



MENU

COZINHA NEPALESA E INDIANA



www.restaurantyakandyeti.com

+351218220350



YAK
AND YETI

SOUP/SOPA

- 1. **Chicken Soup**..... 3.50€
(Sopa de Galinha)
- 2. **Mushroom Soup**..... 3.50€
(Sopa de cogumelos)
- 3. **Chicken & Mushroom Soup**..... 4.25€
(Sopa de Galinha e cogumelos)
- 4. **Daal Soup**..... 3.50€
(Sopa de Lentilhas)
- 5. **Tomato Soup**..... 3.50€
(Sopa de tomate)



VEG. STARTERS/VEG ENTRADAS

- 6. **Mushroom 65** (Chef Special)..... 7.95€
- 7. **Onion Bhaji**..... 3.50€
(Pasteis de cebola /Onion Fried With gram flour)
- 8. **Paneer Chilli**..... 8.25€
(Queijo fresco frito/ Fried fresh cheese)
- 9. **Veg. Puri**..... 4.50€
(Veget. deep frito pão /Vegetables, deep fried bread)
- 10. **Spring Roll** 4.00€
(Rolo de veg com farinha / Veg roll with flour)
- 11. **Samosa Veg. (2st)**..... 4.50€
(Crepe de vegetais, forma triangular /Crepe veg in triangular form)
- 12. **Aaloo Dum** (Nepales especial)..... 4.50€
(batatas cozido picadas misturadas com varias especiarias e sabores/Boiled chopped potatoes mixed with various spices and flavours)
- 13. **Chana Chatpat** (Nepales especial)..... 3.95€
Garão encharcada mista e arroz tufado misturado com limão e coentro folhas (Mixed soaked gram and puffed rice mixed with lemon and coriander leaves)
- 14. **Bhujia Chatpat** (Nepales especial)..... 3.75€
- 15. **Badam Sadeko** (Nepales especial)..... 4.95€
Amendoim fritos saborosos com várias especiarias secas e sabores/Tasty fried nuts with various dry spices and flavours)



VEG. STARTERS/VEG ENTRADAS

- 16. **Bhatmas Sadeko** (Nepales especial)..... 3.95€
Soja frito misturado com varias especiarias secas e sabores/Tasty fried soyabean mixed with various dry spices and flavours)
- 17. **Aaloo Chips** (Nepales especial)..... 4.50€
Batatas fritas cozinhadas com molho de especiarias médio/French fries cooked with medium spice sauce)
- 18. **Spicy potato** (Nepales especial)..... 4.95€
- 19. **Veg. Pakora**..... 5.25€
(Veg. Fresco, Frito com farinha de garão/ V/Fresh veg. Deep fried with gram flour)
- 20. **Papadam. One Pice**..... 0.95€
- 21. **MC**..... 0.75€
- 22. **Onion Salad**..... 0.75€
- 23. **M/S**..... 0.75€
- 24. **Redonion**..... 0.75€
- 25. **Aloo Chaat Piri**..... 4.75€
- 26. **Aloo Tikki**..... 4.75€



MOMO (DUMPLING) STARTER

- 27. **Veg. MoMo**..... 6.95€
(Bola de Veg. recheado com farinha,cebola, alho e gengibre /Vegetable balls, wrapped in flour with onions, garlic and ginger)
- 28. **Chicken MoMo**..... 6.95€
(Bola de frango recheado com farinha,cebola, alho e gengibre /Chickken meat balls, wrapped in flour with onions, garlic and ginger)
- 29. **Chilli MoMo** (chicken/veg) 8.95€
(Frito cebolas pementos e piri piri com frango / Fried tomatoes, onions, pementos and piri piri with chicken)
- 30. **Fried MoMo** (chicken/veg) 7.95€
Frito bolas de carne de frango, envolvidas em farinha com cebola alho e gengibre/fry chicken meat balls, wrapped in flour with onions, garlic and ginger)



