

Himalayan Flavors

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STARTERS 11

Rice Salad **\$7.00**

Wild rice, chopped spring mix, chat vinaigrette.

Himalayan Salad **\$6.00**

Cucumber, tomatoes, carrots, and mixed greens with homemade dressing.

Vegetable Momo (8 pcs) **\$8.95**

Steamed dumplings filled with minced cabbage, spinach, mushroom, cashew nuts, onion, cilantro, olive oil, soy sauce and herbs and spices. Served with tomato chutney; Szechuan pepper flavors.

Chicken Momo (8 pcs) **\$9.95**

Steamed dumplings filled with ground chicken, chopped onion, garlic, ginger, cilantro, soy sauce, olive oil, herbs and spices, served with tomato chutney; Szechuan pepper flavors.

Lamb Momo (8 pcs) **\$9.95**

Steamed dumplings filled with minced lamb, onion, garlic, ginger, and cilantro, served with tomato chutney.

Mixed Momo (9 pcs) **\$10.95**

Sampler of 3 pcs of chicken, lamb and veg. momo. Served with tomato chutney.

Papad **\$3.95**

Baked crispy thin lentil wafers also known as papadum; made of fragrant spiced lentil flour.

Vegetable Pakora **\$4.95**

Mixed vegetable fritters battered with chick pea flour and golden-fried. Served with mint sauce.

Spinach Samosa **\$4.95**

Crisp patties stuffed with chopped spinach, potatoes and Himalayan spices. Served with tamarind chutney.

Chicken Choila **\$8.95**

Chicken, overnight marinated pieces of chicken or lamb grilled in Tandoori oven then mixed with onion, bell pepper, herbs and spices with lemon juice.

Lamb Choila **\$9.95**

Lamb, overnight marinated pieces of chicken or lamb grilled in Tandoori oven then mixed with onion, bell pepper, herbs and spices with lemon juice.

VEGETARIAN 10

Himalayan Yogi Tarkari **\$12.95**

Assorted mixed vegetables cooked in onion and tomato based Himalayan flavors sauce.

Cauli Matar Ko Tarkari	\$12.95
Green snow peas, cauliflower and potato sautéed with garlic and cooked with onion and tomato sauce.	
Tofu Saag	\$12.95
Pan fried sautéed with fresh spinach and spices from the Himalayas.	
Chana Masala	\$12.95
Garbanzo beans cooked with special herbs and spices in Himalayan flavors gravy.	
Chyau Bhanta	\$12.95
Fresh mushrooms and eggplants sautéed with ginger and garlic. Cooked with onion and tomato sauce.	
Bhindi Tarkari	\$12.95
Cut okra and strips of onion, sautéed with special herbs and spices.	
Paneer Tikka Masala	\$13.95
Tandoor grilled cheese, cooked in special creamy sauce with herbs and spices.	
Vegetable Korma	\$13.95
Mixed vegetable cooked in mild coconut based creamy sauce with nuts, herbs and spices.	
Kerau Paneer	\$13.95
Green peas and homemade cheese cooked in creamy gravy of onion, tomatoes alongside herbs and spices.	
Palak Paneer	\$13.95
Minced spinach with homemade cheese cubes. Cooked in light creamy sauce with herbs and spices.	

CHOWMEIN 3

Vegetable Chowmein	\$9.95
Chicken Chowmein	\$10.95
Lamb Chowmein	\$11.95

REGIONAL CUISINE OF THE HIMALAYAS 7

Coconut Chicken (India)	\$13.95
Premium overnight marinated tandoored breast of chicken cooked in Himalayan sauce of coconut and cream.	
Himalayan Malai Kofta (Kashmir)	\$12.95
Ground mixed vegetable balls (carrot, beet, paneer, cashew, almond cooked with cream and yogurt based sauce).	
Bhutanese Datshi (Bhutan)	\$12.95
Assorted vegetables sautéed with ginger and cooked in yogurt and goat cheese.	
Goat Curry (Nepal)	\$13.95
A traditional Nepalese dish, bone in goat meat, cooked with special Himalayan sauce.	
Aloo Tama Bori	\$12.95
Potato, bamboo shoot and beans sautéed with "ajwain" and garlic. Cooked with different herbs and spices (Nepal, skim, darjeeling and Bhutan)	

Jasha Maroo (Bhutan)	\$12.95
Traditional Bhutanese chicken dish cooked with ginger, garlic clove, and tomato sauce, layered on top of brown rice (Chicken).	
Lamb Samdeh	\$13.95
A delicious stew of lamb cooked with onions, tomato and pepper, anise seeds cumin, coriander and turmeric along with a touch of soy and cilantro (Tibet).	

BIRYANI RICE 4

Vegetable Biryani	\$9.95
Chicken Biryani	\$11.95
Lamb Biryani	\$13.95
Mixed Biryani	\$15.95
Vegetable, chicken, lamb and shrimp.	

