

Starters

1.

VEG / LAMB SAMOSA

Triangular shaped savoury pastry filled with potatoes and peas/mince meat.

£3.75
2.

CHICKEN LOLLYPOP

Chicken lollipop is an hors d'oeuvre of chicken winglets shaped into a drumstick and served in traditional Nepalese style.

£4.55
3.

POKHARELI DUCK

Pieces of duck breast marinated with garlic, ginger, yoghurt and Nepalese spices, and then barbecued in clay oven.

£5.95
4.

PAPRI CHAT / ALOO TIKKI CHAT (BEST SELLING)

A popular north Indian fast food that has crispy papri breads with potatoes, chickpeas, yoghurt and dhutney. Aloo tikki chat is same as above but instead of the crispy papri pan fried patties of mashed potatoes filled with peas and served cold.

£5.45
5.

ONION BHAJI

Onion slices, marinated with gram flour & spice, deep fried & served with salad.

£3.45
6.

ACHARI PANEER TIKKA

Cottage cheese marinated with fresh ginger, garlic and aromatic Indian spices.

£5.45
7.

LAMB CHOP TANDOORI

Selection of lamb chops marinated with Indian spices and char-grilled in clay oven.

£6.95
8.

SALMON AJWAIN (Popular)

ST. £6.55

MAIN £11.45

Salmon steeped in a tangy marinade of yoghurt with traditional Nepalese spice 'ajwain' (caram) and fresh dill.
9.

PIRO-PIRO JHINGA

A delicious medium spicy tiger prawn tossed with garlic & chilly served with naan bread.

£6.45
10.

TANDOORI SCALLOPS

Marinated scallops cooked in clay oven served with chef's special chutney.

£6.95
11.

MOMO LAMB OR VEG

(Please allow 20 minutes worth of waiting) Specially spiced minced lamb & vegetables stuffed in pastry. Momo are Traditional starter in Nepal, Tibet and Bhutan. Momo are the most popular fast food in Kathmandu Valley.

£6.45
12.

VENISON POLEKO (Signature)

Boneless pieces of venison meat marinated in traditional tandoori spices and Barbequed in clay oven.

£7.95
13.

MALAI TIKKA

ST. £5.65

MAIN £9.45

Boneless breast chicken marinated with ginger, garlic, pinch of chilli, malai and soft cheese cooked in clay oven (tandoor).
14.

SHADEKO LAMB OR CHICKEN (Signature)

Charcoal grilled lamb/chicken marinated with ginger, garlic and chilli. Spicy and very popular in Kathmandu Valley.

£7.95

Yak & Yeti Platter (Dining-in only)

15.

HIMALAYAN DUCK

Sliced pieces of duck breast marinated in yoghurt and homemade aromatic spices and cooked in clay oven. Poached on aromatic coconut sauce and served with stir fried vegetables and saffron rice.

£15.45
16.

SEAFOOD PLATTER

King prawns, scallops, mussel meat and squid cooked with ginger, garlic in Nepalese tastes served with pilau rice and pickle.

£15.45
17.

NEPALESE THALI (Veg/Meat/Chicken)

(VEG) £13.45

(NON VEG) £15.95

This is a traditional Nepalese set meal. Each thali is served with zimbu daal, saag aloo, seasonal fresh vegetables and saffron pilau rice with Nepalese pickle.
18.

LOBSTER PLATTER (Dine in only)

Extracted meat of whole lobster, mixed with a selection of freshwater prawns, cooked in fresh fragrance of ginger, garlic and bhuna masala served with pilau rice and seasonal chutney.

£20.45

Poultry

19.

GURKHALI CHICKEN

Boneless chicken cooked in Nepalese herbs, fresh coriander, mint and tomatoes.

£8.75
20.

JHANEKO KUKHURA (Signature)

A traditional Newari (Newars are a linguistic & cultural community of Indo-Aryan and Tibeto-Burman ethnicities) grilled spicy dish of chicken, marinated with ginger, garlic, red onion, red & green peppers and fenugreek seeds.

£9.25
21.

BUTTER CHICKEN / CHICKEN TIKKA MASALA

Barbecue chicken cooked with tomato puree, fresh cream, cashew nut paste, fresh herbs and spices in a medium curry sauce.

£8.75
22.

HARIYALI CHICKEN

(Popular)

Chicken cooked with fresh coriander sauce, fresh mint, garlic, ginger and green chilly. This dish tastes as refreshing as it sounds.