N- VEG STARTER/ NÃO VEG. ENTRADA

- 31. Chicken Chilli** 8.50€
(Peito de frango frito com tomate, pimentos e piri piri /fried chicken breast with tomato, peppers and piri piri)
- 32. Pork Chilli**..... 8.50€
(Peito de porco frito com tomate, pimentos e piri piri /fried pork breast with tomatoes, peppers and piri piri)
- 33. Pork Sukuti Fried**..... 8.50€
(Carne seca de porco frito com pimentos e piri piri /Jerky fried pork with peppers and piri piri)
- 34. Pangra Fried**..... 8.50€
- 35. Crazy Chicken (Chef Special)** 8.95€
(Frango louco chef especiais /Crazy chef's special chicken)
- 36. Crazy Pork (Chef Special)**..... 8.95€
(Porco louco chef especiais pork /crazy chefs specials)
- 37. Pork Fried (Chef Special)**..... 8.95€
(Porco frito chefe especiais /fried pork chef special)
- 38. Prawn Puri (Chef Special)**..... 9.95€
(Camarão puri chefe especiais / shrimp puri chef special)

**PRATO PRINCIPAL**

- 39. Chicken Chowmein**..... 7.50€
(Espaguete com frango, pimenta e cebola /Chicken noodles with onions and peppers)
- 40. Pork Chowmein**..... 7.50€
(Espaguete com Carne de porco, pimenta e cebola/pork noodles with onions and peppers)
- 41. Veg. Chowmein**..... 6.50€
(Espaguete com Legumes, pimenta e cebola /Veg noodles with onions and Vegetable mixture)
- 42. Mix Chowmein /Prawn chowmein**
8.50€/9.50€

(Espaguete com Carne de porco, frango, legumes pimenta e cebola /Mix noodles with onions chicken, pork and vegetable mixture)

**VEG. THUKPA/ SOPA DE MACARROES**

- 43. Chicken Thukpa**..... 7.50€
(Espaguete com canja de galinha /Noodles with chicken soup)
- 44. Pork Thukpa**..... 7.50€
- 45. Veg Thukpa**..... 6.25€
(Espaguete com canja de vegetal /Noodles with veg. soup)
- 46. Mix Thukpa**..... 8.95€
(Espaguete com canja de e vegetal mistura /Noodles soup with pork, vegetable mix/Espaguete com canja de porco /Noodles with pork soup)

**FRIED RICE/ARROZ FRITO**

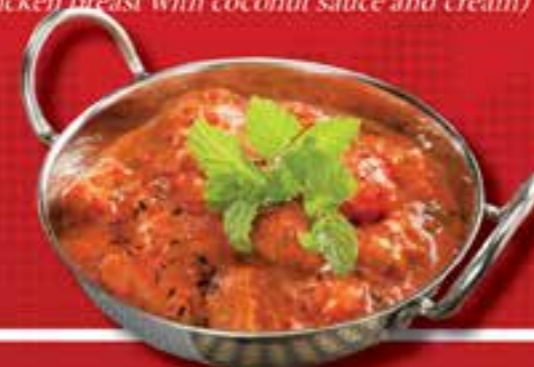
- 47. Chicken Fried Rice**..... 7.95€
(Arroz frito com frango, legumes e especiarias /chicken fried rice with vegetable and spices)
- 48. Pork Fried Rice**..... 7.95€
(Arroz frito com porco, legumes e especiarias /Pork fried rice with vegetable and spices)
- 49. Veg Fried Rice**..... 7.00€
(Arroz frito com vegetal, legumes e especiarias / fried rice with vegetable and spices)
- 50. Mushroom Fried Rice**..... 7.50€
(Arroz frito com cogumelos, legumes e especiarias /Mushroom fried rice with vegetable and spices)
- 51. Mix Fried Rice**..... 8.95€
(Arroz frito com mistura vegetal, carne legumes e especiarias /fried rice mixed meat with vegetable and spices)
- 52. Egg Fried Rice**..... 8.95€
- Prawn Fried Rice**..... 9.95€
(arroz frito com ovo, camarão e legumes /fried rice with egg, prawn and vegetables)

