STARTERS

ACHAAR Each £0.70
Mango chutney / onion salad / mint sauce / roasted tomato & garlic chilli chutney

PAPADUMS £0.70
Plain / Spicy

MONK SPECIAL SALAD (Veg) (Mild, Med, Hot) £5.95
One of mostly eaten salad in Nepal as well as in Denham, once you start can't stop eating... Nothing but goodness! Highly Recommended. Our diners call it like watching a horror film.

MONK MAGIC (Veg) Diners Favourite £5.95
Again, one of the most popular dishes cooked in our own recipe. It has been as popular as an appetiser; diners have it as mains as well as Desert!!

POKO POKO (Veg) £5.50
Round shaped, package of vegetables sautéed onion, garlic, coriander, tightly wrapped in crispy pastry and fried, served with tamarind sauce. (Cooked in our own Nepalese Recipe)

CHILLI MUGO (Veg) £5.50
Traditional Nepalese vegetable (yam) steamed, then fried and cooked in various spices with green chilli.

SINDHU ALOO (Veg) £5.50
Mouth-watering baby potatoes wedges tampered with fusion of monk spices and served crispy for potato lovers.

CHILLI GARLIC PANEER (Veg) £5.50
Paneer cheese cooked with capsicum, chilli, onion and special sauce sweet sour and hot.

DALLO ONION (Veg) £5.50
Spicy, crispy Nepalese fritters, finely sliced onions tampered with our own recipe. (a big plus point for gluten-free dinners!)

MOMO (Veg / Chicken / Lamb) £5.50
Nepalese style dumpling, steam-cooked, served with tomato chutney.

CHILLI CHICKEN £5.50
A typical Nepalese dish made from slices of chicken breast, marinated in spices, cooked with onion, tomato, capsicum and green chillies. An Excellent choice.

LAMB SEKUWA £5.50
Succulent lamb marinated with five different spices char grilled, again must have dish, got to try to believe it - *AWESOME!*

ACHARI LAMB £5.50
For mincemeat lovers, mince lamb balls, tangy, garlicky, hotties served with freshness of greenery. Simply mouth-watering.

DUMBAA POLEKO £6.95
Lamb chops marinated in ginger, garlic, fresh green chili paste with Monk's medium masala.

MONK SCALLOPS £7.50
Black pearl sea scallops slightly tampered with sea foods spices, grilled in clay oven exclusive at monk only.

SORHA KHUTTE £6.50
Baby squid stuffed with our own ingredients X. Chargrilled and served with Nepalese salad.

CLASSIC TANDOORI GRILLED

SHASHLIK (Chicken / Lamb) £10.95
TANDOORI MIX GRILL £16.95
GRILLED U4 KING PRAWNS (New Extra Large) £17.95
TANDOORI MONK FISH £17.95
TANDOORI CHICKEN FULL (The classic chicken) £14.95
CHICKEN/LAMB TIKKA £9.95
SHEEKH KEBAB (Monk recommendation for kebab lovers) £9.95





VEGETABLE & VEGAN (MAINS)

MASHURA GARLIC & CHILLI – (Fresh tofu) £9.95
Tofu with tomato, onions and peppers in Monk's mouth-watering spices. Great for vegan lovers!

MASHURA BUTTER MASALA £9.95
Tofu delicately spiced overnight then pan cooked in our own masala sauce. Best served Medium to Hot.

MONK MAGIC MUSHROOM £9.95
Large button mushrooms marinated in Monk's own spices with olive & rapeseed oil, then carefully placed in the tandoor. Not just for mushroom lovers – Just TANTALISING! Begs for extra chillies!

NOODLES

VEGETABLE £8.95
Very fine noodles stir fried with seasonal vegetables.

CHICKEN / LAMB NOODLES £10.95
Strips of chicken / lamb stir fried with fresh spring onions, peppers, coriander, soya sauce garnished with roasted sesame seeds.

PRAWNS £12.95
Regular prawns stir fried with fresh spring onions, peppers, coriander, soya sauce garnished with roasted sesame seeds.

