



WELCOME (SWAGATAM)

The Gurkhas Nepalese Restaurants family invites you to taste and enjoy the delightful dish and aromatic flavour of Nepalese cuisine.

Our menu focused on fresh produce vegetable, quality meats and seafood as well as top rated Nepalese spices, which will give an aromatic flavour.

ABOUT NEPAL

The term Gurkhas is traditionally used to describe the men of Nepal who serve as soldiers in the armies of Nepal, Britain, or India. The word Gurkhas originated from Gorkha, one of the districts west of Nepal, where king Prithivi Narayan Shah reigned early 17th century. He had very strong, loyal, tough and devoted Gorkhali Armies from whose contribute he succeeded in uniting Nepal into one kingdom around 1768@69 AD. The Gurkhas are world famous soldiers, highly prized in the British Army and known for their bravery and courage. Gurkhas come from the mountainous country of Nepal which nestles in the Himalayas, bordering Tibet in the north and India on its southern foothills.

WHEN ORDERING

Please advise us if you have any dietary requirement as not all ingredients are listed on the menu. We will be pleased and happy to help you.

This menu is subject to change without notice

BANQUET 1

\$39.90

ENTRÉE (KHAJA NASTA)

Dumpling Chicken/Vegetable (Tibetan Momo)

Choice of (Chicken or Vegetable) steamed dumpling with the flavour of Nepalese traditional spices served with our house made dipping sauce.

Vegetable Puff Pastry (Samosa)

Triangular shaped homemade puff pastry filled with potatoes, green peas, coriander mixed with bahra masala served with mint sauce.

Charcoal Chicken (Poleko Sekuwa)

Chicken pieces marinated with fresh ground spices & fresh herbs cooked in a charcoal oven served with mint sauce.

MAIN COURSE (MUKHYA BHOJAN)

Chicken Curry (Khukura ko Masu)

Chicken curry cooked with special Nepalese garam masala & herbs.

Beef/Lamb/Goat Curry (Khashi ko Masu)

Choice of delicious beef, goat or lamb curry gently cooked with flavoured spice & fresh herbs.

Fish Curry (Maacha ko Tarkari)

Barramundi fish curry cooked with fresh tomato, onion, garlic, curry leaves & bhara masala.

Pumpkin (Pharsi)

Pumpkin cooked with mustard seeds & seasoned with traditional spices.

Mustard Green Leaves (Rayako Saag)

Nepalese spinach sautéed with cumin seeds, crushed garlic & seasoned with spices & chilli.

Rice

Flat Bread (Roti)

BANQUET 2

\$49.90

ENTRÉE (KHAJA NASTA)

Dumpling Chicken/Vegetable (Tibetan Momo)

Choice of (Chicken or Vegetable) steamed dumpling with the flavour of Nepalese traditional spices served with our house made dipping sauce.

Vegetable Puff Pastry (Samosa)

Triangular shaped homemade puff pastry filled with potatoes, green peas, coriander mixed with bahra masala served with mint sauce.

Charcoal Fish (Poleko Maacha)

Barramundi fillet marinated with fresh herbs & cooked in a charcoal clay oven served with mint sauce.

MAIN COURSE (MUKHYA BHOJAN)

Butter Chicken (Badami Khukura)

Tandoori chicken pieces cooked in Nepalese traditional sauce cooked with fresh tomato, onion, ginger, garlic & aromatic herbs.

Prawn Curry (Jhingey ko Tarkari)

King prawns curry cooked with fresh tomato, onion, garlic, curry leaves & bhara masala.

Beef/Lamb/Goat Curry (Khashi ko Masu)

Choice of beef, goat or lamb curry gently cooked with flavoured spice & fresh herbs.

Pumpkin (Pharsi)

Pumpkin cooked with mustard seeds & seasoned with traditional spices.

Mustard Green Leaves (Rayako Saag)

Nepalese spinach sautéed with cumin seeds, crushed garlic & seasoned with spices & chilli.

Mixed Vegetable (Misayeko Tarkari)

Mixed fresh vegetables cooked with tomatoes & fresh herbs seasoned with Nepalese traditional spices.

Rice

Flat Bread (Roti)

DESSERT (MITTHAI BHOJAN)

Gurkhas Mango Kulfi & Lal Mohan

Chef's special ice cream made from mango & pistachio served with a sweet dumpling mixed in sugar syrup, saffron & rose water.



ENTRÉE (KHAJA NASTA)



- 1. Dumpling Chicken/Vegetable (Tibetan Momo) \$7.90**
Choice of (Chicken or Vegetable) steamed dumpling (6 pieces) with the flavour of Nepalese traditional spices served with our house made dipping sauce.
- 2. Charcoal Chicken/Mushroom (Newari Khaja) \$10.90**
Choice of tandoori chicken or mushroom mixed with fresh capsicum, onion and tomato folded with fresh garam masala served with chiura (crispy rice) and side salad.
- 3. Vegetable Puff Pastry (Samosa) \$6.90**
Triangular shaped homemade puff pastry filled with potatoes, green peas, coriander mixed with bahra masala served with mint sauce.
- 4. Charcoal Chicken (Poleko Sekuwa) \$9.90**
Chicken pieces marinated with fresh ground spices and fresh herbs cooked in a charcoal oven served with mint sauce.
- 5. Charcoal Fish (Poleko Maacha) \$10.90**
Barramundi fillet marinated with fresh herbs and cooked in a charcoal clay oven served with mint sauce.
- 6. The Gurkha's Mixed Platter \$11.90**
Entrée platter of Samosa, Momo (Chicken or Vegetable), Poleko Sekuwa and Poleko Maacha served with our traditional homemade sauce.



