

## OUR MASTER CHEF'S ORIGINAL NEPALESE DISHES

### ANNAPURNA SPECIAL

Succulent pieces of chicken breast initially cooked in a tandoor with a medium masala sauce as the chicken further cooks in its own juices, resulting in a semi thick sauce with amazing flavours.  
Our signature dish. Served with a small Nepalese Pulao rice.

### LAMB BHUNA BAJURA

Tender lamb cooked with finely chopped onions, freshly ground specially blended medium spices, and green herbs. A well loved medium lamb preparation from our chef.

### GURKHALI LAMB

A hot and spicy Nepalese village-style lamb dish, enjoyed by Gurkhas and popular all over the country. Our master chef reproduces this authentic dish exclusively for Annapurna customers.

### KATHMANDU DAAL GOSTH

Lamb cooked with black lentils and medium spices.  
A typical Nepalese preparation. Can be prepared medium or hot.

### MUSTANG KO BHALE

Our chef's reproduction of an authentic full flavoured Nepalese chicken curry. Rich, robust and aromatic, cooked with a blend of garam masala. Prepared hot.

### SHAMSHER CHICKEN

Chicken pieces simmered in a ginger, onion & tomato sauce and tempered with Himalayan herbs and spices. It is hot and flavoursome and provides that cascade of flavours. Sherpa's favourite curry.

### ROYAL PANEER MASALA

Luxurious, rich and smooth Vegetarian speciality.  
Paneer cooked with a sumptuous Masala sauce.

### CHICKEN MANASLU

Diced chicken marinated overnight with our own blend of spices and green herbs. Barbequed and then cooked with natural ingredients to achieve a thick luxurious sauce. Can be prepared medium to hot.

## VEGAN SPECIALS

### TOFU CHANA SAAG

Bean curd cooked with chickpeas, fresh spinach and mild spices.

### DHAULAGIRI VEGETABLE

Special vegetables prepared using fusion spices and herbs from northern frontier of Nepal and Tibet. Crunchy, well flavoured and full of nutrition.  
Garnished with sesame seeds and finely chopped spring onion.

### JACKFRUIT CURRY

Jackfruit is packed with nutrients, including fibre and antioxidants.  
The health benefit of this tropical fruit is truly impressive. Our master chef is preparing this dish with black eyed beans, providing extra nutrition.



## VEGETABLE DELICACIES

### ALOO MATAR GOBI

A wholesome and tasty serving of sauteed potatoes, peas, cauliflower cooked with mustard seeds, coriander and finished with a touch of tomato garnished with spring onions.

### MALAI KOFTA SHAHJADI

Potatoes, sweetcorn, peas and paneer, mashed and lightly seasoned.  
Made into small balls and cooked in a mild creamy masala sauce.

### SAAG ALOO

Fresh spinach cooked with potatoes and tomatoes.  
A healthy vegetable preparation.

### MUSHROOM PARIKAR

Fresh mushrooms lightly cooked and delicately infused with herbs.

### JANAKI BHANTA

Aubergine cooked with an array of delicate spices and herbs. Delicious.

### MAKHANI DAAL

A bowl of finest black lentils cooked with ginger, green chillies, onions and green herbs.

### POKHRELI DAAL

A selection of five mixed yellow lentils traditionally prepared and tempered with fresh garlic.

### SAAG PANEER

Cooked with Indian cottage cheese and spinach, medium spices and herbs.  
An amazingly tasty vegetarian speciality.

### CHANA MASALA

Chick peas cooked with onion and special full flavoured spices.

### JEERA ALOO

A delightful potato preparation tempered with cumin seeds.

## RICE AND BREAD

### STEAMED RICE

Fluffy basmati served piping hot gives an uncluttered aroma reminiscent of the Himalayan foothills.

### LEMON RICE

Basmati rice cooked with lemon zest, curry leaf and tempered with mustard seed, a delightful alternative to regular steamed rice.

### NEPALESE PULAO

An aromatic basmati rice, cooked with whole spices for added flavour and natural colour.

