



NAMASTE & WELCOME

Nepal is a country which proudly sits between India and China along side Butan and Tibet. Nepal is one of the worlds' finest countrys' in the world, rich in history - famous for Mount Everest standing at 8.848M - Nepal is the birth place of Lord Buddha.

At the heart of this country are The Gukhas's whom fought along the British empire for over 200 years and continue to do so to this present day.

The Everest region in Nepal is more than just trekking, it is a milestone in anyone's life; and some have even described the experience as a journey close to Nirvana.

Located in the northeast province of Nepal, this is a colony to dramatic glaciers, deep settlements, several majestic mountains.

Passing through legendary Sherpa villages, the trek is a mix of a deeply cultural and spiritual experience in addition to the physical one! Nepal is also proud nation of welcoming the Royal family whom visited Nepal more often then any other country in the world.

At the Monk - the owner who has over 40 years of experience in cooking as well as managing in London - Bombay Cycle Club, Henley-on-Thames - Kathmandu 34, Stratford-upon-Avon, Lumbini the heart of Buckinghamshire. Monk captures a unique experience bringing the country's culture and culinary experience to Denham.

Monk's experienced creative chefs' is committed to Denham - offering authentic Nepalese food - by using the finest ingredients with the abundance of the freshest herbs and Monk's secret blend of Nepalese spices. Every dish is freshly prepared to cater for you're needs and unique dietary requirements. Here at Monk our aim is to serve you with complete authenticity whilst continuing to create and evolve exotic Nepalese cuisine with Health at the heart of every dish.

Monk only uses Rapeseed oil, Olive oil, Pink Himalayan Salt and no Artificial Colouring to ensure our meals optimise for taste and for the heart too.

We can optimise our dishes to suit every palette for example - Gluten free, Vegan or Vegetarian. We cater for all sorts if allergies too from Nut free right through to Dairy free requirements so please mention this when you order.

STARTERS

ACHAAR Chutney and Pickles - per person.	£0.60
PAPADOMS Plain or Spicy	£0.60
MONK SPECIAL SALAD (Veg) One of mostly eaten salad in Nepal as well as in Denham, once you start can't stop eating... Nothing but goodness! Highly Recommended.	£5.50
MONK MAGIC (Veg) Again one of the most popular dishes cooked in our own recipe. It has been as popular as an appetiser; dinners have it as mains as well as Desert!!	£5.50
POKO POKO (Veg) Rounded shaped, package of vegetables sautéed onion, garlic, coriander, tightly wrapped in crispy pastry and fried, served with tamarind sauce. (Cooked in our own Nepalese Recipe)	£4.50
CHILLI MUGO (Veg) Traditional Nepalese vegetable (yam) steamed, then fried and cooked in various spices with green chilli.	£4.95
SINDHU ALOO (Veg) Mouth watering baby potatoes wedges tampered with fusion of monk spices and served crispy for potato lovers.	£4.50
CHILLI GARLIC PANEER (Veg) Homemade cheese cooked with capsicum, chilli, and onion & special sauce sweet sour and hot.	£4.95
DALLO ONION (Veg) Spicy, crispy Nepalese fritters, finely sliced onions tampered with our own recipe. (a big plus point for gluten-free dinners!)	£4.50
RASILO GOLO (Veg) House special crisp fluffy pastry, served nothing but healthy veggies drizzle with tangy sauce. Yummy.	£4.95
MOMO (VEG / CHICKEN / LAMB) Nepalese style dumpling, steam-cooked, served with tomato chutney.	£4.50
CHICKEN KEBAB Minced chicken mixed with fresh herbs & spices and grilled in clay oven, served sizzling. Excellent!	£4.50
CHILLI CHICKEN A typical Nepalese dish made from slices of chicken breast, marinated in spices, cooked with onion, tomato, capsicum and green chillies. An Excellent choice.	£4.50
PIRO PIRO PAKHETA Piro piro chicken wings grilled and served crispy hot.	£4.95
LAMB SEKUWA Succulent lamb marinated with five different spices char grilled, again must have dish, got to try to believe it - <i>AWESOME!</i>	£4.50



