



Yeti Nepalese

147 Goodwood Road
Goodwood 5034
Ph: 08 8271 4699
(bookings preferred)

OPENING TIMES

5pm - Late
Seven days a week



Yeti Nepalese

KHAJA (STARTER)

- 1. Momo (4 Pieces) (VF)** **8.50**
Chicken or vegetable homemade steamed dumplings with ginger, garlic, coriander and spring onion Served with traditional tomato achar.
- 2. Momo Suruwa** **9.50/14.00**
Steamed chicken dumplings served in a soup ginger, garlic, spring onion, carrot and fresh coriander. Seasoning with lemon juice.
- 3. Dal Suruwa (GF,VF)** **7.00**
Soup prepared in yellow lentils and spinach with the flavours of garlic, cumin seed fresh herbs.
- 4. Chau Ra Kukra Ko Suruwa (GF)** **10.50**
Chicken, mushroom and noodle soup cooked in slow gas with Nepalese fresh herbs.
- 5. Samosa (3 Pieces) (VF)** **9.50**
Triangle shape homemade pastry filled with fresh vegetables potatoes, peas, coriander and spring onion. Served with mint and yoghurt sauce.
- 6. Phulaura (4 Pieces) (GF,VF)** **8.50**
Crispy golden brown patties prepared by fresh mix vegetables with chick-pea flour, fresh coriander, spring onion and Nepali spices.
- 7. Chhwela Chiura (GF)** **10.00**
Lamb marinated in fresh ginger, garlic, chilli and coriander served with chiura (crispy rice) and tomato achar. Typical Newari cuisine from Nepal.
- 8. Sekuwa (4 Pieces) (GF)** **8.50**
Tender pieces of chicken marinated in yoghurt curry sauce and cooked in a charcoal oven, served with mint and yoghurt sauce.
- 9. Tareko Machha (4 Pieces) (GF)** **8.50**
Fish Barramundi marinated in battered with chick- pea flour and nepali herbs, deep fried and served with mint and yoghurt sauce.
- 10. Yeti Mismass (Mixed Entree)** **12.00**
Selected entrees one piece each, Samosa, Momo, Tareko Machha, Sekuwa and Phulaura served with homemade sauce and fresh salad.

GF - Gluten Free
VF - Vegan Friendly



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MUKHYA BHOJAN (MAIN COURSE)

Masu (Meat)

- 11. Daal Bhaat Masu (GF) 25.00**
Typical Nepalese platter with a choice of chicken, goat or lamb curry served with Daal (lentil), Bhaat (rice) together with Saag (mustard greens) and tomato achar.
- 12. Kukhura ko Masu (Chicken curry) (GF) 18.50**
Succulent piece of chicken with aromatic Nepalese spices cooked in a traditionally home made.
- 13. Khasi ko Masu (Goat curry) (GF) 20.00**
Typical Nepalese style tender diced goat cooked with enriched with flavour of Cinnamon, fenugreek, coriander, bay leaves and fresh tomatoes.
- 14. Bheda ko Masu (Lamb curry) (GF) 20.00**
A classic Nepalese style diced lamb cooked slowly with the flavour of cumin, cinnamon, Fenugreek bay leaves, fresh coriander and tomatoes.
- 15. Ladbade Ko Sekewa (Nepalese butter Chicken) (GF) 20.00**
Succulent pieces of chicken first cooked in the charcoal fired clay oven (tandoor) then a creamy, buttery tomato sauce, flavoured with saffron and crushed cardamom. An all time favorite.
- 16. Khursani Kukhura (Chilli Chicken) (GF) 19.00**
Battered chicken fillet cubes pan-fried with onion, banana chilli and capsicum, flavoured with soy sauce, vinegar and garnish with fresh hand pick herbs.
- 17. Masu Bhuteko (GF) 20.00**
Smoky flavoured of tender goat cooked in onion masala and tomato, ginger, cumin, spring onion and fresh coriander.

