



TASTE of the
Himalayas
R E S T A U R A N T

1700 Shattuck Ave. Ste. 102 Berkely, CA 94709
(510)849-4983



MENU



Namaste!

Welcome to Berkeley's Finest Nepalese & Indian Cuisine
Serving You Since 2004

(We Also Have VEGAN Menu "*" Marked Menu can be Prepared Vegan)

*Note: Please let us know if you are allergic to anything, some of the dishes may have Soy, Dairy or Nuts.
Our house special sauce is based on Tomato, Onion and Spices. Most of the Dishes are Gluten Free.*



Vegan/Vegetarian Appetizers

Papadam (2 Pieces) “*” Baked Thin Lentil Wafers, Served with Mint Sauce. (Yogurt Based)	\$3.95
Samosa (2 Pieces) “*” Deep Fried Pastries Filled with Potatoes and Peas. Served with Tamarind Chutney.	\$6.95
Veg. Pakora (5 Pieces) “*” Mixed Golden-Fried Vegetable Fritters. Served with Mint Sauce. (Yogurt Based)	\$5.95
Eggplant Pakora “*” Golden Fried Sliced Fresh Eggplant Battered with Garbanzo Flour and Other Spices. Served with Mint Sauces. (Yogurt Based)	\$5.95
Himalalayan Salad “*” Organic Mixed Greens, Cucumber, Tomatoes, Carrots with Homemade Dressing. Balsamic Vinegar, Olive Oil, Honey, Mint, Garlic and Black Pepper.	\$8.95
Veg. MoMo (8 Pieces) “*” <i>(Preparation Time: Minimum 15 Minutes)</i> Steamed Dumplings Filled with Minced Cabbage, Spinach, Onion and Cilantro. Served with Tomato Chutney.	\$10.95
Veg. Chilli MoMo (8 Pieces) “*” <i>(Preparation Time: Minimum 15 Minutes)</i> Momo Steamed & Deep Fried, Sautéed with Chilli Sauce, Onion & Bell Pepper.	\$12.95
Veg. Jhol MoMo (8 Pieces) “*” <i>(Preparation Time: Minimum 15 Minutes)</i> Steamed Veg. MoMo Served with Nepalese Style Jhol Sauce.	\$11.95
Samosa Chaat “*” A Mouthwatering Chaat Made with Samosas, Chana and Garnished with Yogurt and Chutneys.	\$7.95
Nimki Chaat “*” Homemade Cracker Topped with Garbanzo and Garnished with Yogurt, Onion, Spices and Chutney.	\$7.95
Vegetable Chowmein “*” Stir-Fried Noodles with Seasonal Vegetables, Cooked with Homemade Spices And Soy Sauce.	\$12.95
Cholle Bhature (2 Pieces) “*” Garbanzo Beans Cooked in a Special Gravy Served with Deep Fried Puffed Leavened Bread and Chutney.	\$14.95



Non-Veg. Appetizers

<p>Chicken Choila Boneless Chicken Cooked in the Tandoor, Marinated in Mustard Oil with Dry Roasted Cumin, Fenugreek Seeds, Chili, Garlic, Gtinger. SPICY***</p>	<p>\$13.95</p>
<p>Chicken Sekuwa Boneless Chicken Pieces Marinated with Nepali Herbs and Spices, Baked in Tandoor Oven. Served in Skewers with Sliced Onion, Carrots and Mixed Greens.</p>	<p>\$12.95</p>
<p>Chicken MoMo (8 Pieces) <i>(Preparation Time: Minimum 15 Minutes)</i> Steamed Dumplings Filled with Minced Chicken, Onion, Garlic, Ginger and Cilantro. Served with Tomato Chutney.</p>	<p>\$12.95</p>
<p>Mixed MoMo (8 Pieces) <i>(Preparation Time: Minimum 15 Minutes)</i> MoMo Sampler Platter Each 4 Pieces of Chicken and Veg. MoMo. Served with Tomato Chutney.</p>	<p>\$11.95</p>
<p>Chicken Chilli MoMo (8 Pieces) <i>(Preparation Time: Minimum 15 Minutes)</i> Momo Steamed & Deep Fried, Sautéed with Chilli Sauce, Onion & Bell Pepper.</p>	<p>\$14.95</p>
<p>Chicken Jhol MoMo (8 Pieces) <i>(Preparation Time: Minimum 15 Minutes)</i> Momo Steamed Chicken MoMo Served with Nepalese Style Jhol Sauce.</p>	<p>\$13.95</p>
<p>Chicken Chilli Marinated Chicken Breast Fried with Onion, Bell Pepper & Spices.</p>	<p>\$15.95</p>
<p>Shrimp Chowmien Stir Fried Noodles with Baked Shrimp and Vegetables, Cooked with Homemade Spices and Soy Sauce. Served with Tomato Chutney.</p>	<p>\$16.95</p>
<p>Chicken Chowmein Stir Fried Noodles with Baked Chicken and Vegetables, Cooked with Homemade Spices and Soy Sauce. Served with Tomato Chutney.</p>	<p>\$13.95</p>
<p>Himalayan Chowmein Stir Fried Noodles with Baked Chicken, Grilled Shrimp and Vegetables, Cooked with Homemade Spices and Soy Sauce. Served with Tomato Chutney.</p>	<p>\$17.95</p>

