



AUTHENTIC NEPAL & TIBET KITCHEN

MITHO CHA! THAT'S WHAT YOU SAY IN NEPAL AFTER A GOOD MEAL.
IT LITERALLY MEANS: 'IT'S TASTY'. WE WANT TO GET A MITHO CHA OUT OF YOU
WITH THE DELICACIES OF OUR FOOD CULTURE!



AYURVEDA TRADITION

WE HOPE OUR BUDDHIST SERENITY
EMBRACES YOUR AND SO YOU
ENJOY
A GOOD AND ENRICHING SOJOURN IN
OUR RESTAURANT!

HOMEMADE & REGIONAL

ALL DISHES ARE HOMEMADE WITH
LOTS OF LOVE.
THE INGREDIENTS ARE FRESH AND
NATURAL. NEPALESE TEAS, HERBALS
AND SPICES COME STRAIGHT FROM
NEPALESE FARMERS OF THE EAST.

ALLERGENS ARE INDICATED WITH LETTER

A - Glutenhaltiges Getreide & daraus hergestellte Erzeugnisse **B** - Krebs & Krebstiererzeugnisse
C - Eier & Eiererzeugnisse **E** - Erdnüsse & Erdnusserzeugnisse **F** - Soja & Sojaerzeugnisse
G - Milch & Milcherzeugnisse **H** - Mandeln sowie daraus gewonnene Erzeugnisse **H1** - Cashewnuss sowie daraus
gewonnene Erzeugnisse **H2** - Haselnuss, Pecanuss, Paranuss, Pistazie, Macadamianuss, Queenslandnuss sowie daraus
her- gestellte Erzeugnisse **K** - Sesamsamen und Sesamerzeugnisse

STARTERS

1 CHICKEN SATÉ 6,90

Satay chicken, served with salad, peanut and tomato-cilantro chutney ^E

2 TARKARI KO BURRY 6,90

Homemade vegetable balls served with salad, yoghurt raita & peanut dip ^{ACFE}

3 BHANTA TAREKO 6,90 **Vegan**

Eggplant breaded and fried in gram flour with peanut dip & tomato-cilantro dip ^E

4 SOYA SATÉ 6,90 **Vegan**

Soy-meat satay with salad and peanut dip ^{EFA}

5 ALU CHOP 6,90 **Vegan**

Homemade mashed peanut-potatoe balls with peanut & tomato-cilantro chutney ^E

VEGAN PRAWNS 6,90 **Vegan**

vegan lemon grass gambas with peanut chutney ^{EAF}

MIXED STARTERS

A selection of our appetizers. Choose vegan or with meat

7 **Vegan** 17,50
8 with meat 18,90

9 PAPAD 3,70

5 Papadam with yoghurt dip ^{KG}

SOUP

13 BENDA THANG 5,90 **Vegetarian**

Hearty tomato soup with vegetables and cheese. ^{AG}

14 DAAL 5,50 **Vegan**

Lentil soup.
The staple food in the Himalayas

15 VEG. THUKPA 11,50 (big bowl) **Vegetarian**

Tibetan noodlesoup with fresh vegetables and tofu. ^{AF}

16 LAMB THUKPA 14,50 (big bowl)

Traditional Tibetan noodlesoup with lambmeat fresh vegetables, roasted jeera and szechuan-pepper. ^{AF}

MO : MO DUMPLINGS

MOMOS, MAYBE THE MOST FAMOUS DISH IN NEPAL AND TIBET.

THEY ARE HANDMADE IN OUR KITCHEN AND STEAMED IN THE TRADITIONAL STEAMER. WHO EVER TRIED MOMOS ONCE, WON'T FORGET THEM. SERVED WITH SALAD, PEANUT DIP AND TOMATO-CILANTRO CHUTNEY

small 6 pc. / big 10 pc.
steamed around 25 min.

