

# NAMASTE!



The food of Nepal is as diverse as the country itself. Here at the Muglan, we strive to serve a true authentic Nepalese food which reflects the geographic and demographic diversities of this little known tiny Himalayan nation.

If you have been fortunate enough to travel to Nepal, you are probably familiar with Dal Bhat and Momos.

Our food is representative of traditional family fare served in homes across Nepal and at festivals. Our traditional home style cooking, generous servings, immaculate presentation, attentive staff and warm Nepalese ambiance makes us special.

All items on our menu are freshly prepared and made to order using local & imported ingredients.

Some dishes may contain nuts or traces of nuts. Please let us know if you have any food allergies or dietary requirements.

Please note some photos on the menu may not resemble actual food served.



## STARTER



### **SAMOSA** (2 pcs) (G)

Spiced vegetables in-cased in homemade crispy pastry and deep fried

**10.90**

### **VEG PAKODA** (4 pcs) | VE

Seasonal vegetables spiced in chick-pea flour and delicately deep fried

**12.90**

### **PANI PURI SHOTS** (5 pcs) | VE

Fried baby puri, potatoes, sprouts, sweet chutney and tangy water

**13.90**

### **GOLDEN PRAWN** (4 pcs)

Sesame seeds coated prawn, deep fried in corn flour batter

**16.90**

### **FISH FRY**

Turmeric, garlic, mustard & mango powder

**16.90**

### **THICHEKO ALOO**

Pressed potato, chilli, sechuan, black salt.

**14.90**



## INDI GRILL



### **CHICKEN TIKKA** (4pcs)

Boneless chicken thigh fillets marinated overnight in spicy yogurt sauce

**16.90**

### **PANEER TIKKA** (4 pcs)

Cottage cheese marinated in yogurt spices and grilled

**17.90**

### **SHISH KEBAB** (4 pcs)

Marinated lamb mince with herbs, spices and coriander

**18.90**

### **TANDOORI PRAWN** (6 pcs)

Prawns marinated in tandoori yogurt sauce

**23.90**

### **INDI GRILL PLATTER** (For 2)

Chicken Tikka, Paneer Tikka, Shish Kebab, Tandoori prawn

**25.90**

## MOMO: NEPALESE DUMPLINGS

		Veg	Chicken	Buff
Steam	Tomato Chutney	16.90	17.90	18.90
Soup Momo	Based on chicken & herb soup	-	17.90	18.90
Chilli 🌶️🌶️	Hot and spicy	17.90	18.90	19.90
Jhol (served warm)	Soyabeans, almonds & sesame	17.90	18.90	19.90
Sadheko 🌶️🌶️	Mixed with sesame oil & chilli paste	17.90	18.90	19.90
Tandoori	Yogurt, garam masala, lemon	18.90	19.90	
Sizzler	Noodles and garlic sauce	20.90	21.90	
Momo platter (16 pcs)	Steam, fried, chilli, sadheko	33.90	35.90	

