

AUTHENTIC NEPALESE & INDIAN CUISINE



# Himalayan Heritage RESTAURANT

## MENU

WE COOK ALL OUR FOOD IN OLIVE OIL.

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**FREE**  
**DELIVERY**  
**(2 MILE RADIUS)**



# Himalayan Heritage RESTAURANT

TAKEOUT \* CATERING AVAILABLE

We accept major credit cards.



## Appetizer

- 1. Badam Sadeko (Peanuts) ..... \$6.95**  
Peanuts marinated with chopped onion, tomatoes, coriander and Himalayan Spices.
- 2. Chatamari..... \$7.95**  
(Newari) rice flour flat bread cooked over heat with minced chicken topping with Himalayan spices.
- 3. Chips Chilli ..... \$7.75**  
Finger chips deep fried until golden brown, then stir-fried with garlic, onion and capsicum
- 4. Mix Veg. Ball ..... \$7.55**  
Vegetable mix of Cabbage, carrots, capsicum and beans, shallow fried then, mixed well into small balls, which is deep fried until golden brown.
- 5. Chef's Special Jir Lamb Ko ..... \$9.99**  
Lamb cubes marinated with Himalayan herbs and spices, grilled in clay oven.
- 6. Himalayan Choe la ..... \$6.25**  
Boneless chicken breast marinated with mustard oil, Himalayan herbs and spices, grilled well in charcoal oven tossed with Himalayan herbs.
- 7. Jhinge Machha ..... \$7.25**  
Pieces of prawn marinated in the paste of ginger, garlic, lemon juice mixed with secret spices, deep fried .
- 8. Chicken Satay ..... \$8.95**  
Tenderloin pieces of boneless Chicken breast skewer and grilled on the pan, served with roasted peanut sauce.
- 9. Paneer Pakoda ..... \$8.95**  
Fresh cheese fritter battered in gram flour and mixed with blend of tamarind, chillis, chat masala, potatoes, onions and chickpeas
- 10. Paneer Chilli ..... \$8.95**  
Dices of cottage cheese stirred fried with bell-pepper, red onion, capsicum and served with hot and sweet sauce.
- Samaya Baji ..... \$7.95**  
Beaten rice with roasted meat, smoked fish, boiled-then-fried egg, black soybeans and diced ginger. (usually a customary food in Newari culture).
- 12. Kukhura ko Sekuwa (Barbeque Chicken)..... \$8.95**  
cubes of chicken breast marinated in mustard oil and Himalayan spices grilled in charcoal oven.
- 13. Vegetable Samosa ..... \$4.25**  
Deep fried crisps pastry triangle filled with deliciously spiced potatoes, green peas
- 14. Chicken Chilli..... \$8.25**  
tender chicken deep fried until golden brown then cooked with capsicums, onion, garlic And green chili.
- 15. Gobi Manchurian ..... \$7.99**  
Cauliflower mixed with a corn flour batter and deep fried and dipped in a spicy hot and sweet soy sauce cooked with capsicum, ginger and green chilli.
- 16. Veg Pakora ..... \$4.25**  
Deep fried crisps pastry triangle filled with deliciously spiced potatoes, green peas



## Soup & Salads

- 1. Garden Salad ..... \$6.95**  
Garden fresh lettuce, tomato, green peppers, carrot and cucumber served with raita.
- 2. Kuchumber Salad ..... \$7.95**  
Cucumber, Onion, tomatoes, Mangos tossed with roasted cumin seeds, chilli and Lemon juice. Served with raita sauce.
- 3. Aloo Chat Salad ..... \$7.50**  
chick peas, potato cubes tossed with tomato, onion, lemon juice, curd, salt pepper & chilli powder.
- 4. Tibetan Thukpa ..... \$7.95**  
(Your choice=vegetable or Chicken)  
Bowl of soup prepared in traditional north-eastern Tibetan style with vegetables and flat stretched homemade pasta, cooked to perfection in Himalayan spice. During Tibetan New Year celebration 'Losar' the dish is a part of celebration and tradition for the Nepalese
- 5. VegetablTriSoup ..... \$6.25**  
Mushroom, Carrot and Spinach on a clear vegetable stock.
- 6. Hot & Sour (Vegetable/Chicken) ..... \$6.95**  
Bowl of soup prepared by cooking boneless chicken. Thick chicken stock seasoned with diced vegetables and spices, thickened by corn starch and garnished with scallion.