- long waiting time on weekends and busy days -

35 VEG. MOMO **Vegan**

filled with potatoes, beans, peas, cabbage and carrot ^A
small 9,90 big 13,90

37 GREEN MOMO **Veg.**

filled with spinach and cheese ^{AG}
small 9,90 big 13,90

39 LAMB MOMO

filled with minced lamb meat (regional) ^A
small 11,50 big 15,50

41 MIXED MOMO

Veg. Green and Lamb Momo ^{AG}
small 10,90 big 14,90



VEGAN & VEGETARIAN

WE WANT YOU TO DISCOVER THE TRUE TASTE OF NEPAL.
WE ARE HAPPY TO OFFER YOU CONTEMPORARY FOOD
AS WELL AS OLD TIME CLASSICS.
SERVED WITH OUR SPECIAL RICE, SALAD AND CHUTNEY.

45 SAG TAREKO 10,40 **Vegan**

Green spinach lightly fried with garlic and chillies, cilantro, ginger and turmeric.

46 SAG PANEER 11,90

Pureed spinach with paneer cheese, ginger and turmeric. **G**

47 PANEER CHILI 14,50

Paneer cheese fried in the wok with champignons, bell peppers and onions in a homemade cilantro-chilli reduction. Served with chili szechuan-dip (spicy) **G A F**

48 SOJA FRY 13,90 **Vegan**

Soy-meat, bell peppers, onions, ginger, mushrooms and tomatoes lightly fried in soy sauce.
A very light and refreshing dish. **A F**

49 JOGI BHAT 10,40

Fried red and white rice with paneer cheese, bell peppers, carrot, mushrooms and green beans. **A G**

50 GREEN CURRY 15,50 **Vegan**

Tofu, shiitake mushrooms, aubergines, zucchini, peppers, beans and peas braised in a turmeric-yellow green coconut curry with chopped lemon grass, fresh thai basil and roasted lime leaves. (spicy) **F**

51 TARKARI KAJU NARIWAL 13,90 **Vegan**

Fresh cauliflower, potatoes, eggplant, mushrooms and bell peppers with curry-coconut-milk. **H H1 H2**
/with soy-meat + 2,- **F H H1 H2**

52 RATO MASHORA 14,50 **Vegan**

Lightly fried soy-meat with coconut-milk, red curry and fresh vegetables. Our own creation with a Thai touch. **F**
(spicy)
F A

53 TOFU BADAM 13,90 **Vegan**

Potatoes, tofu and onions fried in our homemade peanut sauce (sweet). Refined with cashews and almonds. **E F H1 H2**

54 ALU BHANTA 11,90 **Vegan**

Eggplants and potatoes lightly wok-fried and prepared in our homemade Curry.

55 VEG. CHAU CHAU 11,50

Fried noodles with tofu, egg, mushrooms, carrot and cilantro.
A C F

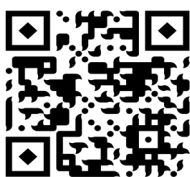
56 CHANA MASALA 11,50 **Vegan**

Chickpea-Zucchini stew with tomatoes, turmeric and cilantro.

57 ALU JIMBU 11,90 **Vegan**

Fried potatoes with onion, bell peppers, tomatoes & Jimbu-herbs

Jimbu ist special herb, which is only found in the himalaya-region over 3000m altitude. **A F**



Scan the Code with your camera to see pictures of the dishes!

MEAT SPECIALITIES

SERVED WITH OUR SPECIAL RICE, SALAD AND CHUTNEY

CHICKEN (KUKHURA)

60 CHICKEN CURRY 13,90

Classic. Chickenbreast, turmeric and cilantro slightly fried in our homemade curry.