*Vegan

Chutneys/Sauces are Gluten and Tree Nut Free

Mint (Mint with Various Spices and Yogurt – Savory)

Tamarind (Tamarind Slow Cooked with Whole Spices – Sweet and Tangy)

Tomato (Whole Tomatoes Slow Cooked with Sesame Seeds)



Vegetarian Tarkari (Curry Dishes)

(All Dishes are Served with Lentil Soup and Brown or White Basmati Rice or Plain Naan)

"*" Items are Vegan Ask Your Level of Spicy: Mild – Medium – Spicy

Mixed Vegetables (Mismas Tarkari) "*" " Mixed Vegetables Cooked with Onion and Tomato Based Sauce.	\$13.95
Cauliflower & Potato (Aloo Gobi) "*" " Potatoes and Cauliflower Cooked with Onion and Tomato Based Sauce.	\$13.95
Tofu Saag "*" " Fresh Spinach Stir-Fried with Tofu Cubes and Spices from the Himalayas.	\$13.95
Tofu Chilli "*" " Cube of Tofu Sauteed with Onion Bell Pepper, Tossed with Tomato and Soy Sauce.	\$13.95
Bhindi Tarkari "*" " Fried Cut Okra Sauteed with Onion, Tomato and Homemade Spices.	\$13.95
Chana Masala "*" " Garbanzo Beans Cooked with Onion and Tomato Based Sauce.	\$13.95
Palak Mushroom "*" " Minced Spinach and Fresh Mushroom Cooked with Onion, Tomato Based Sauce.	\$13.95
Matar Paneer (Dairy Based) Green Peas and Homemade Cheese Cubes in Creamy Sauce.	\$14.95
Palak Panner (Dairy Based) Minced Spinach with Fried Cheese Cubes in Creamy Sauce.	\$14.95
Malai Kofta (Contains Dairy/Nuts) Ball of Mashed Paneer, Potatoes, Nuts and Spices Cooked in Creamy Sauce.	\$14.95
Vegetable Korma (Contains Dairy/Nuts) Mixed Vegetables Cooked with Onion, Tomato, Yogurt, Nuts, Coconut, Herbs and Spices.	\$14.95
Paneer Tikka Masala Paneer (Homemade Cheese) and Nuts, Cooked with Fresh Tomatoes, Ginger and Garlic.	\$14.95
Kadai Paneer Homemade Cheese Cooked with Bell Peppers, Tomatoes, Onions, Ginger & Garlic in Special Blend of Spices.	\$14.95
Aloo Sag Pureed Spinach Leaves and Potato Cubes Cooked Together with Spices.	\$12.95
Pumpkin Curry Pumpkin Cooked with Homemade Sauce and Spices.	\$14.95



Chicken Curry Dishes

(All Dishes are Served with Lentil Soup and Brown or White Basmati Rice or Plain Naan)
Ask Your Level of Spicy: Mild – Medium – Spicy

