



WELCOME TO THE GOLDEN YETI

TASTE OF HIMALAYAN

We are a small, family-run business dedicated to bringing flavour of Nepalese cuisine with homemade original spices and organic products from the Himalayan foothills. Explore our full selection of Himalayan dishes, comforting classics to bold new flavours.

Tel- 01143495898

Email- Namaste@thegoldenyeti.com

www.thegoldenyeti.com



Allergen Notice:
Please Read Before Ordering

Our dishes may contain or come into contact with common allergens, including:

Dairy, Eggs, Wheat/Gluten, Soy, Peanuts, Cashews nut, Sesame, Fish. Please ask our waiting staff who will consult with the chef for advice. Although dishes may be cooked dairy free please ask for information on sauce used in plate decoration.

We take every precaution to minimise cross-contamination; however, we cannot guarantee that any dish is completely free from allergens. Guests with severe allergies are advised to inform our staff and assess their own level of risk before ordering.

APPETISERS

POPADUM & DUNGRI TRAY SET Mixed of papadums & dungri with house dips	4.50
NEPALI SAMOSA (+) Two spicy pyramids filled with mixed vegetables wrapped in a thin pastry and deep fried served with Greek yoghurt and tamarind sauce	6.50
HONEY GOBI (CAULIFLOWER) (-) (g/f) Crispy fried cauliflower tossed with chilli, honey, garlic, and peppers, finished with sesame seeds	6.50
LALIGURAS CHAAT (+) Golden string potato basket filled with spiced vegetables and tangy chaat chutney	7.00
HIMALAYAN SALT 'N' PEPPER CRISPY OKRA (++) (v) (g/f) Crunchy okra tossed with Himalayan pink salt, chillies and burnt garlic	7.25
GOCHUJANG PANEER TIKKA (++) Paneer marinated with gochujang, yoghurt and spices, roasted in the tandoor	7.50
SOYA CHILLI (++) (v) (g/f) Chunk soya full of protein, marinated with yogurt and house spices, ginger, garlic, chunk onion, bell pepper, soya and chilli sauce	7.75
MOMO (++) (Tofu/Chicken/Lamb) A Himalayan staple, juicy steamed dumplings served with homemade chutney	7.50/8.00/9.00
JHOL MOMO (++) (Tofu(v)/Chicken/Lamb) Steamed dumplings served in a tangy tomato and sesame broth with aromatic spices.	8.00/ 8.00/ 9.00
SHA PHALEY (++) Crispy fried pastries filled with spiced chicken mince, onions and herbs, served with tomato and coriander achar.	7.50
CHICKEN TIKAA (++) (g/f) Chicken breast marinated in yoghurt, garlic and house Nepalese spices, slow-cooked in a traditional clay oven	8.95
HAAS KO CHOILA (+++) (g/f) Spiced duck breast with ginger, garlic, timur pepper (nepali pepper), mustard oil and fenugreek	8.95
SALMON TIKKA (++) (g/f) Salmon fillet marinated in yoghurt, garlic and ginger with a piquant spice blend, roasted in the clay oven	9.95

* Dietary Guide: (g/f) indicates gluten-free options suitable for gluten-sensitive guests, and (v) denotes vegan dishes with no animal products.

Spice Levels: - Gentle (very mild), + Mild (light spice), ++ Medium (balanced heat), +++ Full Flavoured (rich spices), ++++ Hot (very spicy) please inform our staff of your preference.

PIRO MACHHA (+++) (g/f)

Hot cod fillet cooked in chilly sauce

9.25

GINGER & CURRY LEAF CALAMARI (++) (g/f)

Crispy fried squid tossed with ginger, onions, curry leaves and soy sauce

8.95

STONE FLOWER LAMB CHOPS (++) (g/f)

Lamb chops marinated with stone flower masala, ginger, garlic and aromatic spices, charred to perfection

14.00

MAINS

NEPALESE STYLE CHICKEN CURRY (++) (g/f)
(Veg(V)/Chicken/Lamb/King Prawn)

A rich, full-flavoured curry prepared in the traditional style of a Nepalese kitchen

