



Starters

1. **VEG/LAMB SAMOSA** 🌱 **£4.45**
Triangular shaped savoury pastry filled with potatoes and peas / minced meat.
2. **CHICKEN LOLLYPOP** 🍗 **£4.95**
Chicken wings marinated in traditional Nepalese spices, battered in gram flour and deep fried.
3. **POKHARRELI DUCK** **£6.95**
Pieces of duck breast marinated with garlic, ginger, yoghurt and Nepalese spices and barbecued in clay oven.
4. **PAPRI CHAT/ALOO TIKKI CHAT (BEST SELLING)** 🌱🌱 **£5.45**
A popular north Indian fast food that has crispy papri breads with potatoes, chickpeas, yoghurt and hot and sweet chutney. Aloo tikki chat is same as above but instead of the crispy papri pan fried patties of mashed potatoes filled with spiced lentils & green peas served cold.
- 4a. **CHILLI MUSHROOM / CHILLI PANEER** 🌱 **ST. £6.45 MAIN £11.95**
Fried mushroom or Indian paneer stir fried with red/green pepper, green chilli & spl. sauce.
5. **ONION BHAJI OR VEGETABLE PAKORA** 🌱 **£3.95**
Onion slices, marinated with gram flour & spice, deep fried
6. **ACHARI PANEER TIKKA** 🌱 **£5.45**
Cottage cheese marinated with fresh ginger, garlic and aromatic Indian spices.
7. **LAMB CHOPS TANDOORI** **ST. £7.45 MAIN £12.95**
Clove-smoked lamb chops marinated with yoghurt marjoram & char-grilled in clay oven.
8. **SALMON AJWAIN** **ST. £6.75 MAIN £12.50**
Salmon steeped in a tangy marinade of yoghurt with traditional Nepalese spice 'ajwain' (caram) and fresh dill.
- 8a. **TANDOORI FISH** **ST. £7.25 MAIN £12.95**
Monk fish fillet marinated with green chilli, garlic, ginger & Nepalese herbs served with chef's home made green sauce
9. **PIRO-PIRO JHINGA** 🍗 **£6.75**
A delicious medium spicy tiger prawn tossed with garlic & chilli served with fried bread.
10. **TANDOORI SCALLOPS** **£7.45**
Marinated scallops cooked in clay oven served with chef's special spicy chutney.
11. **MOMO LAMB OR VEG** 🍗 **£6.95**
(Please allow 20 minutes worth of waiting) Specially spiced minced lamb / vegetables stuffed in pancake. Momo are Traditional starter in Nepal, Tibet and Bhutan. Momo are the most popular fast food in Kathmandu Valley Nepal.
12. **TAREKO GAGATO** **£8.45**
Crispy Panko Crusted deep fried soft cell crab with corn flour and lime dressing.
13. **CHOELA CHICKEN / LAMB** **£8.45**
Chargrilled chicken / meat mixed with tomatoes, onions, ginger, garlic and spices.
14. **MALAI TIKKA** 🍗 **ST. £5.75 MAIN £9.45**
Boneless breast chicken marinated with ginger, garlic, pinch of chilli, malai and soft cheese cooked in clay oven tandoor.
15. **SHADEKO LAMB/CHICKEN/DUCK/VENISON** **ST. £7.10 MAIN £13.95**
Charcoal grilled lamb/duck marinated with ginger, garlic and chilli. Spicy and very popular in Kathmandu Valley. Add £1 for duck

Yak & Yeti Platter (Dining-in only)

16. **HIMALAYAN DUCK** 🍗 **£18.95**
Diced pieces of duck breast marinated in yoghurt and homemade aromatic spices and cooked in clay oven. Poached an aromatic coconut sauce and served with stir fried vegetables and saffron rice.
17. **NEPALESE LAMB SHANK** **£16.95**
A succulently tender lamb shank cooked with celery, potatoes and carrot flavoursome spices and accompanied by fragrant flavoursome basmati rice.
18. **LOBSTER BHUNA PLATTER** **£24.95**
Bhuna is the famous Indian dish. extracted meat of whole lobster, cooked in fresh fragrance of garlic, ginger and Bhuna masala. Served with whole shell of lobster and pilau rice.
19. **SEA BASS** (Whole with bone) **£15.95**
Whole sea bass marinated with yoghurt, garlic, ginger, green chilli and Nepalese herbs cooked in tandoor, served with pilau rice, salad and chef's special medium hot sauce.

