



Menu



॥ अतिथी देवो भव ॥
Guest is God

Atithi is a guest who can visit us at any time.

Devo Bhava means God- Like.

“Atithi Devo Bhava” translates to “The Guest is God”. It is a code of conduct in Nepal’s hospitality that teaches us to place our guest above all.

‘Atithi Devo Bhava’ is a sacred scriptures and a legacy left by our ancestors.

Taste of Nepal

300 The Parade



Taste of Nepal
A perfect place
to celebrate

About Us

Established in 2004, Taste of Nepal is the first Nepalese restaurant in Adelaide. Taste of Nepal is all about being innovative and authentic at the same time. Since its establishment we have proudly served the diverse palates of Adelaide, becoming a beloved fixture in the community.

At Taste of Nepal, we believe in the power of exceptional food to bring people together. Our menu showcases the rich tapestry of Nepalese cuisine, blending traditional recipes with contemporary flair. From aromatic curries to sizzling clay oven (tandoori) dishes and delicate momos, each bite tells a story of passion and authenticity.

Our commitment to excellence has been recognized by esteemed organizations such as The City of NPSP and InDaily, who honored us with the title of "Best Restaurant in the East" in 2018, 2021 and 2023. We have been voted as Best Nepalese Restaurant in South Australia in 2022 by Restaurant & catering award. These accolades are a testament to the dedication of our family-run team and the loyalty of our patrons.





BANQUETS

Designed to share, our banquets include traditional favorites as well as Chef Nil's renowned & innovative dishes. Banquets can be catered for specific dietary needs.

BANQUETS

MINI BANQUET (FOR 2 ONLY) 42.9 PP

(Recommended for first-time couples)

MIXED ENTRÉE

Chicken dumplings, Charcoal clay oven chicken, Crispy beetroot patties

MAINS

Slow cooked lamb, Butter chicken

SIDES

Eggplant, Fragrant basmati rice, Freshly baked roti

CHEF'S BANQUET 55.9 PP

(minimum 4 people)

MIXED ENTRÉE

Chicken dumplings, Crispy beetroot patties, Clay oven Portobello mushrooms, Tareko Machha

MAINS (CHOICE OF 4)

Charcoal clay oven pork cutlets or Clay oven chicken, Clay oven vegetables, Barramundi curry, Goat on the bone, Butter chicken, Seasonal mix vegetables

SIDES

Garden salad, Mustard leaves, Eggplant, Freshly baked roti, Fragrant basmati rice

DESSERT

Homemade mango & cardamom ice-cream

BANQUETS

HIMALAYAN BANQUET 45.9 PP **(minimum 4 people)**

MIXED ENTRÉE

Chicken dumplings, Charcoal clay oven chicken, White-eyed bean patties, Crispy beetroot patties

MAINS

Butter chicken, King prawns, Slow cooked lamb

SIDES

Garden salad, Eggplant, Fragrant basmati rice, freshly baked roti

VEGETARIAN BANQUET 44.9 PP **(minimum 4 people)** *Vegan option available*

MIXED ENTRÉE

Vegetarian dumplings, Crispy beetroot patties, Clay oven Portobello mushrooms, White-eyed bean & spinach patties

MAINS

Clay oven vegetables, Chef's Special eggplant curry, Nine-bean lentils with bok choy

SIDES

Garden salad, Mustard leaves, Fragrant Basmati rice, Freshly baked roti



We always grind our own spices to keep them fresh. To start, we toast our whole spices over low heat, which extracts essential oils and enhances the aroma of the final dish. Pre-ground spices from stores lose flavor and potency due to oxidation. Consequently, freshly ground toasted spices impart a richer flavor to your dishes.



ENTREE

1. Momo (6 pcs) **VE NF DF** **12.5**

Popular steamed chicken or vegetable dumplings with tomato achar

2. Phulaura **VE GF NF** **10.9**

White-eyed beans, spinach, spring onion patties with minted yogurt (Vegan option available)

3. Sekuwa (available as a main) GF NF **14.5**

Chicken thigh fillet marinated in roasted cumin, szechwan & cooked in the charcoal clay oven

4. Chef's King Prawns **GF NF** **16.9**

Chef's special prawn lightly spiced with tamarind sauce, salt & pepper

5. Tareko Machha **GF NF** **16.9**

Chef's special fried barramundi spiced with lemon juice, curry leaf powder, Nepalese spices

6. Samosha **V NF** **10**

Home made pastry triangles stuffed with curried potatoes & peas with minted yogurt

ENTREE

7. Beetroot Patties

V NF

10.9

A popular street gem with an Aussie twist!
prepared from beetroot, cheese & spring onion

8. Clay-oven Mushroom

VE GF NF

14.9

Portobello mushroom marinated in ground
mustard & spices served with edamame beans

9. Vegetarians Rejoice for one/two

15.9/26.9

A great combination of momo, beetroot patty,
phulaura, clay-oven mushroom with tomato
achar & minted yogurt (Vegan option available)

10. Taste of Nepal Platter for one/two

16.5/28.9

A great combination of sekuwa, chicken momo,
beetroot patty, phulaura with tomato
achar & minted yoghurt

11. Herb Roti Platter

V NF

11.0

A trio of chef's special dips served with freshly
baked herb bread (Vegan option available)



Best enjoyed with Pulau or Basmati rice & clay oven bread

MAIN COURSE

All meat dishes are mild. Please advise your friendly wait staff if you prefer spicy.