### MOMO PLATTER

Steam, fried, chilli, sadheko

Veg 33.90, Chicken 35.90



## JHANEKO SEKUWA

Grilled and tempered with garlic,  
cumin onion, capsicum

Chicken: 19.90

Lamb: 21.90



## NEPALESE SNACKS

### ALOO ACHAR | VE

Traditional potatoes salads tempered with sesame  
seeds, herbs and spices

12.90

### BHATMAS SADEKO | VE

Soybeans, deep fried and tossed with mustard oil,  
onions and chilies

13.90

### SAYPHALE | G

Stuffed chicken mince, steam and fried

14.90

### SMASHED SAMOSA CHAT | G

Smashed samosa, curd,tarmarind, mint,sev, onion,&  
spices masala

16.90

### CHOLA 🔥🔥🔥

Dry red chilli paste, cumin, mustard oil ,ginger and  
garlic

Chicken: 18.90

Lamb: 19.90

Buff: 20.90



### GOAT SUKUTI

Medium Spice marinated goat jerky  
22.90

### GOAT BHUTTAN

Fried goat innards with spices  
19.90

### CHICKEN CHILLI 🔥🔥

Garlic, capsicum, onion, ginger, chilli & shallots  
20.90

### BUFF CHILLI 🔥🔥

Garlic, capsicum, cumin, coriander, ginger  
21.90

### CHICKEN CHOPSUEY

Fried noodles, fried egg, sauteed vegies & tomato sause  
21.90

### CHOWMEIN

veg 16.90 chicken 17.90 buff 18.90

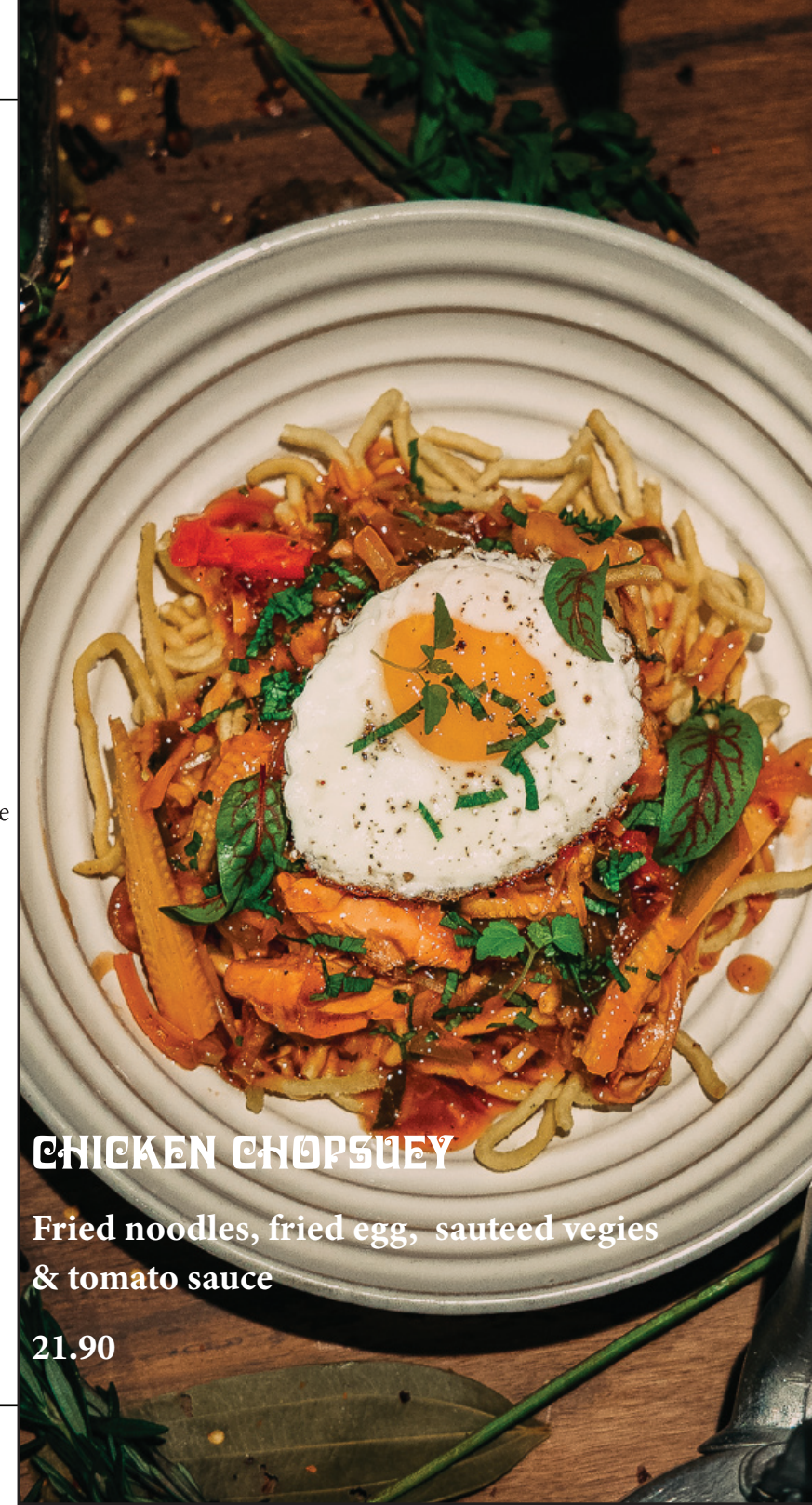
### CHICKEN SAUSAGE

Served with hot chilli sauce  
15.90

### THUKPA

Hot and sour noodle soup  
veg 16.90 chicken 17.90 buff 18.90

Add Egg 2.50



### CHICKEN CHOPSUEY

Fried noodles, fried egg, sauteed vegies  
& tomato sauce

21.90



## CHICKEN SIZZLER

Grilled chicken , blanched vegs, noodles, garlic sauce

23.90





## NEPALESE PLATTERS



### KHAJA SET

Choyla, aloo achar, allo tama, salad, beaten rice,  
pickle, boiled egg  
chicken **22.90** lamb **23.90** buff **24.90**

### MUTTON TAAS SET

Tawa (pan) fry diced mutton, puffed rice, fried  
garlic, pickle, salad  
**22.90**