ACHARI LAMB	£4.95
For mince meat lovers, mince lamb balls, tangy, garlicky, hotties served with freshness of greenery. Simply mouth watering.	
DUMBAA POLEKO	£6.95
Flatten goat chops with steak hammer marinated in ginger, garlic, fresh fenugreek, lemon juice, green chilli paste, marinated in yoghurt and masala.	
KALEJO POLEKO	£5.95
Fresh Lamb liver marinated in Monk spices and cooked with sauté onions and red wine.	
ADUWA PRAWNS	£7.50
U5 King prawn marinated in natural yoghurt, ginger roots paprika marinated in olive oil grilled to its perfection. Served with mushy aloo.	
MONK SCALLOPS	£7.50
Black pearl sea scallops slightly tampered with sea foods spices, grilled in clay oven exclusive at monk only.	
SORHA KHUTTE	£6.50
Baby squid stuffed with our own ingredients X. Chargrilled and served with Nepalese salad.	

CLASSIC TANDOORI GRILLED

SHASHLIK (CHICKEN)	£8.95
PANEER SHASLIK	£7.95
POLEKO LAMB	£8.95
TANDOORI MIX GRILL	£14.95
GRILLED KING PRAWN	£14.95
TANDOORI FISH COLEY	£8.95
TANDOORI CHICKEN FULL (The classic chicken)	£12.95
CHICKEN/LAMB TIKKA	£8.95
SHEEKH KEBAB (Monk recommendation for kebab lovers)	£8.95

EXCLUSIVE EXOTIC DISHES

Extremely high in protein, low in calories, fat & cholesterol but high rich iron.
A healthy choice by far for anyone with an active lifestyle!

POLEKO GOHI	£14.95
Crocodile fillet marinated in Monk recipe over night, grilled and serve sizzling.	
POLEKO OSTRICH	£12.95
Slices of breast of ostrich marinated in Monk recipe and tossed with garlic, spring onion and fresh chilli.	
KANGAROO KEBAB	£12.95
Mince of kangaroo meat mixed with spices, ginger, coriander served sizzling.	
MONK FISH (King of Fish)	£12.95
Fresh marinated in Monk herbs & spices - grilled and served sizzling.	
TAMARIND DUCK	£11.95
The duck is then grilled till tender and cooked with a special sauce. (Sauce consists of fennel seeds, molasses, black salt, ginger and garlic).	



MONK SPECIALITIES

CHICKEN ZHINGA	£10.95
Succulent prawns wrapped with chicken breast, cooked slowly in a mild sauce, fresh cream, methi leaves and ground spices. (Chef's recommendation)	
RANA CHICKEN	£9.95
A popular chicken dish from the days of Rana Dynasty cooked in mild, creamy, nutty and egg.	
POLEKO CHICKEN	£9.95
Breast of chicken, skewered with onions and peppers half cooked in clay oven then, pan cooked in new blend of spices all to create a mouth watering sensation.	
MONK CHICKEN	£8.95
Chicken cooked in dopiazza style and ingredient X. (Our signature dish).	
PEERO CHICKEN	£8.95
Chicken cooked in rich sauce of fresh tomatoes, onions, and peppers cooked hot with fresh green chillies for that sensational Nepalese heat.	
SHERPA BHEDA	£8.95
Succulent spring lamb, cooked with the finest red wine, almonds, sauté onions and a hint of coconut, served mild. (Usually cooked in rice wine in Nepal).	
LASSUN CHICKEN	£8.95
Breast of chicken cooked with mild to medium to hot herbs and spices in garlic sauce. (Fantastic for garlic lovers).	
KATHMANDU CHICKEN	£10.95
Special for chicken lovers on the bone, half grilled in clay oven, thereafter cooked in a rich monk sauce. (Dry fry) (Begg for Chills!)	
HARIYO CHICKEN	£9.95
Boneless chicken pieces cooked with spinach and herbs served medium to hot.	
BHEDA MUSTANG ESPECIAL	£9.95
Slices of spring lamb cooked in monks own recipe must have dish begs for extra friendly chillies!	
BHEDHA GURKHALI	£8.95
Spicy Nepalese lamb cooked with fresh chillies, peppers and onions. Eaten all over Nepal especially in the winter. Thoroughly enjoyed by the Gurkha's.	
BHEDA BHUTUWA	£8.95
Lamb cooked in medium sauce and tossed in spring onion, ginger and garlic. Another of our house specialities eaten daily.	

