

turmeric

APPETIZERS

KATHMANDU CHICKEN WINGS – \$14.00

Char-broiled chicken wings marinated in Nepali spices.

VEGETABLE SAMOSA (2 PIECES) – \$6.00

Crispy pastry stuffed with potatoes, green peas and deep fried.

VEGETABLE PAKORA – \$7.00

Savory vegetable fritters, mildly spiced, dipped in batter and deep fried.

SOUP & SALAD

Treat yourself with freshly made Indian style soups and healthy salads.

LENTIL SOUP – \$5.00

Indian-style lentil soup made with 3 different lentils garnished with fresh cilantro.

HEARTY HEALING SOUP – \$6.00

Chicken soup made in chicken bone broth with savory Indian spices.

QUINOA SALAD – \$8.00

Anti-oxidant salad made with steamed quinoa, avocados, cucumber, and carrots on a bed of fresh lettuce lightly seasoned with Indian spices.

BREAD

NAAN – \$3.00

Popular Indian-style leavened soft bread baked on the wall lining of the clay oven.

GARLIC NAAN – \$4.00

Naan stuffed with chopped garlic.

CHEESE NAAN – \$5.00

Naan with cheese stuffing.

GARLIC AND CHEESE NAAN – \$6.00

Naan with garlic and cheese stuffing.

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ENTRÉES

(includes rice)

CURRY Tender pieces of your choice of meat cooked in Indian spices & flavored onion sauce.

CHICKEN – \$17.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

SAAG (Choice of meat cooked with spinach in cumin seed powder and Indian spices).

CHICKEN – \$18.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

VINDALOO (Choice of meat cooked in Goan-style tangy, hot curry sauce).

CHICKEN – \$18.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

TIKKA MASALA (Choice of meat barbecued in a clay oven with a special creamy sauce).

CHICKEN – \$18.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

MAKHANI (Choice of meat cooked in creamy tomato sauce).

CHICKEN – \$18.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

KORMA (Choice of meat, cooked in gravy of cashew nuts and tomato with mild spices).

CHICKEN – \$18.00 **LAMB** – \$19.00 **FISH** – \$20.00 **SHRIMP** – \$20.00

CHICKEN JWANO – \$17.00

Tender chicken cooked in traditional Kathmandu onion sauce and a hint of Ajwain.

TANDOOR

(Marinated meat cooked in clay oven)

CHICKEN – \$18.00 **FISH** – \$21.00 **SHRIMP** – \$21.00

KABABS (Tender bite size chunks of boneless meat seasoned in a rich blend of spices, lemon juice and yogurt and roasted in clay oven).

CHICKEN – \$18.00 **LAMB** – \$20.00

VEGETARIAN ENTRÉES

(includes rice)

DAL MAKHANI – \$15.00

Whole black lentils simmered until tender, seasoned with ginger, garlic, and herbs.
(Can be made vegan upon request).

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CHANA MASALA – \$15.00

Delicious chickpeas cooked in an exotic blend of north Indian spices.

BAIGAN BHARTA – \$17.00

Fresh eggplant roasted in a clay oven, mashed and blended in a rich mixture of herbs and spices. (Can be made vegan upon request).

NAVRATAN KORMA – \$17.00

Mixed vegetables cooked in a gravy of cashew nuts and tomato with mild spices. (Can be made vegan upon request).

ALOO GOBI – \$17.00

Fresh cauliflower and potatoes sautéed in mild spices with tomatoes, onion, ginger, garlic and herbs. (Can be made vegan upon request).

SAAG PANEER – \$17.00

Spinach in cumin seed powder and Indian spices. (Can be made vegan upon request).

PANEER TIKKA MASALA – \$17.00

Cooked in Chef's special creamy sauce.

DESSERTS

GULAB JAMUN – \$5.00

Golden fried balls made from powdered milk, soaked in a sweet saffron syrup.
Served hot.

KHEER (RICE PUDDING) – \$5.00

Fragrant rice with milk, raisins and almonds.

KULFI (PISTACHIO OR MANGO) – \$6.00

Traditional Indian ice-cream.

RASMALAI – \$6.00

Homemade cheese patties in sweetened cream sauce.

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The Ayurvedic Cooking Way - Eat Well and Feel Well!!

The food prepared at Turmeric Restaurant comes from our combined Nepalese and Indian cultural experiences with the intent of having you enjoy the food as well as having the food benefit your body at the same time. The Ayurvedic principles have been used for centuries and provide a guide to healthy living. Our kitchen provides the delicious food cooked with recommended Ayurvedic spices.

The Ayurvedic spices used for cooking and for the benefit of your health include:

Cinnamon	Anti-inflammatory, helps protect against heart disease.
Cloves	Works as an anti-oxidant and controls cholesterol.
Cardamom	Aides in digestion and reduces bloating and heartburn.
Turmeric	Anti-inflammatory, neuroprotective, anti-aging.
Ginger	Helps with indigestion and nausea.
Garlic	Lowers cholesterol levels because of the anti-oxidant properties of allicin.
Mustard	Helps in preventing arthritis.
Cumin	Aids in digestion, improves immunity.
Fennel	Helps with indigestion and gas.
Coriander	Helps to lower blood sugar, blood pressure, and urinary tract infection.
Mint	Sooths stomach in case of indigestion or inflammation.
Black Pepper	Stimulates digestion.
Red Pepper	Prevents sinus infection and relieves congestion.