



MONTYS

OF KATHMANDU



**NEPALESE
RESTAURANT**

Starters

इपरवात



LINA'S CHATS

SAG €12.50

Light batter crispy baby spinach, pomegranate and salsa mix, served with Lina's original tamarind chutney and yogurt dressing. (1a, 7)

ALOO JHINGA (POTATO WITH KING PRAWNS) €13.50

Deep fried potatoes and Tiger Prawns and salsa mix, served with Lina's original tamarind chutney and yogurt dressing. (1a, 2, 7)

DECONSTRUCTED VEGETARIAN SAMOSA CHAT €12.50

Mixed vegetable with flaky pastry, pomegranate and salsa mix with Lina's original tamarind chutney and yogurt dressing. (1a, 7)

KWATI KO JHOL (NEPALI SOUP) €9.50

Traditional Nepali mixed beans and pulses (9 different variety) soup. (6, 9)

TAREKO SABJI €7.75

Mild deep-fried vegetables in a light batter with crushed cashew nuts and jwano (lovage) seeds. (3, 5b)

LINA'S BHYANTA KO BHARTA €9.95

Medium spiced barbecued aubergine pate served with plain naan. (1a for the bread)

ALOO KERAU CHAT PAT €7.95

Spicy potatoes and peas with fresh chillies, coriander, spring onions served in a papad bowl.

TAREKO JHINGA MACHA €10.50

Deep-fried medium-spiced king prawn in a slightly spiced batter, served on a bed of salad. (1a, 2, 3)

POLEKO SQUID €17.50

Medium-spiced baby squid barbecued in the Tandoor and served in a sizzler. (2, 7, 9)

SQUID TENTACLES CHILLI €11.95

Medium spiced barbecued baby squid tentacles, finished off chilli style. (2, 6)

CHUSO KO LOLLYPOP €11.95

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

MINIMUM ORDER OF A MAIN COURSE PER PERSON ON FOOD. IF YOU HAVE SPECIAL DIETARY REQUIREMENTS PLEASE LET YOUR WAITING STAFF KNOW.

CHICKEN CHATA MARI

€13.95

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

CHOILA

CHICKEN €13.95 | LAMB | €14.95 | DUCK €17.50

Spicy barbecued meat of your choice with fresh chillies, ginger, onions, coriander. This is traditionally served cold in Nepal, however, here, it will be warmish! (6, 7)

MASU KO BARI

€12.50

Cubes of medium-spiced minced lamb with garlic, ginger, spices and fresh herbs, served in a tomato-based sauce. (3, 7)

KHASI KO KARANG WITH LINA'S ALOO CHOKHE

ONE KARANG €8.95 | TWO KARANGS €17.95

Medium-spiced lamb chops marinated in spices cooked in the Tandoor and served with Nepali style potato salad. (7)

ASSORTED STARTER PLATTER

FOR 2 €24.00 | FOR 4 €48.00

Combination of Montys favourite as selected by the chefs. We will do our best to cater for your dietary requirements. Please inform your server of any dietary needs and allergens. (1a, 2, 3, 5b, 7)

**MOMO
(FOR TWO TO SHARE)**

Steamed Nepali dumplings with a choice of chicken, goat, corn or mixed vegetables. (1a, 6)

MOMO WITH ACHAR

€19.50

Steamed momos, served with barbecued tomato and coriander chutney. (1a, 6)

CHILLI MOMO

€24.50

Steamed momos, served in a tomato, onions, pepper and chilli sauce. (1a, 6)

JHOL MOMO

€24.50

Steamed momos served in a warm tomato broth. (1a, 6, 10)

CHOILA MOMO

€24.50

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



Main Courses

लोकहाय खाना



GOL CHULO KO KHANA HARU (TANDOORI DISHES)

Tandoori dishes are marinated with Himalayan spices, ground in-house by our chefs, and cooked in the Tandoor. Served on fine strips of onion on sizzler plates with a choice of sauce (masala, ledo bedo or gorkhali).

To give the real taste of smokiness, we use charcoal and not gas!
All served on a sizzler.