KING PRAWN £17.95
U4 King size prawn grilled in a clay oven and then stir fried with fine noodles & vegetables.

BIRYANI

Cooked with basmati rice and served with medium vegetable sauce.

TIKKA CHICKEN £10.95
LAMB £10.95
PRAWNS £12.95
KING PRAWN £17.95
VEGETABLE £8.95

BREADS

LASSUN NAAN (Garlic) £2.95
LASSUN CHILLI NAAN £2.95
NAAN £2.00
KEEMA NAAN (Minced lamb) £2.95
GULIYO NAAN (Sweet) £2.95
LASSUN CHEESE NAAN £2.95
ROTI COOKED IN CLAY OVEN £1.70
PLAIN PARATHA £2.95

SUNDREIS - FINEST BASMATI

PLAIN RICE £2.50
PILAU RICE £2.95
BHUTEKO BHAT £3.95
Basmati rice, with peas, egg and spring onion.

CHAU CHAU RICE £3.95
Cooked with baby mushrooms

LEMON RICE £3.95
Basmati rice flavoured with Saffron, fresh lemon leaves, tampered with mustard seeds and garnished with fresh lemon.

LASSUN RICE (Garlic) £3.95
Basmati rice cooked with fresh garlic.

ALLERGY AWARENESS

If you suffer from allergies, please enquire when ordering.
Our dishes may contain: Gluten, Nuts, Milk, Peanuts, Soya, Mustard, Sesame seeds, Lupin, Egg, Crustaceans, Celery, Fish / Fish bone, Molluscs, Sulphur Dioxide.
Above Allergens mentioned may be present in any of our dishes.
Customers with any allergies, eat at their own risk.

MONK SPECIALITIES

CHICKEN ZHINGA £12.95
Succulent prawns wrapped in chicken breast, cooked slowly in a mild sauce, fresh cream, cashew nuts, methi leaves and ground spices. (Chef's recommendation)

POLEKO CHICKEN £9.95
Breast of chicken, skewered with onions and peppers half cooked in clay oven then, pan cooked in new blend of spices all to create a mouth-watering sensation.

MONK CHICKEN £9.95
Cooked in rich creamy sauce in a dopiza style & with our secret ingredient (ingredient x!)

PEERO CHICKEN £9.95
Chicken cooked in rich sauce of fresh tomatoes, onions and pepper cooked hot with fresh green chillies for that sensational Nepalese heat.

KATHMANDU CHICKEN £11.95
Special for chicken lovers off the bone, half grilled in clay oven, thereafter, cooked in a rich monk sauce. (Begs for Chills!) (Contain Nuts)

LASSUN CHICKEN £9.95
Breast of chicken cooked with mild to medium to hot herbs and spices in garlic sauce. (Fantastic for garlic lovers).

HARIYO CHICKEN £9.95
Boneless chicken pieces cooked with spinach and herbs served medium to hot.

BHEDA MUSTANG SPECIAL £10.95
Slices of spring lamb cooked in Monk's own recipe must have dish begs for extra friendly chillies!

BHEDHA GURKHALI £9.95
Spicy Nepalese lamb cooked with fresh chillies, peppers and onions. Eaten all over Nepal especially in the winter. Thoroughly enjoyed by the Gurkha's.

BHEDA BHUTUWA £9.95
Lamb cooked in medium sauce and tossed in spring onion, ginger and garlic. Another of our house specialities eaten daily.

LAMB PIRO PIRO £9.95
Spicy Nepalese lamb cooked with fresh chillies, peppers and onions. Eaten all over Nepal especially in the winter. Thoroughly enjoyed by the Ghurkha's. (At your own risk).

SHERPA BHEDA £9.95
Succulent spring lamb, cooked with the finest red wine, cashew nuts, sauté onions and a hint of pepper and coconut, served mild. (Usually cooked in rice wine in Nepal).