61 COCOS CHICKEN 14,90

Chicken breast, almonds, cashwes and fresh vegteables cooked in curry-coconut milk. ^{HH1H2}

62 CHICKEN CHILLI 15,50

in Turmeric and Chili marinated Chicken with onions, capsicum, champignon and tomato in a Cilantro-Soja reduction. Served with extra Chilli. ^{AF}

DUCK (HAANS)

71 HAANS NARIWAL 16,90

Crispy duck with vegetables, coconut-milk, almonds and cashwes. ^{HH1H2}

72 RATO HAANS 16,90

Crispy duck with red curry, lemon grass, thai-basil and fresh vegetables in coconutmilk. ^E

73 HAANS BADAM 16,90

Crispy duck with homemade peanut sauce (sweet), onions, potatoes, almonds and cashews. ^{EEHH1H2}

LAMB (KHASI)

66 KHASI ALU 16,90

Traditional dish of the mountain farmers. Lamb and potato curry.

68 KHASI SAG 16,90

Lamb and minced spinach in typical nepalese spices.

69 KUNG PAO LAMB 19,90

Lamb meat and peanuts sauuted in the wok with dried chilis, fresh spring onions, tomatoes and sichuan pepper (timur*) in a soja-garlic reduction. ^{A FE}

*Timur is a special and unique kind of sichuan pepper, which is only found in the himalaya-region of Nepal in over 3000maltitude. Timur is well known for its lemonlike and spicy taste. In many regions of Nepal it is also used as a traditionalremedy for slight cold.

SIZZLER (HOT PAN)

SERVED IN A METAL PAN WITH RICE AND SALAD

75 LAMB FRY 17,50

Lamb, marinated for 24 hours and fried with chilli, bell peppers, tomatoes and onions. (spicy)
Served sizzling. ^{FKA}

76 KHASI KO SESAM 17,90

Lamb, fried in sesame oil with mushrooms, onions, carrots, black and white sesame. Served sizzling. ^{FKA}

77 CHICKEN SIZZLER 16,90

Fried Nepali style chicken breast with bell peppers, mushrooms and onions. Served sizzling.

78 SHIITAKE SIZZLER 14,90 ^{Vegan}

Tofu, Shiitake mushrooms, potatoes, bell peppers, onions and tomatoes fried in the wok with soy sauce. Served sizzling.

^{FKA}

THALI

Traditional Nepal Tibet Plate

THE TRADITIONAL MEAL. ACCORDING TO OLD AYURVEDIC TEACHING A MEAL SHOULD CONTAIN ALL FIVE ELEMENTS OF FLAVOUR. WE SERVE DIFFERENT DISHES ON A ROUND BRAZEN PLATE (THALI).

80 CHICKEN THALI 17,90

Chicken curry with fresh cilantro.
Sauteed spinach with garlic and ginger,
Nepali style fried potatoes, lentils,
rice, peanut chutney, salad & papad. KGE

84 KHASI THALI 18,90

Nepali lamb goulash.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, tomato-cilantro chutney, salad & papad. K

82 DAAL BHAT 15,90 Vegan

Fresh vegetables of the day lightly wok-fried and prepared in our homemade Curry.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, tomato-cilantro chutney, salad & papad. K
national dish of Nepal

86 VEG THALI 15,90 Vegan

Fresh vegetables cooked in curry-coconut-milk.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, peanut dip, salad & papad. H H1 H2 K

89 MITHO CHA THALI 37,90

A combination of our Thalís for 2
with rice, salad, chutneys and papadam.

SIDES

23 RAITA 2,90

yoghurt dip with cucumber, black salt and roasted jeera G

25 NAAN 3,70

homemade bread AG

27 GARLIC NAAN 4,20

homemade garlic bread AG

24 ROTI 3,70 Vegan

homemade wholegrain bread A

26 BHAT 2,90 Vegan

portion Rice

28 PAPAD Vegan

per piece 0,80 K G

DESSERTS

90 SHIKARNI 5,90

Yoghurt with cinnamon, cardamon
& nuts G H H1 H2

91 HIMALAYA IN A BLANKET 5,90

Homemade pancake with vanilla ice cream and chocolate
sauce strewn with almonds & cashews AG