Chicken Curry (Kukhura Tarkari) Boneless Chicken Cooked in Onion and Tomato Gravy.	\$14.95
Chicken Mushroom (Kukhura Chiyau Tarkari) Boneless Chicken Pieces Cooked with Fresh Mushroom in Onion and Tomato Gravy.	\$14.95
Chicken Saag (Kukhra Saag) Boneless Chicken Cooked with Fresh Chopped spinach and Curry Sauce.	\$14.95
Chicken Vindaloo Premium Chicken Cooked with Potatoes in Gravy of Tomato, Onions, Vinegar.	\$14.95
Chicken Pumpkin Curry Boneless Chicken Pieces Cooked with Pumpkin in Onion and Tomato Gravy.	\$14.95
Chicken Tikka Masala (Dairy Based) Widely Popular Dish, This Recipe Consists of Broiled Boneless Cubes of Chicken Breast Cooked in a Special Creamy Sauce with Herbs and Spices.	\$14.95
Chicken Nauti (Butter Chicken, Dairy Based) Boneless premium Chicken Thigh Meat Baked in the Tandoor and Then Cooked in Dairy Based Buttery Sauce.	\$14.95
Chicken Korma Boneless Chicken in Rich, Creamy Curry Cooked with Saffron, Cinnamon, Green Cardamom and Almond Paste.	\$14.95

Lamb Curry Dishes

(All Dishes are Served with Lentil Soup and Brown or White Basmati Rice or Plain Naan)
Ask Your Level of Spicy: Mild – Medium – Spicy

Lamb Tarkari Boneless Lamb Pieces are Cooked in Taste of the House Special Sauce.	\$15.95
Lamb Saag (Bheda Saag) Boneless Lamb Pieces Cooked with Fresh Spinach along with Different Spices.	\$15.95
Lamb Mushroom (Lamb Chiyau ko Jhol) Boneless Lamb Pieces Cooked with Fresh Mushroom with House Special Sauce.	\$15.95
Lamb Vindaloo Premium Boneless Lamb Cooked with Potatoes in Gravy of Tomato, Onions, Vinegar.	\$15.95
Himalayan Balti Assorted Pieces of Chicken Breast, Lamb Cubes, Prawns, Cauliflower, Potatoes Cooked with Specially Prepared Sauce Made of Different Himalayan Spices.	\$16.95
Lamb Tikka Masala Lamb Cubes Cooked with Onions, Ginger, Garlic, Spices In A Rich Tomato and Cream Sauce.	\$16.95
Lamb Korma Boneless Lamb In A Rich, Creamy Curry Cooked with Coconut Milk and Garnished with Almonds.	\$16.95



Goat Dishes

(All Dishes are Served with Lentil Soup and Brown or White Basmati Rice or Plain Naan)
Ask Your Level of Spicy: Mild – Medium – Spicy

Goat Curry (Gluten Free)

Goat Meat Bone in Cooked to Perfection with Ginger & Garlic Paste, Tomatoes, Onions and Garam Masala.

\$18.95

Seafood

(All Dishes are Served with Lentil Soup and Brown or White Basmati Rice or Plain Naan)
Ask Your Level of Spicy: Mild – Medium – Spicy

Fish Dishes

Fish Curry (Machha ko Tarkari)

Salmon Fillets Cooked with Taste of the Himalayan Special Sauce, Herbs and Spices.

\$17.95

Fish Vindaloo

Salmon Fish Fillets Cooked with Tomato, Onion Based Vindaloo Sauce and Herbs.

\$17.95

Fish Palak

Salmon Fillets Cooked with Tomatoes and Leafy Spinach.

\$17.95

Fish Tikka Masala

Salmon Fillets Cooked in a Special Creamy Sauce with Herbs and Spices.

\$17.95

Shrimp Dishes

Shrimp Vindaloo

Headless Tiger Shrimps Cooked with Potatoes in Gravy of Tomato, Onions, Vinegar.

\$17.95

Shrimp Palak

Headless Tiger Shrimps Cooked with Spinach.

\$17.95

Shrimp Korma

Headless Tiger Shrimps Cooked with Tomatoes and Onion Based Korma (Creamy) Sauce, Sauteed with Ginger, Garlic and Herbs.

\$17.95



Tandoor Dishes

(Served in Sizzling Platter with Sauteed Onions, Bell Pepper, Cabbage, Carrot and Spinach.
Comes with Lentil Soup and Brown or White Basmati Rice or Plain Naan)

Preparation Time: Minimum 18 Minutes.