Clay Oven Specialities

Our clay oven specialities are first marinated in yogurt, lemon juice and the chef's special home-ground spices to allow the flavours to saturate the meat.

The final touch is to cook the meat on skewers over charcoal in a traditional clay oven.

12. Pork Cutlets

GF NF

30

Delicious pork cutlets cooked in chef's special marinade & served with tamarind sauce

13. Poleko Khasi

GF NF

35

Signature juicy lamb cutlets served with minted yoghurt, baby potatoes & roasted capsicum

14. Sekuwa

GF NF

29

Chicken thigh fillet marinated in cumin & szechwan served with baby potatoes & roasted capsicum

15. Clay Oven Barra

GF NF

33

Lightly marinated barramundi fillet delicately cooked & served with citrus sauce & fresh herbs



Masu (Meat)

16. Goat on the Bone **GF NF DF** **25**

Exquisite village style slow cooked goat with fenugreek, cinnamon, nutmeg, bay leaves, ginger & garlic

17. Lamb Curry **GF NF DF** **25**

Exquisite village style slow cooked curry of lamb enriched with cardamom, cinnamon, coriander & bay leaves

18. Butter Chicken **GF NF** **26**

Boneless chicken smoked in clay oven & then simmered in a sauce of tomato, garlic, star anise & szechwan pepper

19. Kukhura Ko Masu **GF NF DF** **24**

Chef Nil's special traditional country style chicken curry prepared in aromatic Nepali spices

20. Wild Buffalo Special **GF NF DF** **31**

Wild Water Buffalo loin cubes slow braised & then stir-fried with seasonal vegetables & home ground spices



Machha khana (Seafood)

21. Machha Tarkari

GF F

28

Aromatic barramundi curry delicately cooked in a sauce of onion, tomatoes, coconut milk & special house spice blend

22. Piro Jhingey

GF NF DF

30

King prawns, pan-fried with vegetables, flavored with lemon juice & a hint of chilli

23. Jhingey Ko Tarkari

GF NF

30

Chef Nil's popular King prawn dish cooked in a sauce of coconut milk, ginger & fresh curry leaves





Sakahari Bhojan (Vegetarian)

All vegetarian dishes can be made Vegan

24. Chef's special Eggplant

V NF GF

24

Chef Nil's signature oven roasted eggplant dish slow cooked in a sauce of tomato, onion & garlic topped with home-made yoghurt and herbs (Vegan option available)

25. Clay Oven Vegetables

V NF GF

30

Halloumi cheese, broccoli, beetroot, portobello mushroom cooked in clay oven & served on a bed of baby spinach (Vegan option available)

26. Misayako Tarkari

VE NF GF

21

Seasonal vegetables tossed in a pan with home ground spices

27. Laukako Tarkari

V NF GF

22

Chef Nil's special - spiced long melon dumplings cooked in a creamy sauce of tomato, ginger, garlic & onion (Vegan option available)

28. Kwati

VE NF GF

21

A goodness of nine different beans cooked with tomato, onion, garlic, ginger & bok choy



SIDES

29. Pulau Rice	VE GF	9
An aged long-grain rice, topped with candied onion, green peas, toasted cumin seeds, slivered almonds		
30. Steamed Basmati Rice	VE NF GF	4
Fragrant Basmati rice		
31. Saag	VE NF GF	10
Stir-fried seasonal spinach, olive oil, chilli & cumin seed		
32. Bhuteko Vunta	VE NF GF	11
Eggplant cooked with onion, capsicum & enriched with round mustard & fennel seeds		
33. Jhaneko Daal	VE NF GF	9
Lentils cooked in traditional style with Himalayan herb Jimbu		
34. Garden Salad	VE NF GF	10
Salad prepared from cherry tomatoes, baby spinach & strawberries enriched with Nepali style lemon & olive oil dressing		
35. Dahima (Yoghurt Salad)	V NF GF	7
A real refresher - salad made with roasted cumin, mint, cucumber & homemade yoghurt		
36. Pappadams	V NF GF	4

ROTI (FRESHLY BAKED BREAD)

Flat bread leavened by airborne yeasts and freshly baked in a clay oven is an essential part of any meal

37. Roti

NF V

5

Freshly baked plain bread

38. Garlic Roti

NF V

5.5

Freshly baked garlic bread.

39. Cheese Roti

NF V

6

Bread stuffed with cheese, garlic, onion & coriander

40. Roti Basket (min 4 people)

NF V

13

A combination of the breads above



GF GLUTEN-FREE NF NUT-FREE DF DAIRY-FREE VE VEGAN V VEGETARIAN

ADD ON

MANGO CHUTNEY 3

CHILLY PICKLE 3

KIDS MENU

BUTTER CHICKEN AND RICE 15

BUTTER CHICKEN AND CHEESE ROTI 15

NUGGETS AND CHIPS 15

CHEESE ROTI 5.5

ICE CREAM (CHOCOLATE/ VANILLA) 6



THANK YOU FOR VISITING TASTE OF
NEPAL



FOLLOW US ON  

SCAN & SHARE YOUR EXPERIENCE