**CURRY VEG./N-VEG/FISH, CARIL/PIXE**

- 53. Mix Veg Curry**..... 7.95€
(Caril de Vegetais mistura /Mix vegetable curry)
- 54. Prawn & Saag**..... 14.95€
(Espinefre e carneiro)
- 55. Chicken Curry**..... 9.75€
(Carila de frango/ chicken curry)
- 56. Mutton Curry**..... 12.50€
(Carila de carneiro/ mutton curry)
- 57. Fish Curry**..... 12.50€
(Caril de Peixe/fish curry)
- 58. Prawn Curry**..... 13.95€
(Caril de camarão/ Shrimp Curry)



- 59. Chicken Dansak**..... 10.95€
(Frango com lentilhas /Chicken with lentils)
- 60. Chicken Tikka Masala**..... 13.50€
(Frango com coco em pó amêndoa e creme /Mild Cook with coconut powder almond powder & Cream)
- 61. Lamb Tikka Masala**..... 14.50€
(Borego com coco em pó amêndoa e creme /Lamb Cook with coconut powder almond powder & Cream)
- 62. Chicken Korma**..... 11.50€
(Peito de frango com molho de coco e natas /Chicken breast with coconut sauce and cream)
- 63. Butter Chicken**..... 14.95€
(Peito de frango frito com molho de coco e natas /fried Chicken breast with coconut sauce and cream)



- 64. Chicken Karai**..... 11.50€
(Caril de frango ugisado na frigideira /pimento ecoentros /stew chicken curry in the pan w/chili, ginger and coriander)
- 65. Chicken & Mushroom**..... 11.50€
(Curry Caril de peito frango e cogumelos /chicken breast and mushroom curry)
- 66. Chicken & Potato**..... 10.50€
(Curry Caril de frango e batata /Chicken breast and potato curry)
- 67. Lamb & Saag**..... 14.50€
(Borrego com espinafres e especiarias /Lamb with spinach and spices)
- 68. Vegetable Dansak**..... 9.75€
(Mix vegetable com lentilha /Mix Veg. Cook with lentils hot, sweet, and sour sauce)
- 69. Rogan**
- Chicken..... 10.00€
- Lamb..... 12.50€
- Prawn..... 13.99€

(Médio cozinho com tomate fresco / Medium cook with fresh tomato)



- 70. Madras chicken**..... 10.00€
- Madras Lamb..... 12.50€
- Madras Prawn..... 13.99€
(Cozinhe com molho quente /Cook with hot sauce)
- 71. Vegatobe Masala**..... 10.50€
(Misture veg.mild cozinhar com coco, amêndoa, nata /Mix veg.mild cook with coconut, almond powder and cream)
- 72. Tarka Dal**..... 7.99€
(Lentilhas cozinhar com alho assado /Lentils cook with rost garlic)
- 73. Prawn Patia**..... 14.50€
(Doce azedo e quente /Sweet sour and Hot)
- 74. Chicken/lamb Patia**.. 10.99€/13.50€
(Doce azedo e quente /Sweet sour and Hot)



SIDE DISH, ACOMPANHAMENTO

- 75. Mutter Paneer** 8.25€
(Ervilhas e queijo fresco com creme /Peas and fresh cheese cook with cream)
- 76. Saag Aaloo** 5.75€
(Batata com espinafres e especiarias /Potato with spinach and spices)
- 77. Saag Fry**..... 5.75€
(Espinafres frito e especiarias /with fried spinach and spices)
- 78. Aaloo Govi**..... 5.75€
(Batata e a couve-flor cozinham com cebola e tomate /Potatoes and cauliflower cook with onions and tomatoes)
- 79. Chana Masala** 5.75€
(Grao de bico com especiaria médio / Chickpeas with medium spice)
- 80. Bringal Vaji** 5.75€
(Beringela com cebola, creme e especiaria do medio / cook eggplant with onion, cream and medium spice)
- 81. Mix Vegetables** 5.75€
(Vegetais frita com manteiga /Fried vegetable mixture with butter)
- 82. Bombay Aaloo** 5.75€
(Batata com molho de tomate médio da especiaria / Cooked potatoes in tomato sauce average spice)
- 83. Aaloo Taama body**..... 5.75€
(Batata feijão dos alhos roxos e o de bamboo com molho médio da especiaria. / Potato, beans and black eyes of the bamboo with medium spice sauce)
- 84. Daal Fry**..... 5.75€
(Frita da lentilha no manteiga com tomate e especiaria do indiano. /Lentil fried in butter with tomatoes and indian spices)
- 85. Palak Paneer**..... 7.95€
- 86. Saag Mushroom**..... 6.25€

