



ANCIENT GRAINS-BASED NEPALI FOOD  
*Nutritious. Delicious. Sustainable*

**TAKEAWAY MENU**

**Marse Rice Bowl**



**SWEET & SOUR CHICKEN (G)**  
**SWEET & SOUR TOFU (G)** 🌱

Homemade not too Sweet & Sour Sauce chicken/tofu served with Steamed Multigrain Rice and Nepali Kwati (9 types of beans mixed) **£7.95**

*Ancient Grains: Amaranth, Buckwheat, Millet, Red Rice*

**MOMO Dumplings (G)**



**CHICKEN & CABBAGE**  
**PORK & SPRING ONION**  
**MUSHROOM & SOYA CHUNKS** 🌱

Steamed homemade MoMo-Dumplings served with homemade **Peanut (N)** & Tomato Achar/Dip

**6 for £6.50**  
**8 for £7.95**

*Ancient Grains: Amaranth seeds, Spelt & Rye Flour*

**Rainbow Rolls**




**BRAISED PORK BELLY (G)**  
**FRIED CHICKEN**  
**FRIED TOFU** 🌱

Fresh Vietnamese Rice Paper Rolls with a Marse Twist - stuffed with strips of salads and pine apple served with homemade Hoisin-Base Dip (G)

**2 for £5.50**  
**3 for £7.50**

*Ancient Grain: Amaranth Seeds*

**Buckwheat Noodles (G)**



**PORK**  
**CHICKEN**  
**TOFU** 🌱

Buckwheat noodles stir fried with our secret homemade sauce, red onion, carrot, cabbage and spring onions

**£7.95**

*Ancient Grain: Buckwheat*

**Nibbles**

**Dhungri Poppadom** 🌱

Crispy fried poppadom fingers (G)

**£2.25**

*Ancient Grain: Amaranth Seeds*

**Parsnion Bhaji** 🌱

6 x fried nuggets of parsnip & onion dipped in gram flour, turmeric and cumin batter served with Tamarind Dip (G)

**£4.95**

*Ancient Grain: Nigella Seeds*

**Special Combo**

Combo #1	Combo #2	Combo #3
<b>Roll+MoMo</b>	<b>Rice Bowl+MoMo</b>	<b>Noodles+MoMo</b>
1x Rainbow Roll	Rice Bowl	Noodles
4x MoMo	2x MoMo	2x MoMo
2x Bhaji	1x Bhaji	1x Bhaji
<b>£8.95</b>	<b>£8.95</b>	<b>£8.95</b>

(G) - Contains Gluten, (N) - Contains Nuts, 🌱 - Vegan

*dishes without allergens may contain traces of gluten and nuts*

**OPENING HOURS**

Monday Closed  
 Tuesday - Saturday 11am - 6pm  
 Sunday 11am - 4pm

**Tel. 01962851372**

Unit 30, The Brooks Shopping Centre  
 Middle Brook St, Winchester  
 SO23 8QY

[www.marse.co.uk](http://www.marse.co.uk)  
[info@marse.co.uk](mailto:info@marse.co.uk)

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@marse.newdelicious