£8.75
23.

CHICKEN CHETTINAD

Chicken breast cooked in the typical Tamil Nadu (a state in India) style with green chillies, curry leaves and mustard seeds, a spicy treat.

£8.75
24.

TIMUR PIRO CHICKEN

(Signature)

Diced pieces of chicken breast cooked with fresh coriander, timur (aka Nepal pepper, presents a distinctive tongue tingling taste & a grainy texture), and chefs special spices & served in thick medium sauce.

£8.95
25.

CHICKEN JALFREZY

Barbecued pieces of chicken breast cooked with green peppers, green chilli and a hot and spicy dry sauce. A traditional Indian dish of choice.

£7.95
26.

HIMALI CHICKEN KORMA

(Popular)

A korma originally from area around the Nilgiri mountain range where herbs and spices grow in abundance. It's a very mild chicken dish cooked in a thick creamy sauce, coconut and almonds.

£7.50
27.

CHICKEN OR LAMB BHUTUWA

Boneless chicken/lamb cooked with onion, tomatoes, peppers, Nepalese herbs and spring onion.

£8.75
28.

ZIMBU CHICKEN (Signature)

Succulent pieces of chicken breasts cooked in typical Nepalese style with Himalayan herbs and spices, treated with Tibetan herb known as Zimbu - a popular ingredient in northern hilly regions of Nepal and southern Tibet.

£8.95
29.

HOLY BASIL CHICKEN (Signature)

Diced pieces of breast stir-fried in typical Nepalese style with onions, red & green peppers and sliced ginger. Treated with fresh basil leaves known as Tulsi - a popular ingredients in South Asia and Tibet regions.

£8.95
30.

PIRO PIRO DUCK

Diced pieces of duck breast cooked with creamy coconut milk in Nepalese style spice.

£10.45

Meats

31.

ACHARI GOSHT

Tender pieces of lamb cooked in a tangy yoghurt sauce with pickling spice & lime flavour. Pickling spice includes cardomom, cinnamon, cloves, fresh green chillies, green pepper, coriander, ginger, mustard seeds and peppercorns.

£8.45
32.

JHANEKO MASU OR HARIN (ADD £3 EXTRA FOR VENISON) (Signature)

£9.25

A traditional Newari (Newars are a linguistic and cultural community of Indo-Aryan and Tibeto-Burman ethnicities) grilled spicy dish of lamb or venison steaks, marinated with ginger, garlic, red onion, crushed chillies, red and green capsicum and fenugreek seeds.
33.

LAMB ROGAN JOSH

This is a classic dish cooked in traditional Kashmiri spices and fresh tomatoes with the diced pieces of lamb leg.

£7.95
34.

LAMB NEPAL

Boneless lamb cooked with mango and special sauce.

£8.75
35.

NEPALESE KHUTTA

Diced leg of lamb cooked with fresh vegetables using authentic Nepalese style.

£8.95

36.

VENISON LASUN PIRO

(Signature)

Boneless diced venison steak cooked with fresh garlic, onion, tomatoes, peppers, Nepalese herbs and spring onion (served Medium or Hot)

£10.95
37.

LAMB XACUTI OR HARIN

(Add £3 extra for venison)

Goan dish, lamb or venison steak cooked with roasted aromatic fennel seeds, cloves, star aniseed and black pepper and various goan spices.

£9.95

Seafood

38.

KARAHI KING PRAWNS

King prawns cooked with fresh spices, tomatoes, green peppers and coriander leaves and chefs special medium spices.

£12.95
39.

GOAN FISH CURRY

Tilapia fish cooked in coconut milk in special Goan style.

£9.95
40.

SEA FOOD MISMAS

King prawns, scallops, mussel meat and squid cooked with ginger, garlic and coconut milk in Nepalese tastes.

£12.95
41.

FISH KORMA / FISH TIKKA MASALA

Tilapia fish cooked with butter, tomato puree, aromatic spices and fresh cream, cashew nut paste, fresh herbs and spices in a medium curry sauce.

£8.95
42.

LOBSTER BHUNA

Bhuna is a famous Indian dish. Extracted meat of whole lobster, cooked in fresh fragrance of ginger, garlic and bhuna masala.

£15.45

From the Clay Oven

43.

ELTHAM YETI MIX GRILL (Popular)

Tandoori chicken, malai tikka, lamb tikka, king prawn and sheek kebab served with naan bread.

