

Himalayas Restaurant

Authentic Indian & Nepali Cuisine

2010 14th Street
Boulder, CO 80302
(303)442-3230

Welcome to the Himalayas!

Our family has been making extraordinary Indian and Nepali cuisine with love and care using only fresh and healthy ingredients since 1991. We hope that you enjoy your visit to the Himalayas!

Jhol Haru(Soups)

<i>Dal Soup</i>	<i>A delicious Nepali lentil soup made out of a combination of various dal lentils.</i>	<i>3.95</i>
<i>Chicken</i>	<i>A tasty soup originated in India, made with chicken and Spices.</i>	<i>3.95</i>
<i>Tomato</i>	<i>A delicious creamy Indian tomato soup with ginger and spices.</i>	<i>3.95</i>
<i>Tka Thang</i>	<i>A delicious creamy spinach soup with herbs and spices.</i>	<i>3.95</i>

Tipon-Tapon(Appetizers)

<i>Samosa:</i>	<i>A savory pastry of Vedic origin, filled with spiced potatoes.</i>	<i>3.95</i>
<i>Papdi: Chat</i>	<i>A favorite snack from Bombay, India containing mixtures of papdi chips, chick-peas and spiced potatoes flavored with whipped yogurt, mint and tamarind.</i>	<i>5.95</i>
<i>Bhel Puri:</i>	<i>A very popular tangy snacks from Bombay</i>	<i>4.95</i>
<i>Pakorاس:</i>	<i>A delicious snacks deep fried in a coating of gram flour batter until golden brown.</i>	
	<i>Vegetables-3.95, Onion Bhaji-3.95, Chicken-6.95, Calamari-7.95, Shrimp7.95</i>	
<i>Combination:</i>	<i>An assortment of various vegetarian appetizers.</i>	<i>7.95</i>
<i>Kabab:</i>	<i>Tender chunks of chicken and lamb marinated and grilled</i>	<i>8.95</i>

Khajana with herbs and spices in the tandoori oven.

Roti Haru(Breads)

Naan:	<i>Fresh Tandoori oven baked soft white bread that comes with sensational crust.</i>	1.95
Garlic: Naan	<i>A delicious white bread filled with garlic baked in the Tandoori oven.</i>	2.95
Cheese Naan	<i>Leavened bread stuffed with cheddar and mozzarella cheese</i>	2.95
Onion: Kulcha	<i>Tandoori oven baked bread stuffed with sauteed onions and herbs</i>	2.95
Kabuli: Naan	<i>Freshly baked Naan with nuts and dried fruits in its crust which originated in Kabul, Afghanistan</i>	3.50
Keema: Roti:	<i>Stuffed with ground lamb, herbs and spices</i>	3.95
Lachha:	<i>Thick whole wheat bread baked in the tandoori</i>	1.95
Paratha	<i>A layered whole wheat bread with butter</i>	2.50
Misri Roti:	<i>A chick-pea flour gluten free bread</i>	2.50
Rumali: Roti	<i>A very thin Handker-chief like bread cooked in a special kadahi.</i>	2.50
Himalayan Naan	<i>A special of the day, tandoori bread.</i>	4.95

Vegetarian Entrees

Aloo: Gobi	<i>A favorite dish in almost every Nepali home; made of a tasty combination of potatoes and delicately cooked cauliflower.</i>	9.95
Aloo: Mutter	<i>Delicious fresh potatoes and green peas simmered in a spicy curry sauce.</i>	9.95
Baigun:	<i>This popular classic North Indian dish is made of roasted and</i>	11.95

Bharta	<i>pureed eggplants mixed with fragrant herbs and seasonings.</i>	
Bhindi: Sabeji	<i>A fresh okra stir-fry with onions, herbs and spices.</i>	11.95
Chana: Curry	<i>A very authentic traditional curry cooked with chick-peas.</i>	9.95
Chana: Masala	<i>A very popular Indian chick-pea dish cooked in a masala sauce.</i>	10.95
Chana: Saag	<i>Moist and soft chick-peas in a delicate spinach sauce with a flavor of kashuri methi.</i>	9.95
Dal Saag:	<i>A delicious masoor lentils with spinach.</i>	10.95
Tarka Dal	<i>Tarka seasoned lentils with roasted garlic, ginger, cumin and Indian spices. (With Yellow or Dark Lentil)</i>	9.95
Dal: Makhani	<i>A delicious Indian lentil with a delicate touch of cream.</i>	10.95
Malai: Kofta	<i>Fresh cheese dumplings stuffed with dried fruits and served in a ground cashew sauce.</i>	11.95
Saag: Kofta	<i>A delicious spinach cheese dumplings served in a almond cashew sauce.</i>	11.95
Vegetable: Curry	<i>A very authentic mixture of seasonal vegetables.</i>	9.95
Vegetable: Korma	<i>A delicious royal entree made of mixed sauteed vegetables finished in a ground cashew sauce.</i>	10.95
Vegetable: Masala	<i>Mixture of vegetables in a masala sauce.</i>	10.95

Mato ko Chulabata (from our traditional oven)

These items are marinate with herbs and spices and grilled in a clay Oven. Basmati rice is served with each dish.

