

Appetizers

Vegetable Samosa DF

Two deep fried pastries stuffed with mildly spiced potato, spinach, and green peas. 6.00

Vegetable Momo DF

Six steamed mixed vegetable dumplings served with a fresh tomato sauce. 7.00

Six steamed mixed vegetable dumplings served

Chicken Momo DF

Six steamed chicken dumplings served with a fresh tomato sauce. 7.00

Combo Momo DF 7.00

3 steamed mixed vegetable/3 Chicken dumplings served with a fresh tomato sauce. 7.00

Fried Chicken Momo DF

Six fried chicken dumplings served with a fresh tomato sauce. 7.50

Onion Baazi DF GF

Thinly sliced onions lightly deep fried chickpea

Appetizer Platter

Vegetable Samosa, Paneer Pakora, Salmon Pakora, plain naan and 2 chicken momo 15.00

Pakora (Fried in spiced chickpea batter) GF DF

 Vegetable 5.50

Paneer 7.00

Chicken 6.00

 Shrimp 7.00

Cauliflower 5.50

Salmon 7.00

Salads & Soup

(Dressing: Balsamic, Ranch, Blue Cheese)

Mixed Green Salad 5.00

Chicken Soup 4.50 GF/DF

Daal Soup (Lentil Soup) GF/DF

Small 4.50 Large 6.50

Naan Naan Size 12" x 8" Breads baked in Nepali Clay Oven

 Plain Naan Soft white bread 3.50

 Garlic Naan A delicious white bread sprinkled with fresh garlic and spices 4.25

Onion Naan Bread stuffed and sautéed onions and herbs 4.25

Paneer Naan Freshly baked naan bread stuffed with home made cheese (Paneer) 5.00

Cherry Naan Cherry flavored bread 4.50

 Cheese Naan Freshly baked naan stuffed with cheese 5.00

Aalu Parata DF Freshly baked whole-wheat bread stuffed with spiced potatoes 4.00

Keema Naan Bread filled with ground chicken, green peas, and spices 3.75

Roti DF Round-shaped whole wheat bread 3.00

Meals are prepared with choice of Mild, Medium or Spicy

Traditional Tibetan Taste DF

Sherpa Stew (Shyakpa)

A large bowl of delicious stew. A mixture of vegetables, pinto beans, spices and vegetable broth with a choice of **vegetables, chicken, lamb, yak meat or combination**. Served with a naan bread. Stew is a popular dish for Sherpas of Khumbu Valley. For the high altitude and cold winter, Sherpa stew is one of the best considered dishes.

 **Yak Stew** 16.95

Vegetable Stew 12.75

Lamb Stew 15.95

Chicken Stew 13.95

Combination Stew 16.95

Sherpa Thukpa (Noodle Soup) DF

Deliciously prepared large bowl of Sherpa style noodle soup. Popular in Tibet as well as Nepal and India which have large populations of Tibetans. Served with choice of **vegetables, Chicken, lamb or yak meat**. Served with naan bread.

 **Yak Thukpa** 15.95

Vegetable Thukpa
14.95

Chicken Thukpa 14.95

Combination Thukpa
Yak, Lamb, Chick 15.95

Add an Egg 1.75

Sherpa Chowmein (Fried Noodles) DF

Sherpa style stir-fried noodle with choice of vegetables or meat. Tibetans who settled in Nepal brought chowmein with them. It is a popular fast food in Nepal. The Newari people of the Kathmandu Valley use water buffalo meat and chicken in their cuisine, and chowmein in Sherpa village is often cooked with onion, vegetables and yak

 **Chicken Chowmein** 13.95

 **Yak Chowmein** 14.95

 **Vegetable Chowmein** 12.95

 **Combination Chowmein** 15.95

 **Lamb Chowmein** 16.00

More and More Momo (Dumplings) DF

Twelve pieces of mouth watering steamed dumplings served in fresh tomato sauce, a favorite in Tibet, Nepal, and Darjeeling. The origin and etymology of momo in Nepal is uncertain. Since this dish was initially popular among the Newar community of the Kathmandu valley, one prevalent belief is that traveling Newar merchants brought the recipe and the name momo from Lhasa, Tibet where they were a traditional delicacy for centuries.