### CHICKEN SIKARI SET (Meat Lover)

Sekuwa, bhutaan, chicken lolly and choyla  
**23.90**



## M.F.C.(MUGLAN FRIED CHICKEN)



### CRUNCHY TIMUR CHICKEN

Sichuan pepper, black pepper, himalayan salt  
**21.90**

### HOT LAVA CHICKEN

Spicy melted cheese  
**21.90**

### DEVIL CHICKEN LOLLY

Hot and spicy  
**21.90**

### CHICKEN LOLLY POP

Mild fried Chicken  
**21.90**

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Add: Chiuwra **2.00**







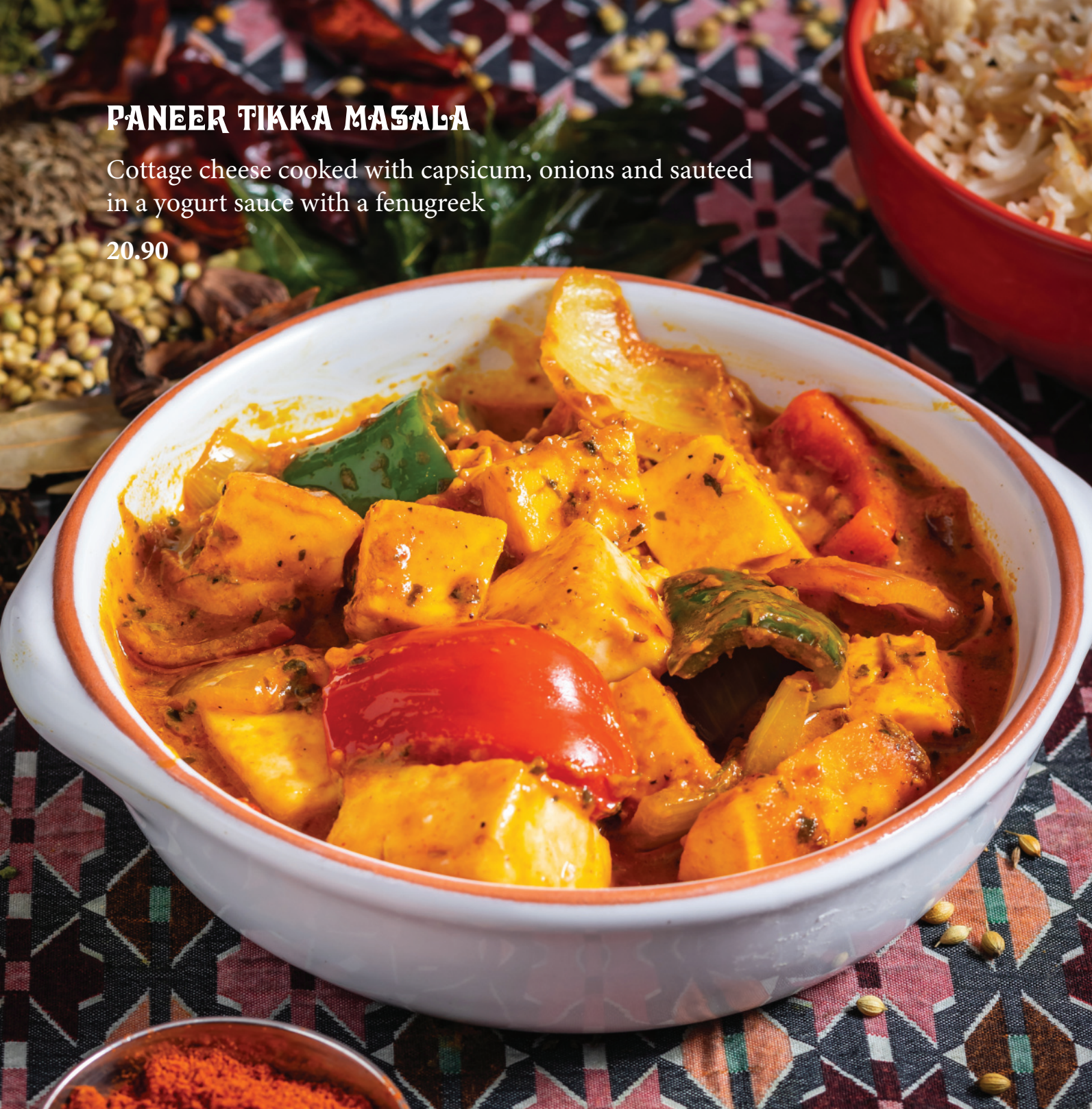




## PANEER TIKKA MASALA

Cottage cheese cooked with capsicum, onions and sauteed in a yogurt sauce with a fenugreek

20.90





## VEGETARIAN CURRIES

### MIX VEG CURRY | VE

Seasonal mix veggies cooked with spices and herbs

17.90

### ALLO BOBI TAMA | VE

Potato, black eye beans and bamboo shoots slow cooked in traditional way, giving a pungent flavour

17.90

### TADKA DAAL

Lentils cooked with onion, tomato, ginger and garlic

17.90

### CHANA MASALA | VE

Chick peas slow cooked with herbs and spices

17.90

### MUTTER PANEER MASALA

North Indian curry cooked with matter (peas) and paneer (cottage cheese) with spices

20.90

### PANEER TIKKA MASALA 🔥

Cottage cheese cooked with capsicum, onions and sauteed in a yogurt sauce with a fenugreek

20.90

### PALAK PANEER

Fresh blended spinach cooked with cottage cheese, tomato, onion with a touch of nutmeg and cream

20.90

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## NON-VEG CURRIES

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### BUTTER CHICKEN | N

Chicken tikka pieces cooked in rich cream,  
cashew and red tomato sauce

22.90

### CHICKEN KORMA | N

Boneless chicken cooked with almond and  
cashew gravy with touch of cream

22.90

### CHICKEN TIKKA MASALA | D

Chicken tikka pieces cooked with onion,  
capsicum and tomato in a yogurt and onion gravy

