

Speciality of Nepali Chulo (Charcoal Clay Oven)

24. Poleko Khasi (GF) 19.00

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.

25. Poleko Jhingey (GF) 18.90

King Prawns marinated in yogurt, ginger, garlic and nepali herbs then cooked in clay oven.

26. Sekewa (GF) 16.90

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

27. Pharsi ko tarkari (GF,VF) 6.50

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

28. Bhanta ko tarkari (GF,VF) 6.50

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

29. Jhaneko Daal (GF,VF) 6.00

Typical Nepali style lentil cooked with subtle hints of fried cumin seeds, fresh garlic and fresh herbs.

30. Rayoko Saag (GF,VF) 6.50

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

31. Hariyo Salad (GF,VF) 5.50

Homemade salad. lettuce, slice of cucumber, tomato, and onion with Nepali dressing.

32. Dahima (Nepalese Raita) (GF) 3.50

Natural yoghurt with mint and cucumber and hint of roasted cumin.

33. Golbhedako Achar (GF,VF) 2.50

Charcoal roasted tomato and garlic, flavoured with fresh herbs. This compliments any meal.

34. Bhuteko Bhat (GF,VF) 5.50

Nepalese style rice cooked and fried with Peas, red onion, finely sliced green beans and carrots, garnished with toasted cashew nuts.

35. Bhat (GF,VF) 2.00

Aromatic steamed basmati rice - per person

36. Pappadams (GF,VF) 2.00

4 Piece per serve, with mint & yoghurt sauce.

ROTI (NEPALESE BREAD)

37. Lasunia Roti (VF) 3.00

Plain flour bread topped with garlic cooked in clay oven.

38. Roti (VF) 2.50

Leavened bread cooked in clay oven.

39. Cheese Roti 3.50

Plain flour bread stuffed with grated cheese then cooked in clay oven.

40. Aloo Roti (VF) 3.50

Boiled spicy potatoes stuffed in plain flour and cooked in the clay oven.

41. Chana Makai Ko Roti (GF,VF) 4.00

Corn and chickpea flour cooked in the clay oven.

GULIYO (DESSERTS)

42. Yeti Ice-cream 7.00

Traditional base Nepalese ice-cream pistachio nuts flavoured with cardamom and blended with full cream milk.

43. Kesari Mohan 6.50

Traditional sweet made from milk powder flavoured with saffron and rosewater and cardamom. typical sweet.

44. Kheer (Rice Pudding) 6.00

Rice cooked with milk and nuts

DRINKS

• Soft Drink 3.50

• Mango Lassi 4.00



Yeti Nepalese

TAKE AWAY &

DELIVERY MENU

(\$5 delivery charges apply,
\$50 minimum order, within 5km from Yeti)#

* **FREE DELIVERY** on orders \$100 or more#

* **FREE CARTON of BEER and FREE DELIVERY**
for orders over \$300#

GOODWOOD

147 Goodwood Road

Ph: 08 8271 4699

Email: yeti_nepalese@yahoo.com.au

OPENING TIMES

Open 7 days

5pm till Late

Lunch available by booking only (min. 4 people)



Yeti Nepalese

KHAJA (STARTER)

- 1. Momo (5 Pieces) (VF) 6.90**
Chicken or vegetable homemade steamed dumplings with ginger, garlic, coriander and spring onion Served with traditional tomato achar.
- 2. Samosa (2 Pieces) (VF) 5.90**
Triangle shape homemade pastry filled with fresh vegetables potatoes, peas, coriander and spring onion. Served with mint and yoghurt sauce.
- 3. Phulaura (4 Pieces) (GF,VF) 5.90**
Crispy golden brown patties prepared by fresh mix vegetables with chick-pea flour, fresh coriander, spring onion and Nepali spices.
- 4. Chhwela Chiura (GF) 8.00**
Lamb marinated in fresh ginger, garlic, chilli and coriander served with chiura (crispy rice) and tomato achar. Typical Newari cuisine from Nepal.
- 5. Sekuwa (5 Pieces) (GF) 6.90**
Tender pieces of chicken marinated in yoghurt curry sauce and cooked in a charcoal oven, served with mint and yoghurt sauce.
- 6. Tareko Machha (5 Pieces) (GF) 6.90**
Fish Barramundi marinated in battered with chick- pea flour and nepali herbs, deep fried and served with mint and yoghurt sauce.
- 7. Yeti Mismass (Mixed Entree) 10.90**
Selected entrees one piece each, Samosa, Momo, Tareko Machha, Sekuwa and Phulaura served with homemade sauce and fresh salad.

