

Namaste! Welcome to Himalayan Sherpa Kitchen

We offer you a hearty welcome to the exotic flavors of the Himalayan cuisine!

Your taste is our specialty and your pleasure our courtesy.

(*) Indicates Vegan dishes

We will no longer provide plastic straws, unless requested

Starters and Salads

Nepalese Daal Soup	<i>Lentil soup tempered with sauteed garlic & fresh spinach (*)</i>	\$6.50
Vegetables Pakoras	<i>Golden fried mixed vegetables fritters served with our homemade mint sauce (*)</i>	\$7.50
Vegetable Samosas	<i>Crisp savory pastries stuffed with potatoes, green peas & spices served with mint sauce (*)</i>	\$8.00
Himalayan Salad	<i>Organic field greens, strawberries, almonds and cucumber with our homemade dressing</i>	\$9.95
Spinach & Beet Salad	<i>Organic baby spinach, roasted beet, carrot, cherry tomatoes with cambozola cheese</i>	\$10.50
Garlic Prawn Salad	<i>Sauteed garlic prawns, organic field greens, cucumbers, tomatoes and goat cheese</i>	\$13.95

Momo (Steamed Dumplings)

Please allow us at least 10 minutes for these items

Veggie Momo	<i>Steamed dumplings filled w/spinach, onion, cabbage & spices served with tomato sauce (*)</i>	\$11.50
Lamb or Chicken Momo	<i>Choice of lamb or Chicken steamed dumplings served with tomato sauce</i>	\$12.95

Tarkari (Curry Dishes)

(All the curry dishes served with a choice of steamed Basmati or Brown Rice or Buttered Naan Bread)

Substitute with Garlic Cilantro Naan or Garlic Basil Naan add \$1.00

Please let us know if you like your curries mild, medium or spicy

Mismas Tarkari	<i>Seasonal mixed vegetables in a light curry sauce (*)</i>	\$14.95
Chana Masala	<i>Organic Garbanzo beans with herbs in an onion gravy (*)</i>	\$14.50
Alu Cauli Kerau	<i>Potatoes, cauliflowers and green peas in curry sauce (*)</i>	\$14.95
Alu Bhanta	<i>Himalayan style cubes of eggplant and potatoes in curry sauce (*)</i>	\$14.95
Saag Paneer	<i>Minced spinach with cheese cubes in a light creamy sauce</i>	\$15.95
Matar Paneer	<i>Green peas and cheese cubes in a curry sauce</i>	\$15.50
Kukhura Dahi	<i>Free range chicken cooked in yogurt and spiced curry sauce</i>	\$16.50
Kukhura Ra Bhanta	<i>Free range chicken curry with cubes of Japanese eggplant</i>	\$16.95
Lukshya Ra Phing	<i>Tender cubes of lamb curry with Phing (glass noodles)</i>	\$17.50
Lukshya Saag	<i>Tender cubes of lamb and spinach cooked in a curry sauce</i>	\$17.95
Machha Ra Bhanta	<i>Salmon and eggplant cooked in garlic, ginger and curry sauce</i>	\$17.95
Prawns Vindaloo	<i>Prawns and potatoes in a Vindaloo curry sauce</i>	\$17.95

Tikka Masala

(Served with a choice of steamed Basmati or Brown Rice or Buttered Naan Bread)

Substitute with Garlic Cilantro Naan or Garlic Basil Naan add \$1.00

Please let us know if you like your curries mild, medium or spicy

Served in a smooth creamy sauce with your choice of...

Veggie (\$15.95) • Organic Tofu (\$14.95) • Free Range Chicken (\$16.95) • Lamb (\$17.50) • Salmon (\$17.95)

Veggie Vegan Tiki Masala (\$16.95)

Tandoori (Sizzling Platters)

Marinated in yogurt and Himalayan spices and broiled in the tandoor oven, served sizzling on a bed of onions and bell peppers with fresh spinach topping.

All Tandoori items served with a choice of Buttered Naan bread or Steamed Basmati or Brown rice.

Substitute with Garlic Cilantro Naan or Garlic Basil Naan add \$1.00

Rack of Lamb	<i>Rack of Lamb marinated in perfect spices and broiled in tandoor oven (best way to eat Lamb)</i>	\$26.95
Mixed Grill Tandoori	<i>Sizzling platters with a mix of Prawn, Leg of Lamb and Salmon Tandoori</i>	\$24.95
Salmon Tandoori	<i>Salmon marinated and broiled in tandoor oven</i>	\$20.95
Tandoori Tikka	<i>Free range Chicken breast marinated and broiled in tandoor oven</i>	\$19.95
Chicken Tandoori	<i>Free range Chicken with bones marinated and broiled in tandoor oven</i>	\$18.95
Vegetable Tandoori	<i>Different kinds of seasonal vegetables lightly spiced and served sizzling hot</i>	\$17.95