22.90

### LAMB ROGAN JOSH

Slow cooked lamb in aromatic spices

23.90

### LAMB KORMA | N

Diced lamb cooked in onion and cashew nuts  
based gravy

23.90

### LAMB VINDALOO 🔥🔥🔥

Cooked in hot and spicy sauce

23.90

### PRAWN CURRY

With herbs and a touch of coconut cream

24.90

### PRAWN VINDALOO 🔥🔥🔥

With hot and tangy red sauce

24.90



## **BUTTER CHICKEN | N**

Chicken tikka pieces cooked in rich cream, cashew and red tomato sauce

22.90

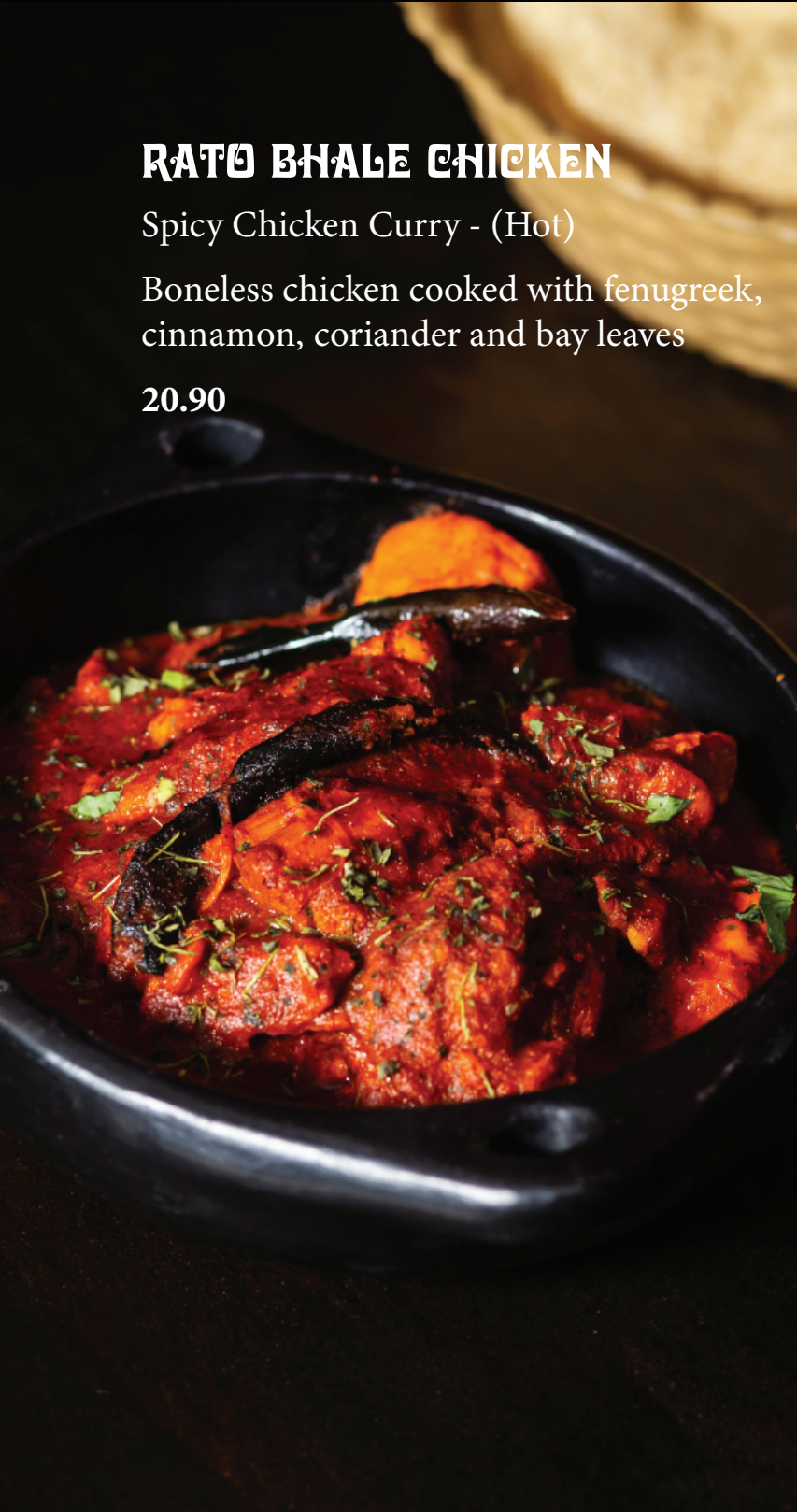


## **RATO BHALE CHICKEN**

Spicy Chicken Curry - (Hot)

Boneless chicken cooked with fenugreek, cinnamon, coriander and bay leaves

**20.90**



## **MUGLAN HOUSE DISHES**



### **RATO BHALE CHICKEN**

Spicy Chicken Curry - (Hot)

