

STARTERS

1. **VEG/LAMB SAMOSA** **£5.25**
Triangular shaped savoury pastry filled with potatoes and peas / minced meat.
2. **CHICKEN LOLLYPOP** **£5.50**
Chicken wings marinated in traditional Nepalese spices, battered in gram flour and deep fried.
3. **POKHARRELI KING PRAWN** **£9.95**
King prawn stir-fried with ginger, garlic and Nepalese spices and comes with chunk of onions and peppers
4. **PAPRI CHAT/ALOO TIKKI CHAT (BEST SELLING)** **£5.95**
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** **£4.95**
Onion slices, marinated with gram flour & spice, deep fried.
6. **TANDOORI PANEER TIKKA** **£5.95**
Chunks of paneer stuffed with grated paneer cooked in clay oven with mixed pickle, herbs and spices.
7. **LAMB CHOPS TANDOORI** **ST. £8.25 MAIN £13.95**
Clove-smoked lamb chops marinated with yoghurt marjaram & char-grilled in clay oven.
8. **SALMON AJWAIN** **ST. £7.75 MAIN £13.50**
Salmon steeped in a tangy marinade of yoghurt with traditional Nepalese spice 'ajwain' (caram) and fresh dill.
- 8a. **FISH TIKKA** **ST. £7.95 MAIN £13.95**
Pangasius fish grilled with herbs and spices.
9. **PIRO-PIRO JHINGA** **£7.95**
A delicious medium spicy tiger prawn tossed with garlic & chilli served with fried bread.
10. **GARLIC CHILLI PRAWN** **£8.25**
Deep fried battered tiger prawns stir-fried with garlic & chilli sauce and comes with chunks of onions and peppers.
11. **MOMO LAMB OR VEG** **£7.95**
(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** **£10.95**
Crispy Panko Crusted deep fried soft cell crab with corn flour and lime dressing.
13. **FISH PAKORA** **£7.95**
Fish pakora is a famous north India snack made with crispy battered deep fried to perfection
14. **MALAI TIKKA** **ST. £6.50 MAIN £10.45**
Boneless breast chicken marinated with ginger, garlic, pinch of chilli, malai and soft cheese cooked in clay oven tandoor.
15. **SHADEKO LAMB / CHICKEN** **£7.55**
Charcoal grilled lamb/chicken marinated with ginger, garlic and chilli. Spicy and very popular in Kathmandu Valley.

YAK & YETI PLATTER

16. **SEAFOOD PLATTER** **£24.95**
The special dish for seafood lovers. This dish consists of mixture of marinated & clay oven cooked salmon, king prawns, Pangasius fish, fried calamari and soft shell crabs, served with pilau rice and salad.
17. **NEPALESE LAMB SHANK** **£20.95**
A succulently tender lamb shank cooked with chef's special medium hot sauce served with salad, roast potatoes and basmati rice
18. **LOBSTER BHUNA PLATTER** **£29.95**
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 TANDOORI** (Whole with bone) **£21.95**
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. **METHI KUKHURA** (NEW DISH) **£11.95**
Diced chicken breast cooked with fenugreek leaves and fresh spinach with grated cheese in chef's special sauce.
21. **JHANEKO KHUKURA** **£12.95**
A traditional Newari (Newars are a linguistic & cultural community of Indo-Aryan and Tibeto-Burman ethnicities) Nepali non vegetarian grilled spicy dish of chicken, marinated with ginger, garlic, red onion, red & green peppers and fenugreek seeds.
22. **BUTTER CHICKEN OR CHICKEN TIKKA MASALA** **£10.95**
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** **£10.95**
Chicken cooked with fresh coriander sauce, fresh mint, garlic, ginger and green chilli. This dish tastes as refreshing as it sounds.
24. **CHICKEN CHETTINAD** **£11.95**
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** **£11.95**
Diced pieces of chicken 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 chef's special spices & served in thick medium sauce.
26. **CHILLI CHICKEN** **£10.95**
Sweet, spicy & slightly crispy made with green pepper, garlic, chilli sauce and soya sauce.
- 26a **CHICKEN TIKKA BUTTER MASALA** **£11.95**
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** **£9.95**
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** **£10.95**
Boneless chicken/lamb cooked with onion, tomatoes, peppers, Nepalese herbs and spring onion.
29. **ZIMBU CHICKEN** **£12.95**
Succulent pieces of chicken 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. **POLEKO BHALE KHUKURA** (NEW DISH) **£12.95**
Chicken tikka cooked with onion, tomatoes, Nepalese herbs and spring onion.

