

## Biryani

- 51. Vegetable Biryani.....\$14.95**  
Mixed veggies and home made cheese cooked in Himalayan spices with basmati rice. Served with raita.
- 52. Chicken Biryani.....\$14.95**  
Premium chicken cooked with basmati rice with mix of special herbs and spices. Served with raita.
- 53. Lamb Biryani.....\$16.95**  
Premium lamb cooked with basmati rice with mix of special herbs and spices. Served with raita.
- 54. Shrimp Biryani.....\$17.95**  
Shrimp cooked with basmati rice with mix of special herb and spices. Served with raita.
- 55. Himalayan Biryani.....\$18.95**  
Vegetables, panner and tandoor baked lamb, chicken, and shrimp cooked with the spices of Himalayan, then mixed with basmati rice and served with raita.

## Momo

- 56. Vegetable Momo (8 pieces).....\$9.95**  
Steamed dumplings filled with minced cabbage, spinach, mushrooms, cashews, nuts, panner, onion, cilantro, green onion and spices. Served with Himalayan sauce
- 57. Chicken Momo (8 pieces).....\$10.95**  
Steamed dumplings filled with minced chicken, onion, cilantro, and spices. Served with Himalayan sauce.
- 58. Lukshyako Momo (8 pieces).....\$12.95**  
Steamed dumplings filled with minced lamb, onion, cilantro, and spices. Served with special Himalayan sauce.

## Side Orders

- 59. Plain Naan.....\$2.45**  
Traditionally baked bread in the tandoor oven.
- 60. Garlic Cilantro Naan.....\$3.95**
- 61. Garlic Herbal Naan.....\$3.95**  
Naan with fenugreek, or oregano and other Himalayan spices
- 62. Roti.....\$3.45**
- 63. Plain Paratha.....\$3.95**
- 64. Aloo Paratha.....\$4.45**
- 65. Basmati rice.....\$1.95**
- 66. Raita.....\$1.95**  
Homemade yogurt with cucumber, carrot, mint and spices.
- 67. Mango Chutney.....\$2.95**
- 68. Mixed Pickle.....\$2.95**
- 69. 911 Sauce (Very spicy Himalayan sauce).....\$2.45**

## Desserts

- 70. Kheer (Rice pudding).....\$3.95**
- 71. Gulab Jamun.....\$3.95**
- 72. Mango Kulfi.....\$3.95**

## Beverages

- 73. Mango Lassi.....\$3.95**
- 74. Plain Lassi.....\$2.95**
- 75. Sparking Water (Mineral Water).....\$2.95**
- 76. Chiya (Nepalese hot tea made w/ milk).....\$2.95**
- 77. Apple Juice .....\$2.95**
- 78. Soft Drinks or Ice Tea.....\$2.95**
- 79. Coffee or Hot Tea.....\$2.95**

### Lunch Specials

*Served Monday through Friday,  
11:00am-3:00pm Only*

Pick any Two, Served with Rice, Lentil Soup, and Naan Bread

**\$7.95**

- 1. Saag Aloo**  
Paste of spinach curry cooked with cubes of potatoes
- 2. Vegetable Coconut Curry**  
All seasonal vegetables cooked with coconut and Himalayan herbs and spices
- 3. Chicken Curry**  
Boneless chicken cooked in onion and tomato gravy
- 4. Chicken Vindaloo**  
Boneless chicken cooked with potatoes with the Himalayan flavor
- 5. Chicken Tikka Masala**  
Marinated boneless chicken pieces cooked in tandoor oven and then simmered in a thick curry sauce with ginger, garlic, tomatoes, yogurt, and onion
- 6. Chicken Chilly**  
Boneless chicken sautéed with onion, tomato, bell pepper, garlic, ginger, chef style
- 7. Bhera ko Tarkari - \$9.95**  
Boneless lamb pieces cooked in Himalayan special sauce with different herbs and spices
- 8. Salmon Tikka Masala - \$9.95**  
Fillet salmon cooked with the gravy of tikka masala
- 9. Goat Curry - \$9.95**  
Bone-in meat cooked with herbs and spices in authentic Nepalese style

18% gratuity for party of 6 or more.  
Price subject to change without notice.



