

A La Carte menu

Welcome,

Thank you for visiting Bhansa Ghar. We hope our fine cuisine takes you to an unforgettable journey to Nepal. We have gathered our recipes from all over the tiny Himalayan country and perfected them to serve you the finest Nepali cuisine possible. Since the day of the early kings in Nepal, food has been served on a brass plate. It was said to be a symbol of class and wealth.

The rich dined on brass plates and cutleries and even drank water out of brass cups as it was believed that brass keeps food pure and warm. At Bhansa Ghar, we have used high quality brass utensils that have been specially made in Nepal for us so our guests can experience royal Nepali dining.

At Bhansa Ghar, we use only the finest and natural ingredients.

No artificial ingredient is used in our food.

Our highly skilled and experienced chefs guarantee to satisfy your taste buds. 95% of our menu would suit a gluten-free diet. Please let one of our staff know if you have any special requests or allergies, our highly skilled chefs will be more than happy to cook up one of your request.

Allergen Menu available on Request



SURUWAT

(STARTERS)

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| 1. Tareko sabji | €6.95 |
| Mild deep fried mixed vegetables in a light batter with cashew nuts | |
| 2. Aloo kerau Chatpat | €6.95 |
| Spicy potato and peas with fresh chilli and spring onion with spicy pappad bowl | |
| 3. Tareko Jhinga | €9.95 |
| Deep fried tiger prawns in a corn flour batter | |
| 4. Chicken Chatamari | €8.95 |
| Diced cubes of chicken, pan fried and served in a rice bread | |
| 5. Squid Poleko | €9.95 |
| Squid marinated with Himalayan spices and cooked in Clay oven, Served with sizzler | |
| 6. Gorkhali Choila (Chicken, Lamb or Duck) | €9.95 |
| Marinated with Himalayan herbs and spices, served with lightly fried red onions finish with <i>Red wine</i> | |
| 7. Nepalese Dumpling "MOMO" | €11.95 |
| Eight pieces of Nepalese styled dumplings filled with mince chicken and spices, Served with barbecued tomato sauce | |
| 8. Mint Chicken | €7.95 |
| Chicken breast marinated with mint and Himalayan herbs and cooked in clay oven. | |
| 9. Piro Piro Chicken | €7.95 |
| Chicken breast marinated with ginger, garlic and rich spices and chilli cooked in oven | |
| 10. Gangata Ko Khutta | €11.95 |
| Crab claws pan-fried with scallion, tomato, onion, coriander. | |
| 11. Jhinga Fry | €9.95 |
| Prawns pan-tossed with scallion, tomato, onion, coriander | |
| 12. Vegetables Trio | €9.95 |
| Bhansa ghar trio of Potato Cake, pan tossed cottage cheese and tandoori broccoli | |
| 13. Bhansa Masu Trio | €11.95 |
| Bhansa ghar trio of Tandoori King Prawn, Lamb Chop and Mint Chicken | |

CURRIES

(MAINS)