Vegetable Momo 13.95  **Chicken Momo** 13.95  **Combination Momo** 13.95

Meals are prepared with choice of Mild, Medium or Spicy

Nepalese & Indian Entrées

Daal Bhat Power 24 Hour

Traditional Nepali platter of rice and lentil soup served with a vegetable side dish, home made vegetable pickle and naan bread. Daal Bhat is a most common and classic Nepali recipe. It is the staple daily diet of the majority of the population. In Nepal, it is common to hear Daal Bhat Power, Twenty Four Hour - Served with White or Brown Rice.

 **Vegetable Daal Bhat** 13.95
 **Chicken Daal Bhat** 14.95

 **Lamb Daal Bhat** 15.95
 **Yak Daal Bhat** 15.50

Chili (Nepali Favorite) GF DF

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

Chicken Chili 15.50

Aalu (potato) 14.95

 **Yak Chili** 16.50

Carefully Crafted Curries GF/DF

Curry is a dish whose origins are in South and Southeast Asian Cuisines. The common feature is the incorporation of complex combinations of spices or herbs, usually including fresh or dried hot chillies. Some limit the use of the term curry to dishes prepared in a sauce, but curries may be "wet" or "dry". A curry dish may be spiced with leaves from the curry tree. In original traditional cuisines, the precise selection of spices for each dish is a matter of national or regional cultural tradition, religious practice, and, to some extent, family preference. Such dishes are called by specific names that refer to their ingredients, spicing, and cooking methods. Traditionally, spices are used both whole and ground; cooked or raw; and they may be added at different times during the cooking process to produce different results. Curry powder, a commercially prepared mixture of spices, is largely a Western notion, dating to the 18th century. Such mixtures are commonly thought to have first been prepared by Indian merchants for sale to members of the British Colonial government and army returning to Britain. Dishes called "curry" may contain meat, poultry, fish, or shellfish, either alone or in combination with vegetables. Many are instead entirely vegetarian, especially among those who hold ethical or religious proscriptions against eating meat or seafood. Wet curries contain significant amounts of sauce or gravy based on yoghurt, coconut milk, legume purée (dal), or stock. Dry curries are cooked with very little liquid which is allowed to evaporate, leaving the other ingredients coated with the spice mixture. The main spices found in most South Asian curry powders are turmeric, coriander and cumin; a wide range of additional spices may be included depending on the geographic region and the foods being included (white/red meat, fish, lentils, rice and vegetables).

 **Chicken Curry** 13.50

Chicken Vindaloo - Boneless chicken and potatoes cooked in a thick spicy curry sauce
13.50

 **Yak Vindaloo**

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

 **Lamb Curry** 15.75

Yak Curry 15.75

Lamb Vindaloo Lamb and potatoes cooked in sharply spiced onions, and thick hot curry tomato gravy 15.50

DF=Dairy Free, GF=Gluten Free Popular Items

Meals are prepared with choice of Mild, Medium or Spicy

Nepalese & Indian Entrées

Saag Entrées - (Spinach) GF Served w/White or Brown Rice

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

 Saag Chicken 13.50

 Saag Shrimp 16.95

Saag Lamb 15.95

Saag Yak 14.95

 Saag Salmon 16.95

Tikka Masala GF served w/White or Brown Rice

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

Salmon Masala 16.95

 Chicken Tikka Masala 14.25

 Shrimp Masala 16.95

Paneer Masala 15.95

 Lamb Masala 16.95

Makhani GF served w/White or Brown Rice

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

Salmon Makhani 16.95

 Chicken Makhani 14.75

 Shrimp Makhani 16.95

Paneer Makhani 15.95

 Lamb Makhani 16.95

Sizzlers GF

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) 15.95

Combination sizzler (Chicken and lamb)

