

Nepalese
Gurkha



Cuisine

RESTAURANT MENU

2 The Moor, Falmouth TR11 3QA

Nepalese Gurkha



Cuisine

Gurkhas are world famous soldiers, highly prized in the British Army and known for their bravery and courage. They come from the mountainous country of Nepal, which nestles in the Himalayas. Bordering Tibet in the North, and India on its southern foothills.

Nepal has many geographical regions and this is reflected in the preparation of food which varies from region to region.

However, the common factor is the use of spices and flavouring such as ginger, garlic, turmeric (ayurvedic herbs powder), peppers, chillies, cumin, coriander, cilantro and fresh herbs.

Nepalese Gurkha Cuisine is a contemporary restaurant located in the heart of Falmouth - The Moor. Specialising in Nepalese and Indian exquisite cuisine. We offer a fine dining experience that compares to no others. At Gurkha we have created a unique selection of fine dishes from traditional Nepalese and Indian recipes.

1. Papadum (Spicy or Plain) Served with a variety of chutneys **1.10**

2. Chutney Tray **2.50**

STATRTERS

3. Nepalese Soup (medium hot) **(v)*** **5.99**

Soup prepared with vegetables, noodles, spring onion and carrot with Nepalese spices and herbs.

*Also available as a non-vegetarian option with chicken and prawns

4. Onion Bhaji (v) **4.50**

Freshly sliced onions, marinated in gram flour, cumin, coriander and fennel seeds and deep fried Served with chutneys.

5. Vegetable Somasa (V) **4.90**

Triangular pastry parcel filled with spiced vegetables.

6. Veg Manchurian **5.99**

Classic Indo-Chinese style fry vegetable balls tossed in spicy, sweet and tangy Manchurian sauce

7. Momo (medium)  **7.99**

Stearn cooked Nepalese dumpling stuffed with spiced lean lamb mince, served with typical achar (pickle).

8. Lamb Sekuwa (medium) **7.99**

Spiced marinated lamb barbecued in a Tandoori oven, sauté with herbs, garlic and chillies.

9. Chicken Tikka **6.99**

Marinated boneless chicken, cooked in a clay oven and served with chutney

10. Hans Ko Choyela (medium) **7.99**

Medium spiced boneless pieces of duck cooked with garlic, tomato and onion.

11. Prawn Chatpat **7.99**

Saute prawns with chopped tomato, onion and coriander with chatpata masala and fresh lemon juice. Served with salad and taramind sauce.

12. King Prawn Bhutuwa **8.99**

Pieces of king prawn cooked with tomato, onion and coriander with chatpata masala and fresh lemon juice. Served with salad and taramind sauce.

13. Tandoori Salmon **8.99**

Marinated with herbs and spices and barbecued in a Tandoori oven, finished with dill.

14. Sheek Kebab **7.50**

Spiced lean lamb mince barbecued in a Tandoori oven, finished with coriander and a touch of lemon juice.

15. Vegetable Platter **8.50**

Selection of vegetable somasa, onion bhaji and Veg Manchurian.

16. Mix Nepalese Gurkha Platter **8.99**

Selection of chicken tikka, sheek kebab and onion bhaji.

Note: If you are allergic to anything, please let us know before placing your orders. Some dishes can be prepared/cooked mild, medium or hot, upon request