MASOO MASALA £9.95
Tender pieces of lamb meat, initially cooked in clay oven to seal in juices, finally and slowly cooked in sea of special tomato sauce mild to hot. (superb)

INDIAN CLASSICS

CHICKEN TIKKA MASALA £9.95
King of masala, chicken breast cooked in clay oven in Monk masala sauce.

LAMB / CHICKEN KORMA £9.95
Mild dish cooked with cream and various nuts.

LAMB / CHICKEN MADRAS £9.95
Highly spiced well-cooked, superb curry eaten in the northern Indian hot and saucy - it's strong Spices and mouth-watering cascade flavours and aroma.

LAMB / CHICKEN ROGAN £9.95
Well-cooked medium spiced, with tomato and capsicum. All-time favourite in the foothills containing a myriad of flavours and spices, topped with freshly made tomato Rogan.

LAMB / CHICKEN KARAHI £9.95
Medium spiced, cooked with capsicum and tomato, served in a hot karahi to give that aromatic distinctive taste.

BUTTER CHICKEN £11.95
A popular dish in India, clay oven cooked chicken finished in a sumptuous masala sauce with butter, Nepalese herbs and black salt to give that unique taste.

CHICKEN TIKKA BHUNA £9.95
Pieces of chicken initially cooked in the clay oven then added to medium source where the chicken further cooks in his own juices, resulting in fabulous flavours with only a little thick source.

LAMB/CHICKEN DHANSAK £9.95
Delicacies, originating from ancient Persia, cooked with lentils, hot, sweet and sour sauce.



NAMASTE & WELCOME

Nepal is a country which proudly sits between India & China alongside Bhutan and Tibet where the Lord Buddha was born, hence Buddhists and Monks in Nepal.

At 'The Monk' the owner who has had over 40 years of experience in Nepalese cooking as well as managing The Gurkha Palace, Ealing London, Bombay bicycle cycle club, SW London, Kathmandu 34, Henley on Thames, Lumbini, Stratford-upon-Avon and the most recent in the heart of South Buckinghamshire. Monk catches the unique experiences in bringing the country's culture and culinary experience to Denham for over 12 years.

Monk's experience creative chefs are committed to Denham - offering authentic Nepalese food by using finest ingredients with the abundance of the freshest herbs and Monk's secret blend of Nepalese spices. Every dish is freshly prepared to cater for your needs and unique dietary requirements. Here at Monk our aim is to serve you with complete authenticity while continuing to create and evolve exotic Nepalese cuisine with health at the heart of every dish.

Monk uses the finest ingredients as well as **A grade** Meat, Chicken, above all U4 (King of Kings) Prawns exclusive to Monk, Fish and Scallops to optimise the taste and well-being of your heart Monk only uses rapeseed and olive oil as well as Pink Himalayan salt and no artificial colouring.

TAP ON THE APP 20% OFF
FIRST ORDER ONLY. USE PROMO CODE **MONK521**.
(MINIMUM ORDER £25.00) LIMITED PERIOD ONLY. T&CS APPLY.
DOWNLOAD OUR APP
Download on the App Store | GET IT ON Google Play

Monk uses Rapeseed oil, Olive oil, Pink Himalayan Salt and no Artificial Colouring to ensure our meals optimise for taste and for the heart too.
We aim to optimise our dishes to suit every palette for example – Gluten free, Vegan or Vegetarian. We cater for all sorts allergies too from Nut free right through to Dairy free requirements so please mention this when you order.

Sunday Buffet

Adult £17.95 | Child £10.95
ALSO ALA CARTE MENU AVAILABLE
All Days 1pm – 9pm

© P&D SmartPrint 020-8838 2747
Ref. 05/21

SEA FOOD

SWEET AND SOUR KING PRAWN £14.95
U4 King Prawns cooked in hot sweet and sour in tamarind sauce to give that tangy taste. They say it has secret power.

MELAMCHI MONKFISH (New Recipe) £14.95
Monkfish half - cooked in the tandoori thereafter, in a pan cooked with rich tomato sauce medium to hot.