92 MYSTIC MOUNTAIN 5,90

Vanilla ice with fried banana and Oreo Cookies
G H H1 H2

93 COCOS PANNA COTTA Vegan & Glutenfree 5,90

homemade coconutmilk panna cotta with mangosauce



ॐ NATURAL TEA SELECTION ॐ

Nepali Highland Tea black tea from Ilam (Nepal) with green kardamom and dried cloves 3 We buy this tea straight from the tea farmers. 3	4,90	Green Tea green tea. infuse for 2 minutes.	4,90
Sherpa Tee Vegan cup / pot homemade Yogi Chai with fresh ingredients a very old family recipe. (contains sugar & oat milk) G 3	3,50 5,50	Mint-Ginger-Lemon Fresh mint, ginger and lemon. Served with honey. Good against cough and sore throat	4,90
Jasmine Tea infuse for 2 minutes to maintain the flowery taste	4,90	White Monkey the high amount of polyphenol makes this chinese white tea extraordinary precious.	4,90
Chamomile tea dried chamomile (whole blossoms), very healthy antioxidative power, lowers cholesterol and calming effect.	4,90	Citronella Herbal Mix 38% lemon gras, 34% lemon verbena, 25% melissa, rose bloom und lemon myrtle infuse for 7-10 min.	4,90
Mint Tea with fresh mint	4,90	Ginger Tea with fresh ginger	4,90
Raab-Ga-Yangzin Tea Tibetan herbal tea, saphi berry, wild saffron, cardamon, ginger, himalayan musk rose. To balance your body energies.	4,90	Nepal Kanchanjunga Nepalese Green Tea from one of the highest tea farms in the world. Over 230 families earn a living by selling this tea.	4,90

SOFTDRINKS

Water still / sparkling	2,50 / 0,2l 3,70 / 0,4l
L'eau Sans Souci mineral water Naturell / Classic	6,50 / 0,75l
Fritz Kola & Lemonade Kola 3 / Kola sugarfree 3 / Orange / Lemon / apple-cherry-elderberry	3,20 / 0,2l 4,90 / 0,4l
Pie plant spritzer	3,20 / 0,2l
Thomas Henry Spicy Ginger / Ginger Ale / Tonic Water / Bitter Lemon	3,70 / 0,2l Fl.
Juice 6 apple / mango 5 / orange / pineapple / banana / cherry / guave	3,50 / 0,2l 5,50 / 0,4l
Juice spritzer	3,20 / 0,2l 4,50 / 0,4l

COFFEE

Caffè Crema	3,40
Espresso doppio	2,70 3,40
Cappuccino	3,90
Milky coffee vegan oat milk available	4,20

BEER (A)

Warsteiner Pilsner draft beer	3,90 / 0,3l 5,50 / 0,5l
Augustiner Augustiner München Bräu draft beer	4,20 / 0,3l 5,90 / 0,5l
Radler	3,90 / 0,3l 5,50 / 0,5l
Sherpa Bier the spirit of Himalaya Premium Beer	5,50 / 0,33 Fl
König Ludwig Weissbier pale / dark / alcohol free	5,20 / 0,5l
Beck's Alcohol free	3,70 / 0,33 Fl

FRESH DRINKS 0,35l

MANGO LASSI G	5,-
DETOX LIME SODA fresh lime juice, cucumber and soda (sugarfree)	5.5
GINGER-MINT- ICED-TEA homemade	5.9
EVEREST ICED TEA 1 highland black tea, kardamom, ginger, lime juice and honey	6.9
RASPBERRY LEMONADE fresh lime juice, raspberries and soda	6.9

3 caffeine-containing 4 containing dye 5 containing antioxidant 6 contains sweetener/sugar 7 containing sorbic acid 8 containing chinin