SASHLICK

CHICKEN €23.95 | LAMB €26.95
DUCK €31.95 | MONKFISH €32.95

Boneless pieces of meat of your choice, marinated in home-made yoghurt with herbs and spices, and barbecued with onions, capsicum and tomatoes. (7, 4 for monkfish)

KHASI KO KARANG

€32.95

Lamb chops marinated in spices cooked in the Tandoor. (2)

JUMBO PRAWNS

€29.95

Jumbo prawns marinated in spices, and Greek-style home-made yoghurt. (2, 7)

CHULO KO PARIKAR

€27.95

Tandoori mixed grill consisting of sekuwas (chicken and pork), lamb chops, jumbo prawn and chara poleko. (2, 7)

MIRGA KO MASU

€29.95

Medium-spiced venison with onions, tomatoes, capsicum and fresh herbs. (2)

JYOGI BHAT (SAGES' RICE)

VEGETABLE €21.50

CHICKEN €26.50 | LAMB €28.95 | KING PRAWN €28.95

Jyogi is a Nepali term for sages. The bhat (rice) normally consists of their daily collections of the day, cooked and then mixed together in one pot. Spinach is included in the cooking. This is the Nepali version of Biryani. Served with a side dish of vegetable curry. (5b, 6, 7, 2 for prawns)

GOAT CURRY

€28.95

Traditional Nepali goat curry cooked and served on the bone. Can be served mild, medium or hot. Our goat is exclusively supplied to us by Oldcourt Hill Farm in Firhouse, Dublin.

LEDO BEDO

CHICKEN €22.95 | LAMB €24.95 | PRAWN €24.95

Traditional Nepali Curry. Can be served mild, medium or hot. (2 for prawns, 7)

GORKHALI CHICKEN

€22.95 | LAMB €24.95 | PRAWN €24.95

Spicy Nepali dish with home made yogurt, fresh chillies, coriander, ginger and touch of garlic. (2 for prawns, 5, 7)

PAHADI CHICKEN

€22.95 | LAMB €24.95 | PRAWN €24.95

Traditional meat and potato curry, a dish from Ramechap, a district in Nepal. Normally hot, but can be made to your spice preference. (2 for prawns)

NEPALESE MEAT MASALA

€24.95

Tender boneless lamb cooked in a masala sauce. (7)

MASU RA SAG CHICKEN €22.95 | LAMB €24.95 | PRAWN €24.95

Your choice of protein, cooked with spinach and fresh herbs in a fenugreek sauce. (7, 2 for prawns)

TANDOORI BUTTER CHICKEN €24.95

Tandoori chicken on or off the bone finished in a rich thick creamy masala sauce. (7)

SIZZLING KING PRAWN CHILLI €26.95

Lightly fried king prawns with chillies, onions, capsicum and cashew nuts. (19, 2, 3, 5b, 6)

CHICKEN CHILLI NANGLO €24.95

Spicy deep-fried chicken in a light batter with chillies, onions, capsicum and fresh herbs. Speciality from a Nepalese Restaurant in Kathmandu. (1a, 3, 6)

TAREKO BANDEL (PORK) €23.95 | CHICKEN €23.95
DUCK €32.95 | MONKFISH | €32.50
VENISON €31.95 | JUMBO PRAWN €31.95

Barbecued meat of your choice, simply tossed in the pan with crunchy onions, capsicum, ginger, garlic, chillies, soy sauce and fresh herbs. Served medium to spicy. Served with Jhaneko dhal. (2 for prawns, 6)

MUNGLING DHAL BHAT €30.95 PER PERSON

Mungling is a village in Nepal, between Kathmandu and Pokhara, where tired and hungry travellers stopped of rest and food to revive them. This meal is served in our traditional brass plates and bowls from Nepal and is our most requested dish by anyone who has been to Nepal. Your Dhal Bhat includes, tareko sabji, chicken sekuwa, lamb ledo bedo, mis-mas vegetable tarkari, rice, roti, tomato chutney and dessert of the day. **Minimum of 2 people.** (1a, 3, 6, 7)

Vegetarian saakhari

NAVARTNA CURRY €18.95

Traditional Nepali mixed vegetable curry. Can be served mild, medium or hot. (7)

