

THE RUNNER

HIMALAYAN MENU

START WITH



Momos

A Nepalese favourite! Perfectly steamed dumplings with lightly spiced vegetable mince/chicken mince, served with a special homemade tomato chutney.

Vegetable Momo (V) (G, M, SE, SO)

£7.00 (5pcs) • £10.00 (8pcs)

Chicken Momo (G, M, SE, SO)

£7.00 (5pcs) • £10.00 (8pcs)

Vegetable Samosa (V) (G) (3 pcs)

£5.50

Crispy fried samosas stuffed with spiced mix vegetables. Served with sweet and tangy chilli sauce.

Himalayan Tandoori Paneer Shashlik (V) (M, SU)

£7.00

Cottage cheese marinated with yoghurt, Himalayan herbs & spices, cooked in a clay oven skewered with onions and peppers. Served with homemade mint yogurt sauce and onion chutney.

Onion Bhaji (V/VE) (MU) (4 pcs)

£6.50

Crispy fried gram flour spiced fritters served with sweet and tangy chilli sauce.

Aloo Chop (Potato Croquette) (G, E, MU, SU, SE) (3 pcs)

£6.50

A Nepalese fried lightly spiced potato croquette, crispy on the outside and moist on the inside packed with herbs and spices. Served with mixed salad and homemade tomato chutney.

Crispy Chicken Lollypop (E, SU, SO) (3 pcs)

£8.50

Crispy fried chicken drumsticks marinated in gram flour with Himalayan herbs & spices served with homemade sweet chilli sauce.

Himalayan Tandoori Wings (M, SU) (5 pcs)

£7.00

Chicken wings marinated in a blend of Himalayan herbs and spices, cooked in clay oven served with homemade mint-yogurt sauce and onion chutney.

Himalayan Chicken Tikka (M, SU) (3 pcs)

£8.00

Succulent pieces of fresh chicken breast in a blend of Himalayan herbs & spices left to marinate overnight, cooked in clay oven. Served with homemade mint yogurt sauce and onion chutney.

Lamb Seekh Kebab (M, SU)

£8.00

Minced lamb marinated with fresh herbs, ginger and garlic cooked in clay oven served with homemade mint yogurt sauce and onion chutney.



CHILLI SPECIAL

Tossed in our special chilli & garlic sauce with onions and mix peppers.

Chilli Paneer (V) (M)

£8.50

Chilli Mushroom (V/VE)

£8.50

Chilli Chicken

£8.50

Chilli Prawns (CR, G)

£9.50

BIRYANIS



served with raita
(made of yogurt, diced cucumber and seasonings)
add curry sauce £2.50

Fragrant smoked basmati pilau rice layered with chef's special biryani gravy and aromatised with rose petals.

Chicken Biryani (M, MU)

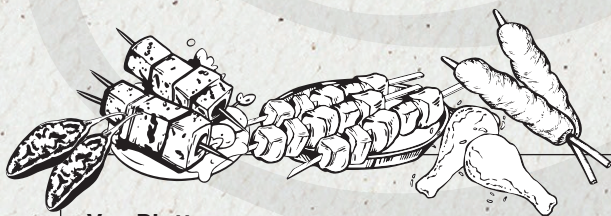
£16.00

Lamb Biryani (M, MU)

£18.00

Mix Vegetable Biryani (V) (M, MU)

£16.00



FOR SHARING

Veg Platter (V) (G, E, M, MU, SE, SU)

£15.00

A platter consisting of creamy cheese jalapenos, potato croquette (aloo chop), paneer tikka, crispy onion bhajis served with homemade onion chutney and mint yogurt sauce

Meat Platter (M, SU, SO)

£18.00

A platter consisting of Himalayan chicken tikka, Himalayan tandoori wings, chicken lollypop and lamb seekh kebab served with homemade onion chutney and mint yogurt sauce

Combo Platter (G, M, E, MU, SU, SO, SE)

£28.00

An irresistible combination of veg & non-veg platter consisting of Himalayan chicken tikka, Himalayan tandoori wings, lamb seekh kebab, Himalayan tandoori chicken leg, creamy cheesy jalapenos, crispy onion bhajis, potato croquette (aloo chop) served with homemade mint yogurt sauce and onion chutney.