NEPALESE GURKHA'S SPECIALITIES

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| 17 King Prawn Muli | 17.99 | |
| King prawns cooked in garlic sauce, coconut and Gurkha special exotic spices. Mouth watering taste. | | |
| 18 Monk Fish Segun | 15.99 | |
| Tandoori cooked pieces of Monk fish, well spiced with ginger, garlic, chili and cumin powder. | | |
| 19 Everest Curry | 15.99 | |
| Nepalese chefs special curry, cooked with spices, fresh herbs, tomato, green chili. Combination of chicken, lamb and prawn. | | |
| 20 Duck Masaladar | 15.99 | |
| Breast pieces of duck cooked with Nepalese herbs and spices (Hot). Can be prepared as a milder version. | | |
| 21. Duck Gurkhali | 15.99 | |
| Boneless pieces of duck cooked with green pepper, onion, tomato, garlic, ginger with Nepalese herbs and spices(Mild). | | |
| 22. Swadilo Masu (Medium to hot) | 15.99 | |
| Tender pieces of lamb cooked in chef's own style with Nepalese herbs, spices, tomato and onion. Popular and a chef's recommendation. | | |
| 23. Himalayan Garlic Lamb (Hot) | 15.99 | |
| Tender pieces of lamb cooked with very spicy sauce and garnish with garlic, green chili, coriander and fresh herbs. | | |
| 24 Koshali Chicken (Medium) | 15.99 | |
| Boneless pieces of chicken slow cooked in our very special traditional style mild sauce. The most popular dish in our restaurant. | | |
| 25. Chicken Tikka Saugat 🍛 | 14.99 | |
| Nepalese style chicken curry, cooked with fresh herbs and chefs special sauce. | | |
| 26. Nepalese Chilli Chicken (Hot) 🍃 | 14.99 | |
| Pieces of boneless chicken cooked with fresh herbs, green pepper, fresh green chili, onion touch of soya sauce and tomato. | | |
| 27. Special (Meat) Thali 🍃 | 19.99 | |
| Lamb and chicken with vegetable, lentil, salad, rice and naan bread. | | |
| 28 Special (Vegetable) Thali | 18.99 | |
| Seasonal vegetables, tarka dal, saag aloo, basmati rice, naan bread and salad. | | |
| 29. Chicken Chow Chow | 13.99 | |
| Noodles cooked with slices of chicken, spices, spring onion, tomato and lemon juice. | | |
| 30. Vegetable Chow Chow | 12.00 | |
| Noodles cooked with spices, spring onion, tomato and lemon juice. | | |
| 31. Vegetable Miss-Mass | 9.29 | |
| Sugar snap mangetout and beans sauté with tempered mustard seeds and cashewnuts. | | |
| | Side Dish | 6.00 |





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TANDOORI SPECIALITIES

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| 32. Tandoori Mix Grill | 18.99 |
| Mixture of tandoori chicken, chicken tikka, seekh kebab, king prawn with masala on sizzling hot cast iron plate. | |
| 33. Paneer Shashlik | 14.99 |
| Cottage cheese with green pepper, onion and tomato, marinated in tandoori masala and cooked in tandoori oven. | |
| 34. Tandoori chicken (half on the bone) | 15.99 |
| Marinated chicken with tandoori masala, cooked in a clay oven. | |
| 35. Tandoori monk Fish (Main) | 16.99 |
| Fresh Monk fish marinated in Nepalese spices and cooked in a clay oven. | |
| 36. Chicken Tikka (off the bone) | 14.99 |
| Boneless pieces of chicken marinated and cooked in tandoori oven. | |
| 37. Lamb Hasina | 15.99 |
| Spiced pieces of lamb with green pepper, onion and tomato. Cooked in a tandoori clay oven. | |
| 38. Tandoori King Prawn | 17.99 |
| King Prawns marinated in Nepalese spices and cooked in a tandoori oven. | |
| 39. Duck Shikar | 15.99 |
| Marinated Pieces of duck breast cooked in a tandoori oven, served on a sizzling hot iron plate. | |

NEPALESE GURKHA DISHES

CHICKEN

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| 40. Gurkhali Butter Chicken (Mild) | 12.99 |
| Marinated barbequed chicken, cooked with almond and cream sauce. | |
| 41. Piro-Piro Chicken (hot) | 12.99 |
| Chicken cooked with hot spices (red chilli, black cardamoms and black pepper) herbs and spices. Spicy hot with an unique taste. | |
| 42. Chicken Korma (Mild)   | 12.99 |
| Mild and creamy a popular dish. | |
| 43. Chicken Tikka Masala   | 12.99 |
| Barbecued chicken cooked with a masala sauce. | |
| 44. Saag Chicken (Medium) | 12.99 |
| Chicken cooked with fresh spinach, spices and tomato. Flavoured with fenugreek leaves. | |
| 45. Kukhura Ko Tarkari (Medium) | 12.99 |
| Nepalese style chicken curry, cooked with fresh herbs and chefs special sauce. | |

