



# JOURNEY TO NEPAL

SOLIDARITY MENU

**30 Years  
of Gratitude:**  
*12 Months, 12 Dinners,  
100% Charity*

सिंह  
सिंह  
सिंह  
सिंह  
सिंह

*casa  
Nepalesa*

SABORES DO NEPAL

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*In our kitchen, no ready-made spices or artificial colours are used; most spices are ground by hand or prepared in-house. We strive to prepare balanced and easily digestible dishes for health. Walking for about 15 minutes after the meal helps digestion.*

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## **APERITIVO**

### ***Himalayan Whisper \****

*Port wine and aged Nepalese rum, paired with Fever-Tree tonic and finished with the essence of wild mountain spices.*

## **STARTERS**

### ***Tarkari Ko Singada\****

*Vegetable Samosa*

### ***Momo Ra Bakhra Ko Maasu Ko Jhol\****

*Momo: delicate wheat dumplings filled with free-range chicken and spices, swimming in a shimmering savory goatling soup and Lightly flavoured with Sinki (wild mountain spinach from Nepal)*

## **DISHES**

### ***Jimmu Le Jhaneko Dal\****

*Comforting lentil stew with ginger, coriander, mustard oil, and spices (Vegetarian)*

### ***Local Bhale Ra Katus\****

*Free-range chicken cooked with hazelnut and hand grinded spices.*

### ***Tama Ra Bodi BIO\****

*Organic bamboo shoots from chef's village cooked slowly with organic yard long beans (Vegetarian)*

### ***Masaledar Bakhra Ko Masu\****

*DOP certified goatling from Trás-os-Montes, cooked with the bone over a low heat with traditional curry sauce.*

### ***Bandel Chyau Ra Kurilo\****

*Wild boar from Évora, slow-cooked for 9 hours with fresh mushrooms (Pleurotus, Shitake, Champignon e Portobello) and fresh green asparagus served with traditional curry sauce.*

## **SIDES**

***Plain Basmati rice***

***Roti baked in a charcoal oven***

***Bhango ko chutney***

*(Hempseed Chutney)*

## **VINHOS**

***Vinha Grande 2022 - Douro (White)***

*Viosinho, Arinto, Rabigato, Gouveio*

*Elegance, complexity. Floral tones, discreet wood, harmonious.*

***Vinha Grande 2021 - Douro (Red)***

*Touriga Franca, Tinta Roriz, Touriga Nacional, Tinta Barroca*

*Rich aroma, cherries, touches of wood. Structure, silky tannins.*

## **DESSERTS**

***Khira***

*A traditional Nepalese rice pudding.*

***Triveni***

*Creamy mango (by air) set over a delicate crunchy layer of coconut biscuit, finished with dried fruits:peanuts, hazelnut,shaved coconut,pumpkin seeds and banana chips.*

*“Dedicated to the unbreakable unity of the Mountains, Hills, and Plains”*

***Guliyo Paan***

*Fresh betel leaves, delicately assembled with coconut chunks,caju,peanuts,fennel seeds and crystal sugar.*

***\*Notas: Spices, Organic timmur (Nepalese pepper), organic cardamom, organic turmeric, wild bamboo shoots, Himalayan bay leaf, gundruk (wild mountain spinach), sourced directly from Chefs home town.***

***Menu price (per person)***

***50€***