12.00/ 14.00/ 16.00/ 16.50

TERAI CHATAPATA (+++) (g/f)

(Veg/chicken/Lamb/King Prawn)

A combination of chefs selected herbs and spices to give a full tangy flavour

12.00/ 14.00/16.00/16.50

JIMBU BUTTER MASALA (-) (g/f)

(Veg/Chicken)

A creamy butter masala finished with jimbu, a Himalayan herb with a garlic-chive flavour

12.50/14.00

PUDINA CHICKEN (+) (g/f)

Diced chicken breast marinated with ginger garlic and mint, served in a golden gravy

14.00

BHEDA KO SANK (++) (g/f)

Lamb shank gently braised with ginger, garlic and traditional Himalayan herbs and spices until rich and tender

16.95

BHEDE KURSANI MASU (++) (g/f)

(Veg(V)/Chicken/Lamb/ King Prawn)

Capsicums green chilli and fresh herbs to give a full flavour dish with a thick coated sauce

12.00/14.00/16.00/16.50

PAHADI LAMB CURRY (++) (g/f)

A medium-spiced curry with tender diced lamb cooked with onions, herbs and fennel, served in a rich, thick sauce

16.00

JOMSOM MONK FISH CURRY(-) (g/f)

Saffron-infused grilled monkfish served in coconut sauce with timur pepper, and curry leaves.

17.00

* Dietary Guide: (g/f) indicates gluten-free options suitable for gluten-sensitive guests, and (V) denotes vegan dishes with no animal products.

Spice Levels: - Gentle (very mild), + Mild (light spice), ++ Medium (balanced heat), +++ Full Flavoured (rich spices), ++++ Hot (very spicy) please inform our staff of your preference.

MACHA CURRY **(++) (g/f)**

Filleted salmon cooked with mustard seeds, curry leaves and chef spices for a rich, aromatic flavour.

16.95

CRAB CURRY **(++) (g/f)**

White & brown crab meat, cooked in tomato, onion, garlic & chef's own special selected herbs & spices

17.00

MIXED SIZZLER **(++) (g/f)**

A sizzling selection of meats and seafood marinated with the chef's blend of aromatic herbs and spices with thick sauce

17.00

ASIAN DISHES

KORMA **(-) (g/f) (Veg/Chicken/Lamb/King Prawn)**

A Creamy mild dish gently spiced and flavoured with cashew nuts

12.50/ 14.00/ 16.00/16.50

ROGAN JOSH **(++) (g/f)**

A classic Kashmiri lamb curry slow-cooked with aromatic spices in a rich, flavourful sauce

16.00

CHICKEN TIKKA MASALA **(++) (g/f)**

Char grilled chicken cooked in chef's blend of secret spices finished in a medium creamy sauce

14.00

MADRAS **(++++) (g/f)**

(Veg(V)/Chicken/Lamb/King Prawn)

Served in a hot and spicy sauce.

12.50/ 14.00/ 16.00/16.50

JALFRAZI **(+++) (g/f) (d/f)**

(Veg(V)/Chicken/Lamb/King Prawn)

Marinated with fresh herbs capsicums and exotic Indian spices

12.50/ 14.00/ 16.00/16.50

BIRYANI **(++) (g/f)**

(Veg(V)/Chicken/Lamb/King Prawn)

Fused with aromatic basmati rice and nuts served with a raita or curry sauce

12.50/ 14.00/ 16.00/16.50

* Dietary Guide: (g/f) indicates gluten-free options suitable for gluten-sensitive guests, and (V) denotes vegan dishes with no animal products.

Spice Levels: - Gentle (very mild), + Mild (light spice), ++ Medium (balanced heat), +++ Full Flavoured (rich spices), ++++ Hot (very spicy) please inform our staff of your preference.