MUKHYA BHOJAN (MAIN COURSE)

Masu (Meat)

- 8. Daal Bhaat Masu (GF) 19.90**
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.
- 9. Kukhura ko Masu (Chicken curry) (GF) 14.90**
Succulent piece of chicken with aromatic Nepalese spices cooked in a traditionally home made.
- 10. Khasi ko Masu (Goat curry) (GF) 15.90**
Typical Nepalese style tender diced goat cooked with enriched with flavour of Cinnamon, fenugreek, coriander, bay leaves and fresh tomatoes.
- 11. Bheda ko Masu (Lamb curry) (GF) 15.90**
A classic Nepalese style diced lamb cooked slowly with the flavour of cumin, cinnamon, Fenugreek bay leaves, fresh coriander and tomatoes.
- 12. Ladbade Ko Sekewa (Nepalese butter Chicken) (GF) 15.90**
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.
- 13. Khursani Kukhura (Chilli Chicken) (GF) 16.90**
Battered chicken fillet cubes pan-fried with onion, banana chilli and capsicum, flavoured with soy sauce, vinegar and garnish with fresh hand pick herbs.
- 14. Masu Bhuteko (GF) 15.90**
Smoky flavoured of tender goat cooked in onion masala and tomato, ginger,cumin, spring onion and fresh coriander.

GF - Gluten Free

VF - Vegan Friendly

Samundari Khajana (Seafood)

- 15. Bhute ko Jhingey (Pan stir fried Prawn) (GF) 16.90**
Fresh King prawns pan stir fried with seasonal vegetables with bit of chilli and lemon flavoured.(also mild available)
- 16. Jhingey ko Tarkari (Prawn curry) (GF) 16.90**
King prawn cooked with tomatoes and onion with the flavour of ginger, garlic, vinegar, garam masala green chilli and fresh coriander.
- 17. Machha ko Tarkari (Fish curry) (GF) 16.90**
Aromatic flavour of fish (barramundi) cooked with tomato, onion, garlic, curry leaves, fresh coriander, mustard seeds and special bahra masala.

Sakahari Bhojan (Vegetarian)

- 18. Dhaal Bhat Tarkari (GF) 17.90**
Traditional Nepalese platter for one , choice of vegetable curry, saag(stir-fried mustard leaf),dhal (lentils),and tomato achar(pickle).
- 19. Misayako Tarkari (GF) 13.90**
Authentic Nepalese Mixed vegetable curry of Mashrum, Cauliflower, Green Peas, Beans, and Potatoes flavoured with fresh coriander and spring onion.
- 20. Bhindi Masala (GF) 16.90**
Ladyfinger cooked with fresh tomato, ginger, garlic, spring onion and nepali herbs.
- 21. Paneer ko Tarkari (GF) 14.90**
Dice fresh cottage cheese cooked with capsicum in a tomato base sauce, turmeric, ginger,Garlic,and coriander seeds and dash of cream.
- 22. Kwati (GF,VF) 13.90**
A curry of mix beans cooked with cumin, chill, garlic, ginger, fenugreek and fresh tomato onions and mustard oil.
- 23. Chau Masala.(GF,VF) 17.90**
Fresh mushrooms cooked with slice of tomato, ginger, garlic, fennel seeds with nepali herbs.