Poultry

20. **GURKHALI CHICKEN** 🍗 **£10.45**
Boneless chicken cooked in Nepalese herbs, fresh coriander, mint and tomatoes.
21. **JHANEKO KHUKURA OR DUCK** 🍗🍗 (Add £1 Extra for Duck) **£11.95**
A traditional Newari (Newars are a linguistic & cultural community of Indo-Aryan and Tibeto-Buran ethnicities) Nepali non vegetarian grilled spicy dish of chicken or duck, marinated with ginger, garlic, red onion, red & green peppers and fenugreek seeds.
22. **BUTTER CHICKEN OR CHICKEN TIKKA MASALA** 🍗 **£9.95**
Barbecue chicken cooked with butter, tomato puree and various spices and fresh cream, cashew nut paste fresh herbs and spices in a medium curry sauce.
23. **HARIYALI CHICKEN** 🍗🍗 **£9.95**
Chicken cooked with fresh coriander sauce, fresh mint, garlic, ginger and green chilli. This dish tastes as refreshing as it sounds.
24. **CHICKEN CHETTINAD** 🍗🍗 **£9.95**
Chicken breast cooked in the typical Tamil Nadu (a state in India) style with green chillies, curry leaves and mustard seeds, a spicy treat.
25. **TIMUR PIRO CHICKEN OR DUCK** 🍗🍗 **£10.45**
(Add £1.00 extra for duck) - Diced pieces of chicken or duck breast cooked with fresh coriander, fenugreek leaves, timur (A kind of spice in shape like black pepper found in the high hills of Nepal), and chefs special spices & served in thick medium sauce.
26. **CHILLI CHICKEN / CHILLI MOMO** (Chicken, Lamb or Veg) 🍗🍗 **£9.95**
Fried momo cooked with red pepper, green pepper, green chilli, spring onion, soya sauce, sesame oil and oyster sauce.
- 26a **CHICKEN TIKKA BUTTER MASALA** 🍗🍗 **£10.45**
Chicken tikka roasted in clay oven, cooked with cashew nut, tomatoes, red pepper, green pepper and spring onion. This has got similar ingredients but spicier than butter chicken masala. This is authentic butter chicken from indian dawa.
27. **HIMALI CHICKEN KORMA OR PASANDA** 🍗 **£8.95**
A korma originally from area around the Nilgiri mountain range where herbs and spices grow in abundance. It's a very mild chicken dish cooked in a thick creamy sauce, coconut and almonds, coconut milk, saffron and white wine.
28. **CHICKEN OR LAMB BHUTUWA** 🍗 **£9.95**
Boneless chicken/lamb cooked with onion, tomatoes, peppers, Nepalese herbs and spring onion.
29. **ZIMBU CHICKEN OR DUCK** (ADD £1 EXTRA FOR DUCK) 🍗 **£10.95**
Succulent pieces of chicken or duck breasts cooked in typical Nepalese style with Himalayan herbs and spices, treated with Tibetan herb known as Zimbu - A popular ingredient in Northern hilly regions of Nepal and Southern Tibet.
30. **HOLY BASIL CHICKEN** 🍗 **£10.95**
Diced pieces of breast stir fried with onions, red & green peppers, sliced ginger and in typical Nepalese style with Himalayan herbs and spices. Treated with fresh basil leaves known as Tulsi - a popular ingredients in south Asia and Tibet regions.
31. **PIRO PIRO DUCK** 🍗🍗 **£11.95**
Diced pieces of duck breast cooked with creamy coconut milk in Nepalese style spicy.

