

MONTY'S

NEPALESE CUISINE

TRADITIONAL NEPALI DISHES (STARTERS)

MOMOCHA 5.50
Steamed chicken or vegetable dumplings of Newari origin, served with roasted tomato chutney and sesame seed. (C) (D)

CHHOELA 7.50
BBQ chicken with Nepalese spices, cooked in mustard oil, ginger & garlic sauce.

HAANS KO SEKUWA 8.95
Marinated duck morsels, chargrilled with medium spices.

MACHHA POLEKO 12.50
Marinated salmon with ginger & garlic, flavoured with mustard sauce and carom seeds. (F)

CHARA KO ACHAAR 8.95
Warm pickled chicken salad with spring onion, garlic and coriander.

TRISHULI JHINGA 12.50
Delicious prawns, prepared home style with medium spices and fenugreek dressing. (T)

LOBSTER SAMOSA 9.95
Spiced lobster and mixed vegetables wrapped in a flaky pastry, served with tamarind chutney. (S)(C)

SQUID RINGS 8.60
Spiced squid with hint of lovage seeds. (S)

CHICKEN CHILLI 8.95
A speciality of Kathmandu valley, spiced with ginger, garlic, soya sauce and cumin, slightly hot. (C)

ACHARI LAMB 9.50
BBQ lamb in pickled spices, slightly hot.

PANEER CHILLI 8.25
Home made cheese spiced with ginger, garlic, soya sauce and cumin, slightly hot. (C)(M)

LAMB CHOPS 12.95
Marinated lamb chops in a curry spied yoghurt with ginger , garlic & lemon juice (M)

CHICKEN SEKUWA 9.95
Marinated bonless chicken, chargrilled with medium spices

ALOO SADHEKO 7.95
Baby potatoes spiced with onion, coriander and sesame powder tempered with hot toasted sesame oil

MONTY'S SPECIALS

FRESH CATCH OF THE DAY 16.95
Rainbow trout, marinated in Nepalese spices, served with tomato chutney. (F) (M)

STAFF'S SPECIAL 14.95/16.50
Choice of chicken or lamb cooked in a bean stew in traditional Newari style. (M)

KATHMANDU CHICKEN 14.95
Kathmandu cites' most popular chicken dish, delicate and delicious, cooked with mashed aubergine.

PAHADI CHICKEN/LAMB 14.95/16.50
Tender boneless chicken or lamb cubes, spiced up with pounded black pepper & coriander seeds. (M)

NUTTY LAMB 16.50
Diced lamb served in a cashew nut based mild creamy sauce with saffron. (M)(N)

LAMB MAHARANI 16.50
Lamb meat balls in tangy tomato sauce. (M)

KAALO DAAL 10.50
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 11.75
Lamb Curry 12.95
Prawn Curry/ King Prawn Curry (S) 12.95/ 16.75

MADRAS (Hot) (M)
Chicken Madras 12.25
Lamb Madras 13.50
Prawn Madras/ King Prawn Madras (S) 13.50/ 16.75

VINDALOO (Very hot) (M)
Chicken Vindaloo 12.25
Lamb Vindaloo 13.50
Prawn Vindaloo/ King Prawn Vindaloo (S) 13.50/ 16.75

KORMA (Mild) (M)(N)
Chicken Korma 12.25
Lamb Korma 13.50
Prawn Korma (S) / King Prawn Korma (N)(S) 13.50/ 16.75

SAG Curry served in a spinach sauce (M)
Sag Chicken 12.25
Sag Gosth 13.50
Sag Prawn (S)/ Sag King Prawn (S)(N) 13.50/ 16.75

BHUNA Curry Stir fry (M)
Bhuna Chicken 13.25
Keema Bhuna (Minced lamb) 14.95
Bhuna Gosth 14.95
Prawn Bhuna/ King Prawn Bhuna (S) 14.95/17.50

KALIA Curry with potato and a fenugreek sauce (M)(N)
Chicken Kalia 12.25
Lamb Kalia 13.50

DOPEAZA (With onions) (M)
Chicken Dopeaza 12.25
Lamb Dopeaza 13.50

DHANSAK Hot, sweet & sour curry with a lentil sauce (M)
Chicken Dhansak 13.25
Lamb Dhansak 14.95