Tikka Sizzler 15.75

^^ (Boneless Chicken)

Lamb sizzler 18.50

Meals are prepared with choice of Mild, Medium or Spicy

Seafood Entrées

Grilled Eel

With Sherpa House special sauce served with rice, a bowl of lentil soup and vegetable side dishes. 16.95



Salmon Curry

Cooked in a special curry. 16,95

Grilled Salmon

With Sherpa House special sauce served with rice, a bowl of lentil soup and vegetable side dishes. 16.95



Shrimp Curry

Cooked in Chef's special curry. 16.95

Vegetarian Entrées (served with rice)

Saag (Spinach)

Delicately spiced spinach with a touch of cream 11.95

Aalu Gobi

Cauliflower and potato deliciously cooked with spices. 11.95

Saag Paneer



Delicately spiced spinach with homemade cheese and a touch of cream. 13.95

Chana Masala GF/DF

Chick peas with fresh ginger in a specially spiced sauce. 11.95



Vegetable Curry GF/DF

Mixed vegetables with traditional curry sauce. 11.95

Saag Chana

Delicately spiced spinach and chick peas with a touch of cream. 13.95

Sherpa House Sampler



Sherpa Sampler (Vegetarian)

Combination of Saag Paneer, Aalu Gobi, Chana Masala, choice of brown or white rice, Daal, a Naan and Kheer 18.75



House Sampler (Non Vegetarian)

Combination of Tandoori Chicken, Lamb Curry, Chicken Tikka Masala, Chana Masala, Daal, a Naan, choice of brown or white rice and Kheer. 19.75



Sherpa House Sampler (Dinner for Two)

Combination of Lamb Curry, Chicken Tikka Masala, Saag Paneer, Chana Masala, Aalu Gobi, Kheer, Raita, Daal, white or brown rice, and your choice of garlic, onion or cheese naan. 37.75

Desserts



Kheer

Nepali rice pudding topped with fruit
4.50

Gulab Jamun 4.00

Ambrosia

Mixed fruits in homemade yogurt. 4.50

Mango Kulfi (Frozen Mango Ice cream)

Beverages



Chai: Our authentic Chai is a delicious Nepali tea made with spiced and milk 3.00

Mango Lassi: A refreshing drink made from our homemade yogurt 4.00

Sweet Lassi: A refreshing drink made out of yogurt, milk, rose water and sugar 3.50

Coffee: Freshly ground and brewed coffee 2.50

Juices: Mango, Cranberry, Orange and Apple 3

Fountain Drinks: Pepsi, Diet Pepsi, Sierra Mist, Lemonade, Iced Tea, Dr. Pepper, Sobe Water 2.50

Children's Menu

Chowmein

Vegetable, Chicken 7.00

Chicken Tikka Masala 7.00

Macaroni and Cheese 5.50

Momo Six pieces of Vegetable or Chicken 7.00

French Fries 3

Chicken Daal Bhat 8.50

About Sherpa House

Exterior decore 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. <http://Sherpa.House>

Sherpa House and the Hike For Help.

Join Sherpa House's Hike For Help volunteer programs to Nepal. HFH is 501 c 3 non profit charitable organization. HFH partners with communities in Nepal to execute focused, high impact project that create sustainable paths for people to achieve their goals. We build Schools, Clinics, Trails and Public Restrooms in Nepal for the struggling communities. You can find more details and pictures on our website at www.HikeForHelp.org

At Sherpa Brewery, it is our mission to introduce high quality craft beer to Nepal. Our beer is brewed by Sherpas with the highest quality ingredients, under stringent process control and no pasteurization- for an unparalleled taste experience. A taste experience to match the scenic beauty and majesty of the high peaks of the Himalaya- home of the Sherpas.



<http://Sherpa.Beer>



Sherpa Landscaping Specializes in full service Landscaping projects. Our specialties are Flagstone patios, Retaining Walls, Water Features, Plantings Trees and Shrubs, Irrigations, Xeriscaping and Hardscaping <http://>