Samundari Khajana (Seafood)

- 18. Bhute ko Jhingey (Pan stir fried Prawn) (GF) 22.00**
Fresh King prawns pan stir fried with seasonal vegetables with bit of chilli and lemon flavoured.(also mild available)
- 19. Jhingey ko Tarkari (Prawn curry) (GF) 22.00**
King prawn cooked with tomatoes and onion with the flavour of ginger, garlic, vinegar, garam masala green chilli and fresh coriander.
- 20. Machha ko Tarkari (Fish curry) (GF) 22.00**
Aromatic flavour of fish (barramundi) cooked with tomato, onion, garlic, curry leaves, fresh coriander, mustard seeds and special bahra masala.



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Sakahari Bhojan (Vegetarian)

- 21. Dhaal Bhat Tarkari (GF)** **23.50**
Traditional Nepalese platter for one, choice of vegetable curry, saag(stir-fried mustard leaf),dhal (lentils),and tomato achar(pickle).
- 22. Misayako Tarkari (GF)** **17.00**
Authentic Nepalese Mixed vegetable curry of Mashrum, Cauliflower, Green Peas, Beans, and Potatoes flavoured with fresh coriander and spring onion.
- 23. Bhindi Masala (GF)** **19.00**
Ladyfinger cooked with fresh tomato, ginger, garlic, spring onion and nepali herbs.
- 24. Paneer ko Tarkari (GF)** **18.00**
Dice fresh cottage cheese cooked with capsicum in a tomato base sauce, turmeric, ginger, Garlic,and coriander seeds and dash of cream.
- 25. Kwati (GF,VF)** **17.00**
A curry of mix beans cooked with cumin, chill, garlic, ginger, fenugreek and fresh tomato onions and mustard oil.
- 26. Chau Masala.(GF,VF)** **20.00**
Fresh mushrooms cooked with slice of tomato, ginger, garlic, fennel seeds with nepali herbs.

Special of Nepali Chulo (Charcoal Clay Oven)

- 27. Poleko Khasi (GF)** **27.00**
Succulent lamb ribs marinated in fresh selection herbs with gram masala, Ginger, garlic, mustard oil, salt and lemon juice then roasted in clay oven. Served with fresh salad.
- 28. Poleko Jhingey (GF)** **22.00**
King Prawns marinated in yogurt,ginger, garlic and nepali herbs then cooked in clay oven.
- 29. Sekewa (GF)** **21.50**
Tender chicken marinated in cumin and fennel powder enriched with yogurt and hint of Szechwan pepper and chilli powder. Served with lentil and fresh salad. Then slow cooked in clay oven.

ACCOMPANIMENTS

- 30. Pharsi ko tarkari (GF,VF)** **8.50**
Butternut pumpkin, flavoured with toasted mustered seeds, fenugreek, ginger, salt and peper.
- 31. Bhanta ko tarkari (GF,VF)** **10.00**
Eggplant with onion, ginger, garlic, fennel seeds and cumin all combined with mustard seeds, red capsicum, tomato, potatoes and cooked in slow flame.
- 32. Jhaneko Daal (GF,VF)** **7.50**
Typical Nepali style lentil cooked with subtle hints of fried cumin seeds, fresh garlic and fresh herbs.



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- 33. Rayoko Saag (GF,VF)** **8.50**
Fresh mustard green seasoned with cumin and garlic. Stir – fried with aromatic spices through the leaves.
- 34. Hariyo Salad (GF,VF)** **7.00**
Homemade salad. lettuce, slice of cucumber, tomato, and onion with Nepali dressing.
- 35. Dahima (Nepalese Raita) (GF)** **4.00**
Natural yoghurt with mint and cucumber and hint of roasted cumin.
- 36. Golbhedako Achar (GF,VF)** **7.00**
Charcoal roasted tomato and garlic, flavoured with fresh herbs.
This compliments any meal.
- 37. Bhuteko Bhat (GF,VF)** **7.00**
Nepalese style rice cooked and fried with Peas, red onion, finely sliced green beans and carrots, garnished with toasted cashew nuts.
- 38. Bhat (GF,VF)** **1.50**
Aromatic steamed basmati rice - per person
- 39. Pappadams (GF,VF)** **2.50**
4 Piece per serve, with mint & yoghurt sauce.

