

### ANCIENT GRAINS-BASED NEPALI FOOD

Nutritious. Delicious. Sustainable

## 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 🎺

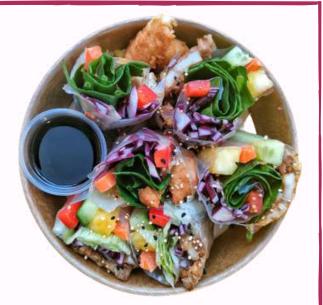
Steamed homemade MoMo-Dumplings served with homemade **Peanut (N)** & Tomato Achar/Dip

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** 



Ancient Grain: Amaranth Seeds

Fresh Vietnamese Rice Paper Rolls with a Marse Twist - stuffed with strips of salads and pine 2 for £5.50 apple served with homemade 3 for £7.50 Hoisin-Base Dip (G)

# **Buckwheat Noodles** (G)

**PORK CHICKEN** TOFU 🐓



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

Ancient Grain: Buckwheat

£7.95

# **Nibbles**

# Dhungri Poppadom 🌱

Crispy fried poppadom fingers (G)

£2.25

# 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** 

Roll+MoMo

1x Rainbow Roll 4x MoMo 2x Bhaji

Combo #1

£8.95

Combo #2 Rice Bowl+MoMo

Rice Bowl 2x MoMo 1x Bhaji £8.95

Combo #3

Noodles+MoMo

Noodles 2x MoMo 1x Bhaji

£8.95

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

dishes without allergens may contain traces of gluten and nuts

## We'd Love To Hear Your Feedback











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