

STARTERS

1. **PAPRI CHAT (v)** £3.95
Crisp fried dough wafers made from refined white flour and oil served with mashed chick peas, potatoes, onions and yogurt and tamarind chutney.
2. **SAMOSA (v) ONION BHAJI (v)** £2.75
Served with homemade Chutney
3. **CHILI CHICKEN** £3.95
Marinated Chicken Tikka, Pan-Fried with Capsicums, Onion, Garlic & Chillies.
4. **MOMO (VEGETABLE OR LAMB - 5 pieces) (v)** £4.25
Dumpling served with Tomato Chutney (Most Popular Nepalese Appetizer)
5. **ACHARI PANEER TIKKA (v)** £3.35
Skewered cottage cheese marinated with pickle spices.
6. **CHILI KING PRAWN** £5.25
Pan-Fried Marinated King Prawn Cooked with Fresh Green Chili Garlic & Spring onion.
7. **SEEKH KEBAB** £3.35
Minced spicy lamb mixed with ginger, garlic, fresh coriander & Nepalese spices gently cooked in the tandoori oven and served with green salad.
8. **TANDOORI LAMB CHOPS 3 pieces (MOST POPULAR)** £6.95
Beautifully marinated lamb Chops, cooked in a tandoori oven served with home made chutney.
9. **PRAWN PURI** £3.75
Pan Sautéed succulent shrimps tossed with spices served deep Fry puffed whole wheat bread.
10. **PANAS CALAMARI** £3.75
Fresh Squid marinated in potato flour, herbs, spices, deep fried served with homemade chutney.

TANDOORI (CLAY OVEN)

(These dishes are marinated and barbecued in a Tandoori Oven)

11. **CHICKEN/LAMB/TIKKA SPECIAL** £6.95
Boneless chicken/Lamb cubes marinated in yogurt with Herbs and spices and cooked in clay oven.
12. **SASLIK SPECIAL CHICKEN/LAMB/PANEER (v)** £7.55
Pieces of chicken/lamb/paneer marinated and garnished with onions, tomatoes and green peppers.
13. **TANDOORI CHICKEN (HOUSE SPECIAL)** £6.95
On the bone chicken cooked with aromatic spices in Clay oven.
14. **TANDOORI SALMON** £7.95
Marinated pieces of salmon in special spices and grilled in tandoori oven.
15. **TANDOORI KING PRAWNS** £10.95
King prawns marinated in fresh garlic, herbs and lime juice and Spiced with green chillies, delicately grilled in the clay oven.
16. **PANAS SPECIAL MIXED TANDOORI** £11.95
Tandoori chicken, chicken tikka, lamb tikka, king prawn, seekh kebab serve with naan.



PANAS GURKHA CHEF'S SPECIAL

17. **CHOYOLA CHICKEN (RECOMMENDED)** £8.95
Very popular dish of Katmandu barbecued chicken seasoned with traditional spices and mustard oil. Dry dish. One of the most popular dish of Kathmandu Valley.
18. **JHANEKO MASU (RECOMMENDED)** £9.95
Tender lamb pieces cooked in tandoor and then pan fried with fresh spring onions, ginger garlic, dry chilly, fenugreek, with touch of lemon. A very dry dish.
19. **PANAS LAMB SHANK SPECIAL (MOST POPULAR)** £11.95
A Lukhnow speciality, slowly cooked in a thick rich sauce with ginger, garlic, red onions and chillies served with zeera rice. (Not for takeaway)
20. **POLE KO KHASI (PANAS SPECIAL)** £9.95
Boneless Lamb marinated with special Nepalese spices, crushed black pepper, barbecue in the clay oven. (dry dish) Very popular recipe from Eastern Part of Nepal.
21. **ZIMBU CHICKEN** £7.95
Breast pieces of chicken cooked with tomato, onion, zimbo (Nepalese herbs which you can get in himalaya range only) served with midium spicy one of very famous in Nepal.
22. **TIMOR PIRO CHICKEN** £7.95
Diced pieces of chicken cooked with fresh coriander, fenugreek leaves, Timor (Nepali herbs) and Chef special spices served in thick sauce.
23. **BUTTER CHICKEN** £6.95
Barbecued chicken cooked with butter, fresh herbs and spices in a mild creamy sauce.
24. **MADIRA CHICKEN MASALA (RECOMMENDED)** £7.95
Barbecued chicken cooked in creamy tomato sauce with touch of brandy.
25. **HARIYALI CHICKEN** £6.75
Fresh boneless chicken in coriander sauce, mint, garlic, ginger, green chili and Nepalese spice.
26. **CHICKEN TIKKA SHASHLIK BHUNA** £7.55
Tender chicken skewered with green peppers and onions cooked in tandoor then spiced with a thick medium sauce.
27. **KHUTTA** £6.95
Special Nepalese lamb dish cooked in Nepalese spices, mushroom green peas.
28. **CHICKEN JAISALMER** £7.55
Tender chicken cooked with onion, green pepper, cashew nuts and coconut in a spicy creamy sauce (hot and spicy)
29. **CHICKEN CHATTINAD (RECOMMENDED)** £7.25
Pieces of chicken breast cooked in medium spicy sauce with a predominant flavour of crushed pepper, aniseed and curry leaves.
30. **CHICKEN/LAMB BHUTWA** £6.95
Chicken or lamb cooked with green peppers, spring onions with Nepalese herbs.
31. **GURKHALI CHICKEN/LAMB** £6.95
Nepalese dish with fresh coriander, mint, green chili and tomatoes.
32. **CHICKEN/LAMB PASANDA** £6.95
Very mild chicken or lamb dish cooked in a thick creamy sauce, Raisins, coconut milk and with touch of white wine.
33. **CHICKEN/LAMB METHI** £6.95
Chicken/Lamb cooked in fenugreek leaves, ginger, garlic, yogurt and spices.
34. **MASU FARSHI (RECOMMENDED)** £7.55
Lamb Dish cooked with pumpkin in a Nepalese style.
35. **ALOO MASU (RECOMMENDED)** £7.25
Lamb cooked with potatoes in a Nepalese style.