## Taste of the Himalayas

Nepali • Indian • Tibetan & More

### El Cajon

**1784 East Main Street  
El Cajon, CA 92021  
619.401.9100**

[www.tasteofthehimalayassandiego.com](http://www.tasteofthehimalayassandiego.com)

Please call in advance for your party, meeting or any other occasion order.

We honor



### Business Hours:

Lunch 11:00am - 3:00pm  
Dinner (Sun-Thur) 3:00pm - 9:00pm  
Dinner (Fri & Sat) 3:00pm - 10:00pm

We also serve vegan entrees.

## Appetizers

- 1. Vegetable Pakora.....\$4.95**  
Onion, spinach, cabbage, cooked with Himalayan spices and herbs. Served with mint chutney.
- 2. Vegetable Samosa.....\$4.95**  
Deep fried patties stuffed iwth spices, potatoes and peas. Served with tamarind sauce.
- 3. Papad.....\$2.95**  
Baked crispy thin lentil wafers. Served with mint chutney
- 4. Chicken Choila.....\$8.95**  
Chicken breast marinated with Himalayan sauce, bell pepper, onion, green onion, cooked in clay oven with Himalayan spices.
- 5. Lamb Choila.....\$10.95**  
Lamb marinated with Himalayan sauce, bell pepper, onion, green onion, cooked in clay oven with Himalayan spices.

## Soup and Salad

- 6. Himalayan Salad.....\$5.95**  
Organic mixed greens, cucumber, tomatoes, carrots, with Himalayan dressing.
- 7. Chicken Tikka Salad.....\$7.95**  
Organic mixed greens, cucumber, tomatoes, carrots, with grilled chicken breast strips served with Himalayan dressing.
- 8. Sadae ko Aloo ra Kakara.....\$5.95**  
Cucumber, potatoes, green peas, marinated Himalayan style.
- 9. Daal Soup.....\$3.95**  
Mixed lentil cooked with Himalayan spices and herbs.
- 10. Himalayan Vegetable Soup.....\$4.95**  
Cauliflower, zucchini, onion cooked with Himalayan spices and herbs.
- 11. Taste of the Himalayas Chicken Soup.....\$5.95**  
Boneless chicken cooked with Himalayan spices and herbs.

## Vegetarian Tarkari

(All Entrees served with Basmati rice)

- 12. Aloo Cauli ko tarkari.....\$11.95**  
Potatoes and cauliflower with onion and tomato sauce with Himalayan spices.
- 13. Aloo Bhanta.....\$11.95**  
Eggplant and potatoes cooked in Himalayan style curry sauce
- 14. Mismas Tarkari.....\$11.95**  
Seasonal mixed vegetables cooked in onion and tomato sauce with Himalayan sauce.
- 15. Tofu Saag.....\$12.95**  
Fresh spinach, stir fry with tofu cubes and assorted spices from the Himalayas.
- 16. Ram Torya (Bhindi Tarkari).....\$12.95**  
Fresh okra and strips of onion sauteed with special herbs and spices.

- 17. Aloo Matar.....\$10.95**  
Green snow peas and potato cooked with onion and tomato-base sauce.
- 18. Saag Aloo.....\$12.95**  
Potato and paste spinach cooked with onion, tomato and Himalayan sauce.
- 19. Nawaratan Korma (Veg. Coconut Curry)..\$13.95**  
Mixed vegetables cooked with coconut and Himalayan sauce and spices.
- 20. Kerau Paneer.....\$13.95**  
Green peas are cooked in gravy of onion and tomatoes along with herbs and spices with homemade cheese cubes.
- 21. Palak Paneer.....\$13.95**  
Minced spinach with homemade cheese cubes in a light creamy sauce.
- 22. Paneer tikka Masala.....\$13.95**  
Homemade cheese cooked with special tikka masala.
- 23. Malai Kofta.....\$13.95**  
Mashed homemade cheese potatoes, nuts and spices combined together to make balls made of kofta and then cooked with specially prepared sauce of nuts, cream, tomato and onion with herbs and spices.
- 24. Daal Tadka.....\$10.95**

