

STARTERS

- 1. Papodams** (spicy or plain each) **0.75**
Chutney (mint mango onion salad mix pickle) £0.55 each (dairy)
- 2. Onion Bhajee** **3.95**
Light spiced onion patted coated in gram flour and deep fried
- 3. Samosa** (veg or non veg) (gluten) **3.95**
Thin filo pastry stuffed Vegetables or Lamb, mix with spices
- 4. Stuffed Mushroom** **3.95**
Stuffed spiced potato in mushroom deep fried Pokora style
- 5. Nepali Soup** (gluten) **3.95**
Prepared with vegetables, herbs & spice
- 6. Chicken or Lamb Tikka** (dairy) **4.95**
Marinated chicken or lamb grilled in clay oven
- 7. Seek Kebab** **4.95**
Spiced lean lamb mince barbecued in clay oven
- 8. Mo: Mo: Lamb or Veg** (gluten) **4.95**
Very popular in Nepal Steamed mix veg or lamb mince stuffed dumpling
- 9. Lamb Sekuwa** (dairy) **5.50**
Spiced marinated lamb barbecued in tandoor and sautéed with herbs garlic & chilli
- 10. Duck Or Chicken Choilya** (dairy) **5.50**
Duck or chicken spiced & serve cold, traditional Nepali style
- 11. Veg: Platter** (Gluten) **4.95**
Vegetable samosa, onion bhajee and mushroom
- 12. Mix Platter** (dairy) **5.50**
Chicken tikka, sheek kebab and onion bhajee

TANDOORI SPECIALITIES (All dry dishes)

- 13. Tandoori Sabji** (dairy) **8.95**
Mushroom, potato aubergine, paneer & mix peppers grilled in tandoor.
- 14. Paneer Nawabi** (dairy) **8.95**
Homemade cheese, marinated in spices grilled in tandoor with mix pepper and onion.
- 15. Mint Chicken** (dairy) **8.95**
Diced chicken marinated in yogurt, mint and herbs roasted in tandoor
- 16. Lamb or Chicken Tikka** (dairy) **9.95/8.95**
Diced lamb or chicken marinated with herbs & spices gently roasted in tandoor
- 17. Tandoori Chicken** (dairy) **8.50**
Marinated chicken on the bone with tandoori masala, roasted in clay oven

To assist you in your choice,  Medium  Hot  Extra Hot

*Some dishes can be prepared/cooked mild medium or hot, upon request.

Food Allergies and Intolerances. Please speak to member of staff about the ingredients in your meal, when placing your order.

18. Lamb Or Chicken Shaslik (dairy) **10.50/9.95**

Tender lamb or chicken marinated in spices roasted in tandoor with mix pepper and onion

19. King Prawn Shaslik (dairy) **14.95**

marinated in spices roasted in tandoor with mix pepper and onion.

20. Tandoori Salmon (dairy/fish) **14.95**

Salmon marinated in our special spices and smoked in tandoor

21. Tandoori King Prawn (dairy/fish) **13.95**

King prawn marinated in our home made spices & grilled in tandoor

22. Gurkha Mix Grill (dairy/fish) **13.95**

Chicken, lamb & salmon spiced and barbequed in tandoor

GURKHA'S SUPERIOR SELECTION

23. Gurkhali Chicken (dairy/nuts) **9.95**

Pieces of chicken tikka slowly cooked with our traditional herbs and spices

24. Nepali Chilli Chicken  (gluten/soya/egg) **9.95**

Chicken sautéed with fresh green chilli, pepper, onion touch of soya sauce

25. Saag Chicken (dairy) **9.95**

Chicken cooked with spinach, spices and fenugreek leaf flavoured

26. Butter Chicken (dairy/nuts) **10.95**

grilled chicken cubes cooked in a tomato, almond and coconut sauce

27. Himalayan Garlic Lamb/Chicken  **10.95/ 9.95**

cooked with fairly hot sauce with fresh ginger, tomato, garlic

28. Gurkhali Lamb (dairy/nuts) **10.95**

Tender pieces of lamb slowly cooked with our traditional herbs and spice

29. Saag Masu (dairy) **10.95**

Tender pieces of lamb cooked with fresh spinach, flavoured with spices, fenugreek

30. Daal Masu **10.95**

Nepali style lamb cooked with black lentils & spices

31. Prawn Rasilo (mild) (dairy/nuts) **9.95**

Prawn cooked with spices and coconut milk

32. Everest Curry (dairy/nuts) **10.95**

Nepali style, curry cooked with spices and combination of lamb, chicken and prawn.

