

Wild Yak

TIBETAN RESTAURANT



**FULLY LICENCED
B.Y.O. (WINE ONLY)**

03 9486 2733

ENTREES

1. **MOMO**..... 5.50
Steamed beef dumplings, 4 pieces with sauce.
2. **MOMO NGOPA**..... 6.00
Fried beef dumplings, 4 pieces with sauce.
3. **TSEL MOMO NGOPA (veg)**..... 5.50
Fried mixed vegetable dumplings, 4 pieces with sauce.
4. **CHASHA SHOKPA**..... 4.50
Marinated & fried chicken wings, 4 pieces.
5. **CHASHA KHATSA**..... 5.00
Chicken fillet marinated in spices, stir fried with onion & chilli.
6. **SHA KHATSA**..... 5.00
Beef marinated in spices, stir fried with onion and chilli.
7. **SHOKO KHATSA (veg)**..... 3.50
Freshly cooked potatoes with tomatoes, ginger and garlic.
8. **CHANNA KHATSA (veg)**..... 3.50
Freshly cooked chic peas with tomatoes, ginger and garlic.

THANG (SOUPS)

9. **CHASHA THANG** Chicken fillet soups with vegetables..... 4.50
10. **TSEL THANG (veg)** Fresh vegetables soup..... 4.00
11. **TOFU THANG (veg)** Soya bean curd cooked with vegetables..... 4.00

MAIN MEALS SHA (BEEF)

12. **MOMO**..... 12.50
One of the most popular Tibetan dishes, fresh coarse-ground beef combined with herbs, spices, wrapped in a small parcel of hand made dough, steamed and served with hot sauce. 9 pieces.
13. **MOMO NGOPA**..... 13.00
Fried method of momo served with hot sauces. 9 pieces.
14. **THUKPA**..... 12.50
Tibetan speciality of noodles served with beef, chicken, mixed seasonal vegetables & fungus in a rich soup.
15. **LAPAU SHA**..... 12.50
White radish cooked with tender beef & herbs.
16. **SHA NYAMO-KYURMO**..... 12.50
Tender beef cooked with lemon, honey, tomatoes & herbs.
17. **SHA PHING**..... 12.50
Soya bean threads sautéed with lean beef, fungus and fresh seasonal vegetables.
18. **SHA TSEL**..... 12.50
Crunchy mixture of fresh vegetables with marinated lean beef.
19. **SHA SARSHA**..... 12.50
Tender slices of beef cooked with mushrooms & fresh herbs.
20. **SHA SOLO**..... 13.00
Lean beef marinated & stir-fried with hot chillies & herbs.
21. **SHA GOGPA**..... 12.50
Lean beef cooked with a rich garlic sauce.
22. **SHA THUKPA NGOPA**..... 10.00
Special fried noodles with beef & vegetables.
23. **SHA DEH NGOPA**..... 10.00
Special fried rice with beef & vegetables.

(NO MSG)

CHASHA (CHICKEN)

24. **CHASHA PHING**..... 12.00
Soya bean threads sautéed with chicken fillets, fungus and fresh seasonal vegetables.
25. **CHASHA LAPAU**..... 12.50
Chicken fillet cooked with white radish and herbs.
26. **CHASHA TSEL**..... 12.00
Chicken fillet cooked with fresh, finely chopped vegetables, blended with the subtle taste of cheese.
27. **CHASHA SARSHA**..... 12.50
Chicken fillet cooked with fresh mushrooms and herbs.
28. **CHASHA SOLO**..... 12.50
Chicken fillet stir fried with hot chillies and herbs.
29. **CHASHA GOGPA**..... 12.00
Chicken fillet cooked with rich garlic sauce and tomatoes.
30. **CHASHA THUKPA NGOPA**..... 10.00
Special fried egg noodles with chicken and vegetables.
31. **CHASHA DEH NGOPA**..... 10.00
Special fried rice with chicken and vegetables.
32. **CHASHA NYAMO-KYURMO**..... 12.00
Chicken fillet cooked with lemon, honey, tomatoes and herbs.
33. **CHASHA SHOKPA SOLO**..... 12.00
Chicken wings fried with fresh hot chillies, onions, tomatoes and coriander.

TSEL (VEGETARIAN)

34. **TSEL MOMO NGOPA**..... 11.90
Mixed vegetables dumplings, steamed and fried, served with hot sauce, 9 pieces.
35. **TSEL THUKPA**..... 10.50
Tibetan noodles served with fresh seasonal vegetables and fungus in a rich soup.
36. **PHING TSEL**..... 9.00
Soya bean thread sautéed with fungus & fresh seasonal vegetables.
37. **TSEL CHURA**..... 9.00
Finely chopped vegetables & mushrooms blended with the subtle taste of cheese.
38. **SARSHA TEMA**..... 10.00
Fresh mushrooms & snow peas stir-fried with garlic, ginger and tomatoes.
39. **TSEL NAZOM**..... 9.00
Crunchy mixture of fresh vegetables with garlic and ginger.
40. **TSEL NYAMO-KYURMO**..... 9.00
Fresh vegetables cooked with lemon, honey, tomatoes and herbs.
41. **TSEL CURRY**..... 9.00
Mixed vegetables cooked in an exotic curry sauce.
42. **SHOKO TEMA CURRY**..... 9.00
Potatoes and chick-peas cooked with tomatoes, onion and a touch of mild curry flavour.
43. **TSEL BEDHAI**..... 9.00
Fresh vegetables cooked in coconut milk and exotic mild curry sauce.
44. **TSEL THUKPA NGOPA**..... 9.00
Special fried noodles cooked with fresh vegetables.
45. **TSEL DEH NGOPA**..... 9.00
Special fried rice with mixed vegetables.

