

## SIDE DISHES

<b>CHOKHA</b>	£4.50
mashed potatoes, red chillies, fenugreek seeds & onion	
<b>BOMBAY ALOO</b>	£4.50
potatoes, tomatoes & onion in a thick sauce	
<b>BHAJI</b> (spinach / okra / aubergine)	£3.95
garlic, onion & tomato	
<b>SAAG AIOO / PANEER</b>	£4.50
spinach & potato or cheese	
<b>ALOO GOBI</b>	£4.50
potato & cauliflower	
<b>GURKHALI ALOO</b>	£3.95
baby potatoes with chillies, garlic & herbs	
<b>TARKA DAAL</b>	£3.95
yellow lentils, spices, garlic & cumin seeds	
<b>MAAS KO DAAL</b>	£4.50
split black lentils, ginger, Nepalese village style	
<b>DRY MIX VEG</b>	£4.40
vegetables with garlic, tomato & onions	

## RICE & BREAD

<b>BASMATI RICE</b>	£1.75
<b>PILAU RICE</b>	£2.25
<b>GARLIC RICE</b>	£3.45
<b>MUSHROOM RICE</b>	£3.45
<b>LEMON RICE</b>	£3.45
<b>COCO RICE</b>	£3.45
<b>EGG FRIED RICE</b>	£3.45
<b>VEGETABLE RICE</b>	£4.50
<b>SPECIAL RICE</b> prawn, chicken & lamb	£4.95
<b>CHAPATI</b> wholemeal, unleavened, thin	£1.50
<b>ROTI</b> wholemeal flour, round flat bread	£1.95
<b>NAAN</b> unleavened, oven baked	£2.25
<b>GARLIC NAAN</b>	£3.25
<b>CHEESE NAAN</b>	£3.75
<b>CHILLI NAAN</b>	£3.25
<b>PESHWARI NAAN</b> dry fruits, coconut	£3.75
<b>PARATHA</b> wholemeal, layered, buttered	£3.25
<b>ALOO PARATHA</b> stuffed potato	£3.45

## SUNDRIES

<b>Raitha</b> Cucumber/Mixed/Onion	£1.50
<b>Papadum</b> Plain/Spicy	90p
<b>Condiments</b>	90p
mint sauce / mango chutney / onion salad / lime pickle	
<b>Green Salad</b>	£1.50

### HEALTH BENEFIT OF SOME OF THE SPICES USED IN OUR FOOD

<b>Cardamom</b>
Cardamom soothes an upset stomach, and helps fight inflammation. It is high in minerals like magnesium and zinc.
<b>Cinnamon</b>
Cinnamon is very low in calories and sugar-free. It helps with inflammation, and fights bacteria.
<b>Cumin</b>
Cumin is naturally rich in iron. It can play a role in weight loss, too.
<b>Garlic</b>
Garlic lowers the chances of getting heart disease. Eating garlic regularly may reduce high cholesterol and high blood pressure.
<b>Ginger</b>
Ginger can help with an upset stomach. It has a calming effect on the lining of your digestive system and can ease nausea, too.
<b>Turmeric</b>
It's an antioxidant that eases inflammation. It may help ease pain too. Eating even small amounts of turmeric regularly may help prevent or slow down Alzheimer's disease, possibly by helping prevent the brain plaques that lead to dementia.
<b>Clove</b>
Cloves are rich in antioxidants, vitamins, and minerals. Cloves strengthen the immune system, reduce inflammation, and aid in digestion.
<b>Mustard seeds</b>
Mustard seeds contain calcium, dietary fibre, iron, manganese, magnesium, niacin, phosphorus, protein, zinc, and selenium—a trace mineral that is an antioxidant that may offer protection against asthma, heart attacks, and some cancers.
<b>Fenugreek seeds</b>
It balances cholesterol, soothes upset stomach, digestive problems and muscle pain. Reduces menstrual cramps, appetite, fat mass and fever. Maintains liver and kidney health.
<b>Anise seed</b>
It is a powerful plant that is rich in many nutrients and boasts a wide array of health

Please note some of our dishes may contain nuts.  
Information on gluten free, vegan, dairy free or allergic to any ingredient please speak to the member of our team we are more than happy to assist.  
If you require a dish of your choice not listed in our menu please ask, our chef can prepare it, if its within our cuisine.

