



WHY MOUNT GURKHA RESTAURANT ?

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!

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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 preparing all other items and in the same area so dishes may contain traces of allergens in all of our dishes.

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|-------------------------------------|----------------------------------|------------------|
| Gluten G | Dairy D | Peanuts P |
| Nuts N | Sesame S | Eggs E |
| Celery C | Soya S | Fish F |
| Mustard M | Lupin L | |
| Sulphur Dioxide/Sulphites SS | Molluscs & Crustaceans MC | |

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| 1. Plain Papadum | £0.80 |
| 2. Spicy Papadum | £0.80 |
| 3. Pickle Tray 🍯🍷 | £2.50 |
| 4. Cucumber Raita 🍷 | £2.50 |
| 5. Mixed Raita 🍷 | £2.75 |
| 6. Green Salad <small>Salad with tomatoes,lettuce,cucumber,onions and slices of lemon.</small> | £3.00 |
| 7. Chicken and Sweetcorn Soup 🍲🍷🍯 | £3.95 |
| 8. vegetable and Sweetcorn Soup 🍲🍷 | £3.95 |

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| 3. | Pokhrei (Chicken or Paneer) 🍴🇳🇵 | £5.00 |
| | Authentic Nepalese dish from western part of Nepal. Dry pan fried chicken with Nepalese herbs. | |
| 10. | Piro Sabudana Ko Jara 🍴🇳🇵 | £5.50 |
| | Pan fried cassava (root potatoes) in chef's thick chilli sauce | |
| 11. | Sadheko Hansh 🍴🇳🇵 | £6.50 |
| | Nepalese delicacy, chargrilled chicken marinated in chef's special herbs and tossed in red onion, lemon, capsicums, vine tomatoes and mustard oil. | |
| 12. | Sadheko Kukhuro 🍴🇳🇵 | £5.50 |
| | Nepalese delicacy, chargrilled chicken marinated in chef's special herbs and tossed in red onion, lemon, capsicums, vine 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) 🍴🇳🇵 | £6.95 |
| | 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 🍴🇳🇵 | £5.50 |
| | Succulent Chicken breast marinated in ginger, garlic and Nepalese herbs, cooked in the clay oven. | |
| 16. | Mount Gurkha Paneer Tikka 🍴🇳🇵 | £5.25 |
| | Herby cottage cheese marinated in Nepalese species and cooked in the clay oven. | |
| 17. | Mount Gurkha Salmon Tikka 🍴🇳🇵🇬🇧 | £7.25 |
| | Salmon fillet marinated in traditional Nepalese spices and cooked in the clay oven. | |
| 18. | Lamb Chops 🍴🇳🇵 | £6.95 |
| | Lamb chops marinated in yogurt, mixed spices and cooked in the clay oven. | |
| 19. | Jeera Chicken Wings 🍴🇳🇵 | £4.75 |
| | Chicken wings with very rich flavor of cumin, ginger and garlic cooked in the clay oven. | |
| 20. | Mini Mix Grill 🍴🇳🇵 | £7.95 |
| | Combination of chicken tikka, shish kebab, lamb chops, chicken wings and Gurkha tikka. and herbs. | |
| 21. | Chilli Paneer or Chicken 🍴🇳🇵🇬🇧 | £5.50 |
| | Stir fried paneer or chicken cooked with green chillies, mixed peppers, herbs and chef's special indo-chinese sauce. | |
| 22. | Chilli King Prawn 🍴🇳🇵🇬🇧 | £7.50 |
| | Stir fried King prawns cooked with green chillies, peppers, mixed peppers, herbs and and chef's special indo-Chinese sauce. | |
| 23. | Chilli Fish 🍴🇳🇵🇬🇧 | £6.95 |
| | Stir fried Fish cooked with green chillies, peppers, mixed peppers, herbs and tamarind sauce. | |
| 24. | Tandoori King Prawns 🍴🇳🇵🇬🇧 | £7.95 |
| | Marinated King Prawns cooked in the clay oven. | |
| 25. | Momo 🍴🇳🇵🇬🇧 (Chicken or Lamb) | £5.50 |
| | 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. | |

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| 26. Onion Bhaji | £3.50 |
| 27. Chicken Tikka | £5.25 |
| 28. Shish Kebab | £5.25 |
| 29. Vegetable Samosa | £3.95 |
| 30. Prawn Puri | £5.25 |
| Prawn cooked with lightly spiced sauce and served on puri.(Deep fried bread) | |
| 31. Chilli Mushroom | £4.95 |
| Stir fried mushrooms with green chilli, pepper, onion and fresh herbs. | |
| 32. Pakora (Chicken or Fish) | £5.25 |
| Gently spiced, battered and deep fried boneless chicken or fish. | |
| 33. Crispy Pakora | £3.95 |
| Potatoes and deep fried sliced potatoes | |

