





Welcome!

*Embraced within the mighty expanse of the
Himalayas, a plethora of culture and multitude
of food habits await to be indulged in!*

*Creating a bespoke culinary journey, the team at
Cafe Lungta: Tastefully Himalayan, has observantly
compiled a menu which offers an introductory flavour
burst into the popular cuisine from Nepal, Bhutan
and Darjeeling. Bringing you handpicked dishes from
the region, the recipes have been trickled down from
friends and family homes , then recreated
in our kitchen.*

*Meaty delights remain in dominance, however
vegetarians haven't been ignored.*

*Feel free to ask our servers for suggestions
while you savour this Himalayan journey!*

SMALL BITES

Khassi Ko Masu

(Roasted lamb chops marinated with a dry spice blend dominant of cumin)

The goat was an obvious pick to lead the menu for its many semblances across the wide stretch of the Himalayas.

350/-

Wai Wai Sandheko

(Savory instant noodles, tossed (sandheko) with a mix of chopped onions, tomato, coriander, and fresh squeezed lime juice; seasoned lightly with salt and pepper)

Wai Wai originally derived from Thailand, made its claim in Nepal some 25 years ago and later into the Darjeeling Hills. Its popularity has it consumed in its raw form which makes for a crackling snack!

100/-

Alu Sandheko

(Boiled potatoes diced and tossed (sandheko) with a mix of chopped onions, leeks, coriander, green chillies, roasted sesame and fenugreek seeds, mustard oil and fresh squeezed lime juice with a drizzle of salt as seasoning)

The universal potato for all time sake!

150/-

Piro Alu Dum

(The fiery (piro) tempered potatoes (alu dum) has evolved in its simplicity from a simple boiled potato dipped in salt and crushed red chilli to a signature Darjeeling significance prepared in mustard oil and Dalle Khursani—cherry pepper paste)

150/-

Darjeelingey Momo

(pork/ chicken/ veg)

(Signature homemade Darjeeling momos made with fermented dough served with the sharp Dalle Khursani dip)

In the recent escalation of street food, momos have exponentially pervaded the 'eating scene.' Yet another hill town favorite, the steamed Darjeeling version has its own distinction.

300/-

Momocha

(pork/ chicken/ veg)

(Mini momos served in a thickened spiced tomato broth, chopped coriander, crushed roasted sesame seeds, peanuts and sichuan peppers with a dash of freshly squeezed lime juice)

This miniature version of momos is a dive staple of Kathmandu Valley, Nepal, made popular by the Newari, an ethnic group of people native to Kathmandu Valley.

300/-

Sungur ko Khutta ko Achaar

(Slow cooked delicacy of pickled pig trotters (sungur ko khutta ko achar) in tomato, dry whole red chilli peppers, ginger, salt to season and time; served with sel roti—crispy, circular deep fried sweet bread)

Spicy, savory, fall off the bone trotters in its own gelatinous broth.

300/-

Shyapta

(pork/ chicken/ veg)

(Stir fry of thinly sliced meat with onions, bell peppers, tomato wedges and soy ginger)

Originating from the high plateau Meadows of Tibet, Shyapta (thinly sliced meat), a peasants meal has made way as a widely preferred dish in the region's of migration of the people and culture of Tibet along the Southern Himalayas and beyond.

300/-

Shyaphaley

(pork/ chicken/ veg)

(Tibetan flat bread (Phaley) stuffed with seasoned ground minced meat (Shya) served with a side of chilli paste spread)

A highly common acceptance of traditional Tibetan cuisine to encompass meat in almost every meal is exemplified by the simplicity of Shyaphaley.

250/-

Bhutun

(pork/ chicken/ mutton)

(Sliced meat stir fried with dry, warm spices and seasonings)

The Newari food habits remain quite influential within the Kathmandu Valley and Bhutun (stir fry) dictates its spot on the roster.

250/-

Sekuwa

(pork/ chicken/ mutton)

(Sweet and warm spices hand rubbed onto meat cubes, rested to marinate and skewered to grill; served with lemon garlic yogurt dip)

Similar to kebabs, Sekuwa (grilled) skewered meat is a widespread favorite among the local food scene of Kathmandu Valley.