TOFU

46. **TOFU TSEL**..... 10.00
Soya bean curd and fresh vegetables cooked with tomatoes, ginger and garlic.
47. **TOFU DANGZE**..... 10.00
Tofu cooked with honey and mild chillies.
48. **SHA TOFU**..... 12.50
Lean beef and tofu cooked with herbs.
49. **TOFU BEDHAI**..... 10.00
Tofu cooked in coconut milk and exotic mild curry sauce.
50. **TOFU NYAMO-KYURMO**..... 10.00
Tofu cooked with lemon, honey, tomatoes and herbs.
51. **TOFU CURRY**..... 10.00
Tofu cooked with tomatoes, onion and a touch of mild curry flavour.

CURRIES

52. **BEEF CURRY**..... 11.50
Beef cooked in a mild curry sauce.
53. **LAMB CURRY**..... 11.50
Lamb cooked with pieces of potatoes in a mild curry sauce.
54. **CHICKEN CURRY**..... 11.50
Chicken fillet cooked with a mild curry sauce.
55. **CHARAKO BEDHAI**..... 11.50
Chicken fillet cooked in coconut milk with exotic mild curry sauce.
56. **DHAL**..... 7.00
Slow cooked mixture of lentils with fresh herbs & spices.

CHEF'S SPECIAL CALAMARI

57. **CALAMARI SOLO**..... 13.50
Calamari stir fried with fresh hot chillies, onion, tomatoes and coriander.
58. **CALAMARI BEDHAI**..... 12.50
Calamari cooked in coconut milk with exotic mild curry sauce.
59. **CALAMARI TSEL**..... 12.50
Calamari cooked with fresh vegetables and herbs.
60. **CALAMARI NYAMO-KYURMO**..... 12.50
Calamari cooked with lemon, honey, tomatoes and herbs.

RICE & BREAD

61. **STEAMED RICE**..... 2.00
62. **COCONUT RICE**..... 3.00
63. **TINGMO (TIBETAN BUN)**..... 2.00
64. **BAKLAP (ROTI BREAD)**..... 2.50
65. **NATURAL YOGHURT**..... 3.50
66. **TIBETAN GREEN SALAD**..... 5.00
Traditional Tibetan salad with white radish, carrots, cucumbers and tomatoes.

DESSERTS

- DEYSEE** Steamed, sweet, warm rice with sultanas..... 4.00
- LADU** Sweet lentil cake with exotic sauce. (with ice cream \$1 extra)..... 3.50
- SHREE** Freshly cut up banana with exotic sauce. (with ice cream \$1 extra)..... 3.50
- ICE CREAM**..... 3.00
- ICE CREAM** With mango..... 4.00

BANQUETS (no corkage charge)

BANQUET A

... For 4 people or more...\$21 per person...

ENTREES

1.CHASHA KHATSA:

Chicken fillet marinated in tamari & spices, stir fried with onion & chilli.

2.SHOKO KHATSA (Veg):

Freshly cooked potatoes with tomatoes, ginger & garlic.

3.CHANNA KHATSA (Veg):

Freshly cooked chick peas with tomatoes, ginger & garlic.

MAINS

4.MOMO (BEEF DUMPLINGS):

One of the most popular Tibetan dishes. Beef dumplings served with sauce.

5.TSEL MOMO NGOPA (Veg):

Mixed vegetable dumplings served with mild sauce.

6.CHASHA PHING:

Soya bean thread sautéed with chicken fillets, fungus & fresh seasonal vegetables.

7.MEAT CURRY: Choice of:

Beef or Lamb and Potato: Cooked in a mild curry sauce.

Charako Bedhai: Chicken coated in coconut milk, served with mild curry sauce.

8.VEGETABLE CURRY: Choice of:

Tsel Curry: Mixed vegetables cooked in an exotic curry sauce.

Tsel Nyamo Kyurmo: Seasonal fresh vegetables cooked with lemon, honey & herbs.

9.DHAL:

Slow cooked mixed lentils with fresh herbs and spices.

10.TIBETAN GREEN SALAD

11.STREAMED RICE

12.TINGMO (TIBETAN BUN)

13.HERBAL TEA (chamomile or jasmine)

BANQUET B

... For 4 people or more...\$25 per person...

ENTREES

1.CHASHA KHATSA:

Chicken fillet marinated in tamari & spices, stir fried with onion & mild chilli.

2.SHA KHATSA:

Beef marinated in tamari & spices, stir fried with onion & mild chilli.

3.SHOKO KHATSA (Veg):

Freshly cooked potatoes with tomatoes, ginger & garlic.