CHICKEN DISHES 8

Chicken Tikka Masala	\$13.95
Tandoor grilled boneless cubes of chicken breast, cooked in special creamy sauce w/ herbs & spices.	
Chicken Korma	\$13.95
Tandoor grilled boneless cubes of chicken breast, cooked in special coconut sauce.	
Chicken Vandaloo	\$12.95
Cubes of chicken cooked with vandaloo based(tomato, onion, lemon juice and vinegar) sauce and potatoes.	
Buttered Mushroom Chicken	\$13.95
Overnight marinated premium chicken baked in tandoor, cooked in creamy butter sauce with mushrooms.	
Chili Chicken	\$12.95
Pan fried chicken strips cooked with tomato sauce, green chili, onion, peppers and soy sauce.	
Kukhura Tarkari	\$12.95
Boneless chicken cooked in onion and tomato gravy.	
Kukhura Tarkari with Mushroom	\$12.95
Boneless chicken cooked in onion and tomato gravy.	
Kukhura Tarkari with Fresh Chopped Spinach	\$12.95
Boneless chicken cooked in onion and tomato gravy.	

LAMB DISHES 7

Lamb Tikka Masala	\$14.95
Tandoor grilled boneless cubes of lamb, cooked in special creamy sauce w/ herbs & spices.	
Lamb Korma	\$14.95
Cubes of lamb cooked w. korma sauce (creamy) consisting of coconut milk, herbs & spices	

Lamb Vindaloo	\$13.95
Cubes of lamb cooked w. vindaloo based (tomato, onion, lemon juice, and vinegar) sauce & potatoes.	
Lamb Tarkari	\$13.95
Boneless lamb pieces cooked in Himalayan flavors special sauce herbs and spices.	
Lamb Tarkari with Spinach	\$13.95
Boneless lamb pieces cooked in Himalayan flavors special sauce herbs and spices.	
Lamb Tarkari with Eggplant	\$14.95
Boneless lamb pieces cooked in Himalayan flavors special sauce herbs and spices.	
Lamb Tarkari with Chopped Spinach	\$13.95
Boneless lamb pieces cooked in Himalayan flavors special sauce herbs and spices.	

SEAFOOD DISHES 8

Fish Tikka Masala	\$15.95
Salmon cooked in special creamy sauce with herbs and spices.	
Shrimp Tikka Masala	\$15.95
Jumbo shrimp cooked in special creamy sauce with herbs and spices.	
Fish Korma	\$15.95
Cubes of fish cooked with korma sauce (cream with coconut milk).	
Shrimp Korma	\$15.95
Cubes of shrimp cooked with korma sauce (cream with coconut milk).	
Shrimp Vindaloo	\$14.95
Cubes of shrimp cooked with vindaloo based (tomato, onion, lemon juice, and vinegar) sauce and potatoes.	
Fish Vindaloo (Salmon)	\$14.95
Cubes of fish cooked with vindaloo based (tomato, onion, lemon juice, and vinegar) sauce and potatoes.	
Fish Curry	\$14.95
Salmon fillets cooked with Himalayan flavors sauce, herbs and spices.	
Shrimp Curry	\$14.95
Jumbo shrimps cooked with Himalayan flavors sauce, herbs and spices.	

TANDOOR 5

Chicken Tandoori	\$16.95
Chicken marinated in yogurt and spices, broiled in tandoor oven.	
Chicken Tikka	\$16.95
Boneless chicken breast marinated with special herbs, spices, yogurt, baked in tandoor oven.	
Shrimp Tandoori	\$16.95
Shrimp marinated in yogurt and spices, broiled in tandoor oven.	

Fish Tandoori	\$17.95
Overnight marinated salmon in yogurt and spices.	
Assorted Tandoor	\$18.95
Mixed platter of tandoori chicken, lamb kabab, shrimp tandoor and chicken tikka marinated according to ancient tradition and grilled in tandoor oven.	

BREADS & NAAN 7

Plain Naan	\$2.50
Flavored Naan	\$3.50
Garlic or Rosemary or Herbal.	
Phapar Ko Babar	\$3.95
Buckwheat pancake.	
Tandoori Roti	\$3.95
Tava Roti	\$3.95
Paratha	\$4.50
Flavored Paratha	\$3.95
Potato or chili/ cheese.	

SIDE ORDER 5

Brown Rice	\$2.50
Brown rice, one of the healthiest foods is rich in fiber and excellent source of the minerals selenium and magnesium, the oil in whole brown rice lowers cholesterol and good for cardiovascular health.	
Basmati Rice	\$2.50
The fragrant One in sanskrit grown in the foothills of the Himalayas, good source of good source of thiamine, niacin and contains low fat.	
Raita	\$1.95
Yogurt and cucumber chutney.	
Mango Chutney	\$1.95
Mixed Chutney	\$1.95

DESSERT 4

Gulab Jamun	\$3.50
Mango Kulfi	\$3.50
Pistacio Kulfi	\$3.50
Kheer (Rice Pudding)	\$3.50

DRINKS 12

Plain Lassi	\$2.95
Sweet Lassi	\$2.95
Salty Lassi	\$2.95
Mango Lassi	\$2.95
Coke	\$1.95
Diet Coke	\$1.95
Sprite	\$1.95
Nepali Chai (Tea)	\$1.95
Butter Chai	\$1.95
Green Tea	\$1.95
Herbal Tea	\$1.95
Black Tea	\$1.95