



Yak & Yeti

Nepalese & Indian Restaurant



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yakandyetileven.co.uk

Lunch Menu

3-Course Lunch A

Starter

Chicken Pakora Battered deep fried chicken.

Vegetable Pakora Thinly sliced potato, onion and spinach.

Haggis Pakora Battered deep fried haggis.

Onion Bhaji Julienne cut onion coated with gram flour and deep fried.

Fish Pakora Tilapia fish battered in gram flour and lightly spiced.

Main Course Made with a choice of: Chicken, Lamb or Vegetable.

Korma Cooked in mild and creamy sauce.

Chazni Mild, sweet and sour sauce.

Bhuna Caramelised onion and tomato sauce.

Madras Hotter version of plain curry.

Kadhai Cooked with caramelised onions and herbs.

Patia Hot, sweet and sour in equal measure.

Tikka Masala Cooked in rich coconut sauce.

Accompaniment

Boiled Rice | Pilau Rice | Plain Naan | Garlic Naan

Dessert

Tea | Coffee | Latte (+£1) | Cappuccino (+£1)

Ice Cream Choice of Vanilla, Strawberry, Chocolate or Gulab Jamun.

£10.95 PER PERSON

3-Course Lunch B

Starter

Mix Pakora Mix of chicken pakora, mushroom pakora and vegetable pakora.

Garlic Mushroom Diced mushroom cooked with cream and garlic sauce.

Chicken 65 Spicy deep fried chicken in chilli garlic sauce.

Chicken Tikka Chunks of chicken breast marinated in tandoori spices.

Mango Chicken Tikka Mango flavoured chicken breast marinated in tandoori spices.

Main Course

South Indian Garlic Chilli Chicken Cooked with ground garlic, ginger and home made chilli sauce.

Butter Chicken Popular Punjabi dish, cooked in creamy butter sauce.

Gurkhal Chilli Chicken Cooked in Nepalese style hot chilli sauce with diced pepper and onion.

Chicken Jalfrazi A medium dish cooked with diced pepper and onion.

Pola Ko Bhale Grilled chicken breast cooked with fresh ginger, garlic in Nepalese style.

Bhuteko Khasi (Lamb) Grilled lamb cooked with fresh ginger, garlic in Nepalese style.

Railway Lamb Traditional lamb curry cooked with potatoes.

Chicken Tikka Chunks of chicken breast marinated in tandoori spices.

Mango Chicken Tikka Mango flavoured chicken breast marinated in tandoori spices.

Goan Fish Curry Tilapia fish cooked with coconut sauce and curry leaf.

Paneer Kadhai Cottage cheese cooked with pepper and onion.

Accompaniment

Boiled Rice | Pilau Rice | Plain Naan | Garlic Naan | Peshwari Naan

Dessert

Tea | Coffee | Latte | Cappuccino

Gulab Jamun | Ice Cream Choice of Vanilla, Strawberry, Chocolate or Gulab Jamun.

£11.95 PER PERSON

Sides

Poppadom	£1.00
Spiced Onions	£1.00
Mango Chutney	£1.00
Mix of Dips	£2.00
Chips	£2.45

Kids Meals

Chicken Nuggets & Chips	£4.25
Fish Fingers & Chips	£4.25
Scampi & Chips	£4.25
Fish & Chips	£4.25

Allergies Intolerances

Some of our dishes may contain gluten, peanuts, nuts, milk, soya, mustard, lupin, egg, fish, crustaceans, molluscs, sesame seed, celery, sulphur dioxide and others.

PLEASE ASK MEMBER OF STAFF BEFORE ORDERING



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Starters

1) Vegetable Pakora	£4.45
<i>Sliced Potato, Onions and Spinach</i>	
2) Garlic Mushroom (D)	£4.45
<i>Diced Mushroom Cooked with a Creamy Garlic Sauce</i>	
3) Onion Bhaji	£4.45
<i>Sliced Onion Coated with Gram Flour & Deep Fried</i>	
4) Mushroom Pakora	£4.45
<i>Battered Deep Fried Mushroom</i>	
5) Vegetable Samosa	£4.75
<i>Fine Filo Pastry Stuffed with Potato, Peas and Punjabi Masala</i>	
6) Mixed Pakora	£5.25
<i>Mix of Chicken, Vegetable Pakora & Mushroom Pakora</i>	
7) Chicken Pakora	£5.25
<i>Battered Deep Fried Chicken</i>	
8) Haggis Pakora	£5.25
<i>Battered Deep Fried Haggis</i>	
9) Chicken Chaat	£5.25
<i>Diced Cubes of Chicken Cooked with Bombay Spices</i>	
10) Chicken Mo:Mo	£6.25
<i>Steamed Dumpling Stuffed with Ginger, Garlic, Minced Chicken and Spring Onion</i>	
11) Chicken 65	£6.25
<i>Spicy deep fried chicken toss on chilli & garlic sauce</i>	
12) Fish Pakora	£6.25
<i>White fish battered in gram flour and lightly spiced</i>	
14) Chicken Lollipop	£5.25
<i>Chicken Wings marinated in garlic, chilli, soya sauce and deep fried</i>	

