

Every meal prepared with your choice of **Mild Medium or Spicy**

## Sherpa and Tibetan Entrees

## शेर्पा तथा तिब्बतका खानहरु

### Sherpa Stew (Shyakpa, Dairy Free)

A large bowl of delicious stew. A mixture of vegetables, dumplings, spices and vegetable broth with a choice of **vegetables, beef, lamb, yak meat or combination**. Served with a naan bread.

Vegetable Stew.....\$11.75

Chicken Stew.....\$12.95

Lamb Stew .....\$14.95

Beef Stew.....\$12.95

Yak Stew.....\$15.95

Combination Stew.....\$15.95

### Sherpa Thukpa (Noodle Soup, Dairy Free)

### थुकपाहरु

Deliciously prepared large bowl of Sherpa style noodle soup. Served with choice of **vegetables, Chicken, beef, lamb or yak meat**. Served with naan bread.

Add an Egg.....\$1.50

Vegetable Thukpa.....\$11.95

Chicken Thukpa.....\$13.95

Lamb Thukpa.....\$14.95

Beef Thukpa.....\$13.95

Yak Thukpa.....\$14.95

Combination Thukpa.....\$14.95

### Sherpa Chowmein (Fried Noodle, Dairy Free)

### चाउमिनहरु

Sherpa style stir-fried noodle with choice of **vegetables or meat**.

Vegetable Chowmein.....\$10.95

Chicken Chowmein.....\$11.95

Combination Chowmein.....\$13.95

Yak Chowmen.....\$13.95

### Momo (Dumplings, Dairy Free)

### ममहरु

Twelve pieces of mouth watering steamed dumplings served in fresh tomato sauce, a favorite in Tibet, Nepal and Darjeeling.

Vegetable Momo.....\$12.95

Chicken Momo.....\$12.95

Pork Momo.....\$12.95

Combination Momo .....\$13.95

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## Nepalese and Indian Entrees

## नेपाली तथा इण्डियन खानहरू

### Daal Bhat

Traditional Nepali platter of rice and lentil soup served with a vegetable side dish and naan bread.

Vegetables Daal Bhat.....\$11.95

Chicken Daal Bhat.....\$13.95

Yak Daal Bhat .....\$14.50

Lamb Daal Bhat .....\$14.95

### Chili (Nepali Favorite, Dairy Free)

### चिलिहरू

Stir fried with green peppers, onions, chili and tomatoes. Served with rice, lentil soup

Chicken Chili.....\$14.50

Yak Chili.....\$15.50

Aalu Chili (potato).....\$11.95

### Fried Rice (Mixed with vegetables and an egg) भुटेको भातहरू

Vegetable Fried Rice.....\$11.25

Chicken Fried Rice.....\$12.50

Salmon Fried Rice.....\$14.50

### Traditional Curries (Gluten and Dairy Free)

### तरकारीहरू

Curries are a traditional style of sauce, delicately spiced with roasted garlic, onions, ginger and cumin. Served with rice.

Chicken Curry.....\$12.50

Lamb curry.....\$14.75

Yak Curry.....\$14.75

Chicken Vindaloo .....\$12.50

Boneless chicken and potatoes cooked in a thick, spicy curry sauce.

Lamb Vindaloo .....\$14.50

Lamb and potatoes cooked in sharply spiced onions, and thick hot curry tomato gravy.

Yak Vindaloo .....\$13.95

Pieces of Yak and potatoes cooked in sharply spiced onions, and thick hot curry tomato gravy.

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**Tikka Masala (Gluten Free)**

Pieces of marinated meat baked over the tandoor oven and cooked in masala sauce with cream and tomato sauce.

**Chicken Tikka Masala.....\$13.25**

**Lamb Masala.....\$15.95**

**Salmon Masala.....\$15.95**

**Shrimp Masala .....\$15.95**

**Paneer Masala.....\$14.95**

**Makhani (Gluten Free)**

Traditional Indian Dish where pre seasoned meat or vegetables are cooked in a ghee, cream and tomato sauce.