## Delights of Nepal & India & Tibet Poultry

- 1. Butter Chicken..... \$14.95**  
Chicken cooked with bold spices and gentle flavors in a delicate combination of tomatoes, cream and butter finished with whipped cream.
- 2. Kukhura ko Masu (chicken curry) ..... \$13.95**  
Boneless chicken pieces stir fried in ginger and garlic, cooked in mild tomato sauce in nepali style.
- 3. Chicken Korma ..... \$15.95**  
Tender chicken pieces cooked in mild creamy Malai gravy.
- 4. Chicken Saag ..... \$14.95**  
Tender chicken with chopped spinach in moderate gravy
- 5. Chicken Vindaloo ..... \$13.95**  
A classic Goan preparation of chicken and baby potatoes cooked in a spicy tangy sauce simmered in a thick onion and tomato gravy
- 6. Chicken Tikka Masala ..... \$14.95**  
Tender morsels of char grilled chicken simmered in a rich tomato and butter cream sauce, flavoured with tandoori roasted herbs and spices
- 7. Kadai Chicken ..... \$14.95**  
Boneless chicken cooked with tomatoes, onion, garlic and spices, served with Coriander leaves and ginger.



8. **Chicken mango**..... \$15.45  
Boneless chicken cooked with touch of mango pickle and diced peppers.
9. **Chicken Pumpkin**..... \$14.95  
Boneless pieces of chicken and Zucchini cooked in Medium yellow gravy.

## Lamb

1. **Lamb Curry**..... \$16.95  
Tender lamb pieces stir sautéed in ginger and garlic, marinated in Himalayan spices cooked in mild rich onion sauce.
2. **Lamb Tikka Masala** ..... \$16.95  
Marinated boneless lamb pieces, skewered in tandoori oven and then cooked in mild creamy sauce.
3. **Lamb Kadai** ..... \$16.25  
Lamb cooked with fresh tomatoes, onion, garlic and spices, garnished with coriander and ginger.
4. **Lamb Rogan Josh** ..... \$16.25  
A traditional lamb curry cooked with chopped onions, tomatoes and fresh ground spices  
Lamb cooked with fresh tomatoes, onion, garlic and spices, garnished with coriander and ginger.
5. **Lamb Gobi** ..... \$15.45  
Boneless lamb well cooked with cauliflower well cooked in tomato onion sauce
6. **Lamb Vindaloo**..... \$15.45  
Tender lamb and baby potatoes cooked in a spicy tangy sauce simmered in a thick onion and tomato
7. **Lamb Korma** ..... \$16.95  
Boneless lamb cooked in a thick malai sauce.

## Sea Foods

1. **Machha Ko Tarkari ( Fish Curry)**..... \$15.95  
Fish fillet cut in pieces and cooked in onion and tomato gravy sauce.
2. **Goa Fish Curry**..... \$15.95  
Fish fillet cut in pieces and cooked with coconut sauce, spices and herbs.
3. **Shrimp Curry (Nepali Style)** ..... \$17.95  
Jumbo shrimp cooked in onion and tomato sauce with curry spices with coconut milk.
4. **Prawn Masala** ..... \$17.95  
Shrimp cooked with onion and fresh tomato in mild curry sauce with potatoes.

## Vegetable Entrée

1. **Aloo Kauli Tarkari**..... \$11.95  
Fresh cauliflower and potatoes pan fried with herbs and spices served dry
2. **Okra Masala** ..... \$11.95  
Pieces of okra sauteed in ginger,garlic paste with onion and tomato



3. **Aloo saag** ..... \$11.25  
Boiled diced potatoes and chopped spinach cooked in Asian Masala
4. **Achari Began** ..... \$12.95  
Eggplant marinated in robust achar flavored and simmered in a thick onion and tomato gravy
5. **Channa ( Choley) Masala** ..... \$11.95  
A delicious variety of chick peas, onions, tomatoes cooked in rich onion sauce with shredded Ginger.
6. **Buddha Delight(Malai Kofta)** ..... \$13.95  
Pastry made of Potatoes, cottage, cheese and nuts served in thick creamy cashew nut sauce topped with fruits ,nuts and raisin.
7. **Mushroom Matar** ..... \$11.95  
Mushroom and green peas cooked with rich onion sauce
8. **Paneer Masala** ..... \$13.95  
Cottage cheese cooked in dresh masala
9. **Palak Paneer** ..... \$12.95  
Spinach cooked with cubes of cottage cheese delicately spiced and garnished with chopped ginger.
10. **Mas Ko Daal**..... \$10.95  
Black lentil cooked in onion and tomato sauce finished with ginger and garlic
11. **Aloo Masaura Tarkari** ..... \$10.25  
Soybean curd and tender potatoes cooked to perfection.
12. **Saag ko Tarkari(Spinach)**..... \$10.95  
Fresh garden spinach sauteed with chopped tomatos,onion, garlic and ginger

## Biryani

All Briyani cooked with saffron flavored basmati rice with specified foods in kashmiri style, mildly spiced with traditional herbs, dressed with nuts and served with raita.

1. **Chickent biryani** ..... \$13.95
2. **Lamb biryani** ..... \$15.95
3. **Shrimp biryani**..... \$16.95
4. **Vegetable biryani** ..... \$12.95
5. **Chef special biryani** ..... \$17.95  
Spiced chicken,lamb,shrimp and mushroom cooked with almonds and coriander powder.