ROTI (NEPALESE BREAD)

- 40. Lasunia Roti (VF)** **3.50**
Plain flour bread topped with garlic cooked in clay oven.
- 41. Roti (VF)** **3.00**
Leavened bread cooked in clay oven.
- 42. Cheese Roti** **4.50**
Plain flour bread stuffed with grated cheese then cooked in clay oven.
- 43. Aloo Roti (VF)** **4.50**
Boiled spicy potatoes stuffed in plain flour and cooked in the clay oven.
- 44. Chana Makai Ko Roti (GF,VF)** **5.00**
Corn and chickpea flour cooked in the clay oven.

GULIYO (DESSERTS)

- 45. Yeti Ice-cream** **9.00**
Traditional base Nepalese ice-cream pistachio nuts flavoured with cardamom and blended with full cream milk.
- 46. Bailey's Ice-cream** **9.00**
Bailey's ice cream with crushed chocolate almond served with Bailey's Irish liqueur.
- 47. Kesari Mohan** **8.00**
Traditional sweet made from milk powder flavoured with saffron and rosewater and cardamom. typical sweet.
- 48. Affogato** **10.00**
A short black of espresso coffee, poured over vanilla ice
and your choice of any liqueur. **12.00**
- 49. Kheer (Rice Pudding)** **7.00**
Rice cooked with milk and nuts



Yeti Nepalese

• YETI BANQUET •

(Minimum two people \$39.00 per head)

The best way to try favorite dishes of Yeti, most popular entrees selected, choice of one main course each, two Vegetarian sides, Basmati rice and Roti.

Mixed Entree

(Served with mint sauce and tomato Achar)

Momo (VF)

Homemade steamed chicken dumplings with ginger, garlic, coriander and spring onion. Served with traditional tomato achar.

Samosa (VF)

Triangle shape homemade pastry filled with fresh vegetables potatoes, peas, coriander and spring onion, served with mint and yoghurt sauce.

Sekuwa (GF)

Tender pieces of chicken marinated in yoghurt curry sauce and cooked in a charcoal oven, served with mint and yoghurt sauce.

Main Courses

Jhingey or Macha ko Tarkari (Prawn or Fish Curry) (GF)

King prawn or Fish cooked with tomatoes and onion with the flavour of ginger, garlic, ginger, garam masala green chilli and fresh coriander.

Ladbade Ko Sekewa (Nepalese butter Chicken) (GF)

Succulent pieces of chicken first cooked in the charcoal fired clay oven (tandoor) then a creamy, buttery tomato sauce, flavoured with saffron and crushed cardamom. An all time favorite.

Khasiko Masu (Goat Curry) (GF)

Typical Nepalese style tender diced goat cooked with enriched with flavour of Cinnamon, fenugreek, coriander, bay leaves and fresh tomatoes.

Kukhura ko Masu (Mild Chicken curry) (GF)

Succulent piece of chicken with aromatic Nepalese spices cooked in a traditionally home made.

Accompaniments

Pharsi ko Tarkari (GF,VF)

Butternut pumpkin, flavoured with toasted mustered seeds, fenugreek, ginger, salt and pepper.

Rayo ko Saag (GF,VF)

Fresh mustard green seasoned with cumin and garlic. Stir – fried with aromatic spices through the leaves.



Yeti Nepalese

• VEGETARIAN BANQUET •

(Minimum two people \$32.00 per head)

The best way to try favorite dishes of Yeti, most popular entrees selected, choice of one main course each , two Vegetarian sides, Basmati rice and Roti.

Mixed Entree

(Served with mint sauce and tomato achar)

Momo (VF)

Vegetable steamed dumpling with ginger, garlic, coriander and spring onion Served with traditional tomato achar.

Samosa (VF)

Triangle shape homemade pastry filled with fresh vegetables potatoes, peas, coriander and spring onion. Served with mint and yoghurt sauce.

