



**TENZIN TIBET
KITCHEN**

MENU

MOB: +91 8433465331, 8872267952

FIRST FLOOR DSS NO. 102, SECTOR 5, MANSA DEVI COMPLEX, PANCHKULA

VEG APPETIZERS

Tibetan Laping Dry	70
Dark souce Laping	80
Spicy Korean Ramen Chicken flavor	180
2X Spicy korean Ramen Chicken flavor	199
Spicy Korean Shin Ramyun (soupy veg)	180
Aloo sepsep (pan seared potato strips)	150
French fry	99
Spicy Chilly Potato	180
Honey Chilly Potato	189
Crispy Chilly Baby Corn	220
Vegetable Salt & Pepper	240
Chilly Mushroom Dry	280
Chilly Paneer Dry	280

NON-VEG APPETIZERS

Crispy Chilly Chicken Dry	280
Crispy Garlic Chicken Pan Fried	280
Honey Chilly Chicken	299
Schezwan Chicken Spicy	299
Chicken Salt & Pepper	280
Chicken Manchurian Dry	320
Hot & Sour Chicken	280
Tibetan Chicken Shapta Dry (Boneless)	320
Tibetan Mutton Shapta Dry (Boneless)	380

(NOTE: For boneless Rs.50 extra on every dishes)

SOUP ITEMS

Vegetable Clear soup	99
Lemon coriander soup (veg/chix)	99/120
Manchow Veg soup	99
Sweet Corn Veg	99
Hot & Sour Soup (veg/chix)	99/120
Chicken clear soup	120
Sweet Corn Chicken Soup	140
Manchow Chicken soup	140

EGG SELECTION

Fried egg/Boiled Egg	60
Plain Omelets	80
Scrambled Egg	99
Masala Omelets	99
Akuri/Egg bhurji Dry	120
Cheese omelets	120
Spinach cheese omelets	140
Spinach mushroom omelets	140

MOMO/DUMPLING

Veg momo (steam/fry)	120/ 140
Aloo cheese momo (steam/fry)	140/160
Special veg paneer momo	210
Chicken momo (steam/fry)	160/180
Mutton momo (steam/fry)	180/199
Chicken Momo Mothuk (soupy momo)	190
Mutton Momo Mothuk (soupy momo)	220

TIBETAN GYATHUK THUKPA

(Tibetan noodle soup)

Veg Thukpa	160
Egg Thukpa	180
Chicken Thukpa	220
Chicken keema Thukpa	250
Mutton Thukpa	250
Mutton Keema Thukpa	280

FRIED RICE

Veg fried rice	150
Spicy Schezwan Fried Rice	160/190/210
Egg fried rice (Veg/egg/chix)	180
Chicken fried rice	210
Mutton fried rice	250

TIBETAN THENTHUK

(Hand-Made flat dice noodle)

Veg Thenthuk	180
Egg Thenthuk	199
Chicken Thenthuk	240
Mutton Thenthuk	270
Veg Pan Fry Thenthuk Dry	240
Egg Pan Fry Thenthuk Dry	260
Chicken Pan Fry Thenthuk Dry	280
Mutton Pan Fry Thenthuk Dry	320
Tenzin Special Fry Veg/non Veg Thenthuk	280/320

CHOICE OF STARCH

Tingmo (Tibetan steam bread)	40
Homemade Bhakleb (tibetan bread)	20
Steam Rice	80

All Type of Tibetan Herbal Tea



60/-

VEG / NON VEG WITH GRAVY

Assorted mix Vegetable (hot soya garlic sauce)	240
Steam Veg (toasted with garlic & olive oil)	220
Chilly Mushroom gravy	299
Chilly Paneer Gravy	299
Potato phing Gravy (phing is Tibetan glass noodles)	210
Phing sha Chicken Gravy	270
Phing Sha Mutton Gravy	350
Chilly chicken Gravy (with bone)	310
Hot Garlic chicken Gravy	310
Spicy Schewen Chicken Gravy	320
Chicken Manchurian Gravy	350
Chicken Shapta Gravy (boneless)	350
Mutton shapta Gravy (boneless)	399

CHOWMEIN/ HAKKA NOODLE

Mix veg chowmein	180
Chilly Garlic chowmein	180
Paneer Veg chowmein	220
Egg chowmein	210
Chicken chowmein	240
Chicken keema Chowmein	280
Mutton chowmein	280
Mutton keema Chowmein	320
American Chopsuey (veg/egg/chix)	210/240/280
Tibetan Veg Hakka noodles	180
Tibetan Hakka noodles Chicken	240
Tenzin special veg Hakka noodles	220
Tenzin special Hakka noodles Chicken	299

TIBETAN SPECIAL

(BAGLEP)

(tibetan style deep fried stuffed bread)

2piece Veg Baglep	160
2piece potato Baglep	160
2piece Paneer mix baglep	180
2piece chicken Shabaglep	190
2piece mutton Shabaglep	200