

- 25. Jhaneko Daal** (GF, DF, NF, V, V'n) **\$8.50/ \$15.50**  
Black & yellow lentils, cooked in traditional Nepalese herbs and spices.
- 26. Bhuteko Arloo** (GF, DF, NF, V, V'n) **\$8.90**  
Stir fried cubed potatoes with tomatoes and traditional Nepalese spices.
- 27. Hariyo Salad** (GF, DF, NF, V, V'n) **\$6.50**  
Fresh garden salad with lettuce, capsicum, tomatoes, cucumber and onion. Topped with a special lemon dressing.
- 28. Sweet Mango Chutney** (GF, DF, NF, V, V'n) **\$3.10**  
Sweet and tangy mango pickle.
- 29. Dahima** (Nepalese Raita) (GF, NF, V) **\$5.90**  
Yoghurt flavoured with roasted cumin & coriander.
- 30. Bhuteko Bhaat** (GF, V) **\$6.50**  
Fried rice with carrots, green beans, cashew nuts, peas, raisins & red onion. *Vegan & Dairy Free option available*
- 31. Bhaat** (GF, DF, NF, V, V'n) **\$3.90**  
Plain steamed rice.
- 32. Pappadams** (4 pieces) (GF, NF, V) **\$3.50**  
Crispy wafers, served with mint and yoghurt sauce.  
*Vegan and Dairy Free sauce available.*

### ROTI (Breads)

- 33. Roti** (NF, V) **\$4.90**  
Freshly baked plain naan bread.
- 34. Roti Lasun** (NF, V) **\$5.50**  
Freshly baked garlic naan bread.
- 35. Roti Cheese** (NF, V) **\$6.50**  
Freshly baked naan bread stuffed with cheese.
- 36. Roti Cheese + Lasun** (NF, V) **\$6.90**  
Freshly baked garlic naan bread stuffed with cheese.
- 37. Roti Keema** (NF) **\$6.90**  
Freshly baked naan bread stuffed with lamb mince.

GF: Gluten Free, DF: Dairy Free, NF: Nut Free,  
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### GULIYO (Desserts)

- 38. Namaste Ice-cream** (GF, V) **\$9.50**  
Home-made ice-cream made from pistachio nuts and flavoured with mango & cardamom.
- 39. Laal Mohaan** (3 pieces) (NF, V) **\$8.50**  
Traditional sweet prepared from milk powder, flavoured with cardamom and rose water.

### DRINKS

- 40. Mango Lassi** **\$5.00**
- 41. Soft Drinks** (per Can) **\$3.50**

### GIFT VOUCHERS AVAILABLE

Treat your family and friends with the perfect gift and allow them to indulge in a feast full of flavours at Namaste Nepalese Restaurant.

### FUNCTION ROOMS AVAILABLE

Namaste offers a unique intimate experience with its quaint traditional environment, making it suitable for your next function or event. Choose from one of our private dining rooms or we can cater at another location. Contact us for more information and we would be delighted to assist you in making your special occasion a memorable one.

Email: [eat.namasterestaurant@gmail.com](mailto:eat.namasterestaurant@gmail.com)

**08 8272 2288**

### ORDER ONLINE

**[www.namasterestaurant.com.au](http://www.namasterestaurant.com.au)**

**41 George Street, Parkside 5063**

**\*Delivery charges apply!**



***An Everest of Culinary Delights***

## TAKE AWAY & DELIVERY MENU

**41 George Street  
Parkside**

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**08 8272 2288**

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Open for Dine in, Takeaway & Deliveries

Sunday to Thursday: 5pm – 9pm

Friday & Saturday: 5pm – 10pm

**Effective August 2024**

## KHAJA (Entree)

- 1. Momo (5 pieces)** (DF, NF, V, V'n) **\$11.50**  
Steamed Chicken or Vegetable dumplings with ginger, garlic, spring onion & coriander. Served with tomato sauce.
- 2. Tareko Machha (5 pieces)** (GF, DF, NF) **\$13.20**  
Fish marinated in Nepalese herbs & lightly battered in corn flour & mustard oil, deep fried & served with mint & yoghurt sauce. *Dairy Free sauce available.*
- 3. Samosa (2 pieces)** (DF, NF, V, V'n) **\$10.20**  
Homemade triangle pastry filled with potatoes, spring onion, peas, coriander & traditional Nepalese spices. Served with mint & yoghurt sauce. *Vegan and Dairy Free sauce available.*
- 4. Sekewa (5 pieces)/(8 pieces)** (GF, NF) **\$11.50/ \$20.50**  
Tender pieces of chicken fillet marinated in roasted cumin & coriander seeds, enriched with yoghurt, lemon juice & a hint of Szechwan pepper & chili powder. Served with mint and yoghurt sauce.
- 5. Phulaura (5 pieces)** (GF, DF, NF, V, V'n) **\$10.20**  
Traditional crispy patties prepared from black lentils, potatoes, cauliflower, chickpea flour, spring onion, spinach & coriander. Enriched with Nepalese herbs and spices. Served with mint & yoghurt sauce. *Vegan and Dairy Free sauce available.*
- 6. Mismaas (Mixed Entree) (5 pieces)**(NF) **\$14.50**  
A selection of entree's from above.