Phulaura (GF,VF)

Crispy golden brown patties prepared by fresh mix vegetables with chick-pea flour, fresh coriander, spring onion and Nepali spice.

Main Courses

Bhanta ko Tarkari (GF,VF)

Eggplant with onion, ginger, garlic, fennel seeds and cumin all combined with mustard seeds, red capsicum, tomato, potatoes and cooked in slow flame

Paneer ko Tarkari (GF)

Dice fresh cottage cheese cooked with capsicum in a tomato base sauce, turmeric, ginger, Garlic, and coriander seeds and dash of cream.

Kwati (GF,VF)

A curry of mix beans cooked with cumin, chilli, garlic, ginger, fenugreek and fresh tomato onions and mustard oil.

Accompaniments

Pharsi ko Tarkari (GF,VF)

Butternut pumpkin, flavoured with toasted mustered seeds, fenugreek, ginger, salt and pepper.

Rayo ko Saag (GF,VF)

Fresh mustard green seasoned with cumin and garlic. Stir – fried with aromatic spices through the leaves.



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Sparkling

Cape Jaffa Cape Culte (Pinot Chardonnay)		42.00
Chocolate Box Sparkling Shiraz		34.00
I Heart Adelaide Hills Fizz	7.00	28.00
I Heart Adelaide Hills Red Fizz	7.00	28.00

White Wine

Cape Jaffa Unwooded Chardonnay		34.00
Cape Jaffa Pinot Gris		38.00
Kalleske "Florentine" Chenin Blanc		36.00
Hugh Hamilton "Goldilocks" Moscato		30.00
Hugh Hamilton "Scallywag" Chardonnay		34.00
Barrister's Block Sauvignon Blanc		32.00
Wilson Vineyard "DJW" Riesling		38.00
Chocolate Box Moscato		34.00
I Heart Adelaide Hills Sauvignon Blanc	7.00	28.00
Hahndorf Hill Sauvignon Blanc		39.00
Hahndorf Hill Pinot Grigio		42.00

Rose

Kalleske "Rosina" Rose		36.00
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Red Wine

Cape Jaffa Shiraz Cabernet Merlot		34.00
Kalleske "Clarrys" GSM		38.00
Kalleske Greenock Shiraz		70.00
Kalleske "Pirathon" Shiraz		46.00
Hugh Hamilton "Mongrel" Sangiovese		38.00
Flints Coonawarra Cabernet Sauvignon		39.00
I Heart Barossa Shiraz	7.00	28.00
Te Mania Pinot Noir, New Zealand		44.00
Esanti Verdun Hills Merlot		30.00
Esanti Verdun Hills The Key Merlot Shiraz		32.00
Chocolate Box Shiraz		36.00
Chocolate Box Cabernet Sauvignon		36.00
Molly Dooker Boxer Shiraz		39.00

CORKAGE

(Per 750ML Bottle)	\$10.00
(Per 375ML Bottle)	\$5.00



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Cider

Sitting Ducks Apple Cider (330ml)	8.00
Sitting Ducks Pear Cider (330ml)	8.00

Beer

Moo Brew Pale Ale (330ml)	9.00
Kingfisher (India Beer)	7.50
James Boags	7.50
Becks	7.50
Coopers Pale Ale	7.00
Crown	7.00
Hahnlight	6.50

Spirits & Liqueurs

Jack Daniels	7.00
Chivas Regal	7.00
Jim Beam	6.50
Johnny Walker Red	6.50
Johnny Walker Black	7.00
Absolute Vodka	6.50
Gordon Gin	6.50
Bacardi	6.00
Baileys	6.00
Scotch & Coke	9.00
Cointreau	7.50
Port	6.00

Soft Drink (ALL \$4)

Coke	
Diet Coke	
Fanta	
Lemonade	
Sprite	
Lift	
Lemon Lime Bitters	
Soda Water	
Tonic Water	
Dry Ginger Ale	
Apple Juice	
Orange Juice	

Lassi	5.00
A delicious refreshing yogurt base mango and rose	
Chiya	4.00
(Indian tea with a touch of cardamom & cinnamon)	