

WELCOME TO THE HUNGRY BUDDHA

From the Himalayan range to the plains and jungles of the Terai, Nepal is a land of contrasts.

The country consists of many different ethnic groups, each with their own food specialties. Then there are cultural influences from India in the south and Tibet to the north. They all combine to produce a cuisine unlike anywhere else on earth.

At The Hungry Buddha, we bring you a range of Nepal's most famous dishes appealing to every taste. Some are mild and subtle, others hot and spicy!

There are traditional Nepali dishes from the Kathmandu and Pokhara valleys, the Sherpa culture from Tibet, and some Indian curry favourites.

You might like to try Momos – the ever-popular steamed dumplings famous throughout the country. Or perhaps Nepal's national dish, Daal Bhat – a spectacular platter with a little bit of everything!



“Celebrating 10 years”

ENTRÉE

1. **mo: mo:** traditional Nepali steamed dumpling served with homemade tomato pickle (chicken or lamb) ♥
small plate (4 pcs) **\$9** or large plate (10 pcs) **\$16**
2. **the chilli (df, gf)** chicken breast or prawns sautéed with chilli flakes, diced capsicum, onion, ginger, garlic & shallots ♥
(chicken **\$11** or prawn **\$14**)
3. **tareko maacha (gf)** fish marinated with spices, in a light tempura batter deep fried served with mint & yoghurt sauce **\$11**
4. **sadheko badam (v, df, gf)** Nepali style spicy peanut salad with lime, tomato & onion salsa **\$9**
5. **Nepali samosa (v)** homemade vegetable filled pastry served with tangy yoghurt, tamarind sauce and onion salsa **\$7.5**
6. **makkai fry (v, gf, df)** corn kernels sautéed with onion, ginger, garlic & nepali pepper **\$8.5**
7. **pakora** onion, paneer or chicken breast in chick pea batter fried, served with mint/yoghurt & tamarind sauce
(onion **(v) \$9**, paneer **(v) \$9** or chicken **\$11**)
8. **naan ra chutney (v)** plain or garlic naan served with homemade tomato pickle **\$7.5** ♥
9. **manchuria (df, gf)** homemade Chinese inspired India dish with chicken or paneer
(paneer **\$9** or chicken **\$11**)
10. **chicken 65 (gf)** famous Hyderabad dish with Royal Indian spices, mustard seeds and curry leaves **\$11**
11. **entree platter (df, gf)** settle in with a platter to share – homemade samosa, tareko maacha (fish), onion pakora & chicken pakora **\$19**
(serves 2 people)

v- vegetarian | df - dairy free | gf - gluten free | n - contains nut
♥ a hungry buddha speciality | wine corkage \$6/btl | public holiday surcharge

VEGETARIAN MAINS

21. jhaneko daal (v, df, gf) lentils flambé with cumin, coriander & chilli cooked in Himalayan spices, tossed with famous herb jimmu **\$17.7** ♥
22. jogi tarkari (v, df, gf) Nepali mixed vegetable curry of cauliflower, broccoli, carrot, zucchini, peas, potatoes (seasonal vegetables) **\$18.7** ♥
23. mountain eggplant (v, df, gf) eggplant and peas cooked in Himalayan spices to create a mountain favourite **\$18.7**
24. palak paneer (v, gf) homemade cottage cheese cooked in Indian spices with cream & spinach **\$18.7**
25. malai kofta (v, n, gf) vegetable balls of cottage cheese, cream, cashews, sultanas & potatoes fried & cooked in spices **\$18.7**
26. aloo gobi (v, gf) cauliflower and potatoes cooked with Himalayan spices, this lightly spiced curry is an old favourite **\$18.7**
27. okra & potato masala (v, df, gf) – okra & potatoes cooked in onion and spices to create this delicious vegetable dry curry **\$18.7**
28. vegetable korma (v, n, gf) – mix vegetables curry with cream, cashew nuts – a mildly spiced favourite **\$18.7**
29. paneer masala (v, gf) paneer, peas & capsicum cooked in onion and spices to create this delicious Indian vegetarian delight **\$18.7**

OTHER MAINS

31. Himalaya kukhura (df, gf) succulent pieces of boneless chicken cooked as curry with exotic Nepali spices **\$19.7** ♥
32. chicken tikka masala (gf) tandoori chicken fillets cooked with sliced tomatoes, capsicum, & onion, finished with fresh coriander **\$19.7**
33. butter chicken (gf) boneless pieces of chicken marinated in traditional north Indian spices & cooked in butter & cream **\$19.7**