We specialise in outdoor catering and mobile bar.

We welcome charities and private events to hold events in our venue.

Please contact us for more information.



# GURKHA

*Taste From The Himalaya*



Free Home Delivery  
Order over £20 within 5 miles of radius

Lunch Menu £10.95  
Pappodum + Starter + Main + Rice Or Bread + Tea  
Or Coffee  
12:00 - 14:00 Daily eat in only

Banquet Night £11.95  
Starter, Main, Rice Or Bread & Tea Or Coffee from  
the A la carte  
Every tuesday and sunday evening  
Sea food not included, dining in only

Open 7 Days A Week  
Sun-Thur : 12:00-14:30 & 18:00-22:00  
Fri-Sat : 12:00-14:30 & 18:00-22:30

01342 325325 / 459672  
Woodcock Inn, Woodcock Hill,  
Felbridge, West Sussex RH19 2RE

Order online & book the table  
[www.thegurkharestaurant.co.uk](http://www.thegurkharestaurant.co.uk)

## STARTERS

<b>ONION BHAJI</b>	<b>£2.95</b>
Gram flour coated fritters - traditional Indian favourite	
<b>MOGO (PLAIN / GARLIC / MASALA)</b>	<b>£3.25</b>
Deep fried cassava chips tossed in a pan with chef's special dressing	
<b>VEGETABLE / LAMB SAMOSA</b>	<b>£3.25 / £3.75</b>
Deep fried pastries with fillings of spiced potatoes or spiced minced lamb	
<b>GARLIC / CHILLI MUSHROOM</b>	<b>£3.75</b>
Fresh mushroom pan fried in garlic & capsicum or chillies	
<b>TANDOORI CHICKEN WINGS</b>	<b>£3.95</b>
Chicken wings marinated in spices and grilled in a tandoor	
<b>CHILLI / GARLIC / SWEET CHILLI</b>	<b>£4.75</b>
Chicken / prawns / fish cooked with green chillies, garlic or sweet chillies	
<b>CHILLI PANEER</b>	<b>£4.75</b>
Indian cheese tossed in a pan with garlic and chillies	
<b>SEEKH KEBAB</b>	<b>£4.75</b>
Minced spiced lamb grilled in a clay oven	
<b>CHICKEN / FISH / PANEER PAKORA</b>	<b>£4.75</b>
Chicken / fish / cottage cheese fried in a batter	
<b>MOMO / CHILLI MOMO</b>	<b>£5.25</b>
Vegetable, chicken or lamb dumplings, Nepalese style, steamed or with chillies and peppers	
<b>SANDEKO LAMB / CHICKEN</b>	<b>£4.95 / £5.25</b>
Thin sliced cut lamb or chicken marinated with herbs, spices & red onion	
<b>CHICKEN / LAMB TIKKA</b>	<b>£3.95 / £4.95</b>
Chicken or lamb marinated in tandoori spices, cooked in a clay oven	
<b>SANDEKO KING PRAWN</b>	<b>£6.50</b>
King prawns cooked in tandoor and then marinated with herbs, spices & red onion	
<b>KING PRAWN / PRAWN PURI</b>	<b>£6.50 / £5.25</b>
King prawns or prawns cooked with onion, tomato, and spices served in a fried wheat bread	

## TANDOORI SPECIALITIES

<b>POLEKO PANEER</b>	<b>£7.25</b>
Marinated cottage cheese & peppers cooked in tandoor	
<b>CHICKEN / LAMB TIKKA</b>	<b>£7.95 / £8.95</b>
Marinated with chillies, ginger, garlic & fresh mint	
<b>TANDOORI CHICKEN</b>	<b>£7.95</b>
Half a chicken marinated with spices, grilled in tandoor	
<b>SHASLICK</b>	<b>£8.25</b>
Chicken or lamb roasted with peppers & tomatoes	
<b>TANDOORI KING PRAWNS</b>	<b>£12.95</b>
Marinated in spices and cooked in a clay oven	
<b>LASUNI KUKHURA</b>	<b>£9.25</b>
Boneless tandoori chicken, garlic, peppers & onion	
<b>GURKHA TANDOORI PLATTER</b>	<b>£14.95</b>
Includes tandoori chicken, king prawns, sheek kebab, chicken tikka and lamb tikka	