**Chicken Makhani.....\$13.75**

**Lamb Makhani.....\$15.95**

**Salmon Makhani.....\$15.95**

**Shrimp Makhani.....\$15.95**

**Paneer Makhani.....\$14.95**

**Sizzlers (Gluten Free)**

**सिजलर्स हरु**

Marinated meat in yogurt with herbs and spices, and roasted in a traditional clay oven. Served with a bowl of Rice and bowl of Lentil soup

**Chicken Tandoori Sizzler( With Bone)\$14.95**

**Tikka Sizzler (Boneless).....\$14.75**

**Lamb Sizzler.....\$16.50**

**Yak Sizzler.....\$16.50**

**Combination Sizzlers .....\$16.50 ( Chicken, Yak and Lamb)**

**Saag Entrees (Spinach, Gluten Free)**

**सागको परिकरहरु**

Delicate spinach with boneless meat and fresh spices, garlic, ginger onions, tomato and a touch of a cream.

**Saag Chicken.....\$12.50**

**Saag Lamb.....\$14.95**

**Saag Yak.....\$13.95**

**Saag Shrimp.....\$15.95**

**Saag Salmon .....\$15.95**

## Sea Food Entrees

## समुद्रको खानाहरु

**Grilled Eel.....\$15.95**  
Grilled eel with Sherpa House special sauce served with rice, a bowl of lentil soup and vegetable side dishes

**Grilled Salmon.....\$15.95**  
Grilled Salmon with Sherpa House special sauce served with rice, a bowl of lentil soup and vegetable side dishes

**Salmon Curry.....\$15.95**  
Salmon cooked in a special curry.

**Shrimp Curry.....\$15.95**  
Shrimp cooked in Chef's special curry.

## Vegetarian Entrees (Served with Rice)

## सब्जिको परिकरहरु

**Saag (Spinich).....\$10.95**  
Delicately spiced spinach with a touch of cream.

**Chana Masala.....\$10.95**  
Chick peas with fresh ginger in a specially spiced sauce.

**Aalu Gobi.....\$10.95**  
Cauliflower and potato deliciously cooked with spices.

**Vegetable Curry.....\$10.95**  
Mixed vegetables with traditional curry sauce.

**Saag Paneer.....\$12.95**  
Delicately spiced spinach with home made cheese and a touch of cream.

## Sherpa House Sampler (Vegetarian and non vegetarian)

**Sherpa Sampler (Vegetarian) .....\$17.75**  
Combination of Saag Paneer, Aalu Gobi, Chana Masala, Rice, Daal, a Naan and a Gulaab Jamun

**House Sampler (Non Vegetarian).....\$18.75**  
Combination of Tandoori Chicken, Chicken Tikka Masala, Lamb Curry, Chana Masala, Daal Soup, Naan, rice and a Gulab Jamun

**Sherpa House Sampler (Dinner for Two).....\$36.75**  
Combination of Chicken Tikka Masala, Saag Paneer, Chana Masala, Aalu Gobi, Gulab Janum, Raita, Daal, Rice and your choice of garlic, Onion or cheese naan .



### About Sherpa House

Exterior painting of the Sherpa House is a resemble of a Traditional Buddhist monastery in Nepal and Tibet. White dots under the roof is a symbol of Moon and the black stripe underneath is the protection form bad weather, thunderstorm and lightning . The significance of the black frame around the doors and windows is to protect from outside evil or bad spirit entering in the house or monastery. Inside the Sherpa House, artifacts have been placed in traditional locations in the household, consisting of a family living room with kitchen, a shrine room and a gallery room. Sherpas in the Himalaya have been living in these types of households for centuries. If you have any questions or need a cultural tour, please feel free to ask one of our staff.

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



### Hike For Help Volunteer Vacation Trip to Nepal.

Join our Hike For Help volunteer vacation trip to Nepal. Our objective is to foster a comprehensive strategy of small, focused projects with high impact, implemented by the local Sherpa community. For more information, please ask one of our staff or check out the following web site.

[www.HikeForHelp.org](http://www.HikeForHelp.org)



Sherpa Landscaping Specializes in Flagstone patios, Retaining Walls, Water Features, Irrigations, Xeriscaping, Hardscaping and Landscaping

[www.Sherpa-Landscape.com](http://www.Sherpa-Landscape.com)