COCKTAILS

Himalayan Sunrise Tequila, orange juice, grenadine, lemon juice	8,90	Summer in Lhasa ©mithocha Mint, Vodka, Mango syrup, Triple Sec, limes, sugar, orange, Sprite, Soda	8,90
Mojito Havanna 3J., mint, sugar, crushed ice	8,90	Mai Tai Havanna 3J, Captain Morgan, Triple Sec, lime juice, pineapple juice, almond syrup	9,90
Caipirinha Pitu do Brasil, brown sugar, lime wedges	8,90	Raspberry Mojito Havanna 3J, Raspberry syrup, lime, mint, brown sugar, soda	8,90
Moskow Mule Vodka, Ginger Beer, lime, cucumber	8,90	Lychee Gin Mojito Bombay Gin, Lychees, Lime, Mint, Soda	8,90
Himalayan Honey ©mithocha Bombay Gin, Lemon Juice, maracuja syrup, orange juice, pineapple juice, honey	9,90	Mountain Breeze Lime, brown sugar, mint, ginger ale (alcoholfree)	6,90
Kathmandu Mule ©mithocha Nepalese Vodka, homemade mint lemon ice tea, Ginger Beer, lime and fresh ginger	8,90	Resham Firiri hot Sherpa Chai and Amaretto	6,50

WINES 8

Merlot dry - La Trigi - Italy - Veneto	6,90 / 0,2l 17,20 / 0,5l	Chardonnay dry - La Trigi - Italy - Veneto	6,90 / 0,2l 17,20 / 0,5l
Cabernet Sauvignon dry - L'or du Sud - South France	7,50 / 0,2l 27,90 / 0,75 Fl.	Grüner Veltliner dry - vineyard Veit - Austria - Weinviertel	7,50 / 0,2l 27,90 / 0,75 Fl.
Montepulciano D'Abruzzo dry - IL Faggio - Italy - Abruzzo	7,50 / 0,2l 27,90 / 0,75 Fl.	Riesling off-dry - wine house Barzen - Germany - Mosel - Reil	7,50 / 0,2l 27,90 / 0,75 Fl.
Nero d'Avola dry - ITYNERA - Italy - Sicily	8,50 / 0,2l 31,90 / 0,75 Fl.	Weissburgunder dry - wine house Barzen - Germany - Mosel - Reil	7,90 / 0,2l 29,90 / 0,75 Fl.
Pinot Noir dry - vineyard Peifer - Mosel - Traben-Tarbach made from Spätburgunder - unfiltered	9,90 / 0,2l 36,90 / 0,75 Fl.	Riesling Hochgewächs dry - vineyard Peifer - Germany - Mosel - Traben-Tarbach	8,50 / 0,2l 31,90 / 0,75 Fl.
Rosé dry - Cassaigne - South France - Côtes de Gascogne - Rosé from Tannat & Cabernet Sauvignon.	6,90 / 0,2l 25,90 / 0,75 Fl.	Blanc de Noir dry - vineyard Gröhl - Germany - Rheinhessen - Weinolsheim	8,90 / 0,2l 33,90 / 0,75 Fl.
Blanc de Blanc brut sparkling wine - Sekthaus Bender - Germany - Mosel - Enkirch	44,90 / 0,75 Fl.	Whine Spritzer	5,90 / 0,2l

LONGDRINKS

Campari Soda / Orange	7,90
Kuba Libre	7,90
Vodka Limone	7,90
Whiskey Kola	7,90
Bombay Gin Tonic (more gins available)	7,90
Spritz Tibetano Campari, Bombay Gin, Apfel-Kirsch-Holunder	7,90
Lychee & Love Vodka, Lycheejuice, Fritz Lemon	9,90
Monkey Temple Monkey47 Gin, Lime, Fritz Lemon	9,90

APERITIF

Aperol Spritz Prosecco, Aperol, Soda, Orange	6,90
Rhabarber Spritz Likör 43, Pie Plant Spritzer, Prosecco	7,90
Hugo Elderberry Syrup, Prosecco, Minze, Lime	7,90
Prosecco	3,90 / 0,1l 29,90 / 0,75 Fl.

DIGESTIF / WHISKEY

Ruslan Nepal. Vodka	4,50 / 2cl
Khukri Nepal. Rum	4,50 / 2cl
Rice schnaps 54% vol	4,50 / 2cl
Old Durbar Nepal. Whiskey	4,50 / 2cl
please ask for more	3,50 / 2cl