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SEAFOOD

- 46. Salmon Malwani Curry** **17.99**
Salmon cooked in a Malwani style sauce, medium hot with red chilli.
- 47 King Prawn Handi** **17.99**
King Prawns cooked in a special sauce with ginger, tomato, garlic and fresh herbs.
- 48. Prawn Rasilo (medium)** **15.99**
Prawns cooked in a Nepalese style with fresh herbs and spices.
- 49. Monk Fish Jalpari** **17.99**
Fresh monk fish cooked with mustard seeds, fresh herbs and chefs special sauce.
- 50. Khasi Ko Tarkari (medium)** **14.99**
Nepalese style lamb curry, cooked with fresh herbs and chef's special sauce.
- 51. Dal Masu** **14.99**
Nepalese style lamb curry, cooked with black lentils and hint of fresh cream. (available with chicken also)
- 52. Saag Gosht** **14.99**
Tender pieces of lamb cooked with fresh spinach, spices, tomato and flavoured with fenugreek leaves.
- 53. Lamb Rogan Josh** **14.99**
Tender pieces of lamb cooked with chef's special sauce finished with tomato, herbs and spices.
- 54. Achari Lamb (medium)** **14.99**
Handi (slow cooked) tender pieces of lamb flavoured with home made pickle. An absolute must to try.

IF YOU WANT ANY SPECIAL DISH YOU CAN JUST ASK ONE OF OUR STAFF



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VEGETABLE DISHES

| | Side | Main |
|--|-------------|-------------|
| 61. Gurkhali Vegetable Seasonal vegetable with cottage cheese. | 7.99 | 9.99 |
| 62. Dal Makhani Lentils cooked with herbs, spices and a touch of cream. | 7.99 | 9.99 |
| 63. Gurkhali Shahi Paneer Creamy and mild curry sauce with cottage cheese. | 7.99 | 9.99 |
| 64. Chilli Paneer (hot) Chef's made cottage cheese, cooked with fresh herbs, green chilli, green pepper, onion and a touch of soy sauce. | 7.99 | 9.99 |
| 65. Vegetable Peshwari Mild and creamy in a special white sauce | 7.99 | 9.99 |
| 66. Baingan Bharta Tandoori cooked aubergine, chopped and spiced with dairy. Popular and a must try. | 7.99 | 9.99 |
| 68. Palak Paneer Spinach with cottage cheese. | 7.99 | 9.99 |

VEGETABLE SIDE DISHES

Vegetable side dishes also available as a main dish on request at a price of

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| 69. Aloo Simi Potatoes with fresh beans. | 7.00 | 9.99 |
| 70. Mixed Seasonal Vegetable | 7.00 | 9.99 |
| 71. Saag Aloo Potatoes cooked with spinach. | 7.00 | 9.99 |
| 72. Tarka Dal Yellow lentil finished with cumin and garlic. | 7.00 | 9.99 |
| 73. Mushroom Bhaji | 7.99 | 9.99 |
| 74. Saag Bhaji Spinach cooked with herbs and spices. | 7.00 | 9.99 |
| 75. Gurkhali Aloo Potato cooked with tomatoes onion and spices. | 7.00 | 9.99 |
| 76. Chana Masala Chickpeas cooked with tomatoes, onion and spices. | 7.00 | 9.99 |
| 77. Aloo Govi Potato with Cauliflower. | 7.00 | 9.99 |

BIRYANI

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| 78. Vegetable Biryani | 12.99 |
| 79. Chicken Biryani | 14.99 |
| 80. Lamb Biryani | 15.99 |
| 81. Chef's Special Biryani | 17.99 |

All Biryanis are served with a vegetable curry sauce.

RICE

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| 82. Plain Basmati Rice | 3.49 |
| 83. Pilau Rice | 4.29 |
| 84. Nepalese Special Rice with vegetables and Eggs | 4.99 |
| 85. Lemon Rice | 4.89 |
| 86. Egg Fried Rice | 4.69 |
| 87. Mushroom Rice | 4.69 |

BREAD

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| 88. Plain Naan | 3.49 |
| 89. Garlic Naan | 3.89 |
| 90. Peshwari Naan 🍷 Almonds & Coconut. | 4.29 |
| 91. Keema Naan Spicy mince meat. | 4.29 |
| 92. Cheese Naan | 4.29 |
| 93. Bullet Naan | 4.29 |
| Chopped Green chili, garlic & coriander. | |
| 94. Paratha | 3.99 |
| 95. Tandoori Roti/ Chapati | 3.49 / 3.00 |

OTHER

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|----------------------------------|-------------|
| 96. Raita | 3.29 |
| 97. Seasonal green salad | 4.95 |
| 98. Chips a large portion | 3.50 |

"MITHO MANI KHANU"

Enjoy your meal

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