KOSHELI KING PRAWN £14.95
U4 King Prawn prepared with a blend of herbs and spices and cooked with Thai lemon grass for that extra zing. (Superb)

SUNKOSHI MACHA £14.95
Boneless chunks of salmon marinated in natural yoghurt and subtle spices grilled in the clay oven. Served in medium coconut sauce.

KING PRAWN MASALA £19.95
Succulent U4 King Prawns half - grilled in the clay oven cooked in a special tomato sauce designed to capture and hold all of the flavours. With extra power and extra chillies just imagine.

EVEREST SUPREME £14.95
Monkfish marinated and cooked in clay oven, thereafter, cooked in coconut milk, balsamic vinegar.

VEGETABLE (SIDES)

JHANNE KO DAAL £5.50
Lentils traditionally prepared and cooked with onion, ginger, garlic and tempered with cumin and garlic.

KAALO DAAL £5.50
Monk special black lentil full of goodness slow cooked overnight over clay oven for the richness.

KATHMANDU ALOO £5.50
Mouth-watering potatoes tampered with cumin and fusion of Monk spices.

BHANTA TARKARI £5.50
Baby egg plant marinated in yoghurt and cooked fresh to our own recipe.

CHANA ALOO £5.50
Chickpeas and potato cooked in popular Nepalese spices.

PALUNGO SAAG £5.50
Fresh steamed spinach sautéed with fenugreek seeds of goodness and delicious. (Eaten daily)

PALUNGO PANEER £5.50
Leafy fresh spinach cooked with homemade Nepalese cheese medium spiced.

RAMTORIYA £5.50
Lightly spiced okra cooked crispy.

KERAU PANEER £5.50
Home-made cheese cooked with green peas with touch of mixed spices.

CHILLI KAULI £5.50
Spicy cauliflower cooked with spring onion, tomatoes and fresh chillies and a touch of soya sauce to give that oriental flavour.

CHAU CHAU TARKARI £5.50
Combination of mushrooms, simmered with herbs and spices. Perfect with any dishes.

VEGETABLE & VEGAN (MAINS)

PANEER POLEKO £9.95
Grilled paneer, tomato, onion & peppers, half cooked then cooked in a pan with a blend of medium to hot rich tomato sauce.

PANEER SHASHLIK £9.95
Grilled Paneer in tandoor with peppers, tomatoes & onions.

PANEER RANA £9.95
A delightfully spicy paneer scrambled dish, sauteed onions & tomatoes in Nepalese spices. It's simply irresistible – Medium / Hot.

YAMMI ALOO BODI £8.95
Potatoes & black eye beans, eaten nationally in Nepal throughout the years. Just yammi for vegan lovers – Mild / Medium / Hot. Choice is yours!

KATAR-KATER – (Jackfruit) £9.95
One of the Nepalese favourite fruit, meaty and earthy taste cooked in our very own recipe. Please don't be surprised by the Jackfruit in the Himalayans!

PALUNG METHI PANEER KARAI £9.95
Paneer cooked with leafy spinach & fresh methi. Medium to Hot.

MONK

NEPALESE & INDIAN RESTAURANT WITH A TWIST

Dine in | Takeaway | Home Delivery

Our aim is to optimise your dishes to suit your palette, therefore every dishes is prepared individually therefore your patience is fully appreciated for time, taste & freshness.

T: 01895 832255 | 01895 760272

Order Online
WWW.MONKRESTAURANT.CO.UK

FREE DELIVERY
Minimum order value £25 within 3 miles radius.

TAP ON THE APP 20% OFF
FIRST ORDER ONLY. USE PROMO CODE **MONK521**.
(MINIMUM ORDER £25.00) LIMITED PERIOD ONLY. T&CS APPLY.
DOWNLOAD OUR APP
Download on the App Store | GET IT ON Google Play

OPEN 6 DAYS A WEEK
5.30pm – 11pm
Sunday All Days 1pm – 9pm
Closed on Monday

10 Station Parade • Denham • UB9 5ET
info@monkrestaurant.co.uk