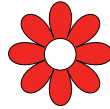
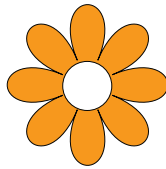




Namaste Café

Dinner

The quality of our ingredients and the freshness of the food we serve is important to us. In preparing our dishes, we use local, natural or organic products as far as possible. We would like to thank our partners Kadejan Inc, Eichten Hidden Acres, New Zealand Lamb Co-op, Frontier Co-op & Hastings Co-op Creamery for support in reaching our goal.



V = Vegan
 CV = Can be prepared Vegan
 *** = hot & spicy
 GF = Gluten Free
 CG = Can be Gluten Free

Appetizers

Fried Fish

Pieces of tilapia fillet dipped in lime juice and salt, lightly pan-fried and sprinkled with paprika and fresh scallions. \$9
A simple flavorful dish we have created for you using sushi-grade tilapia.

Fiery Shrimp***

Shrimp marinated overnight in coconut milk with garlic, lime zest and green chillies, sauteed with the marinade and a dash of black pepper (GF). \$9
Our take on the popular Goan peri peri.

Mamacha

6 pieces of delicious dumplings filled with ground lamb, bison, chicken or tofu mixed with onions, garlic, ginger, tomatoes and a delicate blend of spices. Lamb or Bison \$8. Chicken or Tofu \$7 (V)
Mamacha, Mama, Momo-call them what you like-you cannot escape these steaming delights on the streets of Kathmandu.

Paapri Chaat

House-made crunchy flour chips topped with boiled chick peas, spiced potatoes, yogurt, mustard seeds, tamarind chutney, mint chutney, coconut chutney, chopped onions, tomatoes, cilantro and chaat masala. \$8 (CV)
An explosion of multiple textures, tastes and flavors enjoyed by millions of South Asians everyday.

Chana Chatpat

A spicy, crunchy mixture of garbanzo beans, boiled potatoes, rice crispies and roasted peanuts with tomatoes, onions, scallions, cilantro, and lime juice (CG). \$6 (V)
Hearty, nutritious and flavorful, the origin of this salad hails from many such mixtures made by road-side vendors of South Asia.

Spicy Fried Potatoes***

Potatoes fried in turmeric oil and spiced with cumin, paprika, cayenne, ginger and garlic (GF). \$6 (V)
An irresistible Nepali favorite.

Golgappa

Crisp house-made flour puffs filled with spiced potatoes and a delicious blend of a thin sauce made with water, tamarind, cumin, rock salt, mint, cilantro, cayenne and chat masala. \$7(V)
Open your mouth wide and pop in a single golgappa at a time, treating your taste buds to a multitude of textures and flavors that transport you to the streets of Delhi, Mumbai, Kathmandu or any other South Asian city. Also known as pani puri, puchka and many other loving names.

Chili Namaste ***

Pieces of tender pan-fried chicken or fresh tofu sauteed with green peppers, hot chillies, onions, tomatoes and our own ginger-soy sauce blend. Chicken or Tofu (V) \$9
Chili Chicken and its variations are one of the most popular indo-Chinese dishes enjoyed across South-Asia.

Indian Style Fish Cakes

A tasty mixture of fish, potatoes, ginger, green chillies and cilantro lightly coated in bread crumbs, pan fried and served with tangy tamarind and refreshing mint chutney. \$8
Popular along the western coast, a delicious example of the confluence of different cuisines in India.

Soups & Salads

Fried Dal

Thick and savory soup of fried lentils with onions and tomatoes (GF). \$6 (CV)

Paneer Salad with Bell Pepper and Tomatoes

A thick soup of mixed lentils fried with onions, tomatoes and spices (GF). \$6 (CV)

Crunchy Cabbage Salad with Roasted Peanuts

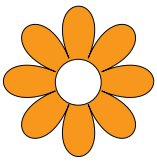
A crunchy salad of shredded cabbage, red onions, carrots, green pepper, cucumber and cilantro topped with pieces of roasted peanuts and mildly dressed in a special house-made citrus dressing (CG). \$7 (V) add Shrimp \$3

Mixed Green Salad with Mangoes

Mixed greens with sliced mangoes and house-made ginger orange dressing (CG). \$9 (V)



Please tell your server the spice level you desire for your order.
 Most dishes can be prepared hot, medium or mild.



Curry (Tofu/Meat/Fish/Seafood)

Creamy Masala Curry

Fish, chicken or tofu cooked in a rich curry prepared with yogurt, cream, onions, tomatoes, ginger, garlic and fresh cilantro. (CG)
Tofu \$12.50 Chicken \$13.50 Fish \$14.50

Similar to the rich curries of northern-India, this curry uses yogurt and cream.

Namaste Special Curry

A smooth and flavorful curry prepared with onions, tomatoes, paprika and scallions (CG).

Tofu \$12.50 (V) Chicken \$13.50 Fish \$14.50 Lamb \$15.50

Our own specialty, this curry combines a variety of spices and ingredients typical to Nepalese cooking.

Coconut Curry with Shrimp

A rich curry of coconut milk, shrimp, tomatoes, ginger, tamarind and coriander with green peas (GF). \$15.50

Inspired by the tangy coconut curries of South India, Sri Lanka and other parts of the Indian subcontinent lying close to the ocean.

Almond Curry

Chicken, fish, shrimp or tofu cooked in a curry with ground almond, ginger, garlic, tomatoes and roasted spices (CG).

Chicken \$14.50 Fish or Shrimp \$15.50 Tofu \$13.50

A rich and smooth curry created by our chef with roasted spices to bring out their full aroma.