£12.25
44.

TIKKA (CHICKEN OR LAMB)

ST. £4.75

MAIN £8.95

Boneless pieces of lamb or chicken marinated in yoghurt, Indian spices and grilled in the tandoori oven.
45.

TANDOORI CHICKEN

Chicken on the bone marinated in yoghurt with herbs and spices, cooked in the tandoori oven.

£8.25
46.

SHASLIK (CHICKEN OR LAMB)

Chicken or Lamb marinated and skewered with onions, tomatoes, green peppers - barbecued in the clay oven.

£9.25
47.

HARIYALI TIKKA

Chicken breast pieces marinated in garlic, ginger and mint with chef special spices and cooked in clay oven.

£8.95
48.

TANDOORI KING PRAWN

King prawns marinated in traditional tandoori spices barbecued in a clay oven.

£13.25
49.

LAMB SEEKH KEBAB

ST. £4.95

MAIN £9.25

Mince lamb marinated in Indian spices skewered and cooked in clay oven.
50.

TANDOORI SALMON

Marinated pieces of salmon in special spices and grilled in a tandoori oven.

£11.25



Vegetable Main Course

- 51. NEPALESE VEGETABLE (Signature)** 🌱 **£8.45**
Seasonal mixed vegetables cooked in traditional Nepalese style with exotic flavours of fresh garlic and sesame oil.
- 52. GURKHALI MISMAS VEGETABLE** 🌱 **£7.25**
Combination of fresh beans, cauliflower, mushroom, cottage cheese, peas and asparagus cooked in Nepalese style.
- 53. DAAL MAKHANI** 🌱 **£7.25**
Red kidney beans and black lentils slowly cooked in traditional Nepalese style.
- 54. KARAH PANEER** 🌱 **£7.45**
Diced pieces of cottage cheese cooked with ground spices, pepper and chef's special sauce.
- 55. HOLY BASIL VEGETABLES (Signature)** 🌱 (Popular) **£7.25**
seasonal vegetables stir fried with onions, red and green peppers, sliced ginger in typical nepalese style with himalayan herbs and spices. Treated with fresh basil leaves known as tulsi- a popular ingredients in South Asia and Tibet regions.

Vegetable Side Dish

- 56. PANEER METHI MASALA** 🌱 **£4.95**
Diced pieces of cottage cheese and fenugreek leaves cooked in tomato and white sauce garnished with fresh coriander.
- 57. MUSHROOM BHAJI** 🌱 **£4.25**
Fresh mushroom cooked with chop sauce in Indian style
- 58. ZIMBU DAAL LASUNI (Signature)** 🌱 **£4.45**
Lentils cooked with Nepalese herb Zimbu (aka Himalayan aromatic leaf garlic), and spices, similar to Daal Tarka but with a unique rich flavour.
- 59. BHINDI** 🌱 **£4.25**
Garden fresh okra cooked with sliced onions and herbs.
- 60. BOMBAY ALOO** 🌱 **£4.25**
Potatoes cooked with cumin seeds and fresh coriander leaves.
- 61. ALOO GOBI** 🌱 **£4.25**
Potatoes and cauliflower cooked with fresh coriander leaves.
- 62. SAAG ALOO / SAAG BHAJI / SAAG PANEER** 🌱 **£4.25**
Fresh spinach cooked with potatoes / cottage cheese with tasty sauce.
- 63. BRINJAL BHAJI** 🌱 **£4.25**
Cubes of aubergines cooked with potatoes, tomatoes, onion and fresh coriander.
- 64. BAIGAN BHARTA** 🌱 **£5.25**
Smoked aubergine pulp cooked with ginger, turmeric, cumin and fresh coriander leaves.

Biryani Dishes

Biryani is a traditional dish of basmati rice and meat or vegetables, cooked separately and brought together, resulting in a contrasting flavour of basmati rice and meat or vegetables. Biryani is served with a portion of vegetable sauce.

