

TANDOORI BREAD

54. ROTI\$ 3.50
Whole wheat bread baked in a clay oven.
55. NAAN\$ 3.50
Light flat bread made from refined flour and milk.
56. GARLIC NAAN\$ 4.50
Light flat bread made with fresh garlic, milk and cilantro.
57. CHICKEN TIKKA NAAN\$ 5.50
Naan stuffed with roasted chicken, and baked in a clay oven.
58. PESHAWARI NAAN\$ 5.50
Naan stuffed with nuts, raisins, cherries, baked in a clay oven.
59. ONION KLILCHA\$ 4.50
Whole wheat bread stuffed with onion, cumin seeds, milk and fresh coriander leaves.
60. ALOO PARATHA\$ 4.50
Light bread stuffed with milk and potatoes.
61. BREAD BASKET\$ 10.00
An assortment of naan, garlic naan and peshawari naan.

BIRYANI

62. VEGETABLE BIRYANI\$ 14.95
Aromatic basmati rice cooked with vegetables, nuts, raisins and fresh herbs.
63. CHICKEN BIRYANI\$ 15.50
Chicken cooked in aromatic rice with fresh herbs, nuts and raisins.
64. LAMB BIRYANI\$ 16.50
Lamb cooked with rice, fresh herbs, cashews, raisins.
65. SHRIMP BIRYANI (Chef's Special)\$ 17.95
Shrimp cooked in aromatic basmati rice with fresh herbs, nuts and raisins.
66. HIMALAYAN BIRYANI (Chef's Special).. \$ 19.00
Shrimp, lamb and chicken cooked with vegetables, nuts and raisins.

DESSERTS

67. GULAB JAMU\$ 6.00
Light pastry made with milk and honey.
68. KHEER.....\$ 7.00
An exotic rice pudding made with almonds, cashews, nuts, raisins and milk.
69. MANGO KULFI (Chef's Special)\$ 7.00
Indian Ice cream made from mango, cream and pistachios.

BEVERAGES

- BOTTLED WATER\$ 2.00
- SODAS\$ 2.00
Coke, Diet Coke, Pepsi or Sprite
- THANKSGIVING COFFEE\$ 2.00
- ICED TEA.....\$ 2.00
- HOT TEA\$ 2.00
- SPARKLING MINERAL WATER\$ 2.00
- CHAI\$ 2.25
- SONOMA SPARKLERS (Organic)\$ 2.75
Lemonade or pear cider
- MANGO LASSI\$ 4.00
Plain or sweet
- LASSI.....\$ 3.00
Plain or sweet
- SALTY LASSI\$ 3.00

INDIAN BEER

	<i>Small</i>	<i>Large</i>
MAHARAJA	\$ 4.00	
TAJ MAHAL	\$ 4.00	\$ 7.00
FLYING HORSE		\$ 7.00
KING FISHER	\$ 4.00	\$ 7.00
HEINEKEN	\$ 3.00	
CORONA	\$ 3.00	
SIERRA NEVADA	\$ 3.00	
RED TAIL ALE	\$ 3.00	

NON-ALCOHOLIC BEER

- BUCKLER\$ 3.00

WINE

- HOUSE WHITE WINE (glass).....\$ 5.00
- HOUSE RED WINE (glass).....\$ 5.00

An expanded assortment of wines is available.



THE HIMALAYAN CAFÉ

Nepalese & Indian Cuisine

1639 South State street
Ukiah, CA 95482
707-467-9900
www.thehimalayancafe.com

The fresh vegetables, spices and oils used in our cooking are rich in Omega 3. Heart disease, high blood pressure, arthritis, acid reflux, bacterial and viral infections, osteoporosis, candidiasis and any number of other conditions are indicators of possible chronic low-grade inflammation.

A diet that includes omega 3 rich foods, sunshine, elimination of sugar and processed foods is a key to health and to reducing chronic inflammation.

Join me at the Himalayan Cafe and use this discount coupon to enjoy a healthy and delicious meal.

Makar Rai

Discount Coupon

Any curry dish, rice and naan \$15
Any two curry dishes, rice and naan \$20
Special only available with this coupon

Visa and Mastercard graciously accepted.
No checks please.

Thank You

APPETIZERS

1. VEGETABLE SAMOSA\$ 7.00
Two fried puffs stuffed with potatoes and peas.
2. ALOO ZEERA\$ 8.00
Potatoes, bell peppers and onions sauteed in Himalayan spices.
3. CHICKEN CHILLY (Chef's Special)....\$ 12.00
Chicken and onions sauteed in Himalayan spices.

SOUP SPECIALS

4. DAAL SOUP\$ 7.00
Lentil soup with spices and herbs.
5. CHICKEN SOUP\$ 8.50
Chicken pieces cooked with tomatoes, onions and herbs.
6. VEGETABLE SOUP\$ 7.50
Vegetables cooked with turmeric, paprika, coriander, cumin and garam masala.
7. CORMA SOUP\$ 8.00
Mixed vegetables cooked with homemade creamy sauce.
8. HERB SOUP (Chef's Special)\$ 10.00
Aromatic spices cooked with herbs and homemade sauce.
9. HIMALAYAN SOUP (Chef's Special) \$ 12.00
Lamb and chicken pieces cooked with vegetables.

