

APPETIZERS

1. **TSAMTHUK** € 7,00
Geroostereed gerst soup met gesneden rettic en spinazie
Roasted barley soup with chopped radish and spinach
2. **TSEL MOMO** € 7,50
Zes gestoomde deegkussentjes gevuld met groenten
Six steamed dumplings filled with vegetables
3. **TSEL KOTHAY** € 7,50
Zesgebakken deegkussentjes gevuld met groenten
Six pan fried dumplings filled with vegetables
4. **PAKODA** € 7,50
licht gefrituurde bolletjes met verse gemengde groenten
lightly fried nuggets of mixed fresh vegetables
5. **TSELRIL NUMTAK** € 5,50
Loempia gevuld met groenten
Springroll stuffed with vegetables.
6. **SHOGO KHATSA** € 6,50
pikante aarappelreepjes met sambal en knoflook saus
spicy potato fingers in a chili and garlic sauce
7. **MOMO** € 7,50
Zes gestoomde deegkussentjes gevuld met gehakt en groenten
Six steamed dumplings filled with spicy beef and vegetables
8. **KOTHAY** € 7,50
Zes gebakken deegkussentjes gevuld met gehakt en groenten
Six pan fried dumplings filled with spicy beef and vegetable.
9. **MOKTHUK** € 8,00
Rund deegkussentjes soep
Beef dumpling soup
10. **THUKPA** € 8,00
Pasta soup met groente en Rundvlees.
Noddle soup mixed with vegetable and beef.

VEGETARISCHE HOOFDGERECHTEN

VEGETARIAN MAIN DISHES

Alle hoofdgerechten worden geserveerd met gestoomde rijst
All main courses are served with steamed rice

11. **HIMALAYAN KHATSA***** € 16,50
Bloemkool, broccoli, peen met tofu in pikante curry
Cauliflower, broccoli, carrot with tofu in a spicy curry
12. **SHAMONG NGOPA*** € 16,50
Verse paddestoelen en Broccoli in een botersaujes.
Fresh mushrooms and Broccoli sauteed in a light butter sauce.
13. **TSE NEZOM*** € 16,50
Verschillende groenten met kruiden, bamboe en saus
Mixed vegetables lightly sauteed with herbs and bamboo
14. **SHOGO KHATSA**** € 13,50
Pikante aarappelreepjes met knoflook saus
Spicy potato fingers in garlic sauce
15. **TOFU KHATSA**** € 16,50
Tofu met knoflook en tomaat saus
Tofu lightly sautéed with garlic and Tomato sauce
16. **CHU BU NGAR KYUR (mild)** € 21,50
Zoete en zuur gernalen met verschillende groenten
Sweet and sour shrimp with mixed vegetable
17. **CHU BU KHA TSA (medium)** € 21,50
Gestoomde en gebakken gernalen met groente in pikante saus
Prawns in a spicy vegetable sauce

MEAT DISHES

- 18 **HIMALAYAN SHA KHATSA (spicy)** € 18,50
Gegrilde reepjes rundvlees met pikante saus en groente
Grilled beef slices in a spicy vegetable sauce
- 19 **SHAPTA (medium)** € 18,50
Gegrild rundvlees met paprika, rode ui en pikante saus
Spicy grilled beef slices with red onion and green/red paprika
- 20 **LANG SHA TSE (mild)** € 18,50
Curry van rundvlees met gemengde gestoomde groente
Tibetan beef curry with mixed steamed vegetables
- 21 **JHA SHA NGAR KYUR (mild)** € 17,50
Zoete en zuur kipfilet met groene pepper en uien
Sweet and sour chicken with green pepper and onion.
- 22 **JHA SHA TSE (medium)** € 17,50
Curry van kipfilet met gemengde gestoomde groente
Boneless chicken curry with mixed steamed vegetables
- 23 **JHA SHA HIMALAYA (spicy)** € 17,50
Gebakken kip fillet met pikante curry saus en groente
Chicken fried with vegetable in spicy curry sauce.
- 24 **LUGSHA PHING SHAMDEH (mild)** € 21,00
Tibetaans lamsvleescurry met transparante noedels en groente
Tibetan curried lamb with transparent noodles and vegetables
- 25 **SHA SHOGOK NGOBA LAM (medium)** € 21,00
Pittige stukje lamsvlees met dungseden aardappelreepjes
Spicy chunks or lamb sauteed with thinly sliced potatoes