HOUSE SPECIALITIES (GOAT)

KHASHI KHURSANI	£8.95
Superb dish in the villages in Nepal, hot dish, its strong spices and mouth watering cascade of flavours for adventurous people.	
KHASI GURKHALI	£8.95
Chunks of goat marinated over night in a special blend of spices, cooked in a thick sauce with extra, extra chilli were the meat further cooks in its own juice, resulting in strong flavours.	



HOUSE SPECIALITIES (GOAT)

KHASI PIRO PIRO Spicy Nepalese goat cooked with fresh chillies, peppers and onions. Eaten all over Nepal especially in the winter. Thoroughly enjoyed by the Ghurkha's. (At your own risk).	£8.95
MASOO MASALA Tender pieces of goat meat, initially cooked in clay oven to seal in juices, finally and slowly cooked in sea of special tomato sauce mild to hot. (superb)	£8.95
KHASHI KO KHUTTA Knuckle of goat, slowly cooked in medium spiced sauce on a very low heat, complimented by potatoes. A must have.	£10.95

INDIAN CLASSICS

CHICKEN TIKKA MASALA King of masala, chicken breast cooked in clay oven in Monk masala sauce.	£8.50
LAMB or CHICKEN KORMA Tender breast of chicken, cooked with cream and various nuts. (Mughal style).	£8.50
LAMB or CHICKEN MADRAS Highly spiced breast of chicken or well cooked lamb, superb curry eaten in the northern Indian hot and saucy - it's strong Spices and mouth watering cascade flavours and aroma.	£8.50
LAMB or CHICKEN BHUNA Medium, delightfully cooked in selection of aromatic fresh herbs until juice flows and finished beautiful thick sauce.	£8.50
LAMB or CHICKEN ROGAN Well-cooked lamb or breast of chicken, medium spiced, with tomato and capsicum. All time favourite in the foot hills containing a myriad of flavours and spices, topped with freshly made tomato Rogan.	£8.50
LAMB or CHICKEN KARAH Medium spiced, cooked with capsicum and tomato, served in a hot karahi to give that aromatic distinctive taste.	£8.50
BUTTER CHICKEN A popular dish in India, clay oven cooked chicken finished in a sumptuous masala sauce with butter, Nepalese herbs and black salt to give that unique taste.	£9.95
CHICKEN TIKKA BHUNA Luscious pieces of chicken initially cooked in clay oven then added to medium sauce where the chicken further cooks in its own juices, resulting in fabulous flavours with only a little thick sauce.	£8.50
LAMB/CHICKEN DHANSAK Delicacies, originating from ancient Persia, lamb or breast of chicken cooked with lentils, hot, sweet sand sour sauce.	£8.50



SEA FOOD

SWEET AND SOUR KING PRAWN U5 king prawns cooked in hot sweet and sour in tamarind sauce to give that tangy taste. They say it has secrete power.	£12.95
MELAMCHI MACHA Monkfish half - cooked in clay oven to stain its juices, and then cooked in a pan. Served in a mild green sauce with apricots and hint of coconut and mints.	£12.95
KOSHELI KING PRAWN U5 King Prawn prepared with a blend of herbs and spices and cooked with Thai lemon grass for that extra zing. (Superb)	£12.95
SUNKOSHI MACHA Boneless chunks of salmon marinated in natural yoghurt and subtle spices grilled in the clay oven. Served in medium coconut sauce.	£9.95
KING PRAWN MASALA Succulent U5 prawns half - grilled in the clay oven cooked in a special tomato sauce designed to capture and hold all of the flavours. With extra power and extra chillies just imagine.	£14.95
EVEREST SUPREME Monkfish marinated and cooked in clay oven, thereafter cooked in coconut milk, balsamic vinegar. (Cream of Everest - mild).	£12.95