## Chicken Dishes

- 25. Chicken Korma.....\$13.95**  
Boneless chicken cooked with coconut milk, coconut hage, with a creamy sauce and Himalayan herbs and spices.
- 26. Kukhara ko Masu (Chicken Curry).....\$13.95**  
Boneless chicken cooked in onion and tomato gravy with Himalayan spices.
- 27. Chicken Vindaloo.....\$13.95**  
Premium chicken breast cubes cooked in special sauce with herbs and spices.
- 28. Chicken Tikka Masala.....\$14.95**  
Boneless chicken breast cubes cooked in special sauce with herb and spices.
- 29. Chicken Makhani.....\$14.95**  
Premium chicken cooked in the tandoor and then baked in a butter sauce.
- 30. Chicken Saag.....\$14.95**  
Chicken cooked with fresh spinach or paste spinach along with different herbs and spices.
- 31. Chicken Chilly.....\$14.95**  
Boneless chicken sautéed with onion, tomato, bell pepper, garlic, ginger, chef style

## Lamb Dishes

- 32. Lamb Vindaloo.....\$16.95**  
Premium lamb cooked in gravy or tomatoes and onions vinegar and chili.
- 33. Lamb Tarkari (Lamb Curry).....\$14.95**  
Boneless lamb pieces are cooked in Himalayan special sauce with different herbs and spices.
- 34. Bhera ko saag.....\$16.95**  
Boneless lamb pieces cooked with fresh spinach or paste spinach along with different herbs and spices.

- 35. Lukshya Ko Masu.....\$16.95**  
Boneless lamb cooked in clay oven prepared with special Himalayan sauce and spices.
- 36. Himalayan Balti.....\$17.95**  
Assorted pieces of tandoor baked chicken breast, lamb, shrimp, mixed vegetables cooked with specially prepared sauce made of different Himalayan herb and spices.
- 37. Lamb Tikka Masala.....\$16.95**  
Boneless lamb cubes cooked in a creamy sauce with Himalayan herbs and spices
- 38. Lamb Korma.....\$16.95**  
Boneless premium lamb cooked with coconut milk, creamy sauce and Himalayan herbs and spices.
- 39. Goat Curry.....\$14.95**  
Bone-in meat cooked with herbs and spices in authentic Nepalese style

## Seafood

- 40. Macha Ko Tarkari.....\$16.95**  
Salmon fish fillet are cooked in Himalayan special sauce with different herbs and spices. Cooked in garlic, ginger and onion
- 41. Fish Tikka Masala.....\$16.95**  
Fillet salmon cooked with the gravy of tikka masala.
- 42. Ghinge Machha.....\$16.95**  
Shrimp are cooked in onion and tomato gravy with Himalayan sauce and herbs.
- 43. Ghinge Machha Ra Saag.....\$16.95**  
Shrimp are cooked in tomatoes and onion gravy with your choice of spinach paste or fresh spinach
- 44. Shrimp Tikka Masala.....\$16.95**  
Shrimp cooked with the specialty prepared sauce of tikka.

## Tandoor Dishes

- 45. Chicken Tandoori.....\$18.95**  
Chicken marinated in yogurt and spices, broiled in the tandoor oven and served sizzling with sauteed onions, bell peppers, cabbage and carrot.
- 46. Chicken Tikka.....\$17.95**  
Boneless chicken breast first marinated with special herbs, spices along with yogurt, then baked to perfection in the tandoor oven and served sizzling with onion, bell pepper, cabbage and carrot.
- 47. Lamb Boti Kabab.....\$19.95**  
Lamb cubes marinated in yogurt and spices, broiled with Himalayan spices served sizzling with carrot, cabbage and onion.
- 48. Salmon Tandoori.....\$19.95**  
Salmon marinated in yogurt and spices, broiled with Himalayan spices served sizzling with carrot, cabbage and onion.
- 49. Shrimp Tandoori.....\$19.95**  
Jumbo shrimp marinated in yogurt and spices, broiled in the tandoor oven and served sizzling with sauteed onion, cabbage, carrot and bell pepper.
- 50. Mixed Tandoori.....\$20.95**  
This dish is the combination of marinated chicken, lamb, shrimp, and salmon served on a sizzling platter with onions, carrots, and cabbage.