MAIN COURSE (MUKHYA BHOJAN)



TANDOORI OVEN SELECTION

- 7. Charcoal Lamb Cutlet (Poleko Khasi) \$23.90**
Delicious charcoal lamb cutlet marinated with traditional spices and a touch of chilli served with spinach and lentils.
- 8. Charcoal Beef Rump (Poleko Goru ko Masu) \$22.90**
Tender beef rump marinated in fresh ginger, garlic and ground spices served with salad and lentils.
- 9. Charcoal Prawn (Poleko Jhingey) \$21.90**
Succulent king prawns and vegetables marinated with yoghurt and fresh spices cooked in a hot charcoal oven served with spinach.
- 10. Charcoal Chicken (Poleko Sekuwa) \$19.90**
Marinated chicken fillet with fresh herbs and spices cooked in our tandoori oven served with spinach and lentils.
- 11. Charcoal Fish (Poleko Maacha) \$20.90**
Barramundi fillet marinated with fresh herbs and cooked in a charcoal clay oven served with lentils.
- 12. Charcoal Mixed Combination (Poleko Parikar) \$20.90**
Two pieces of lamb cutlet, prawn, chicken and mushroom served with lentils and salad.



MEAT AND FISH CURRIES (MASU RA MAACHA)



13. **Butter Chicken (Badami Khukura) \$17.90**
Tandoori chicken pieces cooked in Nepalese traditional sauce cooked with fresh tomato, onion, ginger, garlic and aromatic herbs.
14. **Chicken Curry (Khukura ko Masu) \$16.90**
Chicken curry cooked with special Nepalese garam masala and herbs.
15. **Lamb/Goat Curry (Khashi ko Masu) \$18.90**
Choice of delicious goat or lamb curry gently cooked with flavoured spice and fresh herbs.
16. **Beef Curry (Goru ko Masu) \$17.90**
Flavoursome beef curry gently cooked in Nepalese spices and herbs.
17. **Fish Curry (Maacha ko Tarkari) \$18.90**
Barramundi fish curry cooked with fresh tomato, onion, garlic, curry leaves and bhara masala.
18. **Prawn Curry (Jhingey ko Tarkari) \$18.90**
King prawns curry cooked with fresh tomato, onion, garlic, curry leaves and bhara masala.
19. **Chilli Chicken (Khursani Khukura) \$17.90**
Marinated tender chicken pieces and vegetables cooked with traditional spices and chilli flakes.
20. **Nepali Traditional Platter (Parikar) \$23.90**
Nepalese choice of mixed platter goat, beef, lamb or chicken served with daal (lentil), bhaat (long grain rice), saag (mustard green leaves) and tomato aachar.



SELECTION OF VEGETARIAN (SAKAHARI)



21. **Nepali Traditional Platter (Parikar) \$21.90**
Nepalese mixed platter served with Misayeko Tarkari (mixed vegetable), daal (lentil), bhaat (long grain rice), saag (mustard green leaves) and tomato aachar.
22. **Cottage Cheese Curry (Panner ko Tarkari) \$17.90**
Panner cubes cooked with fresh vegetables, tomatoes and fresh herbs seasoned with Nepalese traditional spices.
23. **Mixed Vegetable (Misayeko Tarkari) \$15.90**
Mixed fresh vegetables cooked with tomatoes and fresh herbs seasoned with Nepalese traditional spices.
24. **Mushroom Potato Curry (Chau Aalu Tarkari) \$16.90**
Mushroom, potatoes and green peas cooked with fresh tomatoes and spices.



ACCOMPANIMENTS (SATH KO KHANA)



25. **Lentils (Jhaneko Daal) \$6.90**
Mixed lentils cooked with fresh tomato and spices tempered with Nepali Himalayan herbs Jimbu.
26. **Eggplants (Bhuteko Vanta) \$7.90**
Pan fried eggplant cooked with fresh vegetables, potatoes and traditional spices.
27. **Pumpkin (Pharsi) \$6.90**
Pumpkin cooked with mustard seeds and seasoned with traditional spices.
28. **Mustard Green Leaves (Rayako Saag) \$6.90**
Nepalese spinach sautéed with cumin seeds, crushed garlic and seasoned with spices and chilli.
29. **Pan Fried Potatoes (Gurkha's Alu Dum) \$6.90**
Pan fried baby potatoes tossed with cumin seeds, fresh tomatoes and traditional spices.
30. **Chicken Salad (Khukurako Hariyo Salad) \$7.90**
Tandoori chicken mixed with fresh green garden salad with chef's special dressing.
31. **Prawn Salad (Jingey Ko Salad) \$8.90**
Prawn mixed with fresh salad with chef's special dressing.
32. **Yoghurt Dip (Dahima) \$4.90**
Freshly grated cucumber mixed with natural yoghurt folded with roasted cumin and mint.
33. **Tomato Pickle (Achar) \$2.90**
Tandoori roasted tomato and garlic flavoured with fresh coriander and spices.



