FI Soya - S Vegetarian - V



## SOME GREETINGS IN NEPALI

Hello - *Namastie*

How are you? - *Tapai Lai Kasto Chha?*

I'm Fine Thank You - *Malia Sanchai Cha*

Thank you - *Dhanya Bhad*

Delicious - *Ek Dam Mitto Chha*

Good - *Ram Ro*

Excellent - *Ek Dam Ramro*

So Happy - *Khushi Lagyo*

See You Again - *Feri Bhetaula*

## COUNTING

- |                  |                  |
|------------------|------------------|
| 1 - <i>Ek</i>    | 6 - <i>Chha</i>  |
| 2 - <i>Dui</i>   | 7 - <i>Saat</i>  |
| 3 - <i>Tin</i>   | 8 - <i>Aath</i>  |
| 4 - <i>Chhar</i> | 9 - <i>Naau</i>  |
| 5 - <i>Panch</i> | 10 - <i>Dush</i> |



## Dinner Menu NAMASTE



**York's first family run authentic Nepalese  
(Gurkha Restaurant)**

Please inform a member of staff of any **dietary or allergy** requirements.

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