



MOUNTAIN VALLEY

Restaurant

Authentic Nepali/Indian Restaurant

MENU

212 Main St. Winooski VT 05404

We accept all major credit cards





Appetizer

- DAL SOUP** \$5.00
Blended fresh tomato and onion and tomato
- VEG PAKORA** \$6.00
Cabbage, onion, carrot, Spinach & Crisp Fried
- VEG SAMOSA** \$6.00
Delicately spiced potatoes and black chickpease, herbs stuffed in a light pastry, served with chutneys
- SAMOSA CHHAT** \$7.00
Chickpeas marinated with tomatoes, onions, yogurt and chaat masala.
- CAULIFLOWER 65** \$10.00
South Indian style appetizer marinated with different traditional houses spices.
- CHICKEN CHILLI** \$10.00
Tender pieces of chicken prepared with fresh herbs and chilli pepper.

Chicken Curries

- CHICKEN CURRY** \$13.00
A popular chicken preparation from kashmir, cooked with onions,tomatoes, kashmiri red chillies, spices and aniseed.
- CHICKEN SAAG** \$13.00
Chicken cubes cooked with puree of spinach ginger & garlic
- CHICKEN VINDALOO** \$13.00
Cubes of boneless chicken cooked in a fiery goan sauce of garlic, vinegar, cumin seeds, guntur spicy red chillies
- CHICKEN TIKKA MASALA** \$15.00
Tender, marinated chicken pieces grilled to perfection and simmered in a creamy tomato-based sauce with a blend of traditional Indian spices.
- BUTTER CHICKEN** \$14.00
Succulent tandoori chicken cooked in a rich, buttery tomato cream sauce, infused with aromatic spices.
- CHICKEN KORMA** \$15.00
Tender chicken cubes cooked with puree of cashew nuts saffron and spices

Vegetable Curries

- BHINDI MASALA** \$12.00
Freshly grown okra and onions seasoned with a blend spices.
- ALU GOBI** \$12.00
Florets of cauliflower & potatoes tossed in a sauce of tomato, cuminn garlic,red chillies & ginger juliennes.
- CHANA MASALA** \$12.00
Garbanzo/chickpeas beans prepared with a blend of pomegranate seeds with ginger juiennes.
- SAAG PANEER** \$14.00
Fresh baby spinach & cubes of cottage cheese cooked with onions, ginger, spices & tempered with cumin seeds
- PANEER MATAR** \$13.00
Homemade cottage cheese and peas cooked in a garlic paste, tomato and onion sauce
- DAL TADKA** \$11.00
Split yellow lentils cooked with tomato, ginger, garlic, turmeric, cilantro, mustard seeds & curry leaves.
- ALU BHANTA** \$12.00
Vegetable dish made with diced potatoes and eggplant that have been simmered in a spiced onion tomato & masala
- MALAI KOFTA** \$13.00
Balls of vegetables and fig in a rich onion sauce with a little cream mixed.
- RAJMA & BLACK LENTIL** \$12.00
Creamy and buttery Kidney Beans & Black lentils cooked with butter and cream and simmered on low heat.
- PANEER TIKKA MASALA** \$15.00
Grilled cubes of paneer cooked in a rich, spiced tomato cream sauce.
- VEG KORMA** \$13.00
Vegetables cooked with cashew nuts in a spiced creamy sauce.
- PANEER KORMA** \$15.00
Soft cubes of paneer simmered in a rich, creamy cashew and yogurt-based curry, delicately spiced with aromatic Indian herbs and spices. A mild, flavorful vegetarian delight.

Lamb Curries

- LAMB CURRY** \$13.99
Lamb pieces cooked with gravy of onion, ginger, garlic and spices.
- LAMB VINDALOO** \$13.99
Lamb cooked in a spicy sauce with potatoes.
- LAMB SAAG** \$13.99
Lamb cooked with spinach in mild sauce.
- LAMB TIKKA MASALA** \$15.00
Tender chunks of marinated lamb grilled and simmered in a creamy, spiced tomato sauce.
- LAMB KORMA** \$15.00
Boneless pieces of lamb cooked with cashew nuts in a spiced creamy sauce.





