



FISH CURRY   **\$14.95**
marinated fish pieces cooked with onion, tomato, ginger, garlic and lemon juice in medium hot spices.

PRAWN MASALA   **\$16.95**
prawns cooked in carom seeds, onion, tomato and spices

BIRYANI

CHICKEN BIRYANI **\$15.95**
baked casserole of basmati rice and chicken richly flavored with saffron, cashew nuts and raisins

LAMB BIRYANI **\$16.95**
lean cubes of lamb and saffron basmati rice cooked slowly with cashew nuts and raisins

VEGETABLES BIRYANI **\$14.95**
seasonal mixed vegetables with basmati rice baked with rich saffron flavor, cashew nuts and raisins

CHINESE SPECIAL

CHILI PANEER **\$14.95**

CHILI CHICKEN **\$14.95**

CHILI LAMB **\$15.95**

CHILI PRAWN **\$16.95**

VEGETABLE MANCHURIAN **\$12.95**

CHICKEN MANCHURIAN **\$14.95**

VEGETABLE CHOWMEIN **\$12.95**

CHICKEN CHOWMEIN **\$14.95**

CHICKEN FRIED RICE **\$13.95**

VEGETABLE FRIED RICE **\$12.95**

SIDE DISHES

BASMATI RICE

PLAIN BASMATI RICE **\$3.95**

PEAS PULAO **\$4.95**

SAFFRON RICE **\$4.95**

COCONUT RICE **\$5.50**

INDIAN BREAD

ROTI **\$1.95**

whole wheat bread baked in clay oven

PLAIN NAAN **\$2.50**

leavened white flour bread baked in clay oven

GARLIC NAAN **\$2.95**

bread with fresh garlic baked in clay oven

BUTTER NAAN **\$2.95**

leavened white flour bread baked in clay oven with butter

KASMARI NAAN **\$5.95**

soft flour bread stuffed with dried fruits and nuts, simply a delicacy

LACHHA PARATHHA **\$3.50**
flaky layered bread

PARATHA (*potato/onion/paneer*) **\$3.50/4.50**
whole wheat bread stuffed with choice of spiced potatoes/paneer/onion

MASALA KULCHA **\$3.95**
naan stuffed with potatoes, onions peas and spices

ONION KULCHA **\$2.95**
naan stuffed with onion and spices

CHEESE KULCHA **\$4.95**
naan stuffed with paneer and spices

KEEMA KULCHA **\$5.50**
naan stuffed with ground lamb or chicken and spices

CHUTNEYS

MANGO CHUTNEY **\$2.00**

MINT/TAMARIND CHUTNEY **\$2.00**

MIXED PICKLE **\$2.00**

RAITA MIX **\$3.50**

BOONDI RAITA **\$3.50**

DESSERTS

KHEER (*rice pudding*) **\$4.50**

GULAB JAMUN **\$4.50**
spongy milky balls soaked in rose scented sugar syrup (2pcs)

RASMALAI **\$5.50**
a delightful indian cheese patties in milk cream (2pcs)

ICE CREAM (2 scoop) **\$5.00**

BUSINESS HOURS

OPEN DAILY

from 11:30am - 9:30pm

LUNCH BUFFET

11:30am - 2:00pm Everyday

Please let us know of any allergies and for the spice level.
5% GST is not included in the above price.

TASTE OF HIMALAYAS

East Indian & Nepalese Cuisine



DINE-IN, TAKEOUT & DELIVERY
WE CATER & HOST PRIVATE PARTIES!

10% OPENING DISCOUNT
ON ALL FOOD ITEMS
(Valid until September 30, 2017)

403-201-7336

MIDNAPORE MALL

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Calgary, AB T2X 1N4

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www.tasteofhimalayas.ca

APPETIZERS

- VEGETABLE PAKORA GF** **\$8.95**
assortment of vegetables chopped and dipped in chickpea flour batter and fried
- PANEER PAKORA** **\$10.95**
indian cheese filled with coriander chutney dipped in chickpea flour, fried and served with mint sauce
- CHICKEN PAKORA** **\$11.95**
juicy chicken filet batter in chickpea flour, fried and served with mint sauce
- FISH PAKORA** **\$10.95**
boneless fish filet batter in chickpea flour, fried and served with mint sauce
- ONION BHAJIA GF** **\$8.95**
onions marinated in chickpea flour, lemon juice and traditional spices, deep fried and served with tamarind sauce
- SAMOSA vegetable / chicken / beef** **\$4.50 / \$5.50**
triangular fried puffed pastry filled with mixed vegetables or choice of beef or chicken and spices served with tamarind sauce (2pcs)
- CHAT PAPRI** **\$6.95**
a medley of chickpeas, potatoes and flour crisp tossed with chutney and yoghurt
- PAPADUM** **\$2.00**
fried/roasted east indian crackers made from spicy lentil and rice served with tamarind sauce
- TASTE OF HIMALAYAS SPECIAL VEGETARIAN PLATTER** **\$12.95**
a combination of veg somosa, veg pakora, paneer pakora and onion bhajia served with assorted chutneys
- SOUP & SALAD**
- MULLIGATWANI SOUP vegetable/chicken** **\$4.95/5.95**
a south indian specialty, lentil based, garnished with diced vegetable or chicken and rice
- SOUP OF THE DAY** **\$4.95**
ask one of our servers for today's chef inspired creation
- KUCHUMBER SALAD GF** **\$4.95**
fine cut cucumber, tomato, onion, carrot and coriander mixed with salt, pepper and fresh lemon juice
- GARDEN SALAD GF** **\$5.95**
freshly cut slices of cucumber, red onion, tomato, carrot garnished with lemon wedge and cilantro
- NEPALI SPECIAL**
- KHASI KO TASS SET** **\$19.95**
the skinless bits of meat marinated overnight and shallow fried over a specially built thick iron griddle (tawa) until tender and served with puffed rice, peanut salad, spicy & sour radish pickle, tomato & cucumber salad
- MOMO (chicken / vegetable)** **\$11.95 / 10.95**
steamed nepali style dumpling filled with cheese, mixed vegetable or chicken and spices served with tomato based home made spicy sauce (8pcs)