Tandoori: Chicken	<i>Chicken with bones marinated in a spiced yogurt and baked to perfection over hot coals from the Tandoori Oven.</i>	12.95
Chicken:	<i>Tender chunks of boneless chicken marinated in spiced</i>	13.95

Makhamal	<i>yogurt and grilled with herbs and spices in the Tandoori oven.</i>	
Hara: Chicken	<i>Tender chunks of boneless chicken marinated with fresh mint, corriander and grilled with herbs and spices in the tandoori oven.</i>	13.95
Malai: Kabab	<i>Boneless chicken marinated with cream cheese and mild spices.</i>	13.95
Lamb Boti:	<i>Tender chunks of lamb kebabs marinated and grilled with Indian spices and herbs.</i>	15.95
Seekh: Kabab	<i>A ground lamb marinated with herbs and spices, rolled on a skewer and grilled to perfection.</i>	14.95
Tandoori: Jumbo Shrimp	<i>King Prawn marinated in herbs and spices perfectly grilled in the Tandoori oven.</i>	16.95
Fish Tika:	<i>Cubes of fish seasoned in yogurt and herbs.</i>	16.95
Tandoori: For Two	<i>A wonderful assortment of different Tandoori dishes like Tandoori Chicken, Chicken Makhamal, Shrimp, boti Kebab and the Chef's own special sauce.</i>	26.95

Biryani

A delicately cooked flavorful aromatic basmati rice.

Vegetables:11.95, Chicken:12.95, Lamb:13.95, Shrimp:14.95, Combo:15.95

Chili Entrees: *Hot and spicy with onions and green jalapenos.*

Chicken:13.95, Lamb:14.95, Shrimp:15.95

Traditional Curries

Curries: *A traditional style of sauce delicately spiced with roasted garlic, onions, ginger and cumin.*

Chicken: 11.95, Lamb: 12.95, Shrimp: 13.95, Fish: 14.95

Vindalo: *A hot and spicy tangy dish which originated in Goa, a former Portuguese colony.*

Chicken: 11.95, Lamb: 12.95, Shrimp: 13.95, Fish: 14.95

Masala: *A delicate mixture of spices based on onion and tomato gravy with delicate touch of cream and butter.*

Chicken Tika: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Korma: *A delicate creamy sauce enriched with mild coconuts and redolent of cardamon, mace and creamy yogurt, a very smooth and rich dish that is full of flavor and aroma.*

Chicken: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Saag: *Prepared in a delicately spiced and spinach with a delicate touch of cream.*

Chicken: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Apricot Curry *A secret family traditional curry cooked with red wine vinegar and apricot.*

Chicken: 13.95, Lamb: 14.95, Shrimp: 15.95, Vegetable: 11.95

Mango Curry *A chef's own creative and traditional curry cooked with mango puree.*

Chicken: 13.95, Lamb: 14.95, Shrimp: 15.95, Paneer: 12.95

Kadahi: *A very famous North-Indian dish prepared by stir frying onions, bell-peppers, herbs and spices.*

Chicken: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Jalfreji: *A delicious traditional curry made with mixed vegetables.*

Chicken: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Bhuna: *A delicious sauted dish with herbs and spices.*

Chicken: 12.95, Lamb: 13.95, Shrimp: 14.95, Paneer: 11.95

Chef's Specialties:

Non: *A tasty selection of the Chef's favorites: Lamb Curry* 18.95

Vegetarian *Chicken Tikka Masala, Tandoori Chicken, Dal, Saag,*

Thali *Basmati rice, Naan and kheer.*

Vegetable: *An authentic Indian platter served with Basmati rice,* 16.95

Thali *Naan, Dal, Saag and two entrees of the day.*

Momo: *Luscious mouth watering steamed dumplings*

famous in Tibet, Kathmandu and Darjeeling.
Vegetable: 10.95, Chicken: 11.95, Pork: 11.95

Chow Chow: *A sauted noodles with a complex flavour originated in Nepal.*
Vegetable: 9.95, Chicken: 10.95, Pork: 10.95

Thukpa: *A very delicious healthy noodles dish originated in Tibet and Nepal.*
Vegetable: 9.95, Chicken: 11.95, Pork: 11.95

Manchurian: *A fusion of Chindian cuisine with a Nepalese Creativity.*
Chicken: 12.95, Shrimp 14.95