BIJGERECHT

SIDE DISHES

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| 26 | YOESHANG BHALE
licht in olie gebakken Tibetaanse brood
<i>Tibetan bread, gently fried in oil</i> | € 5,00 |
| 27 | AMDO BHALE
Brood uit oost Tibet
<i>Bread from eastern Tibet</i> | € 5,00 |
| 28 | DRE NGOI
Gebakken rijst
<i>Fried rice</i> | € 5,50 |
| 29 | THUK NGOI
Gebakken noedels
<i>Fried noodles</i> | € 6,50 |
| 30 | PIKANTE TIBETAANSE SALADE
<i>spicy Tibetan salad</i> | € 5,50 |

TIBETAN DRINKS

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| 31 | BHOEJA.
Tibetaanse zoute boterthee
<i>Tibetan salted buttermilk</i> | € 3,25 |
| 32 | THARA.
Verse yogurt drankje
<i>Fresh yogurt drink</i> | € 3,25 |
| 33 | TIBETAN CHANG.
Traditioneel Tibetaans rijstbier
<i>Homemade rice beer</i> | € 3,75 |

1. Special Menu. € 27,50

Start from Two persons- Price per Person

Appetizers

MOMO. Six steamed dumpling filled with beef and vegetables.

Main Dishes

Lang Sha Tsel Tibetan beef curry with mixed steamed vegetables*

Ngar Kyur Sweet and sour chicken with pepper and onion.*

Tsel Nelzom Mixed vegetables with herbs and bamboo*

Dhalu ma Eggplant baked in a light butter sauce.*

*Shapta** Spicy grilled beef slices with red onion and paprika*

*Jhasha Tsel** chicken curry with mixed steamed vegetables*

*Shogo Khatsa** Spicy potato fingers in garlic sauce*

*Thue Ngopa** Creamy curry dish combining spinach with cheese*

*Sha Khatsa*** Grilled beef slices in a spicy vegetable sauce*

*Jhasha Khatsa*** Chicken fried with vegetable in spicy curry sauce.*

*Tsel Khatsa*** Cauliflower, broccoli, with tofu in a spicy sauce*

*Paksoy*** Specially prepared vegetables with sesame oil*

Including. Tibetan Bread.

Fried Rice

Sweet and Sour Salad.

2. Tibet Menu € 22,50.

Start from Two persons- Price per Person.

*Lang Sha Tsel** *Tibetan beef curry with mixed steamed vegetables*
*Ngar Kyur** *Sweet and sour chicken with pepper and onion.*
*Tsel Nelzom** *Mixed vegetables with herbs and bamboo*
*Dhalu ma** *Eggplant baked in a light butter sauce.*

*Shapta*** *Spicy grilled beef slices with red onion and paprika*
*Jhasha Tsel*** *chicken curry with mixed steamed vegetables*
*Shogo Khatsa*** *Spicy potato fingers in garlic sauce*
*Thue Ngopa*** *Creamy curry dish combining spinach with cheese*

Including- *Fried Noddle*
 White Rice
 Sweet sour Salad

3. Tibet Plate. €19,50

*One Chicken dish, one beef dish, two vegetable dishes with white rice
(choice of mild, medium and Spicy)*

1. Special vegetarian Menu

€ 25,50

Start from Two persons- Price per Person

Appetizers

MOMO *Six steamed dumpling filled with vegetables*

Main Dishes

*TSE NEZOM** *Mixed vegetables with herbs and bamboo.*

*DHALU MA** *Eggplant baked in a light butter sauce.*

*SHOGO KHATSA*** *Spicy potato fingers in garlic sauce.*

*THUE NGOPA*** *Creamy curry dish combining spinach with cheese.*

*TSEL KHATSA**** *Cauliflower, broccoli, with tofu in a spicy sauce.*

*PAKSOY**** *Specially prepared vegetables with sesame oil.*

Including. *Tibetan Bread.*
Fried Rice
Sweet and Sour Salad

2. Tibet Vegetarian Menu

€ 21,50

Start from Two persons- Price per Person

<i>Tsel Nelzom*</i>	<i>Mixed vegetables with herbs and bamboo.</i>
<i>Dhalu Ma*</i>	<i>Eggplant baked in a light butter sauce.</i>
<i>Shogok Khatsa**</i>	<i>Spicy potato fingers in garlic sauce.</i>
<i>Thue Ngopa**</i>	<i>Creamy curry dish combining spinach with cheese.</i>
<i>Tsel Khatsa***</i>	<i>Cauliflower, broccoli, with tofu in a spicy sauce.</i>
<i>Paksoy***</i>	<i>Specially prepared vegetables with sesame oil.</i>

Including. *Fried Noodle.*
White Rice
Sweet and Sour Salad

3. Vegetarian Plate € 19,50

Choice of four different vegetables including White rice and Sweet and sour Salad.

