



**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 & 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 fresh salad, peanut and tomato-cilantro chutney <sup>E</sup>

### 2 TARKARI KO BURRY 6,90

Homemade vegetable balls served with fresh salad, yoghurt raita & peanut dip <sup>ACFE</sup>

### 3 BHANTA TAREKO 6,90 **Vegan**

Eggplant breaded and fried in gram flour with peanut dip & tomato-cilantro dip <sup>E</sup>

### 4 SOYA SATÉ 6,90 **Vegan**

Soy-meat satay with fresh salad and peanut dip <sup>EFA</sup>

### 5 ALU CHOP 6,90 **Vegan**

Homemade mashed peanut-potatoe balls with peanut & tomato-cilantro chutney <sup>E</sup>

### VEGAN PRAWNS 6,90 **Vegan**

vegan lemon grass gambas with peanut chutney <sup>EAF</sup>

### MIXED STARTERS

A selection of our appetizers. Choose vegan or with meat

7 **Vegan** 15,90  
8 with meat 17,90

### 9 PAPAD 3,50

5 Papadam with yoghurt dip <sup>KG</sup>

## SOUP

### 13 BENDA THANG 5,90 **Vegetarian**

Hearty tomato soup with vegetables and cheese. <sup>AG</sup>

### 14 DAAL 4,90 **Vegan**

Lentil soup.  
The staple food in the Himalayas

### 15 VEG. THUKPA 10,90 **Vegetarian**

Tibetan noodlesoup with fresh vegetables and tofu. <sup>AF</sup>

### 16 LAMB THUKPA 13,50

Traditional Tibetan noodlesoup with lambmeat fresh vegetables, roasted jeera and szechuan-pepper. <sup>AF</sup>

## 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 FRESH 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 <sup>A</sup>  
small 9,90 big 13,90

### 37 GREEN MOMO **Veg.**

filled with spinach and cheese <sup>AG</sup>  
small 9,90 big 13,90

### 39 LAMB MOMO

filled with minced lamb meat (regional) <sup>A</sup>  
small 10,90 big 15,50

### 41 MIXED MOMO

Veg, Green and Lamb Momo <sup>AG</sup>  
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, FRESH 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** 13,90

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** 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** 10,50

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!

THE SALAD DRESSING CONSISTS OF OLIVE OIL, SESAME OIL, GINGER, HONEY, POMEGRANATE BLACK AND WHITE SESAME.  
OUR RICE IS A MIXTURE OF BASMATI RICE AND RED RICE.

## 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** 16,50  
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** 18,90  
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 14,90 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. HH1H2K

**89 MITHO CHA THALI 37,90**

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

## SIDES

**23 RAITA 2,90**

Yoghurt dip with cucumber and onions G

**25 BHATURA 3,50**

Fried pita bread AG

**27 SALAD 5,90**

with honey-sesame dressing K

**24 ROTI 3,50**

Pita bread A

**26 BHAT 2,90 Vegan**

Portion Rice

**28 PAPAD**

per piece 0,70 KG

## DESSERTS

**90 SHIKARNI 4,90**

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 4,90**

homemade coconutmilk panna cotta with mango sauce

# ॐ ORGANIC TEA SELECTION ॐ

<b>Nepali Highland Tea</b> 4,50 black tea from Ilam (Nepal) with green karda- mom and dried cloves 3 We buy this tea straight from the tea farmers. 3	<b>Green Tea</b> 4,20 organic green tea. infuse for 2 minutes.
<b>Sherpa Tee</b> <b>Vegan</b> cup / pot 3,50   5,50 homemade Yogi Chai with fresh ingredients a very old family recipe. (contains sugar & organic oat milk) G 3	<b>Mint-Ginger-Lemon</b> 4,90 Fresh mint, ginger and lemon. Served with honey. Good against cough and sore throat
<b>Jasmine Tea</b> 4,20 infuse for 2 minutes to maintain the flowery taste	<b>White Monkey</b> 4,20 the high amount of polyphenol makes this chinese white tea extraordinary precious.
<b>Chamomile tea</b> 4,20 dried organic chamomile (whole blossoms), very healthy antioxidative power, lowes cholesterol and calming effect.	<b>Citronella Herbal Mix</b> 4,20 38% lemon gras, 34% lemon verbena, 25% melissa, rose bloom und lemon myrtle (organic) infuse for 7-10 min.
<b>Mint Tea</b> 4,20 with fresh mint	<b>Ginger Tea</b> 4,20 with fresh ginger
<b>Raab-Ga-Yangzin Tea</b> 4,90 Tibetan herbal tea, saphi berry, wild saffron, cardamon, ginger, himalayan musk rose. To balance your body energies.	<b>Nepal Kanchanjunga</b> 4,90 Nepalese Green Tea from one of the highest tea farms in the world. Over 230 families earn a living by selling this tea.