Kids Corner:

Makhani: *A delicious mild tomato gravy and yogurt with a delicate touch of cream and butter.*
Chicken: 8.95, Paneer: 8.95, Kofta: 8.95, Meatballs: 8.95

Kabab: *Tender chunks of chicken and lamb marinated and grilled* 8.95
Khajana *with herbs and spices in the tandoori oven.*

Naan Wraps: *Chef's creative tandoori bread with delicious*
Vegetarian: 7.95, Non-vegetarian: 8.95

Salad and Side Orders:

House: *Fresh lettuce mixed with sliced cucumber, carrot,* 4.95
Salad *onions and tomatoes, served with house dressing.*

Onion: *Fresh cut onions, lemon and jalapeno with cilantro* 2.95
Chilli *and touch of chat masala.*

Raita: *A fresh yogurt in a blend of shredded cucumber* 2.50
and carrot.

Achar: *Mixed spicy pickles.* 2.00

Mango: *Pieces of mangoes in a honey sauce.* 2.00
Chutney

Papadum: *A thin lentil wafers cooked in tandoori oven.* 1.50

Martinis:

Chaitini: Classic house martini with Chai Liqueur. 10.00

Himalayan: A favorite house martini where the taste of fresh ginger is emphasized by the flavor of bay leaf. 10.00

Cosmo Kathmandu: A popular saffron Based Vodka martini with a combination of Orange and lemon flavor. 10.00

Anarkali: A perfect summer cocktail with Citron Ketel one, grand marnier and pomegranate juice. 10.00

Lotus: Chilled Asian inspired martini with lychee flavor. 9.00

Rose: Lychee liqueur, rose water and Wyborowa Rose Vodka. 9.00

Beers:

Kingfisher/Maharaja 4.50

Taj Mahal (22oz.) 7.50

Flying Horse (22oz.) 7.50

Singha/Tiger 4.50

Kirin/Tsingtao 4.25

Bud/Coors-light 3.50

Corona/Newcastle 4.00

Non-Alcoholic 3.50

Specialty Cocktails:

Tamarind Margarita: A refreshing house margarita with tamarind flavor.

Chai Coloda: A blend of chai liqueur, malibu cocunut rum and pineapple.

Cool Buddha: A chai liqueur smoothie with vanilla ice.

Annapurna Mary: Traditional bloody mary with Saffron infused vodka and carrot juice variations.

Everest Sunrise: Experience the sunrise on Everest with this raspberry vodka based fruity concoction.

Manasalu Mojito: Muddled mojito with mango and cranberry splashes.

(All cocktails are \$8.00)

Exotic Wines:

Chhang Rice 6.00

Sake 5.00

Sparkling Wine:

Freixenet Cordon Negro Brut 5.00

Dessert Wines:

Fonseca Bin 27 Port 6.00

Red Wines

<i>Hardy Merlot</i>	<i>glass</i>	<i>6.00</i>	<i>bottle</i>	<i>22.00</i>
<i>Harlow Ridge Pinot Noir</i>		<i>7.00</i>		<i>25.00</i>
<i>Gallo Cabernet Sauvignon</i>		<i>7.50</i>		<i>28.00</i>
<i>Rosemount Estate Shiraz</i>		<i>7.50</i>		<i>28.00</i>
<i>Cellar No.8 Zinfandel</i>		<i>8.00</i>		<i>30.00</i>
<i>William Hill Merlot</i>				<i>42.00</i>
<i>Robert Mondavi Costal Cabernet Sauvignon</i>				<i>48.00</i>
<i>Stag's Leap Winery Cabernet Sauvignon</i>				<i>78.00</i>
<i>Jordan Cabernet Sauvignon</i>				<i>82.00</i>

White Wines

<i>Merdian Chardonnay</i>	<i>glass</i>	<i>6.50</i>	<i>bottle</i>	<i>24.00</i>
<i>Kendal Jackson Chardonnay</i>		<i>8.00</i>		<i>30.00</i>
<i>Kenwood Sauvignon Blanc</i>		<i>7.00</i>		<i>26.00</i>
<i>Lumina Pinot Grigio</i>		<i>7.50</i>		<i>28.00</i>
<i>Beringer White Zinfandel</i>		<i>6.00</i>		<i>22.00</i>
<i>Ste. Chapelle Dry Rielsing</i>		<i>7.00</i>		<i>26.00</i>
<i>Robert Mondavi Napa Chardonnay</i>				<i>38.00</i>
<i>Sonoma-Cutrer Russian Chardonnay</i>				<i>45.00</i>
<i>Cakebread Sauvignon Blanc</i>				<i>58.00</i>

For the perfect gift, please note that we have gift certificates.

We are also offering catering for your special events as well as a private party room for your special celebrations.

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