### ALOO PARATHA

Wholemeal bread stuffed with potatoes and aromatic spices.

### PLAIN NAAN

Freshly baked soft and fluffy naan cooked on the wall of the tandoori oven.

### PESHAWARI NAAN

A Naan, stuffed with a sweet mixture of raisins and cashew nuts.

£4.25

£4.25

£4.75

£4.75

£3.75

£4.75

### KEEMA NAAN

Naan bread stuffed with minced spring lamb and fresh aromatic spices.

### GARLIC NAAN

A Naan bread covered with finely chopped garlic and coriander.  
A nice roasted garlic flavour.

### LACHHA PARATHA

Wholemeal prepared bread with layers upon layers.

### TANDOORI ROTI

The wholemeal flatbread.

### CUCUMBER RAITA

Yoghurt mixed with cucumber and whole roasted Jeera.

### ANNAPURNA SALAD

Lettuce, Tomato, cucumber and carrot dressed with olive oil.  
Garnished with roasted garlic and sesame seeds.

£8.95

£8.95

£8.95

£8.95

£8.95

£8.95

£8.95

£8.95

£8.95

£8.95

£4.75

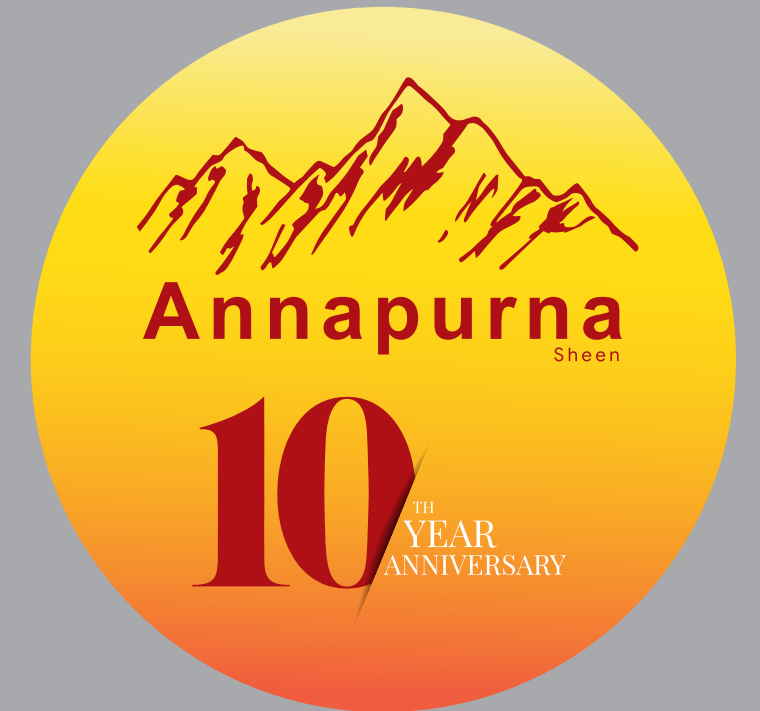
£4.75

£4.25

£2.95

£3.95

£4.95



## TAKE AWAY MENU



@annapurnares



annapurna\_restaurant

OPEN 6 DAYS A WEEK

Tuesday to Saturday - 5pm to 11pm

Sunday 3pm to 10pm

020 8876 6220

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October 2023

\*Free home delivery within 2 miles for orders over £20.

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Order online at:

www.annapurnarestaurant.com



Dear Valued Customer,

September 2023 marks ten years since Annapurna first opened her doors to London's East Sheen. Defined by a decade of resilience and determination, we are thrilled to have reached such a momentous milestone. However, we could not have done it alone... your continued patience, support and loyalty made it possible for us to be here today.

To celebrate the occasion, our MasterChef has introduced a special 10th Anniversary Menu. A finely curated selection of timeless classics, MasterChef specials and returning favourites, our 10-year edition introduces a crisp, concise perspective to Nepalese cuisine.