Poori Starters

Indian Style Pancake with Chefs Own Sauce

16) Chana Poori (G)	£4.25
17) Chicken Poori (G)	£5.25
18) Prawn Poori (G)	£5.25
19) King Prawn Poori (G)	£6.95

Tandoori Starters

20) Paneer Tikka (D)	£5.25
<i>Homemade Cottage Cheese Marinated with Indian Herbs and Char Grilled</i>	
21) Chicken Tikka (D)	£5.25
<i>Chunks of Chicken Breast Marinated in Tandoori Spices and Char Grilled</i>	
22) Mango Chicken Tikka (D)	£5.25
<i>Chunks of Chicken Breast Marinated Overnight using Mango and Indian Spices</i>	
23) Lamb Seek Kebab (D)	£5.25
<i>Minced Lamb Marinated in Indian Spices & Herbs</i>	
24) Lamb Tikka (D)	£5.45
<i>Slices of Lamb Marinated in Indian Spices and Flavoured with Ginger, Crushed Coriander and Cumin Seeds</i>	
25) Lamb Chops (D)	£6.25
<i>Lightly Spiced Lamb Chop with Freshly Ground Nepalese Spices</i>	
26) Monk Fish Tikka (D)	£6.25
<i>Fish Marinated in Garlic, Yoghurt, Indian Spices & Herbs</i>	
27) Tandoori King Prawns (D)	£6.95
<i>King Prawn Marinated in a Special Blend of Nepalese Herbs</i>	
28) Tandoori Mixed Tikka (D)	£8.95
<i>A Combination of Chicken Tikka, Seek Kebab, Lamb Chop and Mango Chicken Tikka</i>	

Bread

29) Chappati	£1.25
30) Plain Nan	£2.95
31) Garlic Nan	£3.25
32) Peshwari Nan	£3.95
33) Cheese Nan	£3.95
34) Keema Nan	£3.95
35) Cheese & Garlic Nan	£3.95
36) Garlic & Chilli Nan	£3.45

Sides

37) Chips	£2.25
38) Large Chips	£3.25
38) Chilli Chips	£3.25
40) Honey Chilli Chips	£3.45
41) Chips & Cheese	£3.45
42) Chips & Curry Sauce	£5.95
43) Chips & Korma Sauce	£5.95
44) Chips & Any Sauce	£5.95

Accompaniments

45) Papadom	£1.00
46) Mango Chutney	£1.00
47) Spiced Onions	£1.00
48) Green Salad	£2.50
49) Curry Sauce	£3.95
50) Korma Sauce (N&D)	£4.95
51) Tikka Masala Sauce (N&D)	£4.95
52) Madras Sauce	£4.95

Tandoori Mains

Include Medium Curry Sauce and Salad Only

59) Paneer Tikka Shaslik (D)	£10.95
<i>Homemade Cottage Cheese - Marinated with Indian Herbs and Char Grilled</i>	
60) Chicken Tikka (D)	£10.95
<i>Chunks of Chicken Breast Marinated in Tandoori Spices and Char Grilled</i>	
61) Mango Chicken Tikka (D)	£11.95
<i>Chunks of Chicken Breast Marinated Overnight Using Mango and Indian Spices</i>	
62) Chicken Tikka Shaslik (D)	£11.95
<i>Sliced Chicken with Nepalese Herbs, Yoghurt, Pepper and Onions</i>	
63) Lamb Seek Kebab (D)	£11.95
<i>Minced Lamb Marinated in Indian Spices and Herbs</i>	
64) Peshwari Lamb Chops (D)	£14.95
<i>Ginger, garlic & coriander based marinated and cooked in tandoori, served in onion tomato base sauce</i>	
65) Lamb Tikka (D)	£12.95
<i>Slices of Lamb Marinated in Indian Spices Flavoured with Ginger, Crushed Coriander and Cumin Seeds</i>	
66) Lamb Chops (D)	£13.95
<i>Lightly Spiced Lamb Chop with Freshly Ground Nepalese Spices</i>	
67) Monk Fish Tikka (D)	£12.95
<i>Monk Fish Marinated in Garlic, Yoghurt, Indian Spices and Herbs</i>	
68) Tandoori King Prawn (D)	£13.95
<i>King Prawn Marinated in a Special Blend of Nepalese Herbs</i>	
69) Tandoori Mixed Grill (D)	£16.95
<i>Chicken Tikka, Mango Chicken Tikka, Lamb Chops, King Prawn and Seek Kebab</i>	

