

VEGETABLE MAIN COURSE

(Go for vegan, please ask)

- 51. **THIMI VEGETABLE**  £11.95
Fresh asparagus, wild mushroom and paneer stir-fried with Tibetans style ginger, garlic slices and sesame oil.
- 52. **GURKHALI MISMAS VEGETABLE**  £10.25
Combination of fresh beans, cauliflower, mushrooms, cottage cheese peas and asparagus cooked in Nepalese style.
- 53. **DALL MAKHANI**   £10.25
Red kidney beans and black lentils slowly cooked in traditional Nepalese style.
- 54. **KARAHI PANEER**   £10.95
Diced pieces of cottage cheese cooked with ground spices, pepper and chef's special sauce.
- 54b. **HOLY BASIL VEGETABLE**  £10.95
Seasonal vegetables with Indian Paneer (cheese) in Nepalese style with Himalayan herbs and spices, treated with fresh basil leaves.

NEPALESE THALI
VEG / VEGAN £21.95
MEAT / CHICKEN £24.95

This is a traditional Nepalese set meal. Eat in only. Served with starter and meat or chicken, zimbu dall, seasonal fresh vegetables, steamed rice, chapati, salad & Nepalese pickle.



VEGETABLE SIDE DISH

- 55. **PANEER METHI MASALA** £6.25
Diced pieces of cottage cheese & fenugreek leaves cooked in tomato & white sauce garnished with fresh coriander.
- 56. **DALL TARKA OR DALL SAG** £4.95
- 57. **ZIMBU DALL** £5.25
Zimbu dall cooked with Nepalese herbs and spices and created with Himalayan herb known as Zimbu.
- 58. **BHINDI** £5.95
Garden fresh okra cooked with sliced onions and herbs.
- 59. **BOMBAY ALOO** £5.25
Potatoes cooked with cumin seeds, mustard seeds and fresh coriander leaves.
- 60. **ALOO GOBI** £5.25
Potatoes and cauliflower cooked with cumin seeds, mustard seeds and fresh coriander leaves.
- 61. **SAG ALOO / SAG BHAJI / SAG PANEER** £5.25
Potatoes and spinach / spinach / with cottage cheese cooked with creamy sauce flavoured with cumin seeds.
- 62. **ALOO CHANA** £5.25
Chickpeas and potatoes, cooked with fresh coriander, ginger, garlic & onion base.
- 63. **HARIYALI MIXED VEGETABLE** £6.25
Seasonal vegetables cooked with coriander sauce, fresh mint, green chilli, garlic & ginger.
- 64. **MUSHROOM BHAJI** £5.25
Chopped pieces of mushroom cooked with tomatoes, onion and fresh coriander

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** £17.95
- 66. **CHICKEN / LAMB BIRYANI** £13.95
- 67. **DUCK BIRYANI** £14.95
- 68. **VEGETABLE BIRYANI** £11.95

RICE DISHES

- 69. **STEAMED RICE** *Steam Basmati Rice* £4.25
- 70. **SAFFRON PILAU RICE** £4.95
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** £4.95
Plain boiled rice cooked with creamy coconut milk, curry leaves and dried chillies.
- 72. **SPECIAL FRIED RICE** *Basmati rice fried with egg, peas and wild mushroom.* £4.95
- 73. **MUSHROOM RICE** *Pilau rice cooked with mushroom.* £4.95
- 75. **GARLIC / GARLIC CHILLI RICE** *Pilau rice cooked with garlic / garlic & chilli* £5.25

NAAN BREAD

- 77. **PLAIN NAAN** £3.95
Wheat bread baked in clay oven - contains egg.
- 77a. **BUTTER NAAN** £4.25
Contains butter.
- 78. **PESHWARI NAAN** £4.25
Naan stuffed with coconuts, almond and nuts.
- 79. **KEEMA NAAN** *Naan stuffed with spiced minced meat.* £4.95
- 80. **GARLIC NAAN** *Naan with chopped garlic-contains egg.* £4.25
- 81. **CHEESE NAAN / CHEESE & ONION NAAN** £5.25
Naan stuffed with cheese / cheese & onion.
- 82. **MINT PARATHA / PLAIN PARATHA** £4.45
Whole wheat dough stuffed with mint and baked in the tandoor.
- 83. **CHAPATI / BUTTER CHAPATI** £3.50
- 84. **ROTI** £3.50
- 85. **RAITHA** *Yoghurt and cucumber.* £2.95

