

BREAD

All breads contains Gluten & Dairy

GARLIC & CORIANDER NAAN £4.00

CHEESE & CHILLI NAAN £4.50

PESHWARI NAAN £4.75 (Also contains Nuts & Sulphites)

KEEMA NAAN £5.00

NAAN £3.00

LACHA PARANTHA £4

CHAPATTI £2.25

ROTI £2.50

RICE

BASMATI £4.00

PILAU £4.50

MUSHROOM £5.00

SPECIAL SWEET £5.50 (Contains Dairy & Nuts)

VEGAN

Dishes marked "VE" are Vegan friendly.

Also, some dishes can be made vegan on request - just ask our team.

Thanks

Himalayan Essence

SIDES

MIXED POPPADOMS £4.50 (Contains traces of Gluten)

DIP £1.00 (Contains Dairy)

YOGHURT £2.50 (Contains Dairy)

RAITA £3.50 (Contains Dairy)

CHIPS £4.00 (Contains traces of Gluten)

MIXED SALAD £4.00

KIDS MENU

Served with choice of basmati rice or chips

CHICKEN NUGGETS £7.50 (Contains traces of Gluten)

MALAI CHICKEN TIKKA £7.50 (Contains Dairy & Nuts)

VEG / CHICKEN KORMA £8.00 (Contains Dairy & Nuts)

BUTTER CHICKEN £8.00 (Contains Dairy & Nuts)

DESSERTS

GULAB JAMUN £4.50 (Contains Dairy, Gluten & Nuts)

KULFI £4.50 (Contains Dairy & Nuts)

ICE CREAM £3.50 (Contains Dairy)

ALLERGENS

We take up most care to provide a safe dinning experience for our guests.

Please be aware that we take every care & attention to identify the allergens that are in our ingredients, but we cannot guarantee that our dishes are 100% allergen free, due to the risk of cross contamination of trace allergens during cooking & preparation processes.

This includes items that are cooked in our deep fat fryers where allergenic ingredients have also been cooked.

If your allergen is not listed please speak to our manager.

HIMALAYAN ESSENCE

INDIAN · NEPALESE CUISINE

MENU



himalayanessence.co.uk



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NEPALESE STARTERS

CHICKEN KOMPO £9.00

(Contains Nuts, Cashews, Soya, Gluten, Celery)
Fried chicken pieces, cashews, onions & peppers tossed with ginger & garlic in our Himalayan sauce

CHICKEN CHHOILA £9.00

(Contains Soya, Celery)
Tandoori chicken pieces marinated in a tangy mix of mustard oil, herbs & spices

CHILLI CHICKEN £8.50

(Contains Gluten, Soya, Celery)
Fried chicken pieces tossed with peppers & onions in our Himalayan sauce

CHOW MEIN (VE) £7.50

(Contains Gluten, Soya, Celery)
(Option to add Chicken for £2 or Prawns for £3.50)
Classic stir-fried noodles in our Himalayan sauce with a mix of fresh vegetables

THUKPA (VE) £7.50

(Contains Gluten, Celery)
(Option to add Chicken for £2 or Prawns for £3.50)
Noodle soup rich in flavour, with hearty vegetable broth

MOMOS (VE) £7.50

(Contains Gluten)
(Option to add Chicken for £2)
Dumplings filled with homemade vegetables, steamed to perfection & served with a delicious dipping sauce

FRIED RICE (VE) £7.50

(Contains Gluten, Soya, Celery)
(Option to add Egg or Chicken for £2, Prawns for £3.50)
Fragrant rice tossed with Himalayan sauce & a mix of vegetables

CRISPY VEGGIE SALT & PEPPER (VE) £8.50

(Contains Gluten, Soya, Sesame)
Lightly battered mixed fresh vegetables fried to perfection, tossed with salt & pepper for a subtle spicy kick

PRawns SALT & PEPPER £12.50

(Contains Gluten, Soya, Celery)
Juicy prawns coated in a delicate batter, fried until crispy, seasoned with a blend of salt & pepper

TANDOORI STARTERS

This selection features dishes marinated in a special blend of ginger, garlic, chillies & home-ground Himalayan spices, offering a flavourful introduction to the authentic taste of the Himalayas.