BIRYANI DISHES

All biryani is cooked with saffron pilau rice and served Mutter Paneer

36. **MIXED VEGETABLE BIRYANI (v)** £8.50
37. **KING PRAWN BIRYANI** £10.95
38. **CHICKEN/LAMB/PRAWN BIRYANI** £9.95

MAIN COURSE SEAFOOD

39. **PRAWN DISH** £7.95
Curry, Madras Vindaloo
40. **GOAN FISH CURRY** £8.95
Tilapia fish cooked in South Indian Style with coconut milk, dry chillies and fenugreek and mustard seeds in creamy sauce.
41. **KING PRAWN KARAH** £9.95
King prawns cooked with our homemade karahi sauce, peppers & fresh coriander.
42. **MALABAR PRAWN SPECIAL (RECOMMENDED)** £9.95
King Prawn cooked with Malabar spices and coconut milk.
43. **PANAS KING PRAWN MASALA** £10.95
King prawn cooked in butter, ground almond, fresh cream and Gurkha special masala sauce.

FAMOUS INDIAN DISHES

44. **CHICKEN/LAMB – Dishes** £5.95
Curry, Madras Vindaloo
45. **CHICKEN TIKKA MASALA** £6.95
Marinated Chicken grilled in the Tandoor, then specially prepared in a delicately flavoured sauce with almond and cashew nut and cream.
46. **CHICKEN/LAMB KORMA** £6.95
Cooked with coconut and almond, cashew nut in a mild creamy sauce.
47. **CHICKEN/LAMB BHUNA** £5.95
A medium strength dish cooked with onions tomato and herbs in a thick rich sauce.
48. **CHICKEN/LAMB KARAH** £5.95
Chicken/Lamb tossed with Tomatoes and Capsicums in thick spicy sauce.
49. **CHICKEN/LAMB ROGAN** £5.95
Cooked with medium spice in tomatoes and herbs.
50. **CHICKEN/LAMB JALFREZI** £6.95
Fairly hot dish with Green Chillies, Tomatoes, Green Peppers and Mixed Herbs
51. **CHICKEN/LAMB DHANSAK** £6.55
Cooked with lentils in a sweet and sour sauce.
52. **CHICKEN/LAMB DUPIAZA** £5.95
Cooked with fresh onions and peppers in medium spiced sauce.

PANAS VEGETARIAN RECOMMENDATIONS

53. **MIXED VEGETABLE KORMA** £5.55
Juicy seasonal vegetables with dry nuts in a mild sauce.
54. **DAL MAKHANI** £6.25
Red Kidney beans, black lentils slowly cooked in Nepalese style, chef's favourite.
55. **KARAH PANEER** £5.95
Home made cottage cheese cooked with onion, tomatoes and green peppers in a special Nepalese medium spice.
56. **MIXED VEGETABLE MASALA** £5.55
Selection of seasonal vegetables cooked with a masala sauce
57. **PUMPKIN CURRY** £5.55
Special pumpkin curry served medium spice hot.
58. **FRESH COURGETTES ALOO** £5.95
Pan fried fresh courgettes cooked with potatoes and Nepalese spices
59. **JOGI TARKARI** £4.95
Combination of seasonal vegetables cooked in medium spicy in Nepalese style.
60. **VEGETABLE CHATTINAD (RECOMMENDED)** £5.95
Choice of chef seasonal vegetables cooked in medium spicy sauce with a predominant flavour of crushed pepper, aniseed and curry leaves (Manager special)