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34. **pepper chicken (gf)** boneless pieces of chicken breast cooked with spices complemented with black pepper **\$19.7**
35. **korma (gf)** mild traditional meat curry with cream & fresh Indian spices (chicken, lamb or beef) **\$19.7**
36. **saag (gf)** famous meat curry with spinach & cream, an Indian favourite (chicken, lamb or beef) **\$19.7** ♥
37. **vindaloo (gf)** mild curry cooked in fresh spices, malt vinegar, paprika, red chillies, fresh coriander leaves – **ask if you like it hot!** (chicken, lamb or beef) **\$19.7**
38. **lamb rogan josh (gf, n)** boneless lamb pieces infused with ginger, yoghurt, onion & other spices cooked in traditional Indian style **\$19.7**
39. **bheda ko masu (df, gf)** boneless lamb cooked in traditional Nepali style with tomatoes, coriander, bay leaves & other spices **\$19.7** ♥
40. **goru ko masu (df, gf)** Nepali style curry of tender boneless beef cooked with fenugreek, cinnamon, tomatoes, coriander & bay leaves **\$19.7**
41. **beef madras (gf, df)** boneless beef cooked in Indian spices with mustard seeds, curry leaves & coconut cream **\$19.7**
42. **khasi ko masu (df, gf)** exquisite village style curry of tender goat on the bone enriched with the flavours of fenugreek, cinnamon, tomatoes, coriander, bay leaves, ginger & garlic – a famous specialty of Nepal **\$20.7** ♥
43. **jhingé tarkari (gf)** tiger prawns simmered in the paste of traditional Nepali spices, lemongrass, lime leaves & coconut milk **\$22**
44. **Nepali fish (gf, df)** boneless fish pieces cooked in Himalayan spices, a roadside village favourite **\$21**
45. **Nepali salmon (df, gf)** salmon marinated in Nepali spices, served on a bed of basmati rice, homemade dressing, mint & yoghurt sauce & lemon wedge **\$26**
46. **daal bhat tarkari (v option, gf, df)** a traditional Nepali set dinner of rice & lentils served with a choice of meat (chicken, lamb, goat or beef) together with a vegetable dish, homemade pickle & a papad **\$24** ♥

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SIDES

51. fresh salad tomatoes, spanish onion, coriander with a touch of fresh lemon juice **\$6.7**

RICE & BREAD

steamed rice **\$3**

pulao rice (saffron rice with cinnamon, cardamom, bay leaves, cashew nuts & peas) **\$4**

plain naan **\$4**

garlic or cheese naan **\$5**

roti (flat bread made from wholemeal flour) **\$4**

ESSENTIALS

\$2.5 each

raita (yoghurt & cucumber)

mint & yoghurt sauce

golbheda ko aachar (homemade tomato pickle with coriander)

chilli pickle (homemade)

lime pickle

mango chutney

papad (pappadums) (gf)

mixed platter (choose any three from above) **\$6**

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BANQUET MENU

(minimum 4 people \$35.90 pp)

starter - papadums

entrée

- chicken mo:mo: - nepali steamed dumplings
- makkai fry - sautéed corn kernels
- badam sadheko - spicy peanut salad
- chicken chilli - sautéed chicken with capsicum

mains

- jhaneko daal - lentils flambe
- jogi tarkari - nepali vegetable curry
- himalaya khukura - nepali chicken curry
- khasi ko masu - exquisite village goat curry

served with

- rice & naan
- tomato pickle & raita

“If you want to change a dish or two in the banquet menu, please see staff. We encourage a banquet menu for a bigger group”

Thank you

The Hungry Buddha

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INFORMATION

The Hungry Buddha is open 7 nights from 5 pm

We have our own dedicated **order online website**, and we encourage customers to use our platform at www.thehungrybuddha.com.au to order takeaway. Restaurants pay as much as **35% commission** to large order online companies.

We cater for most diets. If you have **specific allergy**, please contact our wait staff before ordering a meal

We offer 5% discount on the total bill if you pay cash.

Pay less, Pay Cash

Thank you for your patronage. **Online Reviews** help small business. Help us by visiting the **Google Page** to review our food & service.

Namaste, the Hungry Buddha Management

We Support
REACH for Nepal Foundation



The REACH for Nepal Foundation has been established to provide practical and financial assistance to rural Nepalese communities primarily affected by the earthquake. REACH is an acronym which stands for **R**ebuild, **E**ducate, **A**ssist, **C**hildren/**C**ommunities, and (providing) **H**ope

REACH for Nepal is a registered charity with the Australian Charities Not for Profit Commission (ACNC) ABN 30 607 659 567.

For more information on how you can support please visit
www.reachfornepal.org