We are proud to continue using only the finest ingredients, locally sourced where possible, along with fresh herbs and spices from Nepal, India, and Tibet. Expertly selected, ground, and mixed, the MasterChef and his team prepare blends and marinades daily, essential for our unique flavours.

Here's to a decade of delicious moments together, and to many more ahead!

Warmest regards,  
The Annapurna Team

## REFRESHMENTS

### SOFT DRINKS

COKE (330ML)	£2.00
FANTA (330ML)	£2.00
DIET COKE (330ML)	£2.00
LEMONADE (330ML)	£2.00
MINERAL WATER (750ML)	£3.50

### ALCOHOLIC BEVERAGE

GURKHA BEER (650ML)	£5.45
WHITE WINE (750ML)	£14.95
RED WINE (750ML)	£14.95

### CONDIMENTS

SPICY PAPAD	£1.00
PLAIN PAPAD	£1.00
MANGO CHUTNEY	£1.50
LIME PICKLE	£1.50
MIINT SAUCE	£1.50
ONION CHUTNEY	£1.00
ANNAPURNA SALAD	£4.95

## STARTERS

<b>VEGETABLE PAKORA</b> ✓	£4.95
Finely sliced onion pieces marinated in spices and gram flour, deep fried.	
<b>VEGETABLE SAMOSA</b> ✓	£4.95
A delicious pyramid-shaped package of potato, sauteed onion, garlic and coriander, tightly wrapped in a flat pastry, seasoned and fried.	
<b>SHARING PLATTER</b>	£15.95
A combination of vegetable samosa, onion pakora, chicken tikka and lamb kebab. A great idea for a family of four.	
<b>KING PRAWN LASUN</b> NEW	£9.95
King prawn marinated with mild spices & green herbs and garlic. Barbequed in a tandoor.	
<b>GRILL PLATTER FOR TWO</b>	£10.95
Selection of grills from our tandoor, Chicken Tikka, Lamb Kebab and Paneer Tikka.	
<b>CHICKEN CHILLI</b> ⊕	£6.95
A Nepalese village dish consisting of sliced chicken breast marinated in spices and sauteed with capsicum, onion, spicy tomatoes, fresh green chillies and a touch of soy sauce.	
<b>MO: MO</b>	£9.95
Mince meat mingled with green herbs & mild spices, wrapped in a pastry and steam cooked. An authentic Kathmandu Valley preparation. Served with tangy chutney, can be prepared hot.	
<b>LAMB CHOPS</b>	£9.95
Marinated in a strained Yogurt and several blend of flavoursome spices for 4 hours and barbequed to perfection. This is medium spiced and a complete delight.	
<b>PRAWN PURI</b>	£7.95
Prawns slightly spiced and cooked with tomato and coconut. Served on puffy wholemeal puri bread.	
<b>CHHOILA CHICKEN</b> ⊕	£6.95
A traditional Newari starter from Kathmandu Valley. Bitesize barbequed chicken pieces tossed with chopped garlic, fresh ginger, mustard oil, fresh lemon juice and red onion rings. Tangy and hot.	
<b>PAPAD BASKET</b>	£3.75
Two papads (spiced or plain) served with selections of chutneys.	

## POPULAR DISHES

<b>CHICKEN KORMA</b> ⊕	£10.95
Chicken breast cooked with Annapurna mild spices, coconut milk and several fresh herbs. Mild and luxurious.	
<b>CHETINAD CHICKEN</b> NEW ⊕	£11.95
A Fiery south Indian Chicken Curry. Prepared with freshly ground coconut along with variety of spices. Hot and flavoursome, sure to treat your senses.	
<b>CHICKEN DHANSAK</b> ⊕	£10.95
A famous Parsee dish with an authentic blend of spices cooked with five different types of lentil and served hot, sweet and sour.	
<b>LAMB ROGAN JOSH</b>	£11.95
An authentic Kashmiri dish and all-time favourite, containing a myriad of spices and flavours, exceptionally presented and topped with freshly made tomato rogan.	
<b>CHICKEN SAAG</b> A HEALTHY OPTION	£11.95
A traditional dish popular in the Kathmandu Valley. Chicken cooked with fresh spinach leaves, tomatoes and onions to give a moist and mouth-watering curry sensation.	
<b>CHICKEN TIKKA MASALA</b> ⊕	£11.95
Juicy pieces of chicken, specially prepared in the unique Annapurna selection of homemade spices and nuts, then finished to preserve tenderness and taste. A favourite dish among city-dwelling Nepalese.	