NEPALESE THALI

(Veg / Meat / Chicken)
Vegan option available.
(VEG) **£14.95** (NON VEG) **£18.95**



This is a traditional Nepalese set meal. Eat in only.
Veg Thali served with zimbu dal, sag aloo, seasonal fresh vegetables, steamed rice, chapati, salad & Nepalese pickle
Meat thali served with lamb, zimbu dal with seasonal fresh vegetables, steamed rice, chapati, salad & Nepales pickle
Chicken thali served with chicken, zimbu dal, seasonal fresh vegetables steamed rice, chapati, salad & Nepalese pickle.

Meats

32. **ACHARI GOSHT** 🍗🍗 **£10.45**
Tender pieces of lamb cooked in a tangy yoghurt sauce with pickling spice in lime flavour. Pickling spice includes all spices bay leaves, cardomom, cinnamon, cloves, fresh green chilli, green pepper, coriander, ginger, mustard seeds and peppercorns.
33. **JHANEKO MASU OR HARIN** 🍗🍗 **£11.95**
A traditional Newari (Newars are a linguistic and cultural community of Indo-Aryan and Tibeto-Burman ethnicities) Nepali non vegetarian grilled spicy dish of lamb or venison steaks, marinated with ginger, garlic, red onion, crushed chillies, red and green capsicum and fenugreek seeds.
34. **LAMB ROGAN JOSH** 🍗 **£9.95**
This is a classic dish cooked in traditional Kashmiri spices and fresh tomatoes with the diced pieces of lamb leg.
35. **LAMB NEPAL** (mild) Boneless lamb cooked with mango & creamy sauce **£9.95**
36. **NEPALESE KHUTTA** 🍗 **£10.45**
Diced leg of lamb cooked with fresh vegetables using authentic Nepalese style.
37. **MASU SAAGWALA** 🍗🍗 **£12.95**
Boneless lamb cooked in spinach, onions and Nepalese herbs.
38. **LAMB XACUTI** 🍗🍗 **£10.45**
Goan dish, lamb steak cooked with roasted aromatic fennel seeds, cloves, star anisood and black pepper and various goan spices.

Seafood

39. **KARAHI KING PRAWNS** 🍗 **£14.45**
King prawns cooked with fresh spices, tomatoes, green peppers and coriander leaves and chefs special medium spices.
40. **MODHI KHOLA MACCHA** 🍗 **£12.95**
Monk fish fillet cooked in clay oven with fresh coriander, tomato, green chilli and chefs special medium sauce.
41. **SEA FOOD MISMAS** 🍗 **£13.95**
King prawns, scallops, mussel meat and squid cooked with ginger, garlic and coconut milk in Nepalese tastes.
42. **JHINGA DALL** 🍗🍗 **£12.95**
Tiger prawns cooked with black lentils in sour, sweet and rich with just enough heat to satisfy most tastes.

From the Clay Oven

43. **YAK & YETI MIX GRILL** **£13.95**
Tandoori chicken, malai tikka, lamb tikka, king prawn and lamb chops served with naan bread.
44. **TIKKA** (CHICKEN OR LAMB) **ST. £5.45 MAIN £10.45**
Boneless pieces of lamb or chicken marinated in yoghurt, Indian spices and grilled in the tandoori oven.
45. **TANDOORI CHICKEN** **£9.95**
Chicken on the bone marinated in yoghurt with herbs and spices, cooked in the tandoori oven.
46. **SHASLIK (CHICKEN OR LAMB OR DUCK)** (Add £1 extra for duck) **£10.95**
Chicken or Lamb or Duck marinated and skewered with onions, tomatoes green pepers - barbecued in the clay oven.
47. **HARIYALI TIKKA** **£10.50**
Breast pieces of chicken marinated i garlic, ginger and mint with chef special spices and cooked in clay oven.
48. **TANDOORI KING PRAWN** **£16.95**
King prawns marinated in traditional tandoori spices barbecued in a clay oven.
49. **KATHI ROLL (CHICKEN OR LAMB OR INDIAN PANEER)** Contain eggs 🍗 **£10.95**
A traditional Newari (Newars are a linguistic & cultural community of Indo-Aryan and Tibeto-Buran ethnicities) Nepali non vegetarian grilled spicy dish of chicken or lamb, marinated with ginger, garlic, red onion, red & green peppers and fenugreek seeds wrapped with naan.
50. **SEAFOOD PLATTER** **£19.95**
The special dish for seafood lovers. This dish consists of mixture of marinated & barbecued salmon king prawns scallops, soft shell crabs, monk fish & served with pilau rice.