33. Duck Kadrai  **11.95**

Slices of duck toasted with ginger, mix peppers, tomato & onion

34. Salmon Kholako  (dairy/nuts) **12.95**

Tender pieces of salmon tempered with mustard seeds curry leafs

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35. King Prawn Handi (dairy/nuts) **13.95**
King prawn cooked with fresh herbs, coriander, tomato and ginger

36. King Prawn Chopilo  (nuts) **13.95**
King prawn cooked in special Nepalese Chilli sauce

VEGETARIAN SELECTION

37. Nepali Chow Chow  (gluten/soya/egg) **7.95**
Smoked Nepali style vegetable noodles

38. Nepali Daal **7.95**
Black whole lentils, Nepalese style


39. Aloo Bodi Tama  **7.95**
Black eye beans, potatoes & bamboo shoot cooked in tangy special sauce

40. Mater Methi Malai (dairy/nuts) **7.95**
Peas, spinach, fenugreek cooked with herbs and spices then touch of cream

41. Gurkhali Mix Sabji (dairy/nuts) **8.25**
Panir and Seasonal vegetables cooked in medium hot sauce

42. Mushroom Matar (dairy/nuts) **7.95**
Mushroom & green peas cooked in tomato and onion sauce.

43. Sahipaneer (dairy/nuts) **8.50**
Homemade cottage cheese Cooked in mild tomato and onion sauce

44. Chilli Paneer  (dairy) **8.50**
Home made cottage cheese, sautéed with mix peppers and onion

45. Palaak Paneer (dairy) **8.50**
Spinach and homemade cottage cheese cooked with herbs & spices

TRADITIONAL DISHES

46. Lamb or chicken Tikka Masala **9.50/ 8.50**
(mild) (dairy/nuts)
Barbecued lamb/chicken, cooked in masala sauce

BALTI DISHES

All dishes are prepared with fresh ground spices, tomato, onion, green peppers,

47. Mix Veg: Balti **7.95**

48. Lamb or Chicken Balti **8.95/ 7.95**

49. Prawn Balti **8.50**

50. King Prawn Balti **12.95**

KORMA DISHES (mild) (dairy/nuts)

All dishes are cooked with coconut, cream and almond (sweet & creamy)

51. Mix Veg: Korma **7.95**

52. Lamb or Chicken Korma **8.95/ 7.95**

53. Prawn Korma **8.50**

54. King Prawn Korma **12.95**

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DUPIAZA DISHES

Maximum quantity of onion, variety of spices

55. Mix Veg: Dupiaza	7.95
56. Lamb or Chicken Dupiaza	8.95/ 7.95
57. Prawn Dupiaza	8.50
58. King Prawn Dupiaza	12.95

DHANSAK DISHES (mustard)

Sweet, sour and hot cooked with lentils

59. Mix Veg: Dhansak	7.95
60. Lamb or Chicken Dhansak	8.95/ 7.95
61. Prawn Dhansak	8.50
62. King Prawn Dhansak	12.95

JALFREZI DISHES

Prepared with onion, tomato, green pepper and green chillies

63. Mix Veg Jalfrezi	7.95
64. Lamb or Chicken Jalfrezi	8.95/ 7.95
65. Prawn Jalfrezi	8.50
66. King Prawn Jalfrezi	12.95

ROGAN DISHES

Cooked with special spices garlic tomato and onion

67. Mix Veg: Rogan	7.95
68. Lamb or Chicken Rogan	8.95/ 7.95
69. Prawn Rogan	8.50
70. King Prawn Rogan	12.95

BHUNA DISHES

Medium spiced prepare with onion tomato and coriander

71. Mix Veg: Bhuna	7.95
72. Lamb or Chicken Bhuna	8.95/ 7.95
73. Prawn Bhuna	8.50
74. King Prawn Bhuna	12.95

MADRAS DISHES (mustard)

