



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

Dear guests, please note that there is a service of 1€ for packing food and for providing tap water.

STARTERS

1 CHICKEN SATÉ 7,50

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

2 TARKARI KO BURRY 7,50

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

3 BHANTA TAREKO 7,50 **Vegan**

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

4 SOYA SATÉ 7,50 **Vegan**

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

5 ALU CHOP 7,50 **Vegan**

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

VEGAN PRAWNS 7,50 **Vegan**

vegan lemon grass gambas with peanut chutney ^{EAF}

MIXED STARTERS

A selection of our appetizers. Choose vegan or with meat

7 **Vegan** 18,50

8 with meat 20,90

9 PAPAD 3,90

5 Papadam with yoghurt dip ^{KG}

SOUP

13 BENDA THANG 5,90 **Vegetarian**

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

14 DAAL 5,90 **Vegan**

Lentil soup.
The staple food in the Himalayas

15 VEG. THUKPA 13,90 (big bowl) **Vegetarian**

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

16 LAMB THUKPA 15,90 (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 10,90 big 14,90

37 GREEN MOMO **Veg.**

filled with spinach and cheese ^{AG}
small 10,90 big 14,90

39 LAMB MOMO

filled with minced lamb meat (regional) ^A
small 12,50 big 16,50

41 MIXED MOMO

Veg, Green and Lamb Momo ^{AG}
small 11,90 big 15,90



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 ALU SAG TAREKO 12,90 **Vegan**

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

46 SAG PANEER 12,90

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

47 PANEER CHILI 15,90

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 14,90 **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 11,90

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

50 GREEN CURRY 16,90 **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 15,50 **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 15,50 **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 15,90 **Vegan**

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

54 ALU BHANTA 13,90 **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 13,90 **Vegan**

Chickpea-Zucchini stew with tomatoes, turmeric and cilantro.

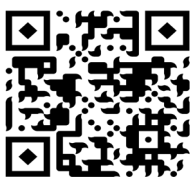
57 ALU JIMBU CHYAU 15,90 **Vegan**

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

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

58 PAD THAI TOFU 13,90

Fried rice noodles with tofu, egg, peanuts, carrot and cilantro. **A C 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** 15,50

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

61 **COCOS CHICKEN** 15,90

Chicken breast, almonds, cashwes and fresh vegetables cooked in curry-coconut milk. HH1H2

62 **CHICKEN CHILLI** 16,50

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** 17,90

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

72 **RATO HAANS** 17,90

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

73 **HAANS BADAM** 17,90

Crispy duck with homemade peanut sauce (sweet), onions, potatoes, almonds and cashews. EH1H2

LAMB (KHASI)

66 **KHASI ALU** 17,50

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

68 **KHASI SAG** 17,50

Lamb and minced spinach in typical nepalese spices.

69 **KUNG PAO LAMB** 21,90

Lamb meat and peanuts sauted in the wok with dried chilis, fresh spring onions, tomatoes and sichuan pepper (timur*) in a soja-garlic reduction. AFE

*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** 19,90

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

76 **KHASI KO SESAM** 21,90

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

77 **CHICKEN SIZZLER** 18,90

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

78 **SHIITAKE SIZZLER** 17,90 **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 19,90

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 21,90

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

82 DAAL BHAT 16,90 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 16,90 Vegan

Fresh vegetables cooked in curry-coconut-milk.
Sauteed spinach with garlic and ginger,
Nepali potato salad, lentils,
rice, peanut dip, salad & papad. HH1H2K

89 MITHO CHA THALI 38,90

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

SIDES

23 RAITA 3,90

yoghurt dip with cucumber, black salt and roasted jeera G

25 NAAN 3,90

homemade bread AG

27 GARLIC NAAN 4,50

homemade garlic bread AG

24 ROTI 3,90 Vegan

homemade wholegrain bread A

26 BHAT 3,50 Vegan

portion Rice

28 PAPAD Vegan

per piece 0,90 KG

DESSERTS

90 SHIKARNI 6,50

Yoghurt with cinnamon, cardamon
& nuts GHH1H2

91 HIMALAYA IN A BLANKET 6,50

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

92 MYSTIC MOUNTAIN 6,50

Vanilla ice with fried banana and Oreo Cookies
GHH1H2

93 COCOS PANNA COTTA Vegan & Glutenfree 6,50

homemade coconutmilk panna cotta with mango sauce



ॐ NATURAL TEA SELECTION ॐ

Nepali Highland Tea 5,20 black tea from Ilam (Nepal) with green karda- mom and dried cloves 3 We buy this tea straight from the tea farmers. 3		Genmaicha 5,20 japanese green tea with puffed and roasted rice	
Sherpa Tee Vegan cup / pot 3,70 5,90 homemade Yogi Chai with fresh ingredients a very old family recipe. (contains sugar & oat milk) G 3		Mint-Ginger-Lemon 5,20 Fresh mint, ginger and lemon. Served with honey. Good against cough and sore throat	
Jasmine Tea 5,20 infuse for 2 minutes to maintain the flowery taste		White Monkey 5,20 the high amount of polyphenol makes this chinese white tea extraordinary precious.	
Chamomile tea 5,20 dried chamomile (whole blossoms), very healthy antioxidative power, lowes cholesterol and calming effect.		Citronella Herbal Mix 5,20 38% lemon gras, 34% lemon verbena, 25% melissa, rose bloom und lemon myrtle infuse for 7-10 min.	
Mint Tea 5,20 with fresh mint		Ginger Tea 5,20 with fresh ginger	
Raab-Ga-Yangzin Tea 5,90 Tibetan herbal tea, saphi berry, wild saffron, cardamon, ginger, himalayan musk rose. To balance your body energies.		Nepal Kanchanjunga 5,90 Nepalese Green Tea from one of the highest tea farms in the world. Over 230 families earn a living by selling this tea.	