Chicken Tandoori Bone in Chicken Marinated in Yogurt and Spices, Baked in Clay Tandoor Oven.	\$17.95
Chicken Tikka Tandoori Boneless Chicken Breast Marinated in Yogurt and Spices, Baked in Clay Tandoor Oven.	\$18.95
Shrimp Tandoori Shrimp Marinated in Yogurt and Spices, Baked in Clay Tandoor Oven.	\$19.95
Mixed Tandoori Sampling of Chicken Tandoori, Chicken Tikka, Lamb Boti and Shrimp Tandoori. Baked in Clay Tandoor Oven.	\$21.95
Fish Tandoori Salmon Marinated in a House Blend of Spices & Yogurt. Baked in Clay Tandoor Oven.	\$20.95
Lamb Boti Kabab Lamb Marinated in Yogurt with Special Blend of Spices and Baked in Our Authentic Indian Clay Oven.	\$20.95
Lamb Rib Chops Lamb Rib Chops Marinated in Spices & Yogurt. Baked in Clay Tandoor Oven.	\$21.95

Biryani (Contains Nuts)

(Served with Raita and Lentil Soup)

(A Traditional Dish Made with Highly Seasoned Rice and Meat, Shrimp or Vegetables)

Please Note: Biryani Prepared with Mild Plus Spicy Level, cannot be Cooked Mild Due to the
Various Whole Spices Used in the Slow Cooking Process.

Veg. Biryani Assorted Mixed Vegetables Cooked with Basmati Rice and Biryani Masala.	\$14.95
Chicken Biryani Premium Chicken is Cooked with Basmati Rice, Mix of Special Herbs and Spices.	\$16.95
Shrimp Biryani Jumbo Shrimps Cooked with Basmati Rice and Biryani Masala.	\$16.95
Lamb Biryani Premium Boneless Lamb Cooked with Basmati Rice and Biryani Masala.	\$17.95
Himalayan Biryani Mixed Vegetables, Paneer, Chicken, Lamb and Shrimp are Cooked in Himalayan Herbs, Cashew Nuts and Spices with White Basmati Rice.	\$18.95
Goat Biryani Bone in Goat Meat Cooked in Basmati Rice, Garnished with Nuts and Biryani Masala.	\$16.95



Side Order

(Naan: A Type of Leavened Bread, Traditionally Cooked in a Clay Ovan)

Plain Naan	\$2.95
Garlic Naan (Topped with Garlic & Cilantro)	\$3.95
Onion Naan (Onion Stuffed)	\$4.95
Cheese Naan (Naan Stuffed with Shredded Mozzarella Cheese)	\$4.95
Garlic Cheese Naan (Naan Stuffed with Garlic and Shredded Mozzarella Cheese)	\$5.95
Honey Naan (Naan Glazed with Honey)	\$3.95
Garlic Herbal Naan: (Basil, Rosemary, Oregano, Mint and Fenugreek)	\$3.95
Tandoori Roti (Whole Wheat Bread Baked in Tandoor Oven)	\$3.50
Plain Paratha	\$4.95
Paratha (Chili or Potato Stuffed)	\$6.95
Paneer Paratha (Stuffed with Paneer)	\$7.95
Brown or White Basmati Rice	\$2.95
Lentil Soup	\$2.95
Raita (Yogurt, Cucumber, Mint and Cumin)	\$2.95
Mango Chutney (Sweet)	\$2.95
Mixed Pickle (Spicy)	\$2.95

Dessert

Gulab Jamun (Fried Spongy Milk Balls in Syrup)	\$3.95
Kheer (Traditional Rice Pudding – A Sweet Delight)	\$3.95
Mango Kulfi (Homemade Mango Ice Cream)	\$3.95
Vegan Coconut Kulfi (Homemade Coconut Ice Cream)	\$3.95



Taste of The Himalayas Lunch Special Menu

Lunch Time: 11am - 2:30pm

Thali

Himalayan Veg Thali (Served with Choice of Brown or White Basmati Rice or Plain Naan, Dal, Mix Vegetable Curry, Papad, Plain Yogurt, Achar and Mix Veg. Salad).	\$15.95
Himalayan Chicken Thali (Served with Choice of Brown or White Basmati Rice or Plain Naan, Dal, Chicken Curry, Papad, Plain Yogurt, Achar and Mix Veg. Salad).	\$16.95
Goat Thali (Served with Choice of White or Brown Basmati Rice or Plain Naan, Dal, Bone in Goat Meat Curry, Papad, Plain Yogurt, Achar and Mix Veg. Salad).	\$19.95
Himalayan Lamb Thali (Served with Choice of Brown or White Basmati Rice or Plain Naan, Dal, Lamb Curry, Papad, Plain Yogurt, Achar and Mix Veg. Salad).	\$19.95
Himalayan Fish Thali (Served with Choice of Brown or White Basmati Rice or Plain Naan, Dal, Fish Curry, Papad, Plain Yogurt, Achar and Mix Veg. Salad).	\$19.95

Vegetarian Lunch Platter

Choice of Brown or White Basmati Rice or Plain Naan, Papad, Chef's Choice of Side Mix Vegetables Salad.
Served with a Complimentary Cup of Lentil Soup for Dine in Guests.