* Price subject to change without notice

- LAMB/GOAT SEKUWA** **\$15.95**
tender lamb/goat marinated with nepalese spices and grilled on clay oven served on the bed of onion and bell pepper in sizzling plate
- CHICKEN SEKUWA** **\$14.95**
tender chicken marinated with nepalese spices and grilled on clay oven served on the bed of onion and bell pepper in sizzling plate
- PEANUT SADEKO** **\$11.95**
roasted split peanut mixed with chopped tomato, green chili, cilantro, spring onion, red onion, ginger, garlic and blended with salt, chat masala, red chili powder, lime juice and sesame oil served with a roasted papadum

TANDOORI SPECIAL

all tandoori items are served in hot sizzling plate and garnished with lemon slice and mint sauce

- TANDOORI CHICKEN GF** **\$14.95**
a classic creation of tandoori cuisine, chicken marinated overnight in pressed yoghurt and spices cooked in clay oven
- CHICKEN TIKKA GF** **\$14.95**
boneless pieces of chicken breast marinated in yoghurt and spices cooked in clay oven
- CHICKEN MALAI TIKKA GF** **\$14.95**
tender boneless chicken marinated in cheese and yoghurt with spices cooked in clay oven
- FISH TIKKA** **\$14.95**
boneless fish marinated overnight in indian spices and roasted in clay oven
- TANDOORI PRAWN GF** **\$16.95**
large juicy prawns marinated overnight in garlic, ginger, onion and spices, cooked to perfection in clay oven

- SEEKH KABAB (chicken / lamb / beef)** **14.95/15.95**
juicy minced chicken, lamb or beef meat with special herb and spices skewered and cooked in clay oven

- PANEER TIKKA** **\$14.95**
cubes of marinated homemade cottage cheese, pepper, tomato and onion cooked in clay oven

- TASTE OF HIMALAYAS SPECIAL MIXED GRILL** **\$19.95**
a combination of tandori chicken, chicken tikka, tandori prawn, lamb seekh kebab, chicken malai tikka cooked in clay oven

VEGETARIAN

- MALAI KOFTA** **\$13.95**
homemade cottage cheese and seasonal mixed vegetables simmered in cashew nut sauce
- SHAHI PANEER** **\$13.95**
home made indian cheese cooked in creamy tomato, ginger, garlic and cashew nut sauce
- PALAK PANEER** **\$13.95**
fresh spinach pureed and cooked with homemade cottage cheese and finish with exotic spices
- CHANA MASALA** **\$11.95**
chickpeas prepared in authentic indian spices with onions and tomatoes

* Please advise us if you have any food allergies

- DAL MAKHANI GF** **\$12.95**
stewed black lentils and red kidney beans sautéed with tomato, onion, garlic and cumin seed
- PALAK DAL** **\$12.95**
yellow lentil cooked with pureed spinach
- DAL MASOOR GF** **\$12.95**
yellow lentils cooked in light spices
- ALOO GOBHI GF** **\$12.95**
cauliflower and potatoes cooked in himalayan spices
- BHINDI DO PIAZZA GF** **\$12.95**
freshly cut okra cooked with onion, tomato and species finished with coriander leaves
- EGGPLANT BHARTHA GF** **\$12.95**
roasted eggplant cooked with tomato, ginger, and green peas
- PANEER LABABDAR** **\$14.95**
cottage cheese prepared in tomato and onion gravy with a hint of coriander
- VEGETABLE JALFREZIE** **\$12.95**
mixed vegetables sautéed with onion and spices
- MUTTER PANEER** **\$13.95**
homemade cottage cheese and green peas cooked in exotic spices, tossed with tomato and fresh cilantro
- NAVARATTAN KORMA** **\$12.95**
garden fresh vegetables cooked in cashew nut korma sauce

NON-VEGETARIAN

- BUTTER CHICKEN GF** **\$15.95**
boneless chicken baked in clay oven and cooked in our special gravy made of butter and authentic spices
- CHICKEN TIKKA MASALA GF** **\$15.95**
grilled boneless chicken cooked in tomato sauce, bell pepper, onion garnished with butter and cream.
- SAAG (chicken/lamb/goat)** **\$14.95 / \$15.95**
choice of boneless meat cooked in fresh spinach, tomato, onion, garlic, ginger and authentic indian spices
- KARAHAI (chicken/lamb/beef)** **\$14.95 / \$15.95**
boneless chicken cooked with a blend of chopped bell peppers, onion, tomato and indian spices
- VINDALOO** **\$15.95/ \$16.95**
(chicken/lamb/beef/prawn)
choice of boneless meat cooked with potato, crushed red chili peppers, vinegar, coriander, cumin and cinnamon
- CURRY (chicken/lamb/goat/beef) GF** **\$14.95/15.95**
choice of meat cooked with fresh onion, tomato, garlic, ginger and authentic spices garnished with coriander
- KORMA (lamb/goat/beef)** **\$14.95 / \$15.95**
choice of boneless meat cooked in cashew nut and mild spiced cream sauce

* GST not included

Spicy  Gluten Free 