Vegetable Main Course (Vegan option available - please ask)

- 51. THIMI VEGETABLE** 🍷 Fresh asparagus, wild mushroom and paneer stir-fried with Tibetan style ginger, garlic slices and sesame oil. **£9.25**
- 52. GURKHALI MISMAS VEGETABLE** 🍷 **£8.95**
Combination of fresh beans, cauliflower, mushrooms, cottage cheese peas and asparagus cooked in Nepalese style.
- 53. DALL MAKHANI** 🍷 **£8.95**
Red kidney beans and black lentils slowly cooked in traditional Nepalese style.
- 54. KARAHI PANEER** 🍷 Diced pieces of cottage cheese cooked with ground spices, pepper and chef's special sauce. **£9.25**
- 54a JANEKO PANEER** 🍷🍷 Vegetarian grilled spicy Indian paneer marinated with ginger, garlic, red onion, green pepper & fenugreek seeds. **£9.95**
- 54b HOLY BASIL VEGETABLE** 🍷🍷 **£9.95**
Seasonal vegetables with Indian Paneer (cheese) in Nepalese style with Himalayan herbs and spices, treated with fresh basil leaves.

Vegetable Side Dish (Vegan option available - please ask)

- 55. PANEER METHI MASALA** **£5.00**
Diced pieces of cottage cheese and fenugreek leaves cooked in tomato and white sauce garnished with fresh coriander.
- 56. DALL TARKA OR DALL SAG** **£4.45**
Lentils / lentil & spinach cooked with mild spices touch with garlic and ginger.
- 57. ZIMBU DALL** **£4.95**
Zimbu dall cooked with Nepalese herbs and spices and created with Himalayan herb known as Zimbu.
- 58. BHINDI** Garden fresh okra cooked with sliced onions and herbs. **£5.45**
- 59. BOMBAY ALOO** **£4.95**
Potatoes cooked with cumin seeds, mustard seeds and fresh coriander leaves.
- 60. ALOO GOBI** Potatoes and cauliflower cooked with cumin seeds, mustard seeds and fresh coriander leaves. **£4.95**
- 61. SAG ALOO / SAG BHAJI / SAG PANEER** **£4.95**
Potatoes and spinach / spinach / with cottage cheese cooked with creamy sauce flavoured with cumin seeds.
- 62. BRINJAL BHAJI** **£4.95**
Cubes of aubergines cooked with potatoes, tomatoes, onion and fresh coriander.
- 63. BAIGAN BHARTA** **£5.75**
Smoked aubergine pulp cooked with ginger, green chillies, turmeric, cumin and fresh coriander leaves.
- 64. MUSHROOM BHAJI** Chopped pieces of mushroom cooked with tomatoes, onion and fresh coriander **£4.95**

Biryani Dishes

This rice-based food biryani is traditionally cooked with rice and meat or vegetables. These are cooked separately and brought together and then layered, resulting in a dish of contrasting flavour of basmati rice and intensely flavoured meat or vegetables. Biryani is served with a portion of vegetable sauce.