Biryani

Basmati rice layered and slowly cooked with choice of veg or meat blended with herbs.

- VEG BIRYANI..... \$12.00**
- CHICKEN BIRYANI..... \$13.00**
- LAMB BIRYANI..... \$14.00**

Chowmein

Stir-fried noodle dish made with thin wheat noodles sautéed in a hot wok with fresh vegetables like cabbage, carrots, onions, and bell peppers. Often flavored with garlic, soy sauce, green chili, and a dash of Nepali spices, it can be served vegetarian or with additions of chicken or beef.

- VEG CHOWMEIN..... \$12.00**
- CHICKEN CHOWMEIN..... \$13.00**
- BEEF CHOWMEIN..... \$14.00**

Thukpa Soup

A Traditional Himalayan noodle soup mixed with choice of meat or vegetables.

- VEG THUKPA..... \$10.00**
- CHICKEN THUKPA..... \$11.00**
- BEEF THUKPA..... \$12.00**



Dumpling (Momo)

A traditional Nepali dumplings filled with choice of minced meat or vegetables, served with Nepalese chutney.

- VEG DUMPLING**
STEAMED \$11.00 | FRIED \$11.00
- CHICKEN DUMPLING**
STEAMED \$12.00 | FRIED \$12.00
- BEEF DUMPLING**
STEAMED \$14.00 | FRIED \$14.00



Seafood

- SHRIMP CURRY..... \$14.00**
Shrimp simmered in a tomato, tamarind and red chilli sauce. Tempered with mustard seeds and curry leaves.

- TILAPIA FISH CURRY..... \$14.00**
Fillets of seasonal fresh fish, simmered in a tangy sauce of coconut, ginger, garlic & spices.

- TILAPIA TIKKA MASALA..... \$15.00**
Grilled fillets of tilapia cooked in a rich, creamy tomato-based sauce, infused with fragrant Indian spices.

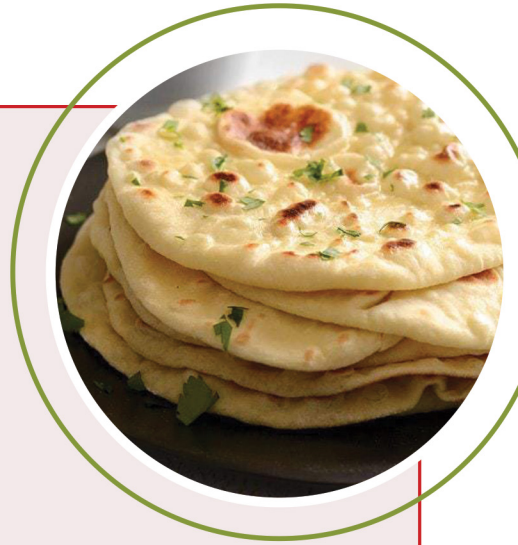
- SHRIMP TIKKA MASALA..... \$15.00**
Juicy shrimp simmered in a velvety tomato cream sauce, seasoned with a blend of traditional Indian spices.



Tandoori

- TANDOORI CHICKEN..... \$16.00**
Shrimp simmered in a tomato, tamarind and red chilli sauce. Tempered with mustard seeds and curry leaves.





Indian Bread

PLAIN PAROTHA.....\$3.00

Flaky, layered whole wheat flatbread, lightly pan-fried to golden perfection. A warm and satisfying accompaniment to any meal.



Dessert & Beverages

RAITA.....	\$4.00
GULAB JAMUN.....	\$4.00
MANGO LASSI.....	\$6.00
LEMON HONEY COFFEE/TEA.....	\$4.00
ALL CAN SODA.....	\$3.00