Squash Curry with Bison

Local bison cooked in a delicious squash curry with ginger, garlic, garam masala and bay leaves (GF). \$16.50

Red meat is often enjoyed with pumpkin and different kinds of squashes in Nepal

Hot and Tangy Lamb with Potatoes***

A spicy curry of lamb and potatoes cooked with green chilies, onions, garlic, cloves, cardamom, black pepper, cinnamon and malt vinegar (GF). \$16.50

Our variation on the Goan vindaloo.

Deep Dish Lamb

A sumptuous curry with lamb cooked in a deep dish with onions, ginger, garlic, cumin, cloves, cardamom, cinnamon, curry leaves. (GF) \$16.50

Close to the rich aromatic curries of Northern India and Pakistan.

Goan Coconut Fish

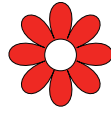
Thick fish curry made with ginger, garlic, roasted coriander, cumin, onions and grated coconut and poppy seeds.(GF) \$16

A regional specialty of the South-western coast of India, this curry with rice is almost the staple in Goa.

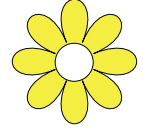
Tangy Mango Curry

A tantalizing sweet and sour curry made with fresh mango flavored with mustard seeds curry leaves, cayenne, paprika, red chili and green onions. Tofu \$14(V) Chicken \$15

Mango curry and its numerous variations is a regional delicacy from Sri Lanka and South-India



Vegetarian Specialities



Cauliflower, Peas and Potatoes

Cauliflower cooked in turmeric oil with peas and potatoes and spiced with cumin, paprika, ginger and a hint of cayenne (GF). \$11 (V)

Tasty vegetarian dish found in many different versions across the Indian sub-continent.

Coconut Spinach

Fresh spinach cooked in a coconut curry with sliced potato, cumin seeds, turmeric, ginger, garlic and tomato. \$14.50 (V)

Rich and flavorful vegetarian specialty inspired by the coconut curries found across South-Asia.

Green Beans Potatoes & Tomatoes

Green beans sautéed in oil and mixed with potatoes in a sauce of tomatoes, ginger, cumin, paprika, turmeric and soy sauce. (CG) \$11 (V)

A fresh vegetarian dish that is as healthy as it is flavorful.

Chole

Chick peas cooked with onions and tomatoes in a rich dish spiced with house masala blend made of turmeric, cumin, cayenne, paprika and fresh ginger.(GF) \$10 (CV)

Also known as Chana Masala, a popular dish all across eateries in South Asia.

Eggplant with Garlic and Scallions

Small cubes of eggplant sautéed in oil with soy sauce and mixed with garlic, tomatoes and scallions. (CG) \$11 (V)

Our own creation, this dish bears influences of Chinese cuisine.

Bheendi Masala

A delightful curry made with Okra, onions, tomato, ginger, garlic, cumin and cayenne. (GF) \$11 (V)

All time favorite across South Asia.

Aloo Bodi

Black-eyed peas and potatoes spiced with turmeric, ginger, cumin, cayenne, paprika and a dash of lime juice. (GF) \$10 (V)

A traditional, well-loved Nepali dish.

Panjabi Spinach Paneer

Rich curry with spinach and paneer cooked with cream, roasted cumin seeds, pureed tomatoes and a special blend of spices. (GF) \$14.50

Vegetarian delight inspired by the cuisine of Punjab, India.

Coconut Curry with Tofu, Mushroom & Green Peas

Coconut Curry with Tofu, Mushrooms and Green Peas Tofu, mushrooms and green peas cooked with tomatoes in a coconut sauce with ginger & garlic (GF). \$14 (V)

Vegetarian treat commonly served with paneer, which we have substituted with tofu.

Namaste Mixed Vegetables

Curried mixed vegetables with Cauliflower, bell pepper, carrots, onions, tomatoes and green beans. \$14 (V)

A delightful Namaste vegetarian treat.

All curries come with basmati rice. Substitute white rice with brown for \$1.50



Breads

Plain Paratha

Layered Roti cooked in butter. \$2 (CV)

Aloo Paratha

Layered Roti with potato filling cooked in butter. \$2.50 (CV)

Spinach Paratha

Layered Roti with spinach cooked in butter. \$2.50 (CV)

Garlic Paratha

Layered Roti with garlic cooked in butter. \$2.50 (CV)

Roti

Healthful and filling wheat Roti cooked without oil. \$1.50 (V)

Bhatura

Puffy, deep-fried breads made with flour, yogurt and baking powder. 2 per order. \$3.50

On the Side

Basmati Rice \$1

Brown Rice \$1.50

Couscous \$1.50

Sautéed Spinach \$4 (V)

Sautéed Green Beans \$4 (V)

Sautéed Okra \$4 (V)

Raita Grated cucumber mixed with yogurt, cumin, paprika and other spices. \$4

Yogurt \$2

Dessert

Mango Sikarni

Natural whole milk yogurt drained of the whey and mixed with mango pulp sugar, cashews, raisins, cardamom and cinnamon (GF). \$7

Rasmalai

Traditional dessert made with specially prepared spongy ricotta cheese in creamy milk with pistachio, cinnamon and cardamom (GF). \$6

Carrots Coconut Crème Brulee

Grated carrots cooked in coconut cream with cashews and raisins. \$7 (V)

Mango Custard

Rich creamy custard with pure vanilla over pureed mango. (GF) \$7



THANK YOU!!

18% gratuity will be added to all parties of 6 or more.