VEGETABLE

MONK TARKARI A combination of seasonal vegetables cooked with spinach mild to medium cream sauce.	£4.50
JHANNE KO DAAL Lentils traditionally prepared and cooked with onion, ginger, garlic and tempered with cumin and garlic.	£4.50
KAALO DAAL Monk special black lentil full of goodness slow cooked overnight over clay oven for the richness.	£4.50
KATHMANDU ALOO Mouth watering potatoes tampered with cumin and fusion of Monk spices.	£4.50
BHANTA TARKARI Baby egg plant marinated in yoghurt and cooked fresh to our own recipe.	£4.50
CHANA ALOO Chick peas and potato cooked in popular Nepalese spices.	£4.50
PALUNGO SAAG Fresh steamed spinach sautéed with fenugreek seeds of goodness and delicious. (Eaten daily)	£4.50
PALUNGO PANEER Leafy fresh spinach cooked with homemade Nepalese cheese medium spiced.	£4.50



VEGETABLE

RAMTORIYA Lightly spiced okra cooked crispy.	£4.50
KERAU PANEER Homemade cheese cooked with green peas with touch of mixed spices.	£4.50
CHILLI KAULI Spicy cauliflower cooked with spring onion, tomatoes and fresh chillies and a touch of soya sauce to give that oriental flavour.	£4.50
CHAU CHAU TARKARI Combination of mushrooms, simmered with herbs and spices. Perfect with any dishes.	£4.50
PANEER POLEKO Homemade cheese marinated with medium spices with skewered with onions, peppers, tomatoes half grilled in clay oven then pan cooked blend of special medium sauce. (Mouth-watering)	£8.95
PANEER RANA A delightfully spicy homemade Scrambled cheese dish, sautéed onions-tomatoes with Nepalese herbs and Spices, is simply irresistible.	£8.95
CHILLI MAKAI Baby corn cooked in our own recipe.	£7.85
YAMMY BODI Black eyed beans and yam cooked with tomato and onion in our own recipe. (spicy)	£8.95
KATAR-KATER One of Nepalese's favourite vegetable jack fruit, cooked with our own recipe and its meaty and earthy taste makes it irresistible!	£8.95
VEGETABLE Very fine noodles stir fried with seasonal vegetables.	£7.95
CHICKEN/LAMB Strips of chicken or lamb stir fried with fresh spring onions, peppers, corianders, soya sauce garnished with roasted sesame seeds.	£9.95
PRAWNS Regular prawns stir fried with fresh spring onions, peppers, corianders, soya sauce garnished with roasted sesame seeds.	£12.95
KING PRAWN U5 King size prawn grilled in a clayoven and then stir fried with fine noodles & vegetables.	£14.95

NOODLES



BIRYANI

BIRYANI - cooked with basmati rice and served with medium sauce.	
KHASI (GOAT - HOUSE SPECIAL)	£9.95
TIKKA CHICKEN	£9.95
PRAWNS	£12.95
KING PRAWN	£14.95
VEGETABLE	£8.95

BREADS

LASSUN CHILLI NAAN	£2.60
LASSUN NAAN	£2.60
NAAN	£1.90
KEEMA NAAN	£2.60
GULIYO NAAN (SWEET)	£2.60
LASSUN CHEESE NAAN	£2.60
ROTI COOKED IN CLAY OVEN	£1.50
PLAIN PARATHA	£2.60
FARFUR ROTI	£2.80
Exclusive to Monk, once you have one you want more and more it's eminent.	

SUNDRIES

PLAIN RICE (FINEST BASMATI)	£2.00
PILAU RICE	£2.50
BHUTEKO BHAT Basmati rice, with peas, egg and spring onion.	£3.50
CHAU CHAU RICE Cooked with baby mushrooms	£3.50
LEMON RICE Basmati rice flavoured with Saffron, fresh lemon leaves, tampered with mustard seeds and garnished with fresh lemon.	£3.50
LASUN RICE (GARLIC) Basmati rice cooked with fresh garlic.	£3.50
COCO RICE Basmati rice cooked with graded coconut.	£3.90

ALLERGY AWARENESS

Some of our dishes contain nuts and dairy products.
If you suffer from any allergies, then please enquire when ordering for full details.

We hope you have enjoyed the 'MONK' experience.