



# HeSheLa

newa khaja ghar



# MENU

AUTHENTIC NEWARI CUISINE

LIFE IS ALL ABOUT DISCOVERING NEW TASTES





# BEST & TOP SELLING NEWARI FOOD



**\$36**

## Heshela Yomari Set

(Chaku & Khuwa)

(Yomari -2), Mixed Bara, Masu ko Jhol,  
Haku Choila, Mixed Achar)



**\$75**

**\$85**

With Rice Wine  
(1 Karuwa)

## Heshela Nanglo Set

(Choila (Chicken or Lamb), Badam Sadeko,  
Bhutan, Tass (Lamb/Pork/Goat), Cheura,  
Mix Achar, Tama, Piro Aalu)



**\$29**

## Heshela Bara (WO) Set

(Spiced lentil patties (Bara) with  
chicken/egg/veg cooked in a thick-bottomed  
pan or tawa, Haku Choila-Chicken/Lamb  
Aalu Sadheko, Masu ko jhol, Piro Aalu)

177 Forest Rd,  
Hurstville

+61 29 123 4876

14-18 Tramway Arcade,  
Rockdale 2216

(02) 8959 2089



# AUTHENTIC NEWARI CUISINE



## SMALL PLATES

ITEMS	PRICES
Chatpate	\$12
Pani Puri	\$12
Wai Wai Sadheko	\$12
Samosa	\$3
Samosa Chaat	\$13
Piro Aalu	\$9 / \$12
Mixed Achar	\$9
Aalu Tama	\$9
Aalu Chop-Wo (4pcs)	\$12
Pakoda (4pcs)	\$9
Bhatmas Sadheko	\$10.50
Badam Sadheko	\$10.50
Chicken Sausage (2pcs)	\$12
Bhutan	\$19
Choila (Chicken/Lamb)	\$17 / \$18
Sukuti (Lamb/Buf)	\$22 / \$24
Sekuwa Stick (Chicken/lamb/Pork)	\$3.5
Goat Sekuwa	\$3.99
Chicken Lollipop (6pcs)	\$15
Yomari (Chaku & Khuwa)	\$7
Fokso Fry	\$20
Babal Wings	\$15
Mustang Aalu	\$14
Selroti Tea <b>COMBO</b>	\$15



**"Thanks for waiting!"**

We're cooking everything fresh, so your patience means fresher flavors. Appreciate it!"

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# NEPALI FOOD

## HESHELA MOMO (DUMPLINGS)

(Juicy Chicken/Pork/Veg/Buff mince with onion, coriander, ginger infused with Newari spices served with heshela sauce)

ITEMS	STEAM	JHOL	FRIED	C
Veg	\$13.5	\$14.5	\$15.5	\$16.5
Chicken	\$14.5	\$15.5	\$15.5	\$16.5
Pork	\$15	\$16	\$16	\$17

ANY OTHER ADDITIONAL SAUCE/ACHAR

**\$2 EXTRA**



## MOMO PLATTER (STEAM / FRIED / CHILLY / CHOILA)

ITEMS	PRICES
<b>MOMO PLATTER (15pcs)</b>	
Veg	\$25
Chicken	\$28
Pork	\$28



## HESHELA CHOILA MOMO

ITEMS	PRICES
Veg (10pcs)	\$17
Chicken (10pcs)	\$19
Pork (10pcs)	\$20



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## CHOWMEIN NOODLES

ITEMS	PRICES
Veg	\$14
Egg	\$15
Chicken	\$16
Pork	\$17
Buff	\$17.5
Sukuti	\$17.5
Mixed Chowmein	\$17.5



## THUKPA (NEPALESE STYLE LAKSA)

ITEMS	PRICES
Veg	\$15
Egg	\$16.5
Chicken	\$17
Pork	\$18
Buff	\$18
Mixed Thukpa	\$19
Thukpa Momo (5pcs)	\$22.5



## THUKPA MOMO

**\$24**



ANY OTHER ADDITIONAL SAUCE/ACHAR

**\$2 EXTRA**

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## FRIED RICE

ITEMS	PRICES
Veg	\$15
Egg	\$16
Chicken	\$17
Buff	\$18
Pork	\$18
Mixed Fried Rice	\$19



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# नया NEWARI FOOD

## नया BARA (LENTIL PANCAKES)

(Spiced lentil patties with chicken/egg/veg cooked in a thick-bottomed pan or tawa) Served with piro aalu

ITEMS	PRICES
Plain Bara	\$14
Egg Bara	\$17
Masu Bara	\$18.50
Mixed Bara	\$19



## बनामरी CHATAMARI (RICE BREAD)

(Rice flour flat bread with chicken mince/veg/egg and spices cooked under low heat served with tomato pickle)

ITEMS	PRICES
Veg Chatamari	\$14
Egg Chatamari	\$15.50
Masu Chatamari	\$17.50
Mixed Chatamari	\$19