NEPALESE THALI

(DINE IN ONLY)

VEG / VEGAN **£21.95**

MEAT / CHICKEN **£24.95**

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



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 and peppercorns.
33. **JHANEKO MASU** **£13.95**
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 the diced pieces of lamb leg.
35. **LAMB NEPAL** (mild) Boneless lamb cooked with mango & creamy sauce **£10.95**
36. **NEPALESE KHUTTA** **£11.95**
Diced leg of lamb cooked with peas using authentic Nepalese style.
37. **MASU SAAGWALA** **£14.95**
Boneless lamb cooked in fresh spinach, onions and Nepalese herbs.
38. **LAMB XACUTI** **£12.95**
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** **£15.95**
King prawns cooked with fresh spices, tomatoes, green peppers and coriander leaves and chef's special medium spices.
40. **CHILLI GARLIC FISH** (NEW DISH) **£14.95**
Grilled Pangasius fish cooked with fresh ginger, garlic, chilli, prepared in hot and sour sauce.
41. **GOAN FISH CURRY** (NEW DISH) **£14.95**
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** **£15.95**
Tandoori chicken, malai tikka, lamb tikka, king prawn and lamb chops served with naan bread.
44. **TIKKA (CHICKEN OR LAMB)** **ST. £6.25 MAIN £11.95**
Boneless pieces of lamb or chicken marinated in yoghurt, Indian spices and grilled in the tandoori oven.
45. **TANDOORI CHICKEN** **£10.95**
Chicken on the bone marinated in yoghurt with herbs and spices, cooked in the tandoori oven.
46. **SHASLIK (CHICKEN OR LAMB)** **£12.95**
Chicken or Lamb marinated and skewered with onions, tomatoes green pepers - barbecued in the clay oven.
47. **HARIYALI TIKKA** **£11.95**
Breast pieces of chicken marinated i 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 £11.95**
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.

VEGETABLE MAIN COURSE (Vegan option available - please ask)

50. **JANEKO PANEER / JANEKO VEG.** (vegan) **£10.95**
Vegetarian grilled spicy Indian paneer or stir-fried seasonal vegetable marinated with ginger, garlic, onions, peppers and fenugreek seeds.
51. **THIMI VEGETABLE** **£12.95**
Fresh asparagus, wild mushroom and paneer stir-fried with Tibetans style ginger, garlic slices and sesame oil.
52. **GURKHALI MISMAS VEGETABLE** **£10.95**
Combination of fresh beans, cauliflower, mushrooms, cottage cheese peas and asparagus cooked in Nepalese style.
53. **DALL MAKHANI** **£10.95**
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.
- 54a **HOLY BASIL VEGETABLE** **£10.95**
Seasonal vegetables with Indian Paneer (cheese) in Nepalese style with Himalayan herbs and spices, treated with fresh basil leaves.
55. **PANEER METHI MASALA** **£10.95**
Diced pieces of cottage cheese and fenugreek leaves cooked in tomato and white sauce garnished with fresh coriander.
56. **HARIYALI MIXED VEGETABLE** **£10.95**
Seasonal vegetables cooked with coriander sauce, fresh mint, green chilli, garlic & ginger.

VEGETABLE SIDE DISH (Vegan option available - please ask)

57. **DALL TARKA OR DALL SAG** **£5.25**
Lentils / lentil & spinach cooked with mild spices touch with garlic and ginger.
58. **ZIMBU DALL** **£5.95**
Zimbu dall cooked with Nepalese herbs and spices and created with Himalayan herb known as Zimbu.
59. **BHINDI** Garden fresh okra cooked with sliced onions and herbs. **£6.25**
60. **BOMBAY ALOO** **£5.45**
Potatoes cooked with cumin seeds, mustard seeds and fresh coriander leaves.
61. **ALOO GOBI** Potatoes and cauliflower cooked with cumin seeds, mustard seeds and fresh coriander leaves. **£5.95**
62. **SAG ALOO / SAG BHAJI / SAG PANEER** **£5.95**
Potatoes and spinach / spinach / with cottage cheese cooked with creamy sauce flavoured with cumin seeds.
63. **ALOO CHANA** **£5.95**
Chickpeas and potatoes, cooked with fresh coriander, ginger, garlic & onion base.
64. **MUSHROOM BHAJI** Chopped pieces of mushroom cooked with tomatoes, onion and fresh coriander **£5.95**