## SOFTDRINKS

<b>Mineral water</b> 2,50 / 0,2l   3,70 / 0,4l still / sparkling
<b>L'eau Sans Souci mineral water</b> 6,50 / 0,75l Naturell / Classic
<b>Fritz Kola &amp; Lemonade</b> 3,00 / 0,2l   4,90 / 0,4l Kola 3 / Kola sugarfree 3 / Orange / Lemon / apple- cherry-elderberry / anjola (pineapple-lime)
<b>Pie plant spritzer (organic)</b> 3,00 / 0,2l
<b>Thomas Henry</b> 3,50 / 0,2l Fl. Spicy Ginger / Ginger Ale / Tonic Water / Bitter Lemon
<b>Juice</b> 6 3,00 / 0,2l   4,90 / 0,4l apple / mango 5 / orange / pineapple / banana / cherry / guave
<b>Juice spritzer</b> 2,50 / 0,2l   4,50 / 0,4l

## COFFEE

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

## BEER (A)

<b>Warsteiner</b> 3,70 / 0,3l   5,50 / 0,5l Pilsner draft beer
<b>Augustiner</b> 4,10 / 0,3l   5,90 / 0,5l Augustiner München Bräu draft beer
<b>Radler</b> 3,70 / 0,3l   5,50 / 0,5l
<b>Sherpa Bier</b> 5,50 / 0,33 Fl 'the spirit of Himalaya' Premium Beer
<b>India Pale Ale</b> 4,90 / 0,33 Fl
<b>König Ludwig Weissbier</b> 4,90 / 0,5l pale / dark / alcohol free
<b>Beck's Alcohol free</b> 3,50 / 0,33 Fl

## HOMEMADE DRINKS

<b>MANGO LASSI</b> G 4,90 / 0,3l
<b>ICED TEA</b> 5,50 mint-ginger-lime ice tea
<b>RASPBERRY LEMONADE</b> 5,50 Raspberry syrup, lemon, brown sugar, soda
<b>DETOX LIME SODA</b> 5,50 Fresh lime and soda (sugarfree)

## COCKTAILS

<b>Himalayan Sunrise</b> Tequila, orange juice, grenadine, lemon juice	8,90	<b>Summer in Lhasa</b> <small>©mithocha</small> Mint, Vodka, Mango syrup, Triple Sec, limes, sugar, orange, Sprite, Soda	8,90
<b>Mojito</b> Havana 3J, mint, sugar, crushed ice	8,90	<b>Mai Tai</b> Havana 3J, Captain Morgan, Triple Sec, lime juice, pineapple juice, almond syrup	9,90
<b>Caipirinha</b> Pitu do Brasil, brown sugar, lime wedges	8,90	<b>Raspberry Mojito</b> Havana 3J, Raspberry syrup, lime, mint, brown sugar, soda	8,90
<b>Moskow Mule</b> Vodka, Ginger Beer, lime, cucumber	8,90	<b>Lychee Gin Mojito</b> Bombay Gin, Lychees, Lime, Mint, Soda	9,90
<b>Himalayan Honey</b> <small>©mithocha</small> Bombay Gin, Lemon Juice, maracuja syrup, orange juice, pineapple juice, honey	9,90	<b>Mountain Breeze</b> Lime, brown sugar, mint, ginger ale	6,90
<b>Kathmandu Mule</b> <small>©mithocha</small> Nepalese Vodka, homemade mint lemon ice tea, Ginger Beer, lime and fresh ginger	9,90	<b>After Monsun</b> Pineapple juice, coconut milk, mint	6,90

## WINES

<b>Merlot</b> 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	<b>Chardonnay</b> 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
<b>Cabernet Sauvignon</b> IGP dry Maison Lavelle Foncalieu - France - Languedoc Full-bodied yet lively, a classic Cabernet Sauvignon.	6,90 / 0,2l   16,50 / 0,5l	<b>Grüner Veltliner</b> dry - vineyard Veit - Austria - Weinviertel This Austrian presents itself in a bright yellow, with a beautiful bouquet of apple with spicy hints.	6,50 / 0,2l   16,50 / 0,5l
<b>Montepulciano D'Abruzzo</b> 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	<b>Riesling</b> off-dry - wine house Barzen - Germany - Mosel The classic terrace wine, low in acidity and full fruity, for the enjoyment without remorse.	6,50 / 0,2l   16,50 / 0,5l
<b>Nero d'Avola</b> 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	<b>Weissburgunder</b> 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
<b>Rosé Vin de Pays</b> dry - Rive Haute - France - Côtes de Gascogne	6,50 / 0,2l   14,90 / 0,5l	<b>White wine spritzer</b>	5,50 / 0,2l

## LONGDRINKS

<b>Campari Soda / Orange</b>	7,00
<b>Kuba Libre</b>	7,00
<b>Bombay Gin Tonic</b> <small>(more gins available)</small>	7,00
<b>Vodka Limone</b>	7,00
<b>Whiskey Kola</b>	8,00
<b>Indian Summer</b> Lime Wedges, Captain, Cocossyurp, Fritz Anjola	8,00
<b>Himalayan Sunset</b> Aperol, Orangeliqur, Fritz Orange	8,00
<b>Monkey Temple</b> Monkey47 Gin, Limetten, Fritz Lemon	8,00
<b>Lychee &amp; Love</b> Vodka, Lycheejuice, Fritz Lemon	8,00
<b>Spritz Tibetano</b> Campari, Bombay Gin, Apfel-Kirsch-Holunder	8,00

## APERITIF

<b>Aperol Spritz</b> Prosecco, Aperol, Soda, Orange	7,50
<b>Rhabarber Spritz</b> Likör 43, Bio-Rhabarberschorle, Prosecco	8,00
<b>Hugo</b> Elderberry syrup, Prosecco, mint, limes	7,50
<b>Prosecco</b>	3,00 / 0,1l
<b>Marca Oro Valdobbiadene</b> Prosecco Superiore DOCG	35,00 / 0,75l

## DIGESTIF / WHISKEY

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