



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. WE CARE ABOUT WHERE
OUR FOOD COMES FROM AND TRY
TO USE AS MANY REGIONAL AND
ORGANIC PRODUCTS AS POSSIBLE.

ALLERGENS ARE INDICATED WITH LETTER

A - Glutenhaltiges Getreide & daraus hergestellte Erzeugnisse **B** - Krebs & Krebstiererzeugnisse
C - Eier & Eierzeugnisse **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** 16,50
8 with meat 18,90

9 PAPAD 3,50

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 10,90 **Vegetarian**

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

16 LAMB THUKPA 13,90

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 10,90 big 15,50

41 MIXED MOMO

Veg, Green and Lamb Momo ^{AG}
small 10,50 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** 9,50 **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** 9,90

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

50 **GREEN CURRY** 14,90 **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** 13,50 **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** 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** 13,50 **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** 10,90

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

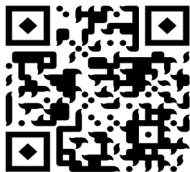
56 **CHANA MASALA** 10,90 **Vegan**

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 vegetables cooked in curry-coconut milk. H H1 H2

DUCK (HAANS)

71 **HAANS NARIWAL** 16,50

Crispy duck with vegetables, coconut-milk, almonds and cashwes. H H1 H2

73 **HAANS BADAM** 16,90

Crispy duck with homemade peanut sauce (sweet), onions, potatoes, almonds and cashews. E H H1 H2

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 sauted in the wok with dried chilis, fresh spring onions, tomatoes and sichuan pepper (timur*) in a soja-garlic reduction. A F E

*Timur is a special and unique kind of sichuan pepper, which is only found in the himalaya-region of Nepal in over 3000m altitude. Timur is well known for its lemonlike and spicy taste. In many regions of Nepal it is also used as a traditional remedy 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. F K A

77 **CHICKEN SIZZLER** 16,90

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

76 **KHASI KO SESAM** 17,90

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

78 **SHIITAKE SIZZLER** 14,90 **Vegan**

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

F K A

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 potato salad, lentils,
rice, raita, salad & papad. GK

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 15,50 **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. HH1H2K

89 MITHO CHA THALI 37,90

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

SIDES

23 RAITA 3,50

yoghurt dip with cucumber, black salt and roasted jeera G

25 NAAN 3,50

homemade bread AG

27 GARLIC NAAN 3,90

homemade garlic bread AG

24 ROTI 3,50

homemade wholegrain bread A

26 BHAT 2,90 **Vegan**

portion Rice

28 PAPAD

per piece 0,70 KG

DESSERTS

90 SHIKARNI 5,90

Yoghurt with cinnamon, cardamon
& nuts GHH1H2

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
GHH1H2

93 COCOS PANNA COTTA **Vegan & Glutenfree** 5,90

homemade coconutmilk panna cotta with mango sauce

ॐ ORGANIC TEA SELECTION ॐ

Nepali Highland Tea black tea from Ilam (Nepal) with green karda- mom and dried cloves 3 We buy this tea straight from the tea farmers. 3	4,50	Green Tea organic green tea. infuse for 2 minutes.	4,50
Sherpa Tee Vegan cup / pot homemade Yogi Chai with fresh ingredients a very old family recipe. (contains sugar & organic 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	4,50
Jasmine Tea infuse for 2 minutes to maintain the flowery taste	4,50	White Monkey the high amount of polyphenol makes this chinese white tea extraordinary precious.	4,50
Chamomile tea dried organic chamomile (whole blossoms), very healthy antioxidative power, lowes cholesterol and calming effect.	4,50	Citronella Herbal Mix 38% lemon gras, 34% lemon verbena, 25% melissa, rose bloom und lemon myrtle (organic) infuse for 7-10 min.	4,50
Mint Tea with fresh mint	4,50	Ginger Tea with fresh ginger	4,50
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.	4,50

SOFTDRINKS

Mineral 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 / anjola (pineapple-lime)	3,00 / 0,2l 4,90 / 0,4l
Pie plant spritzer (organic)	3,00 / 0,2l
Thomas Henry Spicy Ginger / Ginger Ale / Tonic Water / Bitter Lemon	3,50 / 0,2l Fl.
Juice 6 apple / mango 5 / orange / pineapple / banana / cherry / guave	3,50 / 0,2l 5,50 / 0,4l
Juice spritzer	2,70 / 0,2l 4,50 / 0,4l

COFFEE

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

BEER (A)