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MAINS



Our chefs can adjust the spice level to your 'curries according to your preference. Just let your server know your preference when you order.

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| Himalayan Tandoori Lamb Chops (M, SU) | £19.00 |
| Marinated in yogurt overnight with Himalayan herbs & spices, cooked in a clay oven. Served with gourmet chunky chips, homemade onion chutney and mint yogurt sauce. | |
| Himalayan Tandoori Chicken (M, SU) | £17.00 |
| Half chicken marinated in hung curd overnight with Himalayan herbs & spices, cooked in a clay oven served with gourmet chunky chips, salad mix, homemade onion chutney and mint yogurt sauce. | |
| Gurkha Chicken (G, M, MU) | £17.00 |
| A Nepalese style on bone chicken curry, slow cooked with Himalayan herbs & spices. Served with basmati pilau rice and butter naan bread. | |
| Gurkha Fish Curry (F, G, M, MU) | £18.00 |
| Boneless cod chunks cooked in tantalising onion and tomato gravy with Himalayan herbs, spices & finished with fresh coriander, served with basmati pilau rice and butter naan bread. | |
| Butter Chicken (G, M, MU) | £17.00 |
| Tandoori chicken tikka pieces cooked in rich creamy tomato, textured with silky butter, cream and honey served with basmati pilau rice and butter naan bread | |
| Chicken Tikka Masala (G, M, N, SU) | £17.00 |
| Nation's favourite, chicken tikka pieces cooked in a rich creamy tomato and cashew nut sauce, served with butter naan bread and basmati pilau rice. | |
| Paneer Tikka Masala (V) (G, M, N, SU) | £17.00 |
| Paneer tikka (cottage cheese, marinated and cooked in clay oven) pieces cooked in a rich creamy tomato and cashew nut sauce, served with butter naan bread and basmati pilau rice. | |
| Lamb Bhuna (G, M, MU) | £18.00 |
| Slow cooked thick lamb curry cooked in an onion-based gravy with Himalayan spices and red bird eye chillies served with basmati pilau rice and butter naan bread. | |



HIMALAYAN MASALA

Our speciality! House onion tomato base curry cooked with Himalayan herbs & spices, served with basmati pilau rice and butter naan bread.

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| Himalayan Chicken Masala (G, M, MU) | £17.00 |
| Himalayan Prawn Masala (G, M, MU, CR) | £19.00 |
| Roasted Aubergine & Potato Masala (V) (vegan option available) (G, M, MU) | £16.00 |
| Himalayan Lamb Masala (G, M, MU) | £18.00 |

SAAG CURRY



A Himalayan onion & tomato base curry cooked with spinach, herbs & spices served with basmati pilau rice and butter naan bread.

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| Saag Paneer (G, M, MU) | £17.00 |
| Lamb Saag (G, M, MU) | £18.00 |
| Saag Chicken (G, M, MU) | £17.00 |

HIMALAYAN KORMA

A rich creamy coconut-cashew nut thick gravy with mild spices served with basmati pilau rice and butter naan bread.

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| Himalayan Mix Veg Korma (V) (G, M, N, MU) | £17.00 |
| Chicken Korma (G, M, N, MU) | £17.00 |

VINDALOO



Not your ordinary Vindaloo. This is a classic Curry from Goa with Blend of fiery & pungent flavours of Chilli, garlic and vinegar served with basmati pilau rice and butter naan bread.

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| Lamb Vindaloo (G, M, MU) | £18.00 |
| Chicken Vindaloo (G, M, MU) | £17.00 |
| Prawn Vindaloo (G, M, CR, MU) | £19.00 |

BREADS FROM TANDOOR



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| Plain (G) / Butter Naan (G, M) | £3.75 |
| Garlic Naan (G, M) | £4.00 |
| Cheese Naan (G, M) | £4.50 |
| Cheese Chilli Naan (G, M) | £4.50 |
| Peshawari Naan (G, M, N) | £4.50 |
| Keema Naan (G, M) | £5.00 |