HIMALAYAN MIXED GRILL £25.00

(Contains Dairy, Gluten, Nuts, Mustard, Fish, Crustaceans)
A diverse combination of tandoori starters, perfect to share with two pieces of each starter

ADRAKI LAMB CHOPS £11.50

(Contains Dairy)
Lamb chops marinated with chopped ginger, garlic & dairy, then cooked in the tandoor for a juicy and aromatic experience

KING PRAWN TIKKA £12.50

(Contains Crustaceans, Dairy)
Juicy king prawns marinated with chillies, ginger & garlic, offering a spicy & aromatic seafood delight

MALAI CHICKEN TIKKA £9.00

(Contains Nuts, Almonds, Dairy)
Chicken marinated with cashews, cardamom & white pepper, offering a rich & creamy taste

CHICKEN TIKKA £9.00

(Contains Dairy)
Chicken marinated with yoghurt & tikka spice, cooked on skewers in a tandoor oven

FISH TIKKA £10.00

(Contains Fish, Mustard, Dairy)
Succulent pieces of fish marinated in mustard & dairy, grilled to perfection for a tender & flavourful taste

SEEKH KEBAB £9.00

(Contains Dairy)
Minced lamb meat & chicken mixed with spices, shaped onto skewers & grilled for a smoky spicy taste

CHANDI KA MOR PANEER TIKKA £8.50

(Contains Nuts, Cashews, Dairy)
Cubes of paneer marinated with a mixture of spices & nuts to achieve a soft, creamy & flavourful taste

INDIAN STREET FOOD

HONEY CHILLI POTATOES (VE) £7.00

(Contains Gluten, Sesame, Soya)
Crispy potatoes tossed in a honey-chilli glaze with shredded onions, peppers, & sesame seeds

CORN TIKKI (VE) £6.50

(Contains Gluten)
(Add a burst of flavour, enjoy as a Chaat for an extra £2)
Savoury sweetcorn patties that are crispy on the outside & soft inside, served with a tangy twist

SAMOSAS (VE) £6.50

(Contains Gluten)
(Add a burst of flavour, enjoy as a Chaat for an extra £2)
Classic Indian fried pastry filled with spiced potatoes & green peas

CHILLI PANEER £7.50

(Contains Gluten, Dairy, Celery, Soya)
Cubes of paneer tossed in a Himalayan inspired Chili Sauce with onions & peppers

GOL GAPPES (VE) £6.00

(Contains Gluten, Dairy)
(Option to add tamarind or yogurt for just £1 each)
Experience a burst of flavours with these hollow, crispy puris filled with seasoned potatoes, chickpeas & spicy mint water

PAKORAS (VE) £6.95

(Option to add chicken for £2)
Crispy fried vegetables in a gram flour batter, mixed with a delightful blend of home ground spices

AUTHENTIC CURRIES

CHANA MASALA £10.00

(Contains Dairy, Nuts, Cashews)
Chickpeas cooked in a rich & spicy gravy made of ginger, garlic, chillies, onions, tomato, cashews, aromatic herbs & spices

DEEWANGI HANDI MIXED VEG £10.50

(Contains Dairy)
A medley of mixed vegetables like peas, mushrooms, cauliflower, potatoes, carrots & paneer cooked with home ground spices

DAL MAKHNI £10.00

(Contains Dairy)
A slow-cooked creamy & buttery black lentil dish with kidney beans in a blend of Indian spices

TARKA DAL £9.00

(Contains Dairy)
Option to add a burst of flavour with Double Tarka for £1.50
Mixed yellow lentils tempered with cumin seeds, aromatic spices, chopped ginger, garlic, chillies, onions & tomatoes

SAAG ALOO / PANEER / CHICKEN £11.00

(Contains Mustard, Dairy)
Option to add lamb for £3.00
A spinach dish made with fenugreek & sarsa with a slightly tangy flavour

KARahi VEG / PANEER / CHICKEN £11.00

Option to add lamb for £3.00 or prawn for £3.50
A robust, spicy dish cooked in a karahi with diced chillies, onions, peppers, ginger & garlic

CHICKEN TIKKA MASALA £11.50

(Contains Dairy, Nuts, Cashews)
Chicken cooked in chopped masala sauce with onions, tomatoes, cashews & home ground spices

BUTTER PANEER / CHICKEN £11.50

(Contains Dairy, Nuts, Cashews)
Chicken cooked with onions & cashews in a rich, creamy, buttery tomato sauce

BHUNA CHICKEN £11.00

Option to add lamb for £3.00 or prawn for £3.50
A medium-spiced curry with fried onions cooked with spices & reduced to a thick intense sauce

ROGAN JOSH CHICKEN £11.00

Option to add lamb for £3.00 or prawn for £3.50
An aromatic curry cooked with shredded, toasted onions & peppers in a spiced gravy

JALFREZI CHICKEN £11.00

Option to add lamb for £3.00 or prawn for £3.50
A sour & spicy curry with shredded onions & peppers in a thick tangy sauce

VINDALOO CHICKEN £11.00

(Contains Celery)
A famously spicy hot, tangy curry with a touch of cumin, garlic & cloves

KORMA VEG / CHICKEN £12.50

(Contains Dairy, Nuts, Cashews)
A mild, sweet, creamy curry made with coconut milk & cashews in an onion gravy

AUTHENTIC BIRYANI

(Contains Dairy, Nuts, Cashews)

An aromatic rice dish with layers of spiced fillings. The slow-cooking technique fuses all the flavours together beautifully.
Served with home made biryani sauce

VEGETABLE £12.00

CHICKEN £14.50

LAMB £15.50

PRawn £16.50