KERAU PANEER €19.95

Home-made cheese with peas and onions, ginger and capsicum, medium-spiced, served fairly dry. (7)

ALOO TAMA (bamboo shoots) PIDALO (yam) €18.95

Classic Nepali dish with bamboo shoots, potato and yam. (7)

VEGETABLE MASALA €19.95

Mixed vegetables in a rich, creamy masala sauce. (5, 7)

SAG MISMAS TARKARI €18.95

Mixed vegetables with spinach. (7)

BHAYNTA TARKARI €19.50

Medium-spiced aubergine, with ginger, garlic, scallions, capsicum and coriander. (7)

Side dishes

saakhari

These dishes are served as accompaniment to main course and cannot be served on their own.

ALOO JEERA	€6.95
Spicy fried potatoes with cumin seeds and ginger.	
JHANEKO DHALL	€8.95
Chickpea lentils with garlic, ginger, coriander and fried cumin seeds. (7)	
KALO DHALL	€9.95
Mixed Moong and black lentils with the usual trimmings - the preferred lentils in most Nepalese homes. (7)	
SIDE SAUCE (Choice of; Ledo Bedo, Masala or Gorkhali)	€4.50
LINA'S RAITA	€4.50
BASKET OF PAPAD (includes home made chutney)	€3.25

Rice

bhat

SADA BHAT (PLAIN RICE)	€4.00
PILAO BHAT	€4.95
Multi-coloured rice cooked with ghee and whole spices.	
CHIAO BHAT (MUSHROOM RICE)	€8.95
Fried rice with mushroom, soy sauce and black pepper.	
KERAU PILAO (PEAS PILAO)	€9.95
Fried rice with egg, peas, soy sauce and black pepper.	
SAG BHAT (SPINACH RICE)	€8.95

Breads (1a, 3, 7)

rotis

PLAIN NAN	€4.50
PESHWARI NAN	€5.25
Sweet bread with vegetable stuffing, covered with ground nuts, raisins and coriander.	
CHEESE NAN	€4.95
Bread covered with cheddar cheese.	
GARLIC NAN	€4.95
Bread covered with lashings of chopped fresh garlic and coriander.	
KULCHA	€4.95
Bread stuffed with vegetables, onions and fresh chillies and covered with coriander.	
PARATHA	€4.00
Crispy layered wholemeal bread.	
ROTI	€3.50
Wholemeal bread.	

Tasting Menu



We are delighted to offer you a selection of tasting menu to choose from. The tasting menu is available for whole table only. Please allow minimum of two hours for the meal.

TASTING MENU

6 COURSE TASTING MENU €75 per person

WINE PAIRING

VALUE WINES + €45 per person

Each glass is 125ml, except sweet wine 75ml

PREMIUM WINES + €90 per person

Each glass is 125ml, except sweet wine 75ml

SANTA RITA WINE ROOM

Maximum of 6 Guests.

Please enquire with Shiva regarding availability and pricing.

TASTING MENUS FOR LARGE PARTIES

We also offer special tasting menus for large parties starting from €45.00. Please enquire with your waiting staff for more details.

2 Course €45.00

3 Course €51.00

4 Course €57.00

GRATUITY IS NOT INCLUDED. 12.5% GRATUITY ADDED TO PARTIES OF 5 OR MORE. ALL GRATUITIES RECEIVED ARE SHARED EQUALLY AMONG ALL STAFF.





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.



OUR SUPPLIERS

We use locally sourced Irish produce where possible and all our suppliers are Irish based companies. We do our best to keep it local and support the local economy.

Our chicken fillets are supplied by Doyle Catering Family Butchers, Rathcoole. Our whole chicken, lamb, pork and venison is 100% Irish and is supplied by Doyle Catering Family Butchers, Rathcoole.

Our baby squid and Prawns is supplied by Asia Market and Boyle foods.
Our fish is supplied by Dillons Fish, Skerries.

Our vegetables are supplied by Freshpoint.

Our dairy products are supplied by Musgraves Cash & Carry.
Our lamb and chicken fillets are Halal.



