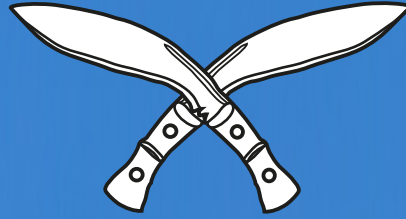


नमस्ते

APR-19



mount Gurkha

www.mountgurkhaloughborough.com

Fine cuisine from Nepal & India

OPENING HOURS

Sunday & Bank Holidays 4pm - 10pm

Tue to Thurs 5pm - 10.30pm

Fri & Sat 5pm - 11.30pm

MONDAY - CLOSED



VISA

MasterCard

Maestro

VISA
Electron

WHY MOUNT GURKHA RESTAURANT ?

We are proud to introduce to you the authentic and very delicious Nepalese and Indian cuisine. Our priority is your health and satisfaction so we do not compromise in quality and freshness. All of our foods are prepared fresh upon order. Culture, tradition and geography play significant roles in influencing south Asian dishes. Due to contrasting climate, for example the freezing cold foothills of the Himalayas to the tropical region of Tarai, the local cuisines vary to a certain degree, as each region uses spices, herbs and ingredients that are grown locally. We hope to bring you the bustling flavours and their richness without getting on the plane.

Our chef has over 2 decades of culinary experience as a chef from all over the world such as the revolving restaurant Parikarma in India, Renowned Hotel, Taj Palace in New Delhi, Park Royal Hotel in New Delhi, Restaurant Himalaya in Bayern Munich, Gaststatle Burgerhaus in Burgerhouse Germany, Jungle Club Leicester and of course right here in Loughborough!

STRENGTH GUIDE

Mild 

Medium 

Hot 

Very Hot 

ALLERGIES

Some of our dishes may contain allergens. If you have intolerances to any of the ingredients, please ask your server before you order your meal. It may be possible to prepare your dish as per your dietary requirements. Some dishes may contain allergens please follow the signs below. However, we use same oil whilst preaparing all other items and in the same area so dishes may contains traces of allergens in all of our dishes.

Gluten 

Nuts 

Celery 

Mustard 

Sulphur Dioxide/Sulphites 

Dairy 

Sesame 

Soya 

Lupin 




Peanuts 

Eggs 

Fish 

Molluscs & Crustaceans 

Sundries

- | | |
|---|-------|
| 1. Plain Papadum | £0.80 |
| 2. Spicy Papadum | £0.80 |
| 3. Pickle Tray  | £2.00 |
| 4. Cucumber Raita  | £2.50 |
| 5. Mixed Raita  | £2.95 |
| 6. Green Salad <small>Salad with tomatoes,lettuce,cucumber,onions and slices of lemon.</small> | £3.25 |

- | | |
|---|-------|
| 7. Chicken and Sweetcorn Soup 🍷🍴 | £3.60 |
| 8. vegetable and Sweetcorn Soup 🍷 | £3.25 |
| Chef's Special Starters | |
| 9. Pokhrel (Chicken or Paneer) 🍷🍴🍴 | £5.95 |
| Authentic Nepalese dish from western part of Nepal. Dry pan fried chicken with Nepalese herbs. | |
| 10. Piro Sabudana Ko Jara 🍷🍴 | £4.95 |
| Pan fried cassava (root potatoes) in chef's thick chilli sauce | |
| 11. Sadheko Hansh 🍷🍴 | £6.50 |
| Nepalese delicacy, chargrilled duck marinated in chef's special herbs and tossed in red onion, lemon, capsicums, vine tomatoes and mustard oil. | |
| 12. Sadheko Kukhuro 🍷🍴 | £4.95 |
| Nepalese delicacy, chargrilled chicken marinated in chef's special herbs and tossed in red onion, lemon, capsicums, wine tomatoes and mustard oil. | |
| 13. Aloo Chops 🍷🍴 | £4.50 |
| Fluffy pieces of potatoes battered in lightly spiced gram and semolina flour served with Newari style pan fried black chickpeas and a cool yogurt dip. | |
| 14. Chhuela Puri (Lamb or Duck) 🍷🍴 | £6.50 |
| The most popular dish in Kathmandu. Diced lamb marinated in the classical flavours of ginger, garlic, chilies and mixed spices, served on a bed of puri (deep fried bread) | |
| 15. Mount Gurkha Chicken Tikka 🍷🍴 | £5.25 |
| Succulent Chicken breast marinated in ginger, garlic and Nepalese herbs, cooked in the clay oven. | |
| 16. Mount Gurkha Paneer Tikka 🍷🍴 | £4.95 |
| Herby cottage cheese marinated in Nepalese species and cooked in the clay oven. | |
| 17. Mount Gurkha Salmon Tikka 🍷🍴🍴 | £6.95 |
| Salmon fillet marinated in traditional Nepalese spices and cooked in the clay oven. | |
| 18. Lamb Chops 🍷 | £6.50 |
| Lamb chops marinated in yogurt, mixed spices and cooked in the clay oven. | |
| 19. Jeera Chicken Wings 🍷 | £4.25 |
| Chicken wings with very rich flavor of cumin, ginger and garlic cooked in the clay oven. | |
| 20. Mini Mix Grill 🍷 | £6.95 |
| Combination of chicken tikka, shish kebab, lamb chops, chicken wings and Gurkha tikka. and herbs. | |
| 21. Chilli Paneer or Chicken 🍷🍴🍴 | £4.50 |
| Stir fried paneer or chicken cooked with green chilli, mixed peppers, herbs and chef's special indo-chinese sauce. | |
| 22. Chilli King Prawn 🍷🍴🍴 | £6.95 |
| Stir fried King prawns cooked with green chilli, peppers, mixed peppers, herbs and and chef's special indo-Chinese sauce. | |
| 23. Chilli Fish 🍷🍴🍴 | £6.95 |
| Stir fried Fish cooked with green chilli, peppers, mixed peppers, herbs and tamarind sauce. | |
| 24. Tandoori King Prawns 🍷🍴🍴 | £7.25 |
| Marinated King Prawns cooked in the clay oven. | |
| 25. Momo 🍷🍴🍴 (Chicken or Lamb) | £4.95 |
| The most popular and favorite dish of Nepal – Steamed dumplings stuffed with gently spiced mince chicken or lamb served with a tomato and sesame chutney. | |