- 14. Jhinga Ko Goan Curry** €20.95
Tiger prawns cooked slowly in a coconut milk and goan spices , curry leaves holding the spicy flavor.
- 15. Himalayan Special** (Veg - €14.95, Chicken - €17.95, Lamb - €18.95, Prawn - €21.95)
A special blend of himalayan sauces that include onion, yoghurt and coriander topped with cashew nuts and green chilli to really wake your senses
- 16. Thakali Tarkari** (Veg - € 14.95, Chicken - € 17.95, Lamb - € 18.95, Prawn - €20.95)
Centuries old authentic Nepali curry cooked in an onion sauce with a touch of cream. *Mild, medium or hot*
- 17. Mustangey Khasi Ko Masu** €19.95
Boneless sliced pieces of lamb cooked in a Himalyan spices. *Mild, Medium or Hot*
- 18. Hariyo Saag** (Chicken - € 17.95, Lamb - € 18.95, Prawn - €21.95)
Choice of meat cooked with fresh spinach with a touch cream. *Mild, medium or hot*
- 19. Nepali Butter Chicken Masala (Mild)** €18.95
Tandoori cooked cubes of chicken breast in a masala sauce with thick rich cream and a hint of a cinnamon. *Mild, medium or hot*
- 20. Bhedo Keema Mutter** €18.95
Mince Lamb sauted with green peas in onion and tomato with fresh scallions and ginger garlic.
- 21. Bhansa Fish Curry** €21.95
Tilapia fish slowly cooked with coconut milk with mustard seeds and curry leaves, tossed with spices and touch of tamarind.
- 22. Mango Chicken(Mild)** €18.95
Clay oven cooked chicken simmered in coconut milk and mango pulp cooked to the perfection of delicate mango flavor.
- 23. Peppers Special** (Chicken - € 17.95, Lamb - € 18.95, Prawn - €20.95)
Choices of Chicken, Lamb or Prawns cooked with Julian cut peppers and onion in a onion and tomato sauce with a finish of sweet and tangy taste.
- 24. Special Darbari Bhaat (Biryani)** (Veg - € 15.95, Chicken - € 17.95, Lamb - € 18.95, Prawn - €20.95)
A special type of feast served in the royal palace of Nepal for centuries Served with sauce.

VEGETABLE (MAINS)

- 25. Kerau ra paneer** €13.95
Green peas and cottage cheese cooked with tomato and onion sauce Mild, medium or hot
- 26. Aloo Ra Cauli** €12.95
Potato cubes and cauliflower cooked with onion and tomato sauce served fairly dry Mild, medium or hot
- 27. Missmass Tarkari** €12.95
Special mixed vegetables cooked in an onion and tomato sauce. Mild, medium or Hot
- 28. Saag Paneer** €13.95
Cottage cheese cooked with fresh spinach and a touch of a cream. Mild, Medium or Hot

VEGETABLE (SIDES)

- 29. Chana Masala** €5.95
Medium spiced chickpeas with ginger and chat masala
- 30. Saag Aloo** €5.95
Cubed potato cooked with spinach and fresh spices
- 31. Chyau tareko** €5.95
Mushroom cooked in medium spice with ginger and garlic
- 32. Ramtoriya** €6.95
Medium spiced okras in medium spice with ginger and garlic
- 33. Daal Jhaneko** €5.95
Black lentils cooked in a gravy style
- 34. Daal Tarka** €5.95
Medium spiced okras in medium spice with ginger and garlic

Bhansa Ghar Presents; an Authentic Nepali Experience Thali

Dal bhat tarkari can be described as the national food of Nepal. The literal translation is lentil, rice and curry. Traditionally dal bhat tarkari is served on a large plate called thali which contains several smaller plates that serve lentils, chicken or lamb, vegetables, pickles and a dessert. The rice is placed in the centre of the thali with the other plates surrounding the rice. Different cultures have their own variations of Dal Bhat Tarkari but the essence remains the same.

Here at Bhansa Ghar, we welcome you to experience Nepali cuisine like never before.

Krishna Pranami Bansa (Veg)

€22.95

VEG: Kerau Paneer, Aloo Gobhi, Black Lentil, Saag, Pickle and Yogurt

Served with Rice and Naan

Kathmandu Thakali Bansa (Non - Veg)

€24.95

NON – VEG: Grill Chicken, Lamb Curry, Hariyo saag (Spinach), Black Lentil, Pickle and yogurt

Served with Rice and Naan



SUNDRIES

Pilau Rice	€3.00
Boiled rice	€2.50
Mushroom rice	€4.00
Peas Fried Rice	€4.00
Lemon Rice	€3.50
Egg Fried Rice	€4.00

Plain Naan Traditional soft bread cooked in clay oven	€2.50
Garlic, Onion and Coriander (GOC) Nan Traditional soft bread topped with a freshly chopped garlic, onion and coriander	€3.50
Sweet Nan Traditional soft bread stuffed with almond, coconut and golden sultan	€3.95
Cheese Nan Traditional soft bread stuffed with cheddar cheese	€3.95
Roti Wholemeal bread cooked in Clay Oven	€2.50