SIDE ORDERS

10. RAITA\$ 3.00
Natural yogurt served with cucumber and herbs.
11. MIXED PICKLES\$ 2.50
Hot chutney made with chilies and spices.
12. PAPPADUMS\$ 2.50
Two crispy lentil wafers.
13. MANGO CHUTNEY\$ 3.00
Mango spiced with sweeteners and Himalayan spices.
14. NEPALESE HOT SAUCE\$ 4.00
Tomato, onion, chile, Himalayan spices and cream.

RICE

15. BROWN RICE\$ 3.30
16. SAFFRON RICE\$ 4.95
An aromatic basmati rice flavored with saffron.
17. LEMON RICE\$ 6.00
Saffron-flavored basmati rice cooked with fresh lemon juice and curry leaves.
18. VEGETABLE FRIED RICE (Chef's Specials)...\$ 9.00
Basmati rice fried with mixed vegetables.

VEGETABLE CURRY

19. DAAL HIMALAYAN..... \$ 10.95
Creamy lentils delicately spiced.
20. ALOO GOBI \$ 11.95
Fresh cauliflower and potatoes cooked in a delicate blend of ginger, garlic, onions, and spices.
21. MISMASS TARKARI \$ 11.95
Mixed vegetables tossed in a curry sauce.
22. CHANA SAAG \$ 11.95
Spinach cooked with cream, garbanzo beans in an onion-based sauce.
23. ALOO SAAG \$ 11.95
Spinach and potatoes cooked in an onion-based sauce and seasoned with cream, herbs, and spices.
24. MUSHROOM TAKATAK \$ 11.95
Mushrooms sauteed with onion and spices.
25. PALUMGO SAAG PANEER \$ 12.95
Spinach cooked in light spices and cream served with homemade cheese cubes.
26. VEGETABLE CORMA \$ 12.95
Mixed vegetables cooked with homemade creamy sauce.
27. KERAU PANEER (Chef's Special) \$ 12.95
Peas and homemade cheese cubes cooked in a tomato cream sauce.
28. BHANTA KO TARKARI (Chef's Special).. \$ 13.95
Fire-roasted eggplant in a special blend of delicate spices and cream.

CHICKEN CURRY

29. CHICKEN HASEEN\$ 13.95
Boneless chicken cooked with onions, tomatoes, herbs, spices.
30. KUKHURA SAAG\$ 13.95
Boneless chicken cooked with spinach, cream, exotic spices.
31. CHICKEN VINDALOO\$ 13.95
Hot and spicy chicken cooked with potatoes.
32. CHICKEN MANGO\$ 13.95
Chicken cooked with homemade sauce and mango.
33. CHICKEN CORMA\$ 14.95
Chicken curry cooked with creamy sauce.
34. CHICKEN TIKKA MASALA (Chef's Special) \$ 16.50
Boneless chicken roasted in a clay oven and folded into a tomato cream sauce.

LAMB CURRY

35. GOSHT HASEEN\$ 14.95
Lamb cooked with an abundance of onions and tomato sauce.
36. KHASI RA SAAG\$ 14.95
Boneless lamb cooked with spinach, cream, and spices.
37. LAMB VINDALOO\$ 14.95
Lamb served with potatoes in a homemade tan gee sauce.
38. LAMB MANGO\$ 14.95
Boneless lamb cooked in a homemade sauce and mango.
39. HIMALAYAN MIX (Chef's Special) ...\$ 15.00
Lamb and chicken cooked in vegetables and homemade sauce.
40. LAMB CORMA\$ 15.95
Lamb cooked with creamy sauce.
41. LAMB TIKKA MASALA (Chef's Special) \$ 17.50
Boneless lamb cooked in a tomato cream sauce.

SEAFOOD SPECIALTIES

42. SHRIMP CURRY\$ 17.00
Prawns cooked with aromatic herbs and spices.
43. SALMON CURRY\$ 17.00
Salmon cooked in a light curry sauce.
44. SHRIMP TIKKA MAS ALA\$ 18.95
Prawns cooked in a creamy tomato sauce.

BBQ (TANDOORI) SPECIALTIES

45. CHICKEN WITH BONE\$ 15.95
A half-chicken marinated in spices and cooked in a clay oven.
46. CHICKEN TIKKA\$ 15.95
Boneless chicken marinated in spices and roasted in a clay oven.
47. BEEF TIKKA\$ 16.95
Beef (BBQ) cooked with spices and roasted in a clay oven.
48. LAMB TIKKA\$ 17.95
Local boneless lamb marinated and roasted in a clay oven.
49. PORK RIBS TIKKA\$ 15.95
Pork marinated in spices and roasted in a clay oven.
50. SALMON TIKKA\$ 17.95
Roasted salmon on skewers served with onions and lettuce.
51. PRAWNS\$ 17.95
Prawns roasted in a clay oven served with sauteed onions and salad.
52. NEPALESE RACK OF LAMB (Chef's Special) \$ 24.00
Local lamb chops marinated and cooked in a clay oven.
53. HIMALAYAN BBQ (Chef's Special) ...\$ 32.00
Local lamb, chicken and shrimp with cumin, paprika, coriander and Himalayan spices, roasted in a clay oven.