4.CHANNA KHATSA (Veg):

Freshly cooked chick peas with tomatoes, ginger & garlic.

MAINS

5.MOMO (beef dumplings):

One of the most popular Tibetan dishes, beef dumplings served with sauce.

6.TSEL MOMO NGOPA (vegetarian dumplings):

Mixed vegetable dumplings served with sauce.

7.CHASHA PHING:

Soya bean thread sautéed with chicken fillets, fungus & fresh seasonal vegetables.

8.MEAT CURRY: Choice of:

Beef or Lamb and Potato, cooked in a mild curry sauce.

9.CHARAKO BEDHAI: Choice of:

Chicken fillet: Cooked in coconut milk & exotic, mild curry sauce.

Calamari: Cooked in coconut milk & exotic, mild curry sauce.

10.VEGETABLE CURRY: Choice of:

Tsel Curry: Mixed vegetables cooked in an exotic curry sauce.

Tsel Nyamo Kyurmo: Seasonal fresh vegetables cooked with lemon, honey & herbs.

11.DHAL Slow cooked mixed lentils with fresh herbs and spices.

12.GREEN SALAD

13.STEAMED RICE

14.TINGMO (TIBETAN BUN)

15.DEYSEE (DESSERT):

Traditional Tibetan dessert; steamed sweet warm rice, with sultanas.

16.HERBAL TEA (chamomile or jasmine)

VEGETARIAN BANQUET

...For 4 people or more...\$19 per head...

ENTREES:

1.SHOKO KHATSA: Freshly cooked potatoes with tomatoes, ginger & garlic.

2.CHANNA KHATSA: Freshly cooked chick peas with tomatoes, ginger & garlic.

3.TSEL MOMO NGOPA: Mixed vegetable dumplings, steamed and fried served with hot chilli sauce.

MAINS:

4.PHING TSEL: Soya bean thread sautéed with fungus & fresh seasonal vegetables.

5.TOFU CURRY: Tofu cooked with tomatoes, onion and a touch of mild curry flavour.

6.TSEL BEDHAI: Fresh vegetables cooked in coconut milk and exotic mild curry sauce.

7.DHAL: Slow cooked mixed lentils with fresh herbs & spices.

8.TIBETAN GREEN SALAD

9.STEAMED RICE

10.TINGMO (TIBETAN BUN)

11.HERBAL TEA (CHAMOMILE OR JASMINE)

(Per Person No Sharing)

WINE	GLASS	BOTTLE
<i>House White</i>	3.50	12.00
<i>House Red</i>	3.50	12.00
<i>Jacob's Creek Shiraz Camernet</i>	4.50	16.00
Medium bodied wine with flavorsome ripe plum & berry.		
<i>Jacob's Creek Merlot</i>	4.50	16.00
A fresh complimentary merlot wine from a variety of Australian grapes.		
<i>Jacob's Creek Chardonnay</i>	4.50	16.00
Delicious variety of chardonnay grape flavoured with melon & fruit.		
<i>Jacob's Creek Riesling</i>	4.50	16.00
A crisp elegant wine with attractive lemon & lime flavours.		
<i>Saltram Sauvignon Blanc</i>	4.50	16.00
Fresh, crisp characterized wine well supported by a clean, zesty finish.		
<i>Peter Lehmann Riesling</i>		18.00
Delightful, zesty delicate floral & lime riesling aromatics.		
<i>Peter Lehmann Chardonnay</i>		22.00
Peach fruit chardonnay with a wonderful depth of flavour & a touch of spice Merlot.		
<i>Bleasdale Shiraz Cabernet</i>		21.00
A medium bodied wine which shows mint & berry flavours with spicy overtones.		
<i>Wolf Blass Merlot</i>		21.00
Yellow label, soft and velvety. This wine displays attractive plum, cherry chocolate and subtle creamy.		
<i>Tylers Stream Marlborough Sauvignon Blanc</i>		22.00
Dry and fresh with passion fruit and citrus flavours from New Zealand.		
<i>Rymil MC²</i>		27.00
A very inviting nose has aromas of strawberries & plums, rhubarb & coffee.		

BEER

<i>Cascade Premium Light</i>	3.50	<i>Victoria Bitter</i>	3.50
<i>Boag's Premium</i>	5.00	<i>Heineken</i>	5.00
<i>Crown Lager</i>	5.00	<i>Cooper's Sparkling</i>	5.00

COFFEE \$3.00

Cappuccino
Latte
Short Black
Long Black
Hot Chocolate

TEA \$2.75

Bocha (Tibetan Tea)
Breakfast
Earl Gray
Orange Pecoee
Darjeeling
Chai Mix

HERBAL TEA \$2.50

Peppermint
Chamomile
Lemon Grass + Ginger
Sencha: Green Tea
Jasmine

FIZZY \$2.50

Coke – Diet, Zero
Fanta, Solo, Lemonade
Mineral Water

JUICE \$2.50

Orange
Apple
Pineapple

YOGHURT SHAKES \$4.00

Banana
Mango
Lassi - Plain

CORKAGE CHARGE \$2.50 PER BOTTLE