RICE/ARROZ

- 87. Pulau Rice** 3.50€
(frutas secas arroz com manteiga /cooked rice with butter)
- 88. Plain Rice** (Arroz Branco)..... 2.50€
- 89. Lemon Rice** (Arroz de limão)..... 3.95€
- 90. Jeera Rice** (Arroz de cucumín)..... 3.95€
- 91. Cheese & Onion Rice**..... 5.50€
(Arroz de cheese e cebola)
- 92. Coconut Rice**..... 4.99€
(Arroz de coconut)



BRIYANI

- 93. Chicken Briyani**..... 10.95€
(Arroz frito c/ frango e especiarias /Fried rice w/chicken and spices)
- 94. Veg. Briyani**..... 8.95€
(Arroz frito c/ vegetais e especiarias /Fried rice w/vegetables and spices)
- 95. Lamb Briyani / Prawn**..... 13.95€/14.95€
(Arroz frito c/carne de borrego, camarão e especiarias /Fried rice w/lamb/prawn and spices)
- 96. Mix Briyani**..... 15.95€
(Arroz frito c/ vegetal / carne de borrego e especiarias /Fried rice /vegetables /meat and spices)



CURRY VEG./N-VEG/FISH, CARIL/PIXE

- 97. Tandoori Mix Grill** 18.95€
(Frango, borego, seeak kabab grelhados /lamb,tandori chicken steak kabab Medium spice cook in clay oven)
- 98. Chicken Tikka**..... 11.95€
(Frango em cubos marinado em molho de iogurte e grelhados /Diced chicken marinated in yoghurt sauce and grilled)
- 99. Lamb Tikka**..... 14.95€
(Borego em cubos marinado em molho de iogurte e grelhados /Diced Lamb marinated in yogurt,sauce and grilled)
- 100. Sheesh Kabaab**..... 12.95€
(Cordeiro picada misturada com alho, gengibre e especiarias, em seguido, grelhados /Mincd lamb mixed with garlic, ginger and spices then grilled)
- 101. Chicken Tandoori**..... 14.95€
(Meio frango marinado em iogurte, especiarias e grelhado com asso /Half chicken marinated in yogurt, spices and grilled with bone)
- 102. Chicken Saslik**..... 14.95€
(Cubos de frango, cebola, pimento e tomate marinado em iogurte /Dices chicken, onion, capsicum and tomato marinated in yogurt)



NAAN/ PÃO

- 103. Plain Naan** (Pão nepalês)..... 2.00€
- 104. Grlic Naan** (Paode Alho)..... 3.00€
- 105. Butter Naan**..... 2.40€
- 106. Cheese Naan**..... 3.75€
(Pão de queijo fresco.)
- 107. Peshwari Naan**..... 4.25€
(Pão coberto com amêndoa, coco, caju e uvas /Bread tpped with almond, coconut, cashew and grapes)
- 108. Cheese Garlic Naan**..... 4.50€
(Pão de queijo Fresco e alho)



NEPALI SPECIAL/ ESPECIAL DO NEPAL

- 108. Mutton Thali set**..... 12.50€
(Arroz, carne de carneiro, espinafres and lentilhas com nepalês especiarias /Rice, mutton, spinach and lentils with Nepales spices)
- 109. Chicken Thali set**..... 10.95€
(Arroz, frango, espinafres and lentilhas com nepalês especiarias/Rice, chicken, spinach and lentils with Nepales spices)
- 110. Veg. Thali set**..... 9.95€
(Arroz, batata, espinafres and lentilhas com nepales especiarias /Rice, potatoes, spinach and lentils with Nepales spices)