Traditional Curries

Chicken	£9.95
Lamb	£10.25
Chicken Tikka	£10.75
Lamb Tikka	£11.25
Prawns	£10.25
King Prawns	£13.95
Vegetable	£7.95

70) Bhoona	
<i>Cooked with Tomato Base Sauce</i>	
71) Curry	
<i>Cooked in a Medium Sauce</i>	
72) Do-Pyaza	
<i>Cooked with Diced Onions in a Medium Sauce</i>	
73) Patia	
<i>A Sweet and Sour Sauce</i>	
74) Chasni (D&N)	
<i>A Creamy Mild Dish Cooked with Coconut Cream</i>	
75) Madras	
<i>Cooked in a Hot Sauce</i>	
76) Dansak	
<i>Cooked in a Medium Sauce with Yellow Lentils</i>	
77) Tikka Masala (N&D)	
<i>Char Grilled and Cooked in a Fresh Cream and Yoghurt Sauce</i>	
78) Rogan Josh	
<i>Cooked in a Medium Tomato Base Sauce</i>	
79) Korma (N&D)	
<i>Cooked in a Mild and Creamy Sauce</i>	
80) Karahi	
<i>Cooked with Caramelised Onion and Herbs</i>	
81) Vindaloo	
<i>Cooked with Pepper, Tomato in an Extra Hot Sauce</i>	
82) Ceylonese Curry (N)	
<i>Cooked with Fresh Green Chilli, Indian Herbs and Coconut Cream</i>	
83) Achari	
<i>Cooked with Extra Ground Pickle, Green Chilli and Wedge of Lemon</i>	
84) Balti	
<i>Cooked with Onions, Pepper, Spiced Balti Sauce and Herbs</i>	
85) Pasanda (N&D)	
<i>Simmered with Mild Spices, Creamed Coconut and Flaked Almonds</i>	
86) Jalfrezi (D)	
<i>A Medium Dish Cooked with Diced Onions, Peppers, Herbs and Spices</i>	
87) Saag	
<i>Tender Lamb Cooked with Spinach & Indian Spices</i>	

Biriyani

Served with Medium Curry Sauce and Raita

88) Vegetable Biriyani	£9.95
89) Chicken Biriyani	£10.95
90) Chicken Tikka Biriyani	£11.95
91) Prawn Biriyani	£11.95
92) King Prawn Biriyani	£13.95
93) Lamb Biriyani	£11.95
94) Special Biriyani	£14.95

Rice

95) Boiled Rice	£2.25
96) Pilau Rice	£2.50
97) Vegetable Rice	£3.50
98) Mushroom Rice	£3.50
99) Egg Rice	£3.50
100) Coconut Rice	£3.50
101) Chicken Special Rice	£3.50

Seafood Curry

102) Goan Fish Curry (N)	£10.95
<i>White Fish Cooked with Coconut Sauce and Curry Leafs</i>	
103) Mix Seafood Curry	£11.95
<i>Scallops, Squid, King Prawn and Tilapia Cooked in a Medium Sauce</i>	