CLASSIC DISHES

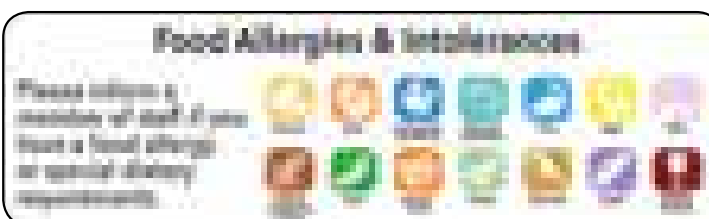
(Curry, Madras, Vindaloo, Jalfrazy, Pathia, Dansak)

- 88. **CHICKEN / LAMB** £11.95
- 89. **CHICKEN TIKKA / LAMB TIKKA** £12.95
- 90. **KING PRAWN** £14.95

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.

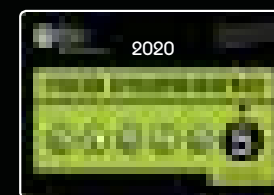
Thank you for Your Custom.

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.



Vegetarian  Contains Gluten  Nuts  Dairy  Madras Hot  Very Hot 

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



Facebook     
Justeat     



EAT-IN MENU

Follow us on



@YandY_southend



southendyakandyeti



Yak and Yeti

www.southend.yakandyeti.co.uk

STARTERS

- | | | |
|------|--|-------|
| 1. | NEPALESE STYLE MASALA PAPADUM | £2.50 |
| 2. | VEG/LAMB SAMOSA 🌱
Triangular shaped savoury pastry filled with potatoes and peas / minced meat. | £5.95 |
| 3. | CHICKEN LOLLYPOP 🌱
Chicken wings marinated in traditional Nepalese spices, battered in gram flour and deep fried. | £6.95 |
| 4. | POKHARRELI DUCK
Pieces of duck breast marinated with garlic, ginger, yoghurt and Nepalese spices and barbecued in clay oven. | £8.45 |
| 4. | PAPRI CHAT/ALOO TIKKI CHAT (Best Selling) 🌱🌱
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. | £6.95 |
| 4a. | CHILLI MUSHROOM / CHILLI PANEER
Fried mushroom or Indian paneer stir fried with red/green pepper, green chilly & spl. sauce. | £7.95 |
| 5. | ONION BHAJI OR VEGETABLE PAKORA 🌱
Onion slices, marinated with gram flour & spice, deep fried | £5.45 |
| 6. | TANDOORI PANEER TIKKA 🌱
Stuffed cheese marinated with fresh ginger, garlic, yoghurt, gram flour mango chutney & Nepalese herbs. | £6.95 |
| 6a. | HARIYALI KEBAB (Vegan) (NEW DISH)
Chopped seasonal vegetables marinated with ginger, garlic, corn flour, deep fried with special spicy green sauce. | £6.95 |
| 7. | LAMB CHOPS TANDOORI ST. £7.95 MAIN £14.95
Clove-smoked lamb chops marinated with yoghurt marjaram & char-grilled in clay oven. | |
| 8. | SALMON AJWAIN ST. £8.25 MAIN £15.95
Salmon steeped in a tangy marinade of yoghurt with traditional Nepalese spice 'ajwain' (caram) and fresh dill. | |
| 8a. | TANDOORI FISH £8.25
Monk fish fillet marinated with green chilli, garlic, ginger & Nepalese herbs served with chef's home made green sauce | |
| 9. | PIRO-PIRO JHINGA 🌱 £8.25
A delicious medium spicy tiger prawn tossed with garlic & chilly served with fried bread. | |
| 10. | TANDOORI SCALLOPS £8.25
Marinated scallops cooked in clay oven served with chef's special spicy chutney. | |
| 11. | MOMO LAMB OR VEG 🌱 £8.25
(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 £9.25
Crispy Panko Crusted deep fried soft cell crab with corn flour and lime dressing. | |
| 12a. | CHOELA CHICKEN / LAMB £8.95
Chargrilled chicken / meat mixed with tomatoes, onions, ginger, garlic and spices. | |
| 14. | MALAI TIKKA 🌱 £8.25
Boneless breast chicken marinated with ginger, garlic, pinch of chilli, malai and soft cheese cooked in clay oven tandoor. | |
| 15. | SHADEKO LAMB/CHICKEN/DUCK £7.95
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 🌱🌱 £20.95
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. | KATHMANDU KUKHURA (NEW DISH) 🌱 £19.95
A whole chicken breast stuffed with cheese & spinach served with medium hot sauce. Served with Nepalese style stir fried vegetables and steamed rice. |
| 18. | LOBSTER BHUNA PLATTER 🌱 £26.95
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) £19.95
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. |
| 19a. | SEAFOOD PLATTER £23.95
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. |