SOFTDRINKS

Water 2,50 / 0,2l 3,90 / 0,4l still / sparkling	
Römerquelle 7,50 / 0,75l Naturell / Classic	
Fritz Kola & Lemonade 3,30 / 0,2l 5,40 / 0,4l Kola 3 / Kola sugarfree 3 / Orange / Lemon / apple- cherry-elderberry	
Pie plant spritzer 3,30 / 0,2l	
Thomas Henry 3,90 / 0,2l Fl. Spicy Ginger / Ginger Ale / Tonic Water / Bitter Lemon	
Juice 6 3,90 / 0,2l 5,90 / 0,4l apple / mango 5 / orange / pineapple / banana / cherry / guave	
Juice spritzer 3,50 / 0,2l 4,90 / 0,4l	

COFFEE

Caffè Crema 3,60	
Espresso doppio 2,90 3,60	
Cappuccino 4,50	
Milky coffee 4,70 vegan oat milk available	

1 koffeinhaltig 2 mit Farbstoff 3 chininhaltig 4 konserviert
 5 mit Geschmacksverstärkern 6 geschwefelt 7 mit Phosphat
 8 enthält Sulfite 9 enthält eine Phenylalaninquelle 10 mit Sü-
 ßungsmitteln 11 mit Antioxidationsmitteln 12 enthält Sulfite

BEER (A)

Warsteiner 4,20 / 0,3l 5,90 / 0,5l Pilsner draft beer	
Augustiner 4,20 / 0,3l 5,90 / 0,5l Augustiner München Bräu draft beer	
Radler 3,90 / 0,3l 5,50 / 0,5l	
Sherpa Bier 6,50 / 0,33 Fl ‚the spirit of Himalaya‘ Premium Beer	
Nepalese Beer 9,90 / 0,65 Fl (Everest, Nepal Ice, or Barasinghe)	
König Ludwig Weissbier 5,50 / 0,5l pale / dark / alcohol free	
Lammsbräu alcoholfree 5,20 / 0,33 Fl	

FRESH DRINKS 0,35l

MANGO LASSI G 5,5	
DETOX LIME SODA 5,9 fresh lime juice, cucumber and soda (sugarfree)	
GINGER-MINT- ICED-TEA 6,9 homemade	
EVEREST ICED TEA 1 7,5 highland black tea, kardamom, ginger, lime juice and honey	
RASPBERRY LEMONADE 7,5 fresh lime juice, raspberries and soda	

service fee for tap water 1€
 service fee for packing food 1€

COCKTAILS

Himalayan Sunrise Tequila, orange juice, grenadine, lemon juice	9,90	Summer in Lhasa <small>©mithocha</small> Mint, Vodka, Mango syrup, Triple Sec, limes, sugar, orange, Sprite, Soda	10,90
Mojito Havana 3J., mint, sugar, crushed ice	9,90	Mai Tai Havana 3J. Captain Morgan, Triple Sec, lime juice, pineapple juice, almond syrup	11,90
Caipirinha Pitu do Brasil, brown sugar, lime wedges	9,90	Raspberry Mojito Havana 3J. Raspberry syrup, lime, mint, brown sugar, soda	10,90
Moskow Mule Vodka, Ginger Beer, lime, cucumber	10,90	Lychee Gin Mojito Bombay Gin, Lychees, Lime, Mint, Soda	11,90
Himalayan Honey <small>©mithocha</small> Bombay Gin, Lemon Juice, maracuja syrup, orange juice, pineapple juice, honey	11,90	Mountain Breeze Lime, brown sugar, mint, ginger ale (alcoholfree)	6,90
Kathmandu Mule <small>©mithocha</small> Nepalese Vodka, homemade mint lemon ice tea, Ginger Beer, lime and fresh ginger	10,90	Resham Firiri hot Sherpa Chai and Amaretto	6,90

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 18,90 / 0,5l
Rosé dry - Cassaigne - South France - Côtes de Gascogne - Rosé from Tannat & Cabernet Sauvignon.	6,90 / 0,2l 25,90 / 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.	Blanc de Noir dry - vineyard Gröhl - Germany - Rheinhessen - Weinsheim	8,90 / 0,2l 33,90 / 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	8,90
Bombay Gin Tonic <small>(more gins available)</small>	8,90
Spritz Tibetano Campari, Bombay Gin, Apfel-Kirsch-Holunder	8,90
Lychee & Love Vodka, Lycheejuice, Fritz Lemon	8,90
Monkey Temple Monkey47 Gin, Lime, Fritz Lemon	11,90

APERITIF

Aperol Spritz Prosecco, Aperol, Soda, Orange	7,50
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	4,90 / 2cl
Khukri Nepal. Rum	4,90 / 2cl
Rice schnaps 54% vol	4,50 / 2cl
Old Durbar Nepal. Whiskey	4,90 / 2cl
please ask for more	3,50 / 2cl