✓ VEGETARIAN ⊕ HOT ⊕ NUTS

## TANDOORI SPECIALITIES

<b>CHICKEN SHASHLIK</b>	£10.95
Fresh breast of chicken marinated in a special fusion of herbs and freshly ground spices, delicately seasoned and finally grilled with pieces of onion, tomato and capsicum.	
<b>TANDOORI CHICKEN</b> NEW	£10.95
This is an iconic North Indian chicken on the bone dish, marinated with a delicate blend of tandoori spices and yogurt. Barbequed, healthy, and delicious.	
<b>TANDOORI MIXED GRILL</b>	£15.95
Selection of delicious Tandoori grills, consists of Tandoori Chicken, king prawns, chicken tikka and lamb kebab. A fabulous selection suitable for the mountain explorer.	
<b>KING PRAWN NARIYAL</b> NEW	£15.95
King Prawn seasoned with mild spices, green herbs and coconut cream.	
<b>CHICKEN TIKKA</b>	£10.95
Juicy chicken pieces marinated with our unique blend of fresh herbs, enhanced with a fusion of Nepalese spices and grilled for a tender finish.	
<b>PANEER SHASHLIK</b> ✓	£9.95
Juicy Indian cottage cheese marinated in a special fusion of herbs and freshly ground spices. Delicately seasoned and finally grilled with onion, tomato and capsicum.	
<b>SHAHI SHEEK KEBAB</b> ⊕	£10.95
Minced lamb mingled with spices and green herbs. Skewered, cooked in our tandoori oven and garnished with peppers and red onions. A great accompaniment to Gurkha Beer.	

## SEAFOOD DELICACIES

<b>KING PRAWN NIRMAL</b> NEW ⊕	£15.95
Succulent King Prawns seasoned and cooked with selection of spices. A rich and aromatic speciality with full of flavours. Dedicated to Mr Nirmal Purja who climbed 14 world's tallest peaks!	
<b>KING PRAWN SAAG</b>	£15.95
Large king prawns lightly seasoned and marinated with a selection of our own homemade blend, cooked with fresh spinach leaf and tomato. A healthy selection, our Chef recommends.	
<b>KING PRAWN MITERI</b>	£15.95
A superb king prawn curry prepared with blend of herbs and spices specially cooked with a hint of lemon grass for a tangy flavour. Prepared medium to hot according to your taste and preference.	
<b>KING PRAWN MASALENDAR</b> ⊕	£15.95
Succulent juicy king prawns grilled in a tandoor and cooked in a very special coconut-based creamy sauce designed to capture and hold all of the delicate flavours.	
<b>SUNKOSHI FISH</b>	£12.95
Our chef's seafood speciality. Best cuts of Tilapia cooked with mild herbs & spices, coconut milk, tomato and mustard seeds.	

## BIRYANI DELICACIES

(SERVED WITH VEGETABLE CURRY SAUCE)

<b>CHICKEN BIRYANI</b>	£14.95
Marinated chicken pieces initially prepared with delicate spices and cooked with basmati rice.	
<b>LAMB BIRYANI</b>	£15.95
Tender lamb pieces infused with spices, cooked with basmati rice.	
<b>VEGETABLE BIRYANI</b> ✓	£12.95
Seasonal vegetables cooked with basmati rice and mild spices.	
<b>KING PRAWN BIRYANI</b>	£15.95
Prawns cooked with mild spices and basmati rice.	

**Allergy Advice:** Some of our dishes may contain nuts, wheat and dairy. Please let us know of any allergy you may have when ordering so we can prepare your meal accordingly.