



# MENU

## **Curry in a hurry**

Served with fragrant rice, special dal, salad and fresh chutney or raita

Seasonal fresh vegetable wok-fried curry with our own curry spice blend (vegan) T/A 6.5

Eat in 7.5

Chicken and vegetable wok-fried curry with our own curry spice blend T/A 7.5

Eat in 8.5

## **Step 1. Create your perfect Phat Yak lunch in a wrap or baguette - simply Choose a main filling from our 6 speciality choices:**

### **Crispy Nepalese vegetable fritters**

(Pakora) Vegan

- |              |  |                     |
|--------------|--|---------------------|
| 1. Chickpea  | Finely sliced mixed vegetables in our house special chickpea batter with a sprinkling of ajwan seeds | T/A 5<br>Eat In 5.5 |
| 2. Buckwheat | Sweet red onions, red peppers and fresh coriander in Himalayan buckwheat and cumin seed batter       | T/A 5<br>Eat In 5.5 |
| 3. Special   | Daily special changes according to what's good at the market   | T/A 5<br>Eat In 5.5 |

### **Marinated Nepalese Kebabs**

(Shekuwa)

- |            |   |                     |
|------------|---|---------------------|
| 4. Chicken | Tender griddled chicken marinated in ginger, garlic, lemon, yoghurt and a hint of our special chicken spice | T/A 6<br>Eat In 6.5 |
| 5. Pork    | Juicy griddled belly pork in our aromatic pork spice rub ( <b>gluten</b> )                                  | T/A 6<br>Eat In 6.5 |
| 6. Lamb    | Succulent griddled lean lamb marinated in our mild Lamb spice blend, ginger and garlic ( <b>gluten</b> )    | T/A 7<br>Eat In 7.5 |

## **Step 2. Now select**

Wholemeal wrap or freshly baked sour dough baguette (**gluten**) (Vegan)

All our wraps and baguettes come with bean and cumin pate, seasonal leaves, pickled slaw (**mustard**), spiced rice, tomato and cucumber (vegan)

## **Step 3. Choose your flavour combo**

**Kathmandu** - smoked pepper & cashew dip with pickled cucumber (vegan)

**Pokhara** - smoked pepper & cashew dip with garlic chilli confit (Vegan)

**Armala** - Phat Yaks hot sauce and Raita

Or build your own from:

**Smoked pepper and cashew dip**, Creamy cashews with smoked peppers and a hint of smokey mild paprika (**nuts**) (Vegan).

**Garlic chilli confit**, Garlic, red chilli with a little lemon slow cooked in oil until sweetly caramelised and creamy (Vegan)

**Pickled cucumber**, Slices of cucumber freshly pickled in our blend of dill, mustard and chilli (**mustard**) (Vegan)

**Phat Yaks hot sauce**, Hot, fiery red chillies and citrusy hot Himalayan timur (Vegan)

**Raita**, Fresh mint and live yoghurt (**dairy**)

## **And finally.....finish with a sauce**

Savoury tomato and coriander Freshly ground traditional savoury raw tomato sauce with fresh coriander and chilli (Vegan)

Sweet tomato and ginger Homemade sweet tomato, ginger sauce with secret spices (Vegan)

## Salads

A combination of mixed seasonal leaves, fresh tomato and cucumber with Pickled slaw - white cabbage and carrot pickled with spices (**mustard**) and lemon (Vegan) Daily special are made fresh so please see our deli counter for today's selection

Side	plus 1 daily salad	T/A 3.5 Eat in 4
Main	Plus a selection of all our daily salads	T/A 5.5 Eat in 6
Additions	Make your salad extra special by adding a side portion of pakora or shekuwa	T/A 2.5 Eat in 2.5

## Snacks

Pakora cone	Crispy vegetable fritters (Pakora) your choice of 1 or a mix of all 3  Chickpea - finely sliced mixed vegetables in our house special chickpea batter with a sprinkling of ajwan seeds (Vegan)  Buckwheat - sweet red onions, red peppers and fresh coriander in Himalayan buckwheat and cumin seed batter (Vegan)  see our board for the special of the day (Vegan) served with either tomato and coriander or tomato and ginger sauce	T/A 3.5 Eat in 4
Dips n' chips	Crudit� vegetables, poppadum chips served with our popular dips smoked pepper and cashew( <b>nuts</b> ), bean pat� and chilli timur dip( <b>dairy</b> )	T/A 4 Eat in 4.5

## Drinks for soy or almond milk add .4

 Coffee	 Tea	 Specials
Cappuccino 2.7	Breakfast 1.8	Chai 3
Latt� 2.7	Earl Grey 2	Mocha 3
Flat White 2.7	Green 2	Hot Chocolate 3
Espresso 1.8	Mint 2	Mountain coffee 3
Americano 2.2	Berry 2	Hot lemon & ginger 2.9

## Lassi

Iced yogurt milkshake for Vegan lassi add .5			
Plain sweetened	3.5	Vanilla	3.7
Honey	3.7	Strawberry	3.7
Mango	3.7	Masala	3.7
Banana	3.7		

## Please place your order at the main counter

**For allergens see bold type. We use allergens in our kitchen so if in any doubt please ask**

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