Sides

Steamed Basmati or Brown Rice	\$3.50
Buttered Naan	<i>Traditionally baked Bread in tandoor Oven</i> \$3.50
Garlic Basil Naan	<i>Garlic and Basil spiced Naan</i> \$3.95
Garlic Cilantro Naan	<i>Garlic and Cilantro spiced Naan</i> \$3.95
Raita	<i>Homemade yogurt with shredded cucumbers, toasted cumin, mint and spices</i> \$4.00
Papad	<i>Deep fried or Baked flat lentil wafers (Papadum)</i> \$4.00
Mango Chutney	<i>Mango, ginger, garlic, salt and sugar (Just the perfect combination of sweet and salty)</i> \$3.50
Mixed Pickles	<i>Indian style preserved pickles (intense flavors)</i> \$3.50
Onion, Lemon & Green Chili Plate	\$2.50

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www.sthelenasherpakitchen.com

18% Service Charge may be added to parties of 6 or more.

We do To Go and Catering for your private events.

Thank you for dining with us. See you soon.

Himalayan Sherpa Kitchen Wine List

<u>Sparkling Wines</u>	<u>Glass</u>	<u>Bottle</u>
Gloria Ferrer, Blanc de Noir (375ml)		\$18
NV Mumm Brut, Napa Valley	\$9	
Zardetto Prosecco Brut, Italy		\$34
Alexandrie North Coast Brut		\$45

<u>White Wines</u>		
2009 Work Vineyard Sauvignon Blanc, Napa Valley (House White)	\$8	
2017 Aereña Rosé, San Francisco Bay California	\$9	\$36
2017 Trefethen Dry Riesling, Napa Valley	\$10	\$38
2017 Figuière Province Rosé, France	\$9	\$35
2016 Chateau Montelena Riesling, Potter Valley		\$40
2016 Abiouness, Amrita, White Wine, Napa Valley	\$9	\$35
2017 Flora Spring Pinot Grigio, Napa Valley	\$9	\$34
2017 Tramin, Alto Adige Pinot Grigio, Italy	\$8	\$32
2017 Navarro Gewurztraminer, Anderson Valley	\$10	\$40
2017 Miner Simpson Vineyard California Viogner	\$8	\$32
2017 Honig Sauvignon Blanc, Napa Valley	\$9	\$34
2017 Twomey Estate Sauvignon Blanc, Napa Valley		\$40
2015 Starmont Chardonnay, Carneros	\$9	\$34
2016 Markham Chardonnay, Napa Valley	\$10	\$38

<u>Red Wines</u>		
2016 Hahn GSM, Central Coast (House Red)	\$8	
2015 Frank Family Vineyards, Pinot Noir (½ btl)		\$28
2016 Napa Cellars, Pinot Noir Napa Valley	\$9	\$36
2017 Decoy Pinot Noir, Sonoma County		\$40
2014 Robledo Tempranillo, Napa Valley		\$40
2016 Boucher Wines, Lipstick on a Pig, Red Wine Blend, Mendocino	\$10	\$38
2010 Kieu Hoang, Blend (75% Sangiovese & 25% Merlot), Napa Valley		\$40
2016 Bell Syrah, Yountville, Napa Valley	\$9	\$36
2014 Monticello Vineyards Estate Grown Merlot, Napa Valley	\$10	\$40
2014 Whitehall Lane, Merlot, Napa Valley		\$40
2011 Jericho Canyon Merlot, Napa Valley		\$65
2014 Scott Harvey Zinfandel, Amador County	\$9	\$34
2016 Bello Vineyards Cabernet Sauvignon, California	\$10	\$38
2015 Charles Krug Cabernet Sauvignon, Napa Valley		\$40
2013 Ehlers Estate Cabernet Sauvignon, Napa Valley		\$85
2012 Forward Kidd Red Wine, Napa Valley		\$60

Draft Beer:

Napa Smith Organics IPA

\$6

Bottled Beer:

Taj Mahal *Import from India*

\$8

Mustang Nepalese Lager

\$5.50

Lagunitas Hop Stoopid Ale

\$5.50

Stella Artois

\$5

Anchor Steam Original

\$5

Napa Smith Pilsner

\$5

Non-alcoholic beer

\$5

Beverages:

Navarro Vineyards:

Pinot Noir Grape Juice

\$5

Mango Lassi

\$4

Chai Tea

\$3

Arnold Palmer

\$3

Ice Tea/Soda/Lemonade

\$3

San Pellegrino Sparkling (750ml)

\$5

Acqua Panna Still Water (750ml)

\$5

We Charge a \$15 fee for corkage