300/-

Sukuti

(pork/mutton)

In the core of food preservation remains the proven application of drying by air or by smoke.

At Cafe Lungta, the meat slices are passive heat dried over a period of several days to lose moisture and concentrate flavor of the meat while attaining the Sukuti (dry) texture.

Infused with house spice Blend to accentuate flavor, Sukuti is our version of offering to the old world tradition.

300/-

Karchi Marchi

The culmination of any cuisine is to turn the Karchi Marchi (offals) into delicacies.

In this offering, the Karchi Marchi gets our rendering of spices and veggies leaving it open to interpretation

250/-

BIG PLATES

EMA DATSHI

(Classic stewy dish with onions, dry red chilli and cheese.

Characteristically spicy with a mild pungent flavour profile)

As generally is prevalent, the meat consumption culture in the middle and higher settlements of the Himalayas, dairy occupies a primordial spot as an integral dietary inclusion—consumed as milk, butter and cheeses in its various stages of progression, from the soft fermenting stage to the fully ripened and hardened stage.

It's Ema (chilli) Datshi (soft fermented cheese) a classic stewy dish also an accepted National dish of the Kingdom of Bhutan, that is reflective of cheese Central in a meal.

300/-

Kewa Datshi

(A variation of Ema Datshi by substituting potatoes for chilli as a primary ingredient along with cheese, simultaneously giving it's name

Kewa (potato) Datshi (soft fermented cheese))

300/-

Phakshya Pa

(Slow cooked semi cured pork with daikon radish and bok choy greens)

Another staple of Bhutanese cuisine

300/-

Thukpa

(pork/ chicken/ veg)

(A simmering broth with some noodles, vegetables, bits of meat and seasonings)

Thupka's origin can be derived from many Asian cultures, however, something as simple as hot potting some noodles, vegetables, bits of meat and seasonings into a simmering broth to bring out a 'steamingly' soul warming delight, is what Thukpa is about.

250/-

Thakali Thali

(chicken/ mutton/ veg)

(Assortment of curried meat, vegetables, black lentils (kalo dal), aloo sandeko and condiments gundruk ko achar (fermented mustard greens), tamatar ko achar (pureed tomato salsa relish), mula ko achar (mustard oil and seed pickled daikon radish) surrounds the center staged rice)

Across all intrigue and wonder, is an intuitive desire of uncovering something of familiarity.

At Café Lungta, that moment of familiarity inclining the crossover to the culinary delight offered as 'Tastefully Himalayan,' is the Thakali (an ethnic group of people settled along the mid Kali Gandaki Valley of lower Mustang in Nepal) Thali.

350/-

Sel Roti Thali

(pork/ chicken/ veg)

Sel Roti is a celebratory crispy circular bread prepared during the Autumnal festival season or any occasion of rejoice for that matter, in a Nepali household.

A variation of the Thakali Thali, the Sel (circular) Roti (bread) is accompanied with piro alu dum, mula ko Achar, pyaz tamatar ko achar)

350/-

SINGLE MEALS

Thee ideal combination of meat curry and rice for those looking for a meal full of goodness

Chicken Curry/Pork Curry with Rice

325/-

Meat Curry with Rice

350/-

SIDES

Tingmo

Tibetan bread. Proofed and steamed.

80/-

Sel Roti

Celebratory crispy circular bread prepared during the Autumnal festival season or any occasion of rejoice for that matter, in a Nepali household

80/-

Bhuteko bhaat

Nepalese style, stir fried rice

150/-

Steamed Plain/Brown rice

100/-

SWEET ENDING

Roshogolla

Rs 100/-

HOT BEVERAGES

Tea

Makaibari Second Flush
Single Estate First Flush
150/-

Gopaldhara First Flush
Single Estate First Flush
150/-

Coffee

(From the roasters at Kaffa Cerrado)

Mysore

(Grown at an altitude of about 1200 meters, this is the highest grade of washed Arabica available in India. The coffee has an intense aroma and light body.

Tasting Notes-Light, Lemon, Toffied Caramel)

150/-

Gung Giri

(Full bodied and creamy, this coffee is grown at an altitude of about 1100 meters.

This coffee has a tangerine sweetness and an aroma of browned butter.

Tasting Notes - Sweet, Pepper, Velvety)

150/-