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## Heshela Samay Baji Set

\$24.5 / \$29.5

(with Rice Wine)

(Baji, Plain Wo, Haku Mushya, Bhuti, Egg  
Aalu Tama, Me Kwa, Saag, Haku Choila,  
Mixed Achar, Aalu)



## दा Heshela Bara (WO) Set

\$29

(Spiced lentil patties (Bara) with  
chicken/egg/veg cooked in a thick-bottomed  
pan or tawa, Haku Choila-Chicken/Lamb  
Aalu Sadheko, Masu ko jhol, Piro Aalu)



## Heshela Yomari Set (Chaku & Khuwa) \$36

(Yomari -2), Mixed Bara, Masu ko Jhol,  
Haku Choila, Mixed Achar)



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## Heshela Tass Set

\$29

*(Lamb, Goat or Pork Tass, Furandana, Salad, Mixed Achar)*



## Heshela Bhutan Set

\$29

*(Baji/Furandana, Bhutan, Bhatmas Sadheko, Piro Aalu)*



## HESHELA THALI SET

Basmati Rice, Veg/Chicken/Goat/Pork, Kalo Daal, Raita Saag, Mixed Veg, Mixed Achar, Papad, Salad)

### ITEMS

### PRICES

Veg	\$24
Chicken	\$26
Goat	\$29
Pork	\$28



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## Jojolapa Newari Set

Anda Keema, Mix Bara, Piro Aloo,  
Badam Sadheko, Choila (Lamb/Chicken),  
Mix Achar And Machha (Fish) Fry.

\$69

\$79

With Rice Wine  
(1 Karuwa)



## Heshela Nanglo Platter

(Choila (Chicken or Lamb),  
Tass (Pork / Lamb / Goat), Sukuti (Lamb / Buff),  
Sekuwa (Chicken / Lamb / Pork / Goat), Salad,  
Bhutan, Achar)

\$79

\$89

With Rice Wine  
(1 Karuwa)



## Heshela Nanglo Set

(Choila (Chicken or Lamb), Badam Sadeko,  
Bhutan, Tass (Lamb / Pork / Goat), Cheura,  
Mix Achar, Tama, Piro Aalu)

\$75

\$85

With Rice Wine  
(1 Karuwa)



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# SOFT & HARD DRINKS

## HOT BEVERAGES

ITEMS	PRICES
Black Tea	\$3
Black Tea with Lemon	\$3.5
Milk Tea	\$3.5
Masala Tea	\$3.5
Ginger Honey Lemon Tea	\$3.5
Hot Milk	\$3.5

## COLD BEVERAGES

ITEMS	PRICES
Soft Drinks (Coke/Fanta/Sprite/Lift)	\$3.5
Mango Lassi	\$7
Iced Tea (Mango/Peach)	\$4
Juice (Apple/Orange)	\$4
Bottled Soft Drink	\$5



## ALCOHOLIC BEVERAGES

ITEMS	PRICES
<b>BEER</b>	<b>PER BOTTLE</b>
Nepal Ice	\$9.5
Mustang	\$9.5
Barasinghe	\$9.5
Gorkha	\$9.5
Corona	\$9.5
Pure Blonde	\$9.5
Heineken	\$9.5
Arna	\$9.5



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# ALCOHOLIC BEVERAGES

## ITEMS

## PRICES

### WINE

Red Wine

\$9

White Wine

\$9

Rice Wine (Chhyang)

\$7

Rice Wine (Chhyang)

\$19 (Full Karuwa)



### SPIRITS

Red label

\$10.5

Double

\$10.5

Black Label

\$10.5

Jack Daniels

\$10.5

Chivas Regal

\$10.5

Jim Beam

\$10.5

Khukuri Rum

\$10.5



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## SALAD

ITEMS	PRICES
Nepali Salad	\$12

## KIDS MENU

ITEMS	PRICES
Chips & Nuggets	\$12
Fries	\$8
Kids Chowmein (Veg)	\$12

## DESSERT

ITEMS	PRICES
Mango Kulfi	\$8
Strawberry Kulfi	\$8
Lal Mohan	\$8
Rasmalai	\$8



## CURRY

ITEMS	PRICES
Alu Tama	\$12
Panner Curry	\$17
Chicken Curry	\$18
Goat Curry	\$20
Chicken Chilly	\$18
Pork Chilly	\$19
Buff Chilly	\$23
Sausage Chilly	\$17
Chips Chilly	\$14
Pork Curry	\$19



## SIDE ORDERS

ITEMS	PRICES
Rice	\$4.5
Cheura	\$4.5
Furandana	\$4.5

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हाम्रो संस्कृति हाम्रो पहिचान

# HeSheLa

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**If you're planning an event?**

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delicious dishes to your doorstep.



**HOME CATERING**

**AVAILABLE**

 **0449512586**

FROM

**\$21**

**02 8959 2089**

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