## NEPALI CURRIES

We use less fat, lean meat & fresh Vegetables

<b>GURKHA RIFLE</b>	<b>£9.25</b>
Chicken, sweet, sour & very hot sauce	
<b>BHUINKATAR CHICKEN</b>	<b>£9.25</b>
Mild & creamy dish cooked with pineapple	
<b>MANGO CHICKEN</b>	<b>£9.25</b>
Cooked in a mild sauce with mango puree	
<b>EVEREST KUKHURA</b>	<b>£9.25</b>
Strip cut chicken tikka, almond sauce, onions & peppers, medium plus hot	
<b>NEPAL KALIO</b>	<b>£9.50</b>
Chicken with potato, onion, peppers and yoghurt	
<b>HARIYALI CHICKEN / LAMB</b>	<b>£9.50</b>
Ginger, garlic and touch of fresh mint paste	
<b>KATHMANDU CHICKEN</b>	<b>£9.50</b>
Himalayan herbs, garlic & peppers	
<b>RAILWAY CURRY CHICKEN / LAMB</b>	<b>£9.50</b>
Traditional curry cooked with potato	
<b>MALEKUKO MACHHA</b>	<b>£9.50</b>
Cod, mustard seeds, curry leaves & herbs	
<b>GARLIC DUCK</b>	<b>£9.95</b>
Char-grilled duck, thick sauce, garlic, onion & peppers	
<b>KHASI KO MASU</b>	<b>£9.95</b>
An authentic Nepalese goat curry on the bone	
<b>HIMCHULI KING PRAWN</b>	<b>£13.75</b>
King prawn, blend of herbs and lemon grass	
<b>GURKHA DELIGHT</b>	<b>£14.95</b>
Tandoori King prawn in sauce of your choice mild, medium or hot served with a pilau rice	

## INDIAN CURRIES

<b>CURRY</b>	mild, onion & tomato sauce	
<b>KORMA</b>	aromatic, mild & creamy sauce	
<b>MADRAS</b>	chillies, mustard seeds, curry leaves & hot sauce	
<b>TIKKA MASALA</b>	creamy, cashew, tomato & sweet sauce	
<b>MAKHANI</b>	cashew, butter, tomato, mint & mild creamy	
<b>TIKKA PASANDA</b>	wine, almond, cashew, mild & creamy	
<b>ROGAN JOSH</b>	tomato, ginger, garlic, medium spiced	
<b>DHANSAK</b>	a Parsi dish hot, sweet & sour with lentils sauce	
<b>JALFREGY</b>	garlic, ginger, onion, peppers & medium hot	
<b>SAAG</b>	spinach, tomato puree, blended onion & medium hot	
<b>VEGETABLES</b>		<b>£7.25</b>
<b>CHICKEN / PRAWNS</b>		<b>£9.00</b>
<b>LAMB / FISH</b>		<b>£9.50</b>
<b>KING PRAWN</b>		<b>£11.50</b>

## BIRYANI

Basmati rice cooked with fresh ginger, flavoured with saffron, delicate spices, scented rose & kewda water. Served with vegetable sauce

<b>VEGETABLE</b>	<b>£8.50</b>
<b>CHICKEN</b>	<b>£9.50</b>
<b>LAMB / PRAWN</b>	<b>£10.50</b>
<b>KING PRAWN</b>	<b>£13.50</b>
<b>MIXED</b>	<b>£14.50</b>
chicken, lamb & prawns	

## NEPALI - TIBETAN CHOWMEIN

egg noodles, fresh herbs and spices, full of flavours

<b>VEGETABLE</b>	<b>£3.50</b>
<b>CHICKEN</b>	<b>£4.50</b>
<b>PRAWN</b>	<b>£5.50</b>

Please Visit  
[www.thegurkharestaurant.co.uk](http://www.thegurkharestaurant.co.uk)  
 to view our A La Carte Menu