Warsteiner Pilsner draft beer	3,80 / 0,3l 5,50 / 0,5l
Augustiner Augustiner München Bräu draft beer	4,20 / 0,3l 5,90 / 0,5l
Radler	3,80 / 0,3l 5,50 / 0,5l
Sherpa Bier 'the spirit of Himalaya' Premium Beer	5,50 / 0,33 Fl
India Pale Ale	5,50 / 0,33 Fl
König Ludwig Weissbier pale / dark / alcohol free	4,90 / 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	5.5
EVEREST ICED TEA 1 organic highland black tea, kardamom, ginger, lime juice and honey	6.5
RASPBERRY LEMONADE fresh lime juice, raspberries and soda	6.5

COCKTAILS

Himalayan Sunrise Tequila, orange juice, grenadine, lemon juice	8,90	Summer in Lhasa <small>©mithocha</small> Mint, Vodka, Mango syrup, Triple Sec, limes, sugar, orange, Sprite, Soda	8,90
Mojito Havana 3J, mint, sugar, crushed ice	8,90	Mai Tai Havana 3J, Captain Morgan, Triple Sec, lime juice, pineapple juice, almond syrup	8,90
Caipirinha Pitu do Brasil, brown sugar, lime wedges	8,90	Raspberry Mojito Havana 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 <small>©mithocha</small> Bombay Gin, Lemon Juice, maracuja syrup, orange juice, pineapple juice, honey	8,90	Mountain Breeze Lime, brown sugar, mint, ginger ale (alcoholfree)	6,50
Kathmandu Mule <small>©mithocha</small> 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

Merlot dry - La Trigi - Italy - Veneto Authentic wine. The bouquet with a fruity-spicy note has a soft gentleness on the palate.	5,90 / 0,2l 13,90 / 0,5l	Chardonnay dry - La Trigi - Italy - Veneto A wonderful aroma of citrus and some bitter almond is refreshing and invigorating.	5,90 / 0,2l 13,90 / 0,5l
Cabernet Sauvignon IGP dry Maison Lavelle Foncalieu - France - Languedoc Full-bodied yet lively, a classic Cabernet Sauvignon.	6,90 / 0,2l 16,50 / 0,5l	Grüner Veltliner dry - vineyard Veit - Austria - Weinviertel This Austrian presents itself in a bright yellow, with a beautiful bouquet of apple with spicy hints.	6,90 / 0,2l 16,50 / 0,5l
Montepulciano D'Abruzzo DOC dry - IL Faggio - Italy - Abruzzo A bouquet of dark fruits is followed by plum aromas, cinnamon and spice.	6,90 / 0,2l 16,50 / 0,5l	Riesling off-dry - wine house Barzen - Germany - Mosel The classic terrace wine, low in acidity and full fruity, for the enjoyment without remorse.	6,90 / 0,2l 16,50 / 0,5l
Nero d'Avola DOC dry - ITYNERA - Italien - Sicily The fruity berry flavors are followed by a strong and elegant finale.	7,90 / 0,2l 17,90 / 0,5l	Weissburgunder dry - wine house Barzen - Germany - Mosel soft and harmonious. Well suited to chicken as well as vegetarian.	7,50 / 0,2l 16,90 / 0,5l
Rosé Vin de Pays dry - Rive Haute - France - Côtes de Gascogne	6,50 / 0,2l 14,90 / 0,5l	White wine spritzer	5,50 / 0,2l

LONGDRINKS

Campari Soda / Orange	6,90
Kuba Libre	6,90
Vodka Limone	6,90
Whiskey Kola	7,90
Bombay Gin Tonic <small>(more gins available)</small>	7,90
Spritz Tibetano Campari, Bombay Gin, Apfel-Kirsch-Holunder	7,90
Lychee & Love Vodka, Lycheejuice, Fritz Lemon	7,90
Monkey Temple Monkey47 Gin, Limetten, Fritz Lemon	9,90

APERITIF

Aperol Spritz Prosecco, Aperol, Soda, Orange	6,90
Rhabarber Spritz Likör 43, Bio-Rhabarberschorle, Prosecco	7,90
Hugo Elderberry syrup, Prosecco, mint, limes	6,90
Prosecco	3,50
Prosecco Superiore	25,00 / 0,75l

DIGESTIF / WHISKEY

• Ruslan Nepal. Vodka	4,20 / 2cl
• Khukri Nepal. Rum	4,20 / 2cl
• Rice schnaps 54% vol	4,20 / 2cl
• Old Durbar Nepal. Whiskey	4,20 / 2cl
• please ask for more	3,50 / 2cl