BREAD AND RICE (ROTI AND BHAAT)



34. **Fried Rice (Buteko Bhaat) \$5.90**
Fried rice cooked with cashew nuts, peas and carrot.
35. **Saffron Rice (Keshar Bhaat) \$6.90**
Saffron pan fried rice flavoured with rose water and herbs.
36. **Flat Bread (Roti) \$2.50**
Plain buttered flat bread cooked in a charcoal clay oven.
37. **Garlic Flat Bread (Lasun Roti) \$3.00**
Fresh garlic buttered flat bread cooked in a charcoal clay oven.
38. **Cheese Bread (Cheese Roti) \$3.90**
Shredded cheese buttered flat bread cooked in a charcoal clay oven

 **DESSERT (MITTHAI BHOJAN)** 

- 39. **Sweet Dumpling (Lal Mohan) \$6.00**
Sweet dumpling mixed in sugar syrup, saffron and rose water.
- 40. **Gurkhas Mango Kulfi and Lal Mohan \$9.00**
Chef's special ice cream made from mango and pistachio served with a sweet dumpling mixed in sugar syrup, saffron and rose water.
- 41. **Vanilla ice cream \$8.50**
Ice cream served with raspberry and chocolate sauce.
- 42. **Mango Drink (Lassi) \$3.50**
Chef's special home made drink mixed with mango and topped with strawberry.
- 43. **Rice Pudding and Sweet Dumpling (Kheer Lal Mohan) \$8.90**
Traditional style rice pudding served with a sweet dumpling.

 **THANKYOU (DHANYABAD)** 





SPECIAL LUNCH MENU



Monday to Sunday

11am to 3:00pm

- 1. Dumpling (Tibetan Momo) (Chicken / Veg) \$12.90**
Choice of (Chicken or Vegetable) steamed dumpling with the flavour of Nepalese traditional spices served with our house made dipping sauce. (10 PIECES)
- 2. Vegetable Puff Pastry (Samosa) \$8.90**
Triangular shaped homemade puff pastry filled with potatoes, green peas, coriander mixed with bahra masala served with mint sauce. (3 PIECES)
- 3. Lamb/Goat Curry (Khasi ko Masu) \$11.90**
Choice of delicious goat or lamb curry gently cooked with flavoured spice and fresh herbs, served with rice, bread and tomato pickle.
- 4. Beef Curry (Goru ko Masu) \$11.90**
Delicious beef curry gently cooked with flavoured spice and fresh herbs, served with rice, bread and tomato pickle.
- 5. Chilli Chicken (Khursani Khukura) \$11.90**
Marinated tender chicken pieces and vegetables cooked with traditional spices and chilli flakes, served with rice and salad.
- 6. Butter Chicken (Bhadami Khukura) \$12.90**
Tandoori chicken pieces in Nepalese traditional sauce cooked with fresh tomato, onion, ginger, garlic and aromatic herbs and served with rice or roti.
- 7. Chicken/Prawn Salad (Hariyo Salad) \$9.90**
Tandoori chicken or prawn mixed with fresh green mixed salad with chef's special dressing.
- 8. Fish Curry (Maacha ko Tarkari) \$11.90**
Barramundi fish curry cooked with fresh tomato, onion, garlic, curry leaves and bhara masala.
- 9. Prawn Curry (Jhingey ko Tarkari) \$11.90**
King prawns curry cooked with fresh tomato, onion, garlic, curry leaves and bhara masala.
- 10. Mixed Vegetables (Misayeko Tarkari) \$10.90**
Mixed fresh vegetables cooked with fresh tomato and fresh herbs seasoned with Nepalese traditional spices.
- 11. Charcoal Lamb Cutlet (Poleko Khasi) \$14.90**
Delicious charcoal lamb cutlet marinated with traditional spices and a touch of chilli served with salad and lentils.
- 12. Charcoal Beef Rump (Poleko Goru ko Masu) \$13.90**
Tender beef rump marinated in fresh ginger, garlic and ground spices served with salad, bread and lentils.
- 13. Charcoal Prawn (Poleko Jhingey) \$13.00**
Succulent king prawns and vegetables marinated with yoghurt and fresh spices cooked in a hot charcoal oven served with salad and bread.
- 14. Charcoal Chicken (Poleko Sekuwa) \$12.90**
Marinated chicken fillet with fresh herbs and Nepalese spices served with salad, roti and lentils.
- 15. Fried Rice (Bhuteko) \$4.90**
Fried rice cooked with cashew nuts, peas and carrots.
- 16. Saffron Rice (Keshar Bhat) \$4.90**
Saffron pan-fried rice flavoured with rose water and herbs.