DESSERT / SOBREMESAS

- 111. Gulab jamun (1pc)**..... 2.50€
- 112. Stawberry**..... 4.00€
cheese cake ice cream 100ml
- 113. Peanut butter ice cream 100ml**... 4.00€
- 114. Cookie dough ice cream**..... 4.00€



REFRIGERANTES / SOFT DRINKS

1	Coca-cola/Zero 33cl	2.50€
2	Coca-cola Zero 33cl	2.50€
3	Luso frutas 33cl Limão	2.50€
4	Fanta laranja 33cl	2.50€
6	Ice Tea (Lemon) 33cl	2.50€
7	Água 50cl	2.00€
8	Água 1.5L	3.75€
9	Água com gas 25cl	2.75€
10	Água com gas 75cl	3.75€
11	Sprite 33cl	2.50€
12	Coffee	1.00€
13	Nepali Tea	2.75€
14	Mango lassi	3.75€
15	Black Tea /Green tea	2.00

VINHO (WINE) VERDE (GREEN)

16	Casal Garcia	37cl	8.50€	75cl	14.00€
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ROSE WINE

17	Mateus Rose	37cl	9.00€	75cl	15.00€
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	BRANCO (WHITE)	37cl	75cl	TINTO (RED)	33cl	75cl
18	Real Lavador (Vinho de casa)	7.00€	11.00€	Real Lavador (Vinho de casa)	7.00€	11.00€
19	Borba	8.00€	14.00€	Borba	8.00€	14.00€
20	J.P	8.00€	13.00€	J.P	8.00€	13.00€
21	Marquest de Borba	11.50€	20.00€	Marquest de Borba	11.00€	20.00€
22	Monte velho	9.00€	15.00€	Monte velho	9.00€	15.00€
23	Esteva	xxx	xxx	Esteva	9.50€	15.00€

Cerveja / Beer

24	Imperial	2.50€
25	Caneca	4.50€
26	Sagres 33cl	2.50€
27	Somersby 33cl	2.75€
28	Bohemia original 33cl (dark beer)	2.80€
29	Nepali Beer 33cl	3.65€
30	Heineken 33cl	2.80€
31	Sagres Preta (black beers)	2.75€
32	Sagres zero alcohol 33cl	2.75€
33	Indian Beer	3.65€

Whisky

34	J&B	5cl	4.50€
35	Famous Grouse	5cl	5.00€
36	William lawson's	5cl	5.00€
37	Jameson	5cl	5.50€
38	Grants	5cl	5.50€
39	Jameson (12 Anos)	5cl	6.00€
40	JD	5cl	5.75€
41	Red Label	5cl	5.00€
42	Black Label	5cl	5.75€

Brandy

43	Maceira 5cl	4.00€
44	Outro Brandies 5cl	4.00€

Vodka

45	Vodka 5cl	3.50€
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Liquor

46	Martini	2.50€
47	Liquore Beirao	4.00€
48	Amêndoa Amêndoa	4.00€
49	Ginja	2.75€
50	Aguardente Bagaceira	4.00€
51	Vinho de porto 5cl	4.50€
52	Vinho de porto 3cl	3.50€
53	Tequila shot	2.50€

CHEF SPECIAL

1. Tofu Mushroom..... 8.50€
2. Steam Broccoli..... 6.50€
3. Pork Chura (served with rice)..... 11.50€

(carne de porco cozinhada com sopa, queijo e batata / pork cooked with soup, cheese and potato)

4. Alu phing/sha
- Chicken, Pork..... 12.50€
- Lamb..... 14.95€

(cozidos em sopa com macarrão de arroz e queijo / cooked in soup with rice noodles and cheese)

6. Thenthug.
- Chicken / Pork..... 10.50€
- Veg..... 8.50€

(Casa feita de macarrão cozido com sopa e espinafre / home made noodle cooked with soup and spinach)



LUNCH BOX SPECIAL

**11:00 am to 3:00pm choose anyone fried rice
or chowmein with soft drink**

Take Away 6.95€

Eatin 7.95€

Every Sunday Lunch Special

1 Starters

1 Main Course

1 Side Dish

plain Rice or plain naan

Only 14.95€

Any Sea Food Extra 3.50€

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