VEGETARIAN/VEGAN SELECTION

MIX TARKARI (MIX VEG)

(++) (g/f) (v)

A medley of vegetables with potato, carrot, green beans, paneer, peas and cauliflower

7.00 SIDE DISH
12.00 MAIN COURSE

HARIYO SAAG RA ALOO

(++) (g/f) (v)

Fresh blended spinach cooked with potato, ginger, cream and aromatic spices

7.00 SIDE DISH
12.00 MAIN COURSE

ALOO GOBI

(++) (g/f) (v)

Cauliflower and potato uniquely flavoured by chef

7.00 SIDE DISH
12.00 MAIN COURSE

KWATI CURRY (MIXED BEANS)

(++) (g/f) (v)

Mixed beans slow-cooked with aromatic Himalayan spices.

8.00 SIDE DISH
12.50 MAIN COURSE

CHYAU RA SIMI (MUSHROOM AND BEANS)

(++) (g/f) (v)

Mushroom and beans cooked in Nepali style

7.00 SIDE DISH
12.00 MAIN COURSE

JHANAY KO DAAL

(++) (g/f) (v)

Black or yellow lentils boiled with spices and special herbs from Nepal

7.00 SIDE DISH
12.00 MAIN COURSE

PANEER RA KERAU

(++) (g/f)

Soft cottage cheese and green peas cooked in a flavourful spiced tomato-onion gravy, a classic Nepalese favourite

7.00 SIDE DISH
12.00 MAIN COURSE

HARIYO PANEER SAAG

(++) (g/f)

Soft cottage cheese and spinach

7.00 SIDE DISH
12.00 MAIN COURSE

BHINDI

(++) (g/f) (v)

Fresh okra cooked with onions, tomatoes and aromatic spices

7.50 SIDE DISH
12.50 MAIN COURSE

BHANTA KO TARKARI

(++) (g/f) (v)

Nepali-style Aubergine curry cooked with garlic, tomatoes and aromatic spices

7.50 SIDE DISH
12.50 MAIN COURSE

** Dietary Guide: (g/f) indicates gluten-free options suitable for gluten-sensitive guests, and (v) denotes vegan dishes with no animal products.*

Spice Levels: – Gentle (very mild), + Mild (light spice), ++ Medium (balanced heat), +++ Full Flavoured (rich spices), ++++ Hot (very spicy) please inform our staff of your preference.

NOODLES & BOWLS

NEPALESE CHOWMEIN (++)

(Tofu(V)/Chicken/Lamb/King Prawn)

9.00/ 9.00/ 12.00/ 12.95

Wok-fried noodles with vegetables, garlic, soy and Himalayan spices.

KEEMA NOODLES (++)

12.00

Noodles with minced lamb, garlic, ginger and Himalayan spices

THUKPA (+++)

(Tofu(V)/Chicken/Lamb/King Prawn)

9.00/ 9.00/ 12.00/ 12.95

Thukpa bowl with noodles, vegetables and spicy broth

BREADS

PLAIN NAAN

3.50

GARLIC NAAN

4.50

SWEET NAAN

5.50

CHEESE NAAN

5.50

ROTI (v)

3.50

MASALA CHIPS (v)

4.25

RICE

BURNT GINGER RICE (g/f)

5.50

NEPALESE EGG FRIED RICE (g/f)

5.50

SAFFRON RICE (g/f)

5.00

MUSHROOM RICE (g/f)

5.00

PLAIN RICE (g/f) (v)

4.50

KIDS MEAL

CHICKEN MOMO
WITH MANGO SAUCE

6.95

VEG/CHICKEN KORMA WITH
PEAS RICE/CHIPS

8.95

FISH FINGER/CHIPS

6.95

CHICKEN NUGGETS/CHIPS

7.50

* Dietary Guide: (g/f) indicates gluten-free options suitable for gluten-sensitive guests, and (v) denotes vegan dishes with no animal products.

Spice Levels: - Gentle (very mild), + Mild (light spice), ++ Medium (balanced heat), +++ Full Flavoured (rich spices), ++++ Hot (very spicy) please inform our staff of your preference.

THANK YOU FOR CHOOSING
THE GOLDEN YETI

Enjoy Your Himalayan Journey

Email- Namaste@thegoldenyeti.com

Tel:01143495898

www.thegoldenyeti.com