## Rice & Naan

1. **Zeera Rice** ..... \$3.55
2. **Plain Naan**..... \$3.25  
White flour flavor baked to order in a tandoor clay oven
3. **Herb Naan** ..... \$3.95



4. **Garlic Naan**..... \$3.95  
White flour bread stuffed with chopped garlic, baked in tandoor oven.
5. **Onion Kulcha** ..... \$3.95  
white flour bread stuffed with chopped garlic, baked in tandoor oven.
6. **Aloo Paratha**..... \$3.95  
Whole wheat dough stuffed with smashed potato and baked.
7. **Paratha** ..... \$3.50  
Whole wheat dough layered with butter.
8. **Tandoori Roti**..... \$3.25  
Whole wheat flour bread baked in clay oven.
9. **Bread Basket**..... \$7.95  
Whole wheat flour bread baked in clay oven.
10. **Lachha paratha** ..... \$3.75  
Whole wheat multi layered bread
11. **Heritage Special Naan** ..... \$3.95  
Whole wheat flour bread stuffed with nuts and raisins

## Sides

1. **Homemade Aachar** ..... \$3.25  
Your choice of Alu, Mula, Golveda, Til, Machha
2. **Raita** ..... \$3.50  
Carrot, cucumber, lettuce and black salt stirred in yogurt
3. **Papadoms** ..... \$3.25
4. **Mango Chutney** ..... \$2.95  
Sweet mango jelly imported from India.

## Tandoori (Charcoal Clay Oven) Dishes

1. **Chicken Tikka** ..... \$15.95  
Tender pieces of boneless chicken marinated overnight in a blend of yogurt, ginger and garlic, grilled in charcoal fire clay tandoori oven.
2. **Lamb Chop Kabob** ..... \$17.25  
Charcoal grilled boneless spring Lamb, marinated overnight in yogurt, herbs and spices.
3. **Salmon Fish Tikka** ..... \$18.95  
Fillet of salmon delicately marinated in fresh herbs and cooked in the tandoor.
4. **Tandoori Chicken**..... \$14.95  
Chicken marinated overnight in a blend of yogurt, ginger and garlic grilled in charcoal fire clay tandoori oven.
5. **Tandoori Shrimp**..... \$18.95  
Jumbo shrimps marinated in honey mustard and cooked in the tandoor.



6. **Lamb Seekh Kabob** ..... \$16.95  
Skewered ground lamb marinated with Himalayan spices, herbs, onions and cooked in the charcoal oven.
7. **Mixed Vegetable Kabob** ..... \$15.95  
Paneer, Aloo, Cauli, Broccoli, Green Pepper, Onion and tomato mixed with a blend of yogurt, ginger and garlic grilled in clay oven.
8. **Mixed Tandoori**..... \$19.99  
Assorted Kabob comes with Chicken tikka, Tandoori chicken, Khukura ko Sekuwa, Lamb Chop, Jhir ko Lamb and Tandoori Shrimp.

## Himalayan Special Set Meals

1. **Himalayan Thali (Veg.)**..... \$22.95  
Drinks:Your choice of any soft drink,glass of wine or 12 oz beer  
Starter: Aloo Sadeko  
Main Course:Aloo Tama Bodi, Saag ko Tarkari, Mas ko Daal, Rice and Naan  
Desserts: Rice Pudding and Tea
2. **Muglin Thali (Non-veg.)**..... \$24.95  
Drinks:Your choice of any soft drink,glass of wine or 12 oz beer  
Main Course:Kukhura ko masu, Palaak Paneer, Mas ko Daal, Rice and Naan  
Desserts: Rice Pudding and Tea
3. **Daal Bhat Tarkari** ..... \$17.95  
your choice of veg or non veg rice, mas ko daal (black lentil), vegetable of the day or khasi ko masu ( goat curry) aloo ko achar (potato pickle)

## Momo & Chowmein

1. **Sunkoshi Steamed MOMO** ..... \$11.95  
Minced chicken mixed with Nepali spices and steamed inside the flour dough served with Nepali achar.
2. **Himalayan Kothey** ..... \$12.95  
Delicious dumplings stuffed with ground chicken and Tibetan spices, wrapped in flour dough and then steamed before pan fried, served with hot chutney sauce.
3. **Veg. MOMO Steamed or Fried** ..... \$12.95  
Dumplings stuffed with cabbage, carrot, and Nepali spices, wrapped in flour dough and then steamed served with hot chutney sauce.
4. **C. MOMO (spicy) Veg. or Chicken**..... \$12.95  
Steamed momo with very spicy spices served with spicy chutney.
5. **Fewa Chicken Chowmein** ..... \$13.95  
Stir fried noodles with chicken, vegetables, peas and herbs.
6. **Vegetable Chowmein** ..... \$11.95  
Stir fried noodles with green vegetables, peas and herbs.