Nepalese Yak & Yeti Curries

104) South Indian Garlic Chilli Chicken	£10.95
<i>Cooked with Ground Garlic, Ginger and Homemade Chilli Sauce</i>	
105) Masander	£10.95
<i>Cooked with Ground Green Chilli, Fresh Ginger, Garlic and Herbs</i>	
106) Butter Chicken (N&D)	£10.95
<i>Popular Punjabi Dish, Cooked in a Creamy Butter Sauce</i>	
107) Naga Chicken	£10.95
<i>Popular Bangladeshi Dish, Cooked with Chilli, Very Hot Spices and Herbs</i>	
108) Mango Korma (N&D)	£10.95
<i>Cooked with Mango, Coconut and Cream</i>	
109) Chicken Chattinad (N&D)	£10.95
<i>Breast of Chicken Cooked with Coconut and South Indian Spices</i>	
110) Rara Ghost	£11.95
<i>Minced and Diced Lamb Cooked in Medium Sauce</i>	
111) South Indian Garlic Chilli Lamb	£11.95
<i>Cooked with Ground Garlic, Ginger and Homemade Chilli Sauce</i>	
112) Nasilee Chicken	£10.95
<i>Cubes of Chicken Cooked Slowly in a Tandoori Oven with Wine, Mango and Herbs</i>	
113) Nasilee Lamb	£11.95
<i>Cubes of Lamb Cooked Slowly in a Tandoori Oven with Wine, Mango and Herbs</i>	
114) Dhaba Chicken	£10.95
<i>A medium spiced traditional road side restaurant style chicken curry</i>	
115) Bhuteko Khasi (Lamb)	£11.95
<i>Shredded Grilled Lamb Cooked in a Medium Nepalese Style</i>	
116) Poleko Bhale Kurura (Chicken)	£10.95
<i>Grilled Chicken Breast Cooked with Ginger and Green Peppers in a Nepalese Style</i>	
117) Gurkhali Chilli Chicken	£10.95
<i>Cooked in a Nepalese Style Hot Chilli Sauce with Diced Pepper and Onion</i>	
118) Nalee Rogan Josh (Lamb on the bone)	£11.95
<i>Lamb cooked with tomato, onions and blend with homemade sauce</i>	
119) Railway Lamb Curry	£11.95
<i>Traditional lamb cooked with potatoes, invented by British railway workers during British raj</i>	

Vegetable

120) Bombay Potato	£7.95
<i>Potato Cooked with Tomato, Onions and Herbs</i>	
121) Aloo Gobi	£7.95
<i>Potatoes and Cauliflower</i>	
122) Mutter Paneer	£7.95
<i>Homemade Cottage Cheese with Peas</i>	
123) Saag Aloo	£7.95
<i>A Medium Dish Cooked with Potato and Spinach</i>	
124) Tarka Daal	£7.95
<i>Yellow Lentils Tempered with Onion, Cumin, Ginger and Garlic</i>	
125) Bhindi Bhaji (Okra)	£7.95
<i>Cooked with Onions, Tomato and Coriander</i>	
126) Paneer Karahi	£7.95
<i>Homemade Cottage Cheese Cooked with Pepper and Onion</i>	
127) Saag Paneer	£7.95
<i>Homemade Cottage Cheese Cooked with Spinach and Herbs</i>	
128) Mix Vegetable	£7.95
<i>Assorted Mixed Vegetables</i>	
129) Paneer Makhani	£7.95
<i>Rich Lentils</i>	
130) Dal Makhani	£7.95
<i>Black Lentils Cooked in a Creamy Sauce</i>	

Western Dishes

All Dishes will be Served with Chips

131) Fish & Chips	£6.95
132) Chicken Nuggets	£6.95
133) Scampi & Chips	£6.95
134) Fried Chicken	£6.95
135) Plain Omelette	£4.95
136) Cheese or Chicken or Mushroom Omelette	£5.95



Served with Either Chips or Fried Rice

137) Fish & Chips	£4.95
138) Chicken Nuggets	£4.95
139) Fish Fingers	£4.95
140) Scampi	£4.95
141) Omelette	£3.95
142) Chicken Curry	£5.95
143) Chicken Korma	£5.95
144) Chicken Patia	£5.95
145) Chicken Chasni	£5.95
146) Chicken Tikka Masala	£5.95

Group booking • Functions • Catering
Funerals respectfully catered for
Plz contact: 01333350053/01333352583
Alternatively Email :- yakandyeti21@gmail.com

Please Ask Member of Staff For Information on Allergies

ALLERGY AWARENESS: Some of our dishes may contain Gluten, Peanut, Nuts, Milk, Soya, Mustard, Lupin, Egg, Fish, Crustaceans, Molluscs, Sesame Seeds, Cellery or Sulphur Dioxide. Please ask a Member of Staff For More Information



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SANDY BRAE, KENNOWAY, LEVEN KY8 5JL