Palak Mushroom: Fresh Mushrooms and Minced Spinach Curry. <i>(Vegan)</i>	\$13.95
Alu Channa: Potato and Garbanzo Beans Curry. <i>(Vegan)</i>	\$13.95
Vegetable Korma: Mixed Vegetables in a Creamy Sauce and Nuts. (Can be Prepared Vegan with Coconut Milk Only)	\$14.95

Non Vegetarian Lunch Platter

Choice of Brown or White Basmati Rice or Plain Naan, Papad, Chef's Choice of Side Mix Vegetables Salad.
Served with a Complimentary Cup of Lentil Soup for Dine in Guests.

Chicken Palak: Boneless Chicken with Minced Spinach.	\$14.95
Chicken Curry: Boneless Chicken Cooked with Onion and Tomato Gravy.	\$14.95
Lamb Bhanta: Boneless Lamb Cooked with Fresh Cubes of Eggplant.	\$15.95

Biryani Special

Served with Raita (Yogurt Sauce) and Complimentary Cup of Lentil Soup for Dine in Guests.

Vegetable Biryani: Mixed Vegetables Cooked with Aromatic Basmati Rice.	\$13.95
Chicken Biryani: Boneless Chicken Cooked with Aromatic Basmati Rice.	\$14.95

Himalayan Style Angel Hair Noodles

Vegetable Chowmein: Cooked with Mixed Vegetables.	\$12.95
Chicken Chowmein: Cooked with Tandoor Baked Chicken.	\$13.95



Taste of The Himalayas Beverages

*Corkage Fee \$10

Red Wine	Glass	Bottle
Carmenet Pinot Noir, California Upfront Acidity for Good Food Pairing. Bright Cherry and Strawberry with a Soft Cedar Vanilla Oak Finish. Great with Spicy Foods.	\$8	\$30
Haraszthy Old Vine Zinfandel, Amador County Rich Raspberry and Plum with Big Soft Chocolate Covered Cherries.	\$8	\$30
Carmenet Cabernet Sauvignon, California BlackBerry and Currant with Nutmeg, and Spice from the Oak Aging.	\$8	\$30
House Red	\$7	N/A
Whites Wine		
Raywood Winery Rose, Central Coast Strawberry and Cherry with a Dry Watermelon Rind Touch.	\$8	\$30
Balletto Gewurztraminer, Russian River, Sonoma CA Lychee and Ripe Pear and Nutty Aromas. Balanced Acidity. Perfect with Spicy Foods.	\$8	\$30
Raywood Sauvignon Blanc, Central Coast Bright Acidity Up Front. Peach, Pear, Apricot with a Lemony Finish.	\$8	\$30
Raywood Chardonnay, Central Coast Green Apple and Grapefruit all along the Palate. Medium Bodied and Easy to Drink Chardonnay.	\$8	\$30
Carmenet "Buttery" Chardonnay, California Rich and Creamy with Vanilla Oak. Buttery Smooth Finish.	\$8	\$30
Veuve DeVienne Sparkling, Loire Valley, France - 187ml Floral Notes with Clean Minerality.	N/A	\$7
Beers		
Taj Mahal Lager (650 ml) India		\$11
Taj Mahal Lager (330 ml) India		\$7
Flying Horse Lager (650 ml) India		\$11
IPA Lagunitas (12 oz) California		\$7
Kingfisher Lager (650ml) California		\$11
Kingfisher Lager (355ml) California		\$7
Non Alcoholic (No Free Refills)		
Lassi (Yogurt Drink) Mango, Sweet, Lychee, Salt & Plain.		\$4.95
Vegan Mango Lassi (Made with Coconut Milk).		\$4.95
Chiya – Spiced Nepali Milk Tea (Hot or Iced).		\$3
Perrier Sparkling Water		\$3
Herbal Teas: Green, Wild Raspberry, Mint, Lemon Ginger, Chamomile		\$3
Can Soda: Coke, Diet Coke, Sprite, Gingerale		\$3