- 65. KING PRAWN BIRYANI** **£13.95**
- 66. CHICKEN / LAMB BIRYANI** **£10.95**
- 67. DUCK BIRYANI** **£13.95**
- 68. VEGETABLE BIRYANI** **£9.95**

Rice Dishes

- 69. STEAMED RICE** Steam Basmati Rice **£3.25**
- 70. SAFFRON PILAU RICE** **£3.95**
Saffron Rice is a classic Indian recipe for a classic dish of rice flavoured with saffron that's typically served on special occasions.
- 71. COCONUT RICE** **£3.95**
Plain boiled rice cooked with creamy coconut milk, curry leaves and dried chillies.
- 72. SPECIAL FRIED RICE** **£3.95**
Basmati rice fried with egg, peas and wild mushroom.
- 73. MUSHROOM RICE** Pilau rice cooked with mushroom. **£3.95**
- 74. LEMON RICE** Pilau rice cooked with lemon and herbs. **£3.95**
- 75. GARLIC / GARLIC CHILLI RICE** Pilau rice cooked with garlic / garlic & chilli **£4.25**
- 76. VEGETABLE RICE** Pilau rice cooked with mixed vegetables. **£4.25**

Naan Bread, Raitha and Papadums

- 77. PLAIN NAAN** 🍷 **£2.95**
Wheat bread baked in clay oven - contains egg.
- 77a. BUTTER NAAN** contains butter 🍷 **£3.25**
- 78. PESHWARI NAAN** 🍷🍷 **£3.25**
Naan stuffed with coconuts, almond and nuts.
- 79. KEEMA NAAN** 🍷 **£3.95**
Naan stuffed with spiced minced meat.
- 80. GARLIC NAAN** 🍷 **£3.25**
Naan with chopped garlic-contains egg.
- 81. CHEESE NAAN / CHEESE & ONION NAAN** 🍷 **£3.50**
Naan stuffed with cheese / cheese & onion.
- 82. MINT PARATHA / PLAIN PARATHA / STUFFED PARATHA** 🍷 **£3.25**
Whole wheat dough stuffed with mint and baked in the tandoor.
- 83. CHAPATI / BUTTER CHAPATI** 🍷 **£1.95**
- 84. ROTI** 🍷 **£2.25**
- 85. RAITHA** Yoghurt and cucumber. **£2.50**
- 86. PLAIN OR SPICY PAPADOMS** **£0.75**
- 87. CHUTNEYS** (Mango, Mint Sauce, Onion Salad, Tamarind Sauce) **£0.75**

Classic Dishes

(Curry, Madras, Vindaloo, Jalfrezy, Pathia, Dansak)

- 88. CHICKEN / LAMB** **£9.95**
- 89. CHICKEN TIKKA / LAMB TIKKA** **£10.95**
- 90. KING PRAWN** **£12.95**

MEAL DEAL FOR 2 PEOPLE **£29.00**

Chicken Tikka Masala, Lamb Rogan Josh, Bombay Aloo, Pilau Rice & Naan

MEAL DEAL FOR 4 PEOPLE **£49.00**

Achari Ghost, Chicken Jalfrezy, Gurkhali Mismas Veg, Sag Aloo, Baigan Bharta, 2 Pilau Rice, Naan & Garlic Naan.

If any dish of your choice is not listed on our Menu, please ask our member of staff. If it is possible our Chef will be happy to prepare it on your request. If you have any Food Allergy of any kind please inform us while placing your order.

Thank you for Your Custom.

Some dish may contain nuts or dairy products. If you have any kind of allergy, please inform the member of staff, when placing your order.

Please call on 01702 477 046 • 01702 477 006

Key Culinary Features

-We do not change the true nature of food for the sake of undefined modernisation, but aims to preserve the glorious heritage of the many diverse regional cuisines of Nepal and India by retaining their authentic nature. Our dishes are low-fat, prepared with no artificial colouring or preservatives.

- Freshly cooked using raw ingredients of the highest quality.

- Our Executive Chef, Bhoj Raj Kandel has honed and combined the talents of many specialist chefs in his team to give a unique combination of real Nepalese, Indian & Tibetan taste.

All our food is cooked to order so please let us know if you have limited time to enjoy your meal.

We reserve the right to exclude certain areas. All prices include VAT at the current rate.

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Yak and Yeti

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