- 65. KING PRAWN BIRYANI** **£12.95**
- 66. CHICKEN BIRYANI** **£9.25**
- 67. LAMB BIRYANI** **£9.25**
- 68. VEGETABLE BIRYANI** 🌱 **£8.25**

Other Rice Dishes

- 69. STEAMED RICE** 🌱 Steamed premium basmati rice **£2.50**
- 70. SAFFRON PILAU RICE** 🌱 (Popular) **£2.95**
Saffron Rice is a classic Indian recipe for a classic dish of rice flavoured with saffron that's typically served on special occasions.
- 71. COCONUT RICE** 🌱 **£3.45**
Plain boiled rice cooked with creamy coconut milk, curry leaves and dried chillies.
- 72. SPECIAL FRIED RICE** **£3.50**
Basmati rice fried with eggs, green peas, fresh coriander & chef's special spices.
- 73. MUSHROOM RICE** 🌱 Pilau rice cooked with mushroom. **£3.50**

We reserve the right to exclude deliveries to certain areas.
All prices include VAT at the current rate.



Naan Bread, Raita and Papadoms

- 74. NAAN** 🌱 Wheat bread baked in clay oven (Popular) **£2.50**
- 75. CHEESE NAAN** 🌱 Wheat bread baked in clay oven with cheese. **£2.95**
- 76. PESHWARI NAAN** 🌱 Naan stuffed with coconuts, almond and nuts. **£2.95**
- 77. KEEMA NAAN** 🌱 Butter naan stuffed with top quality minced meat. **£2.95**
- 78. GARLIC NAAN** 🌱 Naan with chopped garlic. **£2.95**
- 79. STUFFED PARATHA** 🌱 Whole wheat dough stuffed with vegetables and baked in the tandoor. **£2.95**
- 80. ROTI / CHAPATI** 🌱 Whole wheat dough cooked in clay oven. Egg free. **£2.25**
- 81. RAITA** 🌱 Yoghurt and cucumber. **£2.25**
- 82. PLAIN OR SPICY PAPADOMS** 🌱 (Popular) **£0.65**
- 83. CHUTNEYS** 🌱 (Choice of Mango, Mint Sauce, Onion Salad, Tamarind Sauce) **£0.65**

MEAL DEAL FOR 2 PEOPLE **£20.00**
Chicken Tikka Masala, Lamb Rogan Josh, Bombay Aloo, Pilau Rice & Naan

MEAL DEAL FOR 4 PEOPLE **£38.00**
Achari Ghost, Chicken Jalfrezy, Gurkhali Mismas Vegetable, Sag Aloo, Baigan Bharta, 2 portion of Pilau Rice, Naan and Garlic Naan.

If any dish of your choice is not listed on our Menu, please ask our member of staff.
If it is possible our Chef will be happy to prepare it on your request.

FOOD ALLERGY OR INTOLERANCE:

Some dish may contain nuts or dairy products. If you have any kind of allergy, you must inform our member of staff, when placing your order.

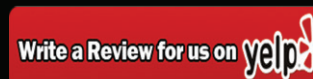
Download our App for Free from Apps & Android Store (coming soon)



Our function rooms are available for a variety of events including dinner parties, wedding receptions, birthdays, business meeting and presentations. We can also offer the whole restaurant premises for your party upon prior booking.
Please keep our numbers safe and ring us for your needs - whether big or small.
Businesses including Royal Mail hold their meetings here. For your next meeting too, we will be able to provide a meeting hall with a projector and necessary refreshments if you discuss with us when booking.

If You Wish to Help Eltham Yeti

- We all love offers. We are increasingly updating offers on our FACEBOOK & TWITTER sites. Like us, follow us, and help us grow and improve our quality.
- Review site feedbacks not only help us improve, but also give our chefs and all other staff the encouragement needed especially when you give a 5* and good comments on sites such as tripadvisor, google, yelp and others.



Award Winning Restaurant



**Tiffin Cup Award
2014**



Function Room Available • Outside Catering

**Best Restaurant
2016**
awarded by Open Table

**Eltham
Yeti™**

Nepalese & Indian Restaurant

**T 0208 859 1832
0208 850 2626**

Dining In & Collection Hours:

Mon-Fri: 12:00noon to 2:30pm, 5:00pm to 11:00pm
* 11:30pm close on Friday
Sat-Sun: 12:00noon to 11:30pm
* 10:30pm close on Sunday

Delivery Hours:

Mon-Fri: 5:00pm to 11:00pm
* 11:30pm close on Friday
Sat-Sun: 12:00noon to 11:30pm
* 10:30pm close on Sunday
Closed on Christmas Day

FREE DELIVERY

for orders over £15 within 3 miles



booking@elthamyeti.co.uk

10% off Online, App Orders & Collection over £20

86 Eltham High Street, Eltham SE9 1BW

elthamyeti.co.uk