Traditional Starters

26. Onion Bhaji 🍷 £3.50
27. Chicken Tikka 🍷🍱 £4.50
28. Shish Kebab 🍷🍱 £4.50
29. Vegetable Samosa 🍷🍱🌱 £3.50
30. Prawn Puri 🍷🌱🍱 £4.45
Prawn cooked with lightly spiced sauce and served on puri.(Deep fried bread)
31. Chilli Mushroom 🍷🍱🌱 £4.25
Stir fried mushrooms with green chilli, pepper, onion and fresh herbs.
32. Pakora 🍷 (Chicken or Fish 🍱) £4.95
Gently spiced, battered and deep fried boneless chicken or fish.
33. Crispy Pakora 🍷 £3.95
Battered and deep fried sliced potatoes.

Chef's Special Main Dishes

Vegetable	£7.25	Chicken	£8.50
Lamb	£9.25	Duck	£9.95
King prawn 🍱	£11.50	Fish 🍱	£11.50

34. Sherpa Chicken 🍷🍱🌱
Chargrilled chicken cooked in a chef's special sauce of cashew nuts; sun dried red chillies and Himalayan herbs
35. Lasuni Parikar 🍷🍱
A choice of meat infused with rich flavours of garlic and cooked in a chef's special sauce.
36. Tawa ma Bhuteko Masu 🍷🍱🌱
Boneless meat cooked over high heat on an iron pan with fresh tomatoes, onions, chillies and an array of Nepalese special herbs.
37. Lekhali Khana 🍷🍱
A rich flavour of fresh coriander, Fresh Mint, chillies, green peppers, mixed herbs and onions, cooked in a chef's special medium sharp thick sauce.
38. Traditional Nepalese Curry 🍷🍱
Choice of meat cooked in chef's special sauce, inspired by dishes from the hot regions of terai.
39. Nepali Macha Curry 🍷🍱🍱
Salmon fillet cooked with green fenugreek leaves in chef's special sauce.
40. Tandoori Trout 🍷🍱🍱 £13.50
Whole trout marinated with ginger, garlic, Nepalese herbs and spices, grilled in the clay oven and accompanied with garlic mushrooms and crispy sautéed potatoes.

41. Mixed karahi 🌶️🍷🍷 £12.95
Cooked in an Indian wok with a generous amount of red wine together with onions, capsicum, ginger, fresh coriander & tomato. Rich in taste and rich in tradition.
42. Himali Macha Masu 🌶️🍷🍷🍷 £14.95
Set meal- a choice of meat (Chicken, lamb or Fish) and mince in a medium thick chef's special sauce, served with steamed rice, plain naan bread and salad.

Traditional Main Dishes

Chicken	Lamb	Paneer 🍷	King Prawn 🍷🍷	Vegetable
£7.50	£8.50	£7.25	£11.50	£6.75

43. Methi Masala 🌶️🍷

44. Karahi 🌶️🍷

45. Korma 🍷🍷🍷

46. Curry 🌶️🍷

47. Rogan Josh 🌶️

48. Jalfrezi 🌶️🌶️

49. Bhuna 🌶️🍷

50. Madras 🌶️🌶️🍷

51. Saagwala 🌶️🍷

52. Pasanda- infused with red wine 🍷🍷🍷

53. Butter Chicken 🍷🍷🍷 £8.25

54. Chicken Tikka Masala 🍷🍷🍷 £8.25

Traditional Tandoori Dishes

55. Tandoori Chicken (Half) 🌶️🍷 £7.50

56. Chicken or Paneer Shashlik 🌶️🍷🍷 £14.95

Set meal, served with Rice, Naan, Salad and chef's special sauce.