Boneless chicken cooked with fenugreek, cinnamon, coriander and bay leaves

**20.90**

### **HIMALAYAN CHICKEN CURRY**

With Bone or Boneless

Chicken and Cumin Curry

Boneless chicken tempered with cumin seeds in ground spices

**20.90**

### **NEPALESE GOAT CURRY**

With Bone or Boneless:

Diced goat slow-cooked in blended flavours of cinnamon, tomato, coriander and bay leaves

**22.90**

### **NEPALESE FISH CURRY**

Fish cubes cooked with the Himalayan herbs in tangy sauce

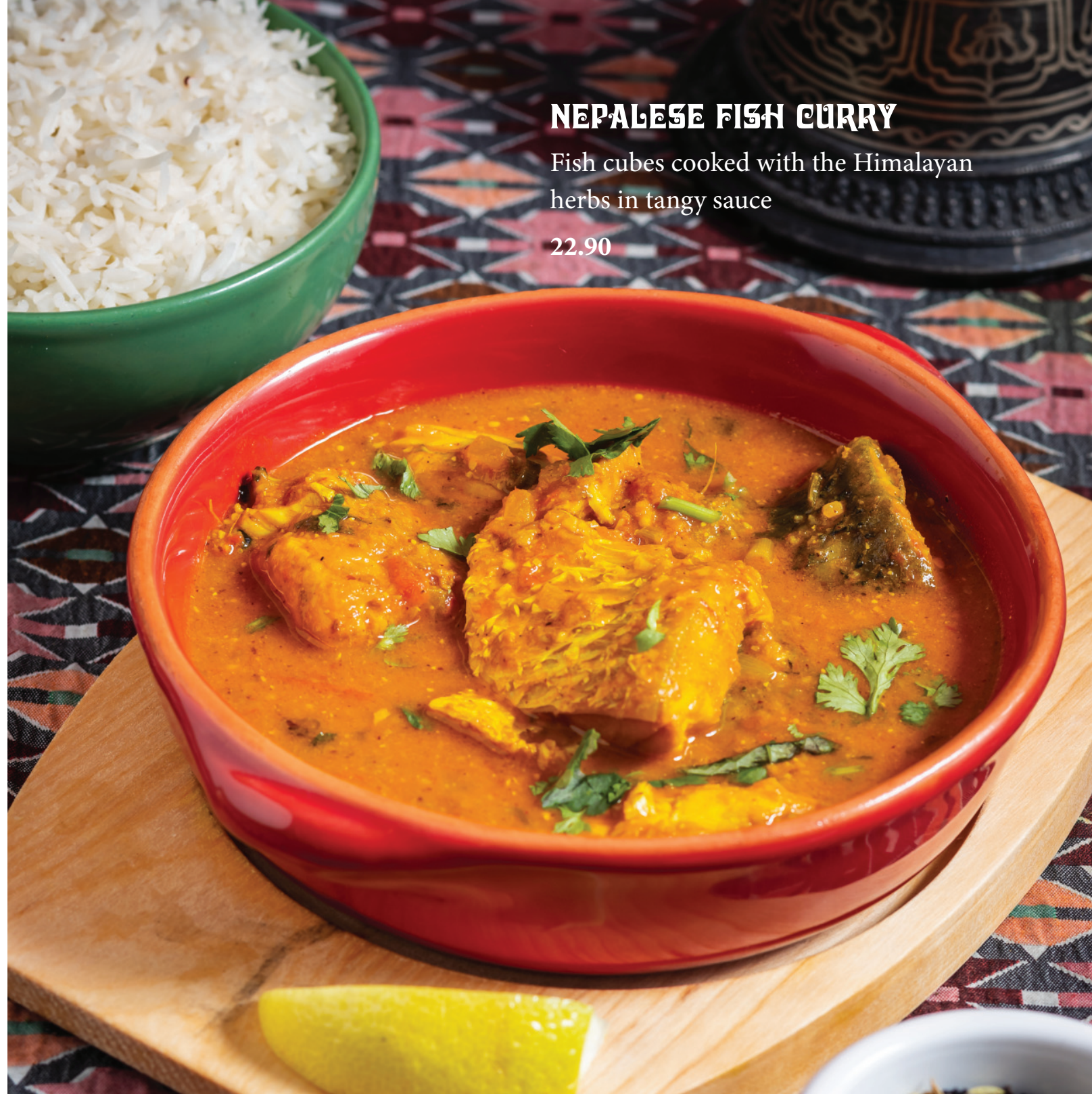
**22.90**



## NEPALESE FISH CURRY

Fish cubes cooked with the Himalayan herbs in tangy sauce

22.90





## THAKALI THALI SET

Veg: 24.90 Chicken boneless or with bone: 25.90

Goat Boneless or with bone: 26.90





Our House Specialities are true representatives of our ethnic Thakali heritage.

Thakali Cuisine 'is also arguably the most popular cuisine in Nepal