## MUKHYA BHOJAN (Mains)

- 7. Khasiko Masu (Goat or Lamb)** (GF, DF, NF) **\$20.50**  
Traditionally spiced Nepalese style curry of tender boneless Goat or Lamb, enriched with the flavours of fenugreek, cinnamon, tomatoes, coriander & bay leaves.
- 8. Sekewa ko Laddoor (Butter Chicken)** (GF) **\$20.00**  
Juicy pieces of boneless chicken, cooked firstly in the charcoal clay oven, then transferred to a pan & simmered in a creamy sauce of garlic, ginger, tomato & onion. Enriched with almond powder, butter & cream.

- 9. Kukhura ko Masu (Mild Chicken Curry)** (GF, DF) **\$19.50**  
Traditional Nepalese country cuisine (boneless chicken) prepared in aromatic Nepalese spices with ground almonds.
- 10. Bhuteko Masu** (GF, DF, NF) **\$23.50**  
Dry roasted marinated lamb, flavoured with Szechwan pepper, fenugreek, dried chili, spring onion, fresh coriander, mustard oil & diced roasted tomatoes.
- 11. Piro Kukhura (Chili Chicken)** (NF) **\$19.50**  
Lightly battered chicken fillet cubes, pan-fried with onion, capsicum and chili, flavoured with soy sauce & vinegar. *Gluten Free soy sauce available.*
- 12. Piro Dherai Tarkari (Vindaloo Style Curry)** **\$21.50**  
Choice of Goat, Lamb or Chicken curry cooked with Nepalese style spicy onion & tomato paste. (GF, DF)

## SAMUNDRA KHANA (Seafood)

- 13. Machha Tarkari (Barramundi Curry)** (GF, NF) **\$22.50**  
Aromatic fish curry cooked with onion & tomatoes, infused with green chili, ginger, garlic, cardamom, cinnamon, yoghurt, vinegar & coconut milk.
- 14. Piro Jhingey (Chilli Prawns)** (DF, NF) **\$23.20**  
Fresh prawns, pan-fried with onion and capsicum, flavoured with soy sauce, lemon juice & a hint of chilli. *Gluten Free soy sauce available.*
- 15. Jhingey ko Tarkari (Prawn Curry)** (GF, NF) **\$23.20**  
Rich prawn curry cooked with onion & tomatoes, infused with the flavours of green chilli, ginger, garlic, fresh coriander, capsicum, yoghurt, vinegar & coconut milk.

## SHAKAHARI (Vegetarian)

- 16. Chaw ko Tarkari** (GF, DF, NF, V, V'n) **\$19.20**  
Diced button mushrooms cooked with capsicum, tomatoes & onions. Sautéed with fresh ginger, garlic, crushed coriander & traditional Nepalese herbs.

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- 17. Paneer ko Tarkari** (GF, NF, V) **\$19.20**  
A rich dish of cottage cheese cooked with diced capsicum & onion in a tomato based sauce of garlic, ginger, chili, turmeric, coriander seeds & a dash of cream.
- 18. Misayako Tarkari** (GF, DF, NF, V, V'n) **\$18.50**  
Mixed vegetable curry of cauliflower, green beans, potatoes, carrots & peas, flavoured with fresh coriander.
- 19. Kwati** (GF, DF, NF, V, V'n) **\$17.90**  
A curry of nine different beans cooked with ginger, garlic, cumin, chili, fenugreek seeds, diced fresh tomatoes, onions & mustard oil.

## CHULOBATA (Clay Oven Specials)

- 20. Badami Sekewa (Almond Chicken)** (GF) **\$21.90**  
Tender juicy pieces of chicken fillet lightly marinated in a creamy yoghurt sauce with ginger, garlic & lemon juice, enriched with almond paste and served with mint & yoghurt sauce. (8 pieces)
- 21. Poleko Khashi (3 pieces)** (GF, NF) **\$27.90**  
Juicy lamb ribs marinated in yoghurt sauce flavoured with Szechwan pepper, black pepper, lemon juice and other Nepalese spices. Served with daal (lentils).

## ACCOMPANIMENTS

- 22. Bhuteko Bhanta** (GF, NF, V, V'n) **\$9.90/ \$17.50**  
Stir-fried eggplant with onion, potatoes & capsicum, flavoured with garlic, ginger, fenugreek, cumin, mustard seeds & a hint of lemon juice and chilli.
- 23. Pharsi ko Tarkari** (GF, DF, NF, V, V'n) **\$9.20**  
Pumpkin curry, flavoured with mustard seeds & fenugreek
- 24. Rayoko Saag** (GF, NF, V) **\$9.50**  
Stir-fried mustard leaves with chilli & cumin seeds with a dash of mustard oil & butter. *Vegan and Dairy Free option available.*