57. Tandoori King Prawns 🌶️🍷🍷 £13.95

58. Jumbo Gurkha Grill 🌶️🍷🍷🍷 £17.95

Chicken Tikka, Mount Gurkha Chicken Tikka, Lamb chops, Sheesh Kebab, Chicken Wings, Masala Fish, Tandoori King Prawn

Biryani (served with raita or curry sauce)

59. Vegetable Biryani 🌶️🍷 £7.50
60. Chicken Biryani 🌶️🍷 £8.25
61. Chicken Tikka Biryani 🌶️🍷 £9.25
62. Lamb Biryani 🌶️🍷 £9.95
63. Mount Gurkha Special Biryani 🌶️🍷🍄🍷🍷🍷 £12.50

Vegetable, chicken, lamb, king prawn, fish and fried egg.

Indo-Chinese Dishes

64. Sweet & Sour Chicken 🌶️🍷🍷 £8.25
65. Chilli Chicken (Dry or Saucy) 🌶️🍷🍷🍷 £8.25
66. Chicken Manchurian (Dry or Saucy) 🌶️🍷🍷🍷 £8.25
67. Vegetable Manchurian (Dry or Saucy) 🌶️🍷🍷🍷 £8.25
68. Chilli Chips 🌶️🍷🍷 £3.95

Fluffy yet crispy chips tossed in indo-Chinese sauce

Nepalese Vegetable Specialties

69. Pyazi Bhindi 🌶️ £7.25
70. Aloo Tama Bodi (Hot and sour) 🌶️🍷 £7.25
71. Aloo ra PhulGobi ko Tarkari 🌶️ £7.25

Okra and onions slow cooked in chef's special sauce.

Traditional Nepalese dish- potatoes, bamboo shoots and black eye beans cooked in chef's special sauce.

Nepalese village dish- potatoes and cauliflower cooked in herbs found in the valleys.

Vegetable Main or Side Dishes

As a Main dish £6.95 / As a Side dish or starter £4.95

72. Matar Paneer 🍷🍷

Cottage cheese and garden peas cooked in a lightly spiced sauce

73. Chana Masala 🌶️

Chickpea's cooked in a spicy sauce and garnished with coriander.

74. High Altitude Vegetable 🌶️ ①

Seasonal Mixed vegetables with Nepalese herbs.

75. Tarka Daal 🌶️ ①

Yellow lentils cooked in an Indian style

76. Mushroom Matar 🌶️ ①

Mushroom and garden peas cooked in spicy sauce

77. Daal Makhani 🍷 ①

Black lentils, kidney beans and yellow lentils cooked in butter and creamy sauce with Indian spices.

78. Bombay Jeera Aloo 🌶️

Potatoes with cumin seeds, coriander and tomatoes.

Rice And Breads

79. Steamed Rice

£2.50

80. Saffron Rice ①

£2.75

81. Pilau Rice ①

£2.75

82. Mushroom Pilau rice ①

£2.95

83. Coconut Rice ①

£2.95

84. Egg Fried Rice 🍳🍳🍳

£3.25

85. Chicken fried Rice 🍳🍳🍳

£3.50

86. Vegetable Pilau Rice ① (seasonal vegetable and peas)

£3.50

87. Mount Gurkha Special Rice ①🍳🍳

(with egg, lamb, prawns, chicken & vegetables)

£4.95

88. Plain Naan ①🍳

£2.40

89. Garlic Naan ①🍳

£2.60

90. Chili Naan ①🍳

£2.60

91. Peshwari Naan ①🍳🍷

£2.70

92. Cheese Naan ①🍳

£2.70

93. Keema Naan ①🍳 (stuffed with spiced minced lamb)

£2.95

94. Aloo Paratha ①🍳 (Stuffed with spiced potato)

£2.50

95. Tandoori Roti ①

£2.10

96. Chapati ①🍳

£2.10

97. Chips

£2.60



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**10 % DISCOUNT ON
COLLECTION ONLY**

WHEN EATING IN
**10 % STUDENT
DISCOUNT**
Valid Student ID
Card Required

HOME DELIVERY

Minimum order £15.00

£1.00 charge for 3 mile, £2.00 charge for upto 5 mile radius

OPENING HOURS

Sunday & Bank Holidays 4pm - 10pm

Tue to Thurs 5pm- 10.30pm Fri & Sat 5pm- 11.30pm

MONDAY - CLOSED

All major cards accepted.



HOME DELIVERY AVAILABLE

FACEBOOK -MountGurkha.31

Order Online:

www.mountgurkhaloughborough.com