ROGAN Curry with tomato based sauce (M)
Chicken Rogan 13.25
Rogan Josh 14.95

KEEMA CURRY Spiced minced lamb (M)
Keema curry 12.95
Keema curry with peas 14.95

PATIA Hot, sweet and sour curry (M)(S)
Prawn/ King Prawn 14.95/17.50

BIRIYANI

Cooked with Basmati rice and served with curry sauce

VEGETABLE BIRIYANI (M)(N) 14.75

MUSHROOM BIRIYANI (M)(N) 14.75

CHICKEN BIRIYANI (M)(N) 15.25

LAMB BIRIYANI (M)(N) 15.25

PRAWN BIRIYANI (M)(N)(S) 16.25

KING PRAWN BIRIYANI (M)(N)(S) 18.50

MONTY'S

NEPALESE CUISINE

MONTY'S SPECIALS	
NEPALESE MURGH MASALA	14.25
Chicken on/off the bone with mild creamy sauce. (M)(N)	
NEPALESE MEAT MASALA	14.25
Boneless lamb with tomato based creamy sauce. (M)(N)	
NARGIS KEEMA	14.25
Minced lamb with tomato based creamy sauce. (M)(N)	
METHI GOSTH	14.25
Boneless Lamb with fenugreek spices. (M)	
TANDOORI BUTTER CHICKEN	15.25
Chicken on/off the bone with tomato based thick creamy sauce and served hot, medium or mild. (M)(N)	
TIKKA MASALA (M)(N)	
Curry with a tomato based creamy sauce	
Chicken Tikka Masala	14.25
Paneer Tikka Masala (D)	11.50
LAMB BADAM PASANDA	15.25
Boneless lamb with tomato based creamy sauce. (M)(N)	
MOGLAI CURRY	
Curry with almonds & egg in mild creamy sauce. (M)(N)(E)	
Chicken Moglai Curry	13.25
Lamb Moglai Curry	13.95
CHICKEN JALFRIZI	13.95
Breast of chicken with onion, capsicum and touch of yoghurt. (M)	
SHAHI KORMA	13.95
Mild lamb in creamy sauce with fruits (M)(N)	
BEGUM BAHAR	13.95
Medium spiced chicken covered with minced lamb. (M)(N)	
TANDOORI DISHES	
TANDOORI CHICKEN	
Tendered on the bone chicken prepared with medium spices. (M)	
HALF - Two pieces	10.95
FULL - Four Pieces	18.50
CHICKEN TIKKA	12.25
Boneless chicken pieces flavoured with medium spices (M)	
SHASHLICK	12.95
Boneless chicken flavoured with special spices with onions, capsicums & tomatoes	
LAMB TIKKA	13.95
Boneless lamb pieces flavoured with medium spices. (M)	
HASINA	14.50
Boneless lamb flavoured with special spices with onions, capsicums & tomatoes. (M)	
SHEEK KEBAB	12.50
Minced lamb, mixed with various spices. (M)	
PANEER TIKKA	10.95
Marinated homemade cheese flavoured with medium spices. (M)(D)	
TANDOORI MIXED GRILL	16.95
Mix of tandoori chicken, chicken tikka, lamb tikka, sheek kebab and king prawn. (M)(S)	
TANDOORI KING PRAWN	17.95
King prawns flavoured with various spices (M)(S)	

TANDOORI KING PRAWN COCKTAIL	18.95
King Prawn in mild creamy sauce. (M)(N)(S)	

TANDOORI CHICKEN (DRY FRY)	15.95
Tandoori chicken served on or off the bone in a thick tomato based creamy sauce. (M)(N)	

VEGETARIAN DISHES	
MIXED VEGETABLE CURRY (Medium) (M)	6.20/7.95
MIXED VEGETABLE MADRAS (Hot) (M)	6.20/7.95
MIXED VEGETABLE KORMA	6.20/7.95
(Mild in creamy sauce) (M)	
VEGETABLE BHAJEE Medium stir fry (M)	6.20/7.95
Mixed Vegetable Bhajee	
Mushroom Bhajee	
Bhindi (Okra) Bhajee	
Brinjal (Aubergine) Bhajee	
Cauliflower Bhajee	
Sag Bhajee	
ALOO GOBI (Potato and cauliflower) (M)	6.20/7.95
BOMBAY ALOO (Potato) (M)	6.20/7.95
SAG PANEER (Spinach and cheese) (M)	6.20/7.95
CHANA MASALA (Chick Peas) (M)	6.20/7.95
TARKA DAL (Yellow Lentils) (M)	6.20/7.95
SAG ALOO (Spinach and Potato) (M)	6.20/7.95
MUTTAR PANEER (Cheese and peas) (M)	6.20/7.95
VEGETABLE SPECIAL	6.95/7.95
Mixed vegetables in a spinach based sauce. (M)	
VEGETABLE MASALA	7.95
Mixed vegetables in a tomato based creamy sauce. (M)(N)	
ALOO CHAAT	7.95
Mix of potato, cucumber and green chillies.	
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	3.40
Peshawari Nan - Stuffed with vegetables and covered with cashew nuts(N)	3.95
Garlic Nan - Stuffed with fresh garlic &coriander	3.95
Kulcha Nan - Stuffed with vegetables & garnished with coriander	3.95
Keema Nan - Stuffed with minced lamb	3.95
PARATHA Layered Tandoori Bread	
Plain Paratha	3.75
Stuffed Paratha (Vegetable)	3.95
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	4.95
With peas and egg (M) (N) (E)	
ONION BHAJEE (E)	4.25
VEGETABLE SAMOSA	4.25
RAITA (M)	2.75
PAPADUM (plain or spicy)	0.70
PICKLE & CHUTNEY	0.60
Take away or eating in per person	

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)	4.25
(Mango, pistachio and cardamom)	
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 Salad	4.25

N=Nuts, E=Eggs, F=Fish, D=Seasame 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