## THAKALI THALI SET



Popularly known as 'daal-bhaat-tarkari', our thalis are the complete meal on a plate and come with a serving of boiled rice (bhaat), choice of curry (goat, chicken, mix veg), lentil (daal), spinach (saag) with a side of white radish pickle (mula ko achar) and mixed pickles, assorted with yoghurt, papadum and ghee (optional).

veg **24.90** Chicken boneless or with bone **25.90**  
Goat boneless or with bone **26.90**



## DHIDO (BUCKWHEAT PUDDING)



Buckwheat Flour Pudding (with melted ghee & timurko Chhop ) choice of curry (goat, chicken, mix veg), lentil (daal), spinach (saag) with a side of white radish pickle (mula ko achar), mixed pickles, assorted with yoghurt and ghee (optional)

veg **24.90** Chicken boneless or with bone **25.90**  
Goat boneless or with bone **26.90**

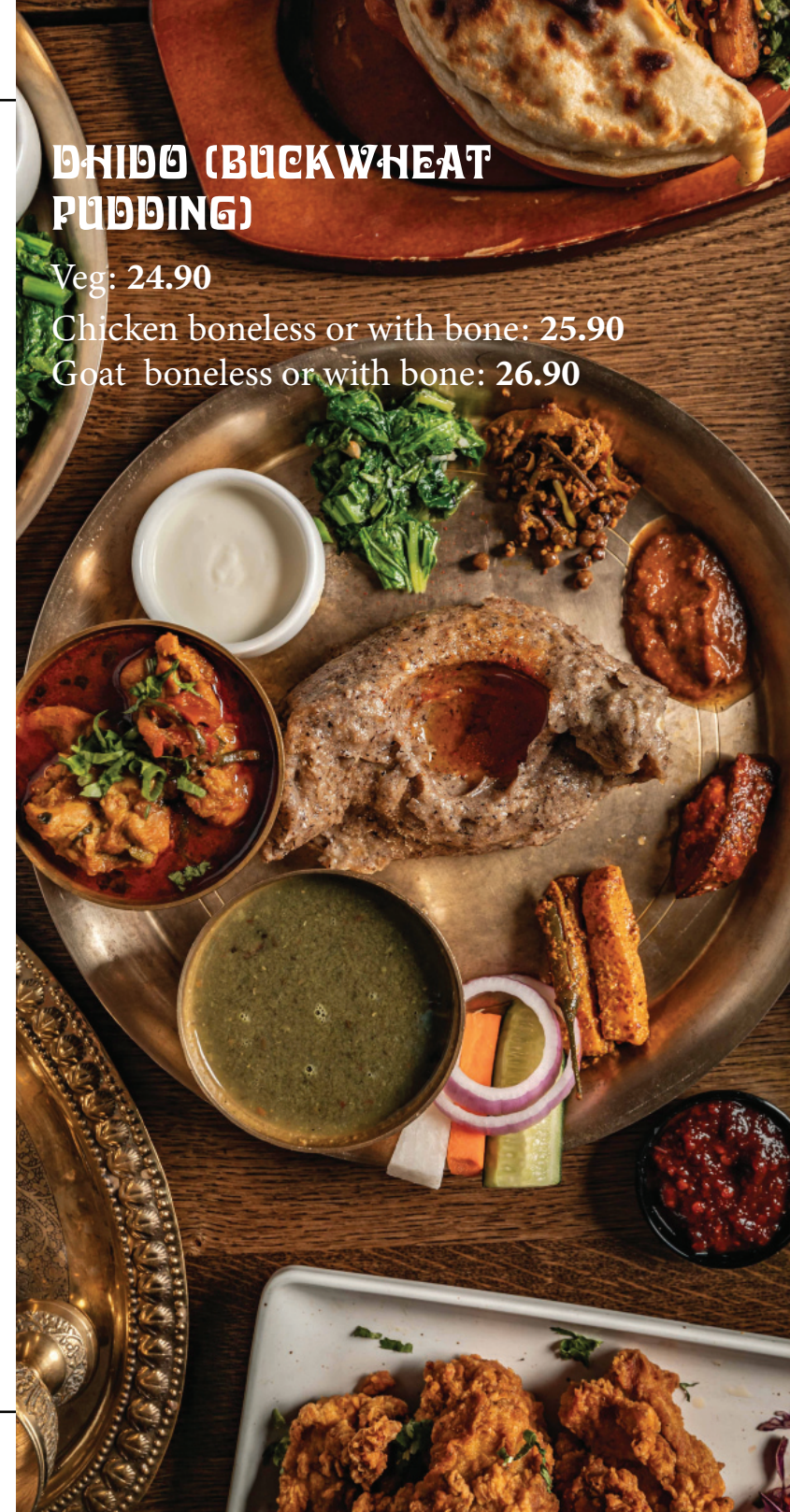
Extra Rice: **3.00** Extra Dhido: **5.90**