POULTRY

- | | |
|------|---|
| 20. | METHI KUKHURA 🌱 (NEW DISH) £12.95
Chicken breast diced cooked with fenugreek leaves and fresh spinach with chef's special sauce. |
| 21. | JHANEKO KUKHURA OR DUCK 🌱🌱 (ADD £1 EXTRA FOR DUCK) £12.95
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 🌱🌱 £11.95
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 🌱🌱 £11.95
Chicken cooked with fresh coriander sauce, fresh mint, garlic, ginger & green chilly. This dish tastes as refreshing as it sounds. |
| 24. | CHICKEN CHETTINAD 🌱🌱🌱 £11.95
Chicken breast cooked in the typical Tamil Nadu (a state in India) style with green chillies, curry leaes and mustard seeds, a spicy treat. |
| 25. | TIMUR PIRO CHICKEN OR DUCK 🌱🌱 £12.95
(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 🌱🌱 £11.95
Sweet, spicy & slightly crispy made with green pepper, garlic, chilli sauce and soya sauce. |
| 26a. | CHICKEN TIKKA BUTTER MASALA 🌱🌱🌱 £12.95
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 🌱🌱 £10.95
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 🌱 £11.95
Boneless chicken/lamb cooked with onion, tomaotes, peppers, Nepalese herbs and spring onion. |
| 29. | ZIMBU CHICKEN OR DUCK (ADD £1 EXTRA FOR DUCK) 🌱 £12.95
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 🌱 £12.95
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 🌱🌱🌱 £13.95
Diced pieces of duck breast cooked with creamy coconut milk in Nepalese style spicy. |

MEATS

- | | |
|-----|--|
| 32. | ACHARI GOSHT 🌱🌱 £12.95
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 & peppercorns. |
| 33. | JHANEKO MASU 🌱🌱🌱 £12.95
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 🌱 £11.95
This is a classic dish cooked in traditional Kashmiri spices and fresh tomatoes with diced pieces of lamb leg. |
| 35. | LAMB NEPAL (mild) £12.95
Boneless lamb cooked with mango and creamy sauce. |
| 36. | NEPALESE KHUTTA 🌱 £11.95
Diced leg of lamb cooked with fresh vegetables using authentic Nepalese style. |
| 37. | MASU SAAGWALA 🌱🌱 £13.95
Boneless lamb cooked in fresh spinach, onions and Nepalese herbs. |
| 38. | LAMB XACUTI 🌱🌱 £13.95
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 🌱 £16.45
King prawns cooked with fresh spices, tomatoes, green peppers and coriander leaves and chefs special medium spices. |
| 40. | MODHI KHOLA MACCHA 🌱 £14.95
Monk fish fillet cooked in clay oven with fresh coriander, tomato, green chilli and chefs special medium sauce. |
| 41. | GOAN FISH CURRY (NEW DISH) 🌱🌱 £13.95
Tilapia fish cooked in coconut milk in special goan style. |
| 42. | JHINGA DALL 🌱🌱 £14.95
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 £14.95
Tandoori chicken, malai tikka, lamb tikka, king prawn and lamb chops served with naan bread. |
| 44. | TIKKA (Chicken or Lamb) MAIN £12.45
Boneless pieces of lamb or chicken marinated in yoghurt, Indian spices and grilled in the tandoori oven. |
| 45. | TANDOORI CHICKEN £11.95
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) £12.95
Chicken or Lamb or Duck marinated & skewered with onions, tomatoes green pepers - barbecued in the clay oven. |
| 47. | HARIYALI TIKKA £12.95
Breast pieces of chicken marinated in garlic, ginger and mint with chef special spices and cooked in clay oven. |
| 48. | TANDOORI KING PRAWN £18.95
King prawns marinated in traditional tandoori spices barbecued in a clay oven. |
| 49. | KATHI ROLL (Chicken or Lamb or indian paneer) Contain eggs 🌱 £12.95
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 chapati. |