Cooked in fairly hot sauce with lemon flavour

75. Mix Veg: Madras	7.95
76. Lamb Or Chicken Madras	8.95/ 7.95
77. Prawn Madras	8.50
78. King Prawn Madras	12.95

VEG: SIDE DISHES

79. Saag Aloo (dairy)	3.95
Potato cooked with spinach	
80. Gurkhali Aloo	3.95
Potato cooked with tomato, onion and spices	
81. Bhindi	3.95
Okra cooked with onion	
82. Chana Masala	3.95
Chick peas cooked with onion and spices	

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83. Tarka Dal (mustard) Yellow lentil finish with cumin and garlic	3.95
84. Aloo Gobi Potatoes cooked with cauliflower	3.95
85. Saag (dairy) Spinach cooked with herbs and spices	3.95
86. Mixed Vegetables Mix vegetables cooked in herbs and spice sauce	3.95
87. Bhanta Aubergine cooked in spices	3.95

BIRYANI DISHES

All biryani are serve with vegetable sauce

88. Veg: Biryani (dairy)	8.95
89. Lamb or Chicken Biryani (dairy)	10.50/9.50
90. Prawn Biryani (dairy)	9.95
91. Chef's Special Biryani (dairy/seafood)	11.50
92. King Prawn Biryani (dairy)	13.50

RICE DISHES

93. Basmati Rice	2.50
94. Pilau Rice (dairy)	2.95
95. Mushroom Rice (dairy)	3.25
96. Egg Fry Rice (dairy)	3.25
97. Lemon Rice (mustard)	3.25
98. Coconut Rice (dairy/nuts)	3.25
99. Special Rice (dairy) Egg and mixed vegetables	3.95

NAAN BREAD (gluten/dairy)

100. Tandoori Roti	2.25
101. Plain Naan	2.50
102. Garlic Naan	2.95
103. Bullet Naan   Chopped green chilli, garlic and coriander	2.95
104. Peshawari Naan Almond & coconut (nuts)	3.25
105. Keema Naan Spiced mince meat	3.50
106. Kolcha Naan Potato stuffed	2.25

OTHERS

107. Raita (dairy Yogurt, cucumber, cumin seed, salt)	1.95
108. Green Salad (seasonal)	1.95
109. Chips	2.25
110. Chicken and Chips (gluten)	7.25

Coke/Diet coke/lemonade 1.5 ltrs **2.50**

Appletiser/J20 (apple mango or orange passion fruit) **2.00**

Every Thursday Banqueting £14.95

Choose any starter any main dish in Every cluding pilau or rice & Naan bread.

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WELCOME TO GURKHA 3 Restaurant

Nepalese & Indian Cuisine

Take Away 10% discount on collection over £15

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Large group of 7 or above 10% service charge:

Phone 01823 334361

Address 93 – 95 Station Road Taunton TA1 1PB

Web: www.gurkha3.co.uk

Opening Hours Tue to Sat 17.30. 23.00

Sun 17.30 to 22.00

Monday Closed

About us Gurkhas are world famous soldiers, highly prized in the British Army and known for their bravery and courage all over the world. They come from the mountainous country of Nepal. This nestles in the Himalayas. Bordering Tibet in the north and India on its southern foothills. Nepal has many geographical regions and this is reflected in preparation of the food, which varies from region to region.

FOOD ALLERGIES and INTOLERANCE

Check (milk/nuts) this symbol for Contain in the food

Please speak to member of our staff about the ingredients in your meal when placing your order.

Some fish dishes may contain small bones

We do have variety of set menus do not hesitate to ask member of our team.

COPRPORATE FUNCTIONS AND EVENT CATERING

Weddings, business functions, informal get togethers & birthday parties are our speciality

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