## DHIDO (BUCKWHEAT PUDDING)

Veg: **24.90**

Chicken boneless or with bone: **25.90**

Goat boneless or with bone: **26.90**



## NAAN | G

<b>BUTTER NAAN</b>	<b>3.90</b>
<b>CHEESE NAAN</b>	<b>4.90</b>
<b>GARLIC NAAN</b>	<b>3.90</b>
<b>SWEET NAAN   N</b> (Contains nuts & cream)	<b>5.90</b>

<b>ROTI</b> (Wholemeal bread) (GF   VE)	<b>3.50</b>
<b>BOILED RICE</b>	<b>3.50</b>
<b>PULAU RICE</b> (Aromatic Safron Rice fried with nuts and onions)	<b>6.90</b>

## ON SIDE

<b>PAPPADUM</b> (GF   VE)	<b>2.00</b>
<b>RAITA (YOGHURT)</b>	<b>3.50</b>
<b>NEPALESE SALADS</b>	<b>5.90</b>
<b>KACHUMER SALADS</b>	<b>4.90</b>
<b>RADDISH PICKLE</b>	<b>2.90</b>

<b>MINT SAUCE</b>	<b>2.00</b>
<b>MIXED PICKLE</b>	<b>2.90</b>
<b>PICKLE TRAY</b> Served with Pappadum, mint sauce, mixed pickle and kachumer salads	<b>6.90</b>

GF Gluten Free | DF Dairy Free | V vegetarian | VE Vegan | N Nuts

🔥 Medium Hot

🔥🔥 Hot

🔥🔥🔥 Extra Hot



## BIRIYANI

Cooked with aromatic saffron Rice in medium -hot spices served with a side of mixed Raita

Veg: 20.90

Chicken: 21.90

Lamb: 22.90

Prawn: 24.90





**NEPALESE & INDIAN CUISINE**  
Fully Licensed Restaurant

**EST. 2011**

18-20 George St, Burwood NSW 2134  
02 8542 9534  
[info@themuglan.com.au](mailto:info@themuglan.com.au)  
[www.themuglan.com.au](http://www.themuglan.com.au)



**THE MUGLAN  
ROCKDALE**  
18 Market St  
Rockdale NSW 2216

**THE MUGLAN CBD**  
116 Liverpool St  
Sydney NSW 2000

**THE MUGLAN EXPRESS**  
56 York St  
Sydney NSW 2000

**GALLI GALLI**  
8 Central St  
Sydney NSW 2000  
[www.galligalli.com.au](http://www.galligalli.com.au)