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| Vegetable | £7.50 | Chicken | £9.50 | Lamb | £9.95 |
| King Prawn 🍤 | £13.25 | Fish 🐟 | £11.95 | Duck | £10.50 |

34. **Sherpa Chicken** 🇳🇵 🇧🇩
Chargrilled chicken cooked in a chef's special sauce of cashew nuts; sun dried red chilies 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** 🇳🇵 🇧🇩 🇳🇵 **£14.50**
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** 🇳🇵 🇧🇩 🇳🇵 **£13.50**
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** 🇳🇵 🇧🇩 🇳🇵 🇳🇵 **£15.50**
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 s

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| Chicken | Lamb | Paneer 🇮🇳 | King Prawn 🇮🇳 | Vegetable |
| £8.50 | £9.50 | £8.50 | £12.95 | £7.50 |

43. Methi Masala 🌶️🕒
44. Karahi 🌶️🕒

- ## Traditional Tandoori Dishes





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| 55. Tandoori Chicken (Half) 🍴🍷 | £8.50 |
| 56. Chicken or Paneer Shashlik 🍴🍷 <i>Set meal, served with Rice, Naan, Salad and chef's special sauce.</i> | £15.50 |
| 57. Tandoori King Prawns 🍴🍷 | £14.50 |
| 58. Jumbo Gurkha Grill 🍴🍷🍷🍷 | £18.95 |

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| 59. Vegetable Biryani | £8.50 |
| 60. Chicken Biryani | £8.95 |
| 61. Chicken Tikka Biryani | £9.95 |
| 62. Lamb Biryani | £10.50 |
| 63. Mount Gurkha Special Biryani | £13.25 |

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| 64. Sweet & Sour Chicken | 🍴🌶️🌱 | £8.50 |
| Battered fried chicken in sweet and sour sauce with vegetable | | |
| 65. Chilli Chicken (Dry or Saucy) | 🍴🌶️🌱🌱 | £8.50 |
| Battered fried chicken cooked in indo-Chinese sauce with chillies, onions & peppers | | |
| 66. Chicken Manchurian (Dry or Saucy) | 🍴🌱🌱🌱 | £8.50 |
| Marinated chicken balls tossed in indo-Chinese sauce | | |
| 67. Vegetable Manchurian (Dry or Saucy) | 🍴🌱🌱🌱🌱 | £8.50 |
| Deep fried mixed vegetable dumpling tossed in indo-Chinese sauce | | |
| 68. Chilli Chips | 🍴🌱🌱 | £4.50 |

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| 69. Pyazi Bhindi 🍽️ | £7.75 |
| Okra and onions slow cooked in chef's special sauce. | |
| 70. Aloo Tama Bodi (Hot and sour) 🍽️🌶️ | £7.75 |
| Traditional Nepalese dish- potatoes, bamboo shoots and black eye beans cooked in chef's special sauce. | |
| 71. Aloo ra PhulGobi ko Tarkari 🍽️ | £7.75 |

As a Main dish £7.50 / As a Side dish or starter £5.25

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**  
Seasonal Mixed vegetables with Nepalese herbs.
75. **Tarka Daal**  
Yellow lentils cooked in an Indian style
76. **Mushroom Matar**  
Mushroom and garden peas cooked in spicy sauce
77. **Daal Makhani**  
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.

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| 79. Steamed Rice | £2.75 |
| 80. Saffron Rice | £3.25 |
| 81. Pilau Rice | £3.25 |
| 82. Mushroom Pilau rice | £3.25 |
| 83. Coconut Rice | £3.25 |
| 84. Egg Fried Rice | £3.25 |
| 85. Chicken fried Rice | £3.25 |
| 86. Vegetable Pilau Rice (seasonal vegetable and peas) | £3.25 |
| 87. Mount Gorkha Special Rice (with egg, lamb, prawns, chicken & vegetables) | £5.25 |
| 88. Plain Naan | £2.50 |
| 89. Garlic Naan | £2.95 |
| 90. Chilli Naan | £2.95 |
| 91. Peshwari Naan | £3.25 |
| 92. Cheese Naan | £3.25 |
| 93. Keema Naan (stuffed with spiced minced lamb) | £3.25 |
| 94. Aloo Paratha (Stuffed with spiced potato) | £3.25 |
| 95. Tandoori Roti | £2.25 |
| 96. Chapati | £2.25 |
| 97. Chips | £3.25 |