VEGETARIAN = (v) SOME DISHES CONTAINS NUTS =
MEDIUM = HOT = VERY HOT =

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| 61. BRINJAL ALOO | £3.25 |
| Fresh aubergines and potatoes cooked in medium spicy sauce | |
| 62. PANEER METHI MASALA | £3.95 |
| Cottage cheese cooked with fenugreek leaves, ginger, garlic and spices. | |
| 63. OKRA | £3.25 |
| Lady fingers cooked with green capsicum in medium spice. | |
| 64. CHANA MASALA | £3.25 |
| Chick Peas cooked with onions medium spiced and slice of lemon | |
| 65. ALOO GOBI | £3.25 |
| Potatoes and Cauliflower cooked in medium spice. | |
| 66. BOMBAY ALOO/JEERA ALOO | £3.25 |
| Potatoes cooked in a medium spicy sauce/potatoes cooked in cumin seeds in medium spicy sauce. | |
| 67. MUTTER PANEER/SAAG PANEER | £3.50 |
| Cottage cheese and peas cooked in mild creamy sauce/Spinach and cottage cheese cooked in mild creamy sauce. | |
| 68. SAAG ALOO | £3.25 |
| Spinach and potatoes cooked in medium spice. | |
| 67. MUSHROOM BHAJI | £3.25 |
| Fresh mushroom cooked in medium spice. | |
| 68. TARKA DAL | £3.25 |
| Lentils coked in garlic and cumin seeds. | |
| 69. RAITA | £1.95 |
| Yogurt with cucumber. | |

(All Above vegetables side dishes can be served as a main portion with £2.25 surcharge).

SUNDRIES

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| 70. STEAM BASMATI RICE | £1.95 |
| 71. SAFFRON PILAU BASMATI | £2.35 |
| 72. MUSHROOM RICE | £2.95 |
| 73. SPECIAL FRIED RICE | £3.25 |
| 74. COCONUT BASMATI RICE 🍌 | £2.95 |

BREADS

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| 75. PESHWARI NAAN 🍌 | £2.75 |
| Very popular sweet naan with coconut, almond, sultanas and mango pulp. | |
| 76. KEEMA NAAN/ONION KULCHA/GARLIC NAAN | £2.50 |
| 77. TANDOORI ROTI/CHAPATI | £1.95 |
| Whole wheat flour bread cooked in the tandoor | |
| 78. CHEESE NAAN-HOUSE SPECIAL | £2.75 |
| Stuffed with cheese. | |
| 79. PLAIN PARATHA | £2.25 |
| A crisp layered whole wheat bread | |
| 80. STUFFED PARATHA | £2.95 |
| Bread stuffed with potatoes and peas. | |
| 81. PLAIN NAAN | £2.25 |
| 82. CHILI NAAN | £2.50 |
| 83. CHIPS | £2.50 |
| 84. PLAIN/SPICY PAPADOMS | £0.65 |
| 85. GREEN SALAD | £1.95 |
| COKE, DIET CAKE CAN | £0.95 |
| COKE, DIET COKE, LEMONADE (1.5 LITRES) | £2.25 |

If you have any food allergy of any kind please inform us when placing your order.

The Management reserves the right to refuse service/delivery and make any changes to the menu without notice at its own discretion.

The Sunday Telegraph

Where can I find authentic Nepalese food in London?

It's not a common cuisine, but that doesn't mean it's not available in London. Here's where to go if you're looking for Nepalese food.

There's a lot of diversity within authentic Nepalese cuisine, reflecting the country's multi-ethnic nature. But in its mainstream UK form, food is often reminiscent of north Indian cooking, with the odd nod northwards to Tibet. Lentil dishes such as dhal, momo (dumpling), pickles, chutneys and a limited range of meats (sometimes barbequed) could all feature. Nepalese food is also a good choice for vegetarian dining.

While there's been a major interest over the past decade in making Indian food more "contemporary", and some excellent places offering Indian fine dining, there's been less action around Nepalese food. So, your best bets for tasty, authentic cooking are neighbourhood restaurants spread at all points of the city's compass.

Try the Greedy Buddha in Fulham, **Panas Gurkha Restaurant in Lee**, or Great Nepalese near Euston station.

Wherever you go, ask staff to recommend the authentic dishes. Most of London's Nepalese restaurants also serve a selection of typical British-Indian dishes that would be alien to a Nepali.

By Donald Strachan
Sunday Telegraph travel writer and lifestyle journalist



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The Bombay Dine

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Panas Gurkha Restaurant

318 Lee High Road, London SE13 5PJ Tel: 020 885298

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