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** **£15.95**
66. **CHICKEN BIRYANI** **£12.95**
67. **LAMB BIRYANI** **£13.95**
68. **VEGETABLE BIRYANI** **£10.95**

RICE DISHES

69. **STEAMED RICE** Steam Basmati Rice **£3.75**
70. **SAFFRON PILAU RICE** **£4.45**
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** **£4.45**
Plain boiled rice cooked with creamy coconut milk, curry leaves and dried chillies.
72. **SPECIAL FRIED RICE** Basmati rice fried with egg, peas & wild mushroom. **£4.45**
73. **MUSHROOM RICE** Pilau rice cooked with mushroom. **£4.45**
74. **LEMON RICE** Pilau rice cooked with lemon and herbs. **£4.45**
75. **GARLIC / GARLIC CHILLI RICE** Pilau rice cooked with garlic / garlic & chilli **£4.75**
76. **VEGETABLE RICE** Pilau rice cooked with mixed vegetables. **£4.75**

NAAN BREAD, RAITHA AND PAPADUMS

77. **PLAIN NAAN** **£3.45**
Wheat bread baked in clay oven - contains egg.
- 77a. **BUTTER NAAN** contains butter **£3.75**
78. **PESHWARI NAAN** **£3.75**
Naan stuffed with coconuts, almond and nuts.
79. **KEEMA NAAN** **£4.45**
Naan stuffed with spiced minced meat.
80. **GARLIC NAAN** **£3.75**
Naan with chopped garlic-contains egg.
81. **CHEESE NAAN / CHEESE & ONION NAAN** **£4.00**
Naan stuffed with cheese / cheese & onion.
82. **MINT PARATHA / PLAIN PARATHA** **£3.75**
Whole wheat dough stuffed with mint and baked in the tandoor.
83. **CHAPATI / BUTTER CHAPATI** **£2.45**
84. **ROTI** **£2.75**
85. **RAITHA** Yoghurt and Cucumber. **£3.00**
86. **PLAIN OR SPICY PAPADUMS** **£0.85**
87. **CHUTNEYS** (Mango, Mint Sauce, Onion Salad, Tamarind Sauce) **£0.85**

CLASSIC DISHES

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

88. **CHICKEN / LAMB** **£10.95**
89. **CHICKEN TIKKA / LAMB TIKKA** **£12.95**
90. **KING PRAWN** **£13.95**

MEAL DEAL FOR 2 PEOPLE **£34.95**

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

MEAL DEAL FOR 4 PEOPLE **£54.95**

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

Food Allergies & Intolerances



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.

For Design & Print : www.vindesign-print.co.uk • 0781 440 4767 (Dec 2022)

10% off on collection Orders over £20 & online orders at

www.southend.yakandyeti.co.uk

Promocode : yak10

Facebook Justeat



Award Winning Restaurant

Tiffin Cup Award 2014

Outside Catering



1030 London Road

Leigh-on-Sea SS9 3ND

T 01702 477 046

01702 477 006

Opening Hours:

Sun: 13:00 - 22:00

Mon-Thu: 16:00 - 22:30

Fri & Sat: 15:00 - 23:00

FREE DELIVERY

for orders over £15 within 4 miles



Follow us on



@Yandy_southend



southendyakandyeti



Yak and Yeti

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.

358 London Rd.
South Benfleet
SS7 1BG

107 Church Road
Crystal Palace
SE19 2PR

14 Magdalen Street,
Colchester
CO1 2JT

143 Stroud Green Rd.
Finsbury Park
N4 3PZ

www.southend.yakandyeti.co.uk

southend@yakyeti.co.uk