

TIFFIN BOX by Montys

A—VEG & RICE

SABJI POPCORN

Deep-fried vegetables, cashew nuts & lovage seeds. (3, 5B)

PAPAD ROLL

Deep-fried papad with vegetable filling. Served with tamarind chutney.

SABDANA BARA

Deep-fried Tapioca with peanuts and potato. (5a)

BHYANTA TIKKI

Deep-fried aubergine in gram flour batter. Served with kiwi chutney. (3)

ALOO KERAU CHAT PAT

Spicy pan-fried potatoes with peas, chilli and chat masala.

CHIAO CHAT WITH METHI SPROUTINGS

Pan-fried mushrooms in a tangy tomato sauce and sprouted fenugreek seeds.

LINA'S SAG CHAT

Crispy baby spinach served on a bed of salsa with Lina's tamarind chutney and black salt yoghurt. (7)

SAG BHAT

Spinach Rice (6)

CHIAO BHAT

Mushroom Rice (6)

KERAU PILAO

Egg and pea fried rice. (3, 6)

HIMALAYAN RICE

Vegetable and Egg fried rice (3,6)

B—MEAT

CHICKEN CHATA MARI

Barbecued chicken tossed with onions, garlic, ginger, chilli and coriander served on a rice pancake. (6,7)

CHICKEN CHOILA

Spicy barbecued chicken with fresh chillies, ginger onions and coriander. (Served lukewarm)

CHICKEN SANDEKO

Spicy Chicken Salad with Szechuan pepper, onions, garlic, chillies and tomato.

CHUSO KO MASU

Barbecued chicken wings. A long time favourite of Montys.

CHUSO KO LOLLYPOP

Barbecued chicken finished off in a sweet and sour tomato sauce. Finger licking good. (6)

MONTYS KEBAB

Barbecued minced lamb

MASU KO BARI

Cubes of barbecued minced lamb served in a tomato based sauce. (7)

BANDEL BHUDI TAREKO

Pan -fried Pork belly with Szechuan pepper and herbs. (6)

C—MOMO

Steamed Nepali dumplings with a choice of chicken, mixed vegetable or corn filling. (1a)

CLASSIC: Plain momos served with barbecued tomato achar. (1a)

CHILLI: Dumplings served in a mixed vegetable and tomato chilli sauce. (1a)

JHOL: Dumplings served in a warm tomato broth (1a)

CHOILA: Pan-fried momos served with chilli, ginger, garlic and coriander. (1a,6)

NANS

PLAIN NAN (1a, 3, 7)	€ 3.50
GARLIC NAN (1a, 3, 7)	€ 4.00
PESHWARI NAN (1a, 3, 7, 5b)	€ 4.50
KULCHA (1a, 3, 7)	€ 4.00

Pricing per any 3 (€)

Any 3 from A :	€ 18.00
Any 3 from A + C :	€ 20.00
Any 3 from A + B + C :	€ 21.00
Any 3 from B + C :	€ 23.50

ALL ITEMS ARE SERVED IN A THREE TIERED TIFFIN BOX

MINIMUM ORDER OF 1 TIFFIN BOX PER PERSON.

PLEASE TURN OVER FOR DRINKS LIST

ALLERGENS: 1. Cereals containing gluten (a. wheat; b. rye; c. barley; d. oats) 2. Crustaceans, 3. Eggs, 4. Fish 5. Nuts (a. peanuts; b. cashew; c. almonds) 6. Soy 7. Milk 8. Celery 9. Mustard 10. Sesame 11. SO2 and sulphites 12. Lupin 13. Molluscs . **IF YOU HAVE SPECIAL DIETARY REQUIREMENTS. PLEASE LET YOUR WAITING STAFF KNOW.**



DRINKS MENU

WINE

BUBBLES	€
	GLASS/BTL
Masottina Prosecco Spumante (Venice, Italy)	8.50/ 45.00
Laurent Perrier Brut (Champagne, France)	95.00

ROSE

Tandem, Casual Rose (Navarra, Spain)	8 / 30
Chateau Miraval, Rose (Provence, France).	50
<i>Brad Pitt and Angelina Jolie's joint vineyard venture.</i>	

WHITE

Marieta, Albariño (Spain)	9.00/ 32
Masottina, Pinot Grigio (Veneto, Italy)	8.50 / 30

RED

Paula, Malbec (Mendoza, Argentina)	8.00 / 28
Henry Fassey, Gamay Noir (Beaujolais, France)	9.50 / 35

BAR

BEER	€
Porterhouse Lager (500cl)	7.50
Budvar (500cl)	8.00
Stonewell Cider (500cl)	9.00

GIN

Dingle	5.50
Gunpowder	7.50

PREMIUM TONIC WATER

Poachers Premium Irish (200ml)	3.75
Classic	
Light	
Wild	
Citrus	

SOFT DRINKS

Tipperary Sparkling / Still Water (750cl)	5.00
Coke / 7up	3.00
Sweet/Salty Lassi	3.75
Mango Lassi	4.00

ALLERGENS: All the wines listed contain Sulphites.