



NAMASTE CAFÉ

LUNCH

*The quality of our ingredients and the freshness of the food we serve is important to us.
In preparing our dishes, we use local, natural or organic products as often as possible.
We would like to thank our partners Kadejan Inc, Eichten Hidden Acres, New Zealand Lamb
Co-op, Frontier Co-op & Hastings Co-op Creamery for support in reaching our goal.*

NAMASTE CAFÉ

LUNCH BOX SPECIALS

*Namaste lunch box specials are fast, fresh and delicious. All lunch box specials come with a curry of the day, a freshly prepared side of vegetables, a side of one of our tasty bean dishes, raita and a dessert.
The dessert, vegetable and bean sides vary everyday as do the curries offered.*

MONDAY

*Cauliflower Peas & Potatoes (V) (GF)
OR Creamy Masala Chicken (GF)*

WITH Sautéed Green Beans; Aloo Bodi; Raita & Carrot Coconut Crème Brulée

TUESDAY

*Green Beans, Potatoes and Tomatoes (V)
OR Keema Potato Curry*

WITH Butternut Squash Soybeans & Tomatoes; Chole; Raita & Mango Sikarni

WEDNESDAY

*Coconut Curry with Tofu, Mushroom & Green Peas (V) (GF)
OR Namaste Lamb/Chicken (GF)*

WITH Cabbage Peas and Potatoes; Chole; Raita & Carrot Coconut Crème Brulée

THURSDAY

*Eggplant with Garlic and Scallions (V) OR Deep Dish Lamb Curry (GF)
OR Almond Chicken (GF)*

WITH Sautéed Green Beans; Aloo Bodi; Raita & Mango Sikarni

FRIDAY

*Coconut Curry with Tofu, Mushroom & Green Peas (V) (GF)
OR Creamy Masala Chicken/Fish (GF)*

WITH Cauliflower Peas and Potatoes; Aloo Bodi; Raita & Carrot Coconut Crème Brulée

SATURDAY

*Coconut Spinach Curry (V) (GF)
OR Deep Dish Lamb Curry (GF)
OR Almond Curry Chicken/Fish (GF)*

WITH Butternut Squash Soybeans & Tomatoes; Aloo Bodi; Raita & Mango Sikarni

SUNDAY

*Bheendi Masala (V) (GF)
OR Hot and Tangy Lamb
OR Creamy Masala Chicken / Fish (GF)*

WITH Sauteed Green Beans; Chole; Raita & Carrot Coconut Crème Brulée

DAILY LUNCH BOX SPECIAL 11.25

V = Vegan | CV = Can be prepared Vegan | *** = Hot & Spicy | GF = Gluten Free | CG= Can be Gluten Free

NAMASTE CAFÉ

SMALL BITES

MAMACHA

6 pieces of delicious dumplings filled with ground lamb, bison, chicken or tofu mixed with onions, garlic, ginger, tomatoes and a delicate blend of spices. Lamb / Bison / Chicken or Tofu (V). **8.00**

SPICY FRIED POTATOES ***

Potatoes fried in turmeric oil and spiced with cumin, paprika, cayenne, ginger and garlic (GF) (V). **6.25**

PAAPRI CHAAT

House-made crunchy flour chips topped with boiled chick peas, spiced potatoes, yogurt, mustard seeds, tamarind chutney, mint chutney, coconut chutney, chopped onions, tomatoes, cilantro and chaat masala (CV). **8.00**

CHANA CHATPAT

A spicy, crunchy mixture of garbanzo beans, rice crispies and roasted peanuts with tomatoes, onions, scallions, cilantro, and lime juice (CG) (V). **6.00**

CHILI NAMASTE ***

Pieces of tender pan-fried chicken or fresh tofu sautéed with green peppers, hot chilies, onions, tomatoes and our own ginger-soy sauce blend. Chicken or Tofu (V). **10.00**

GOLGAPPA

Crisp house-made flour puffs filled with spiced potatoes and a delicious sauce made with tamarind, cumin, rock salt, mint, cilantro, cayenne and chat masala (V). **7.00**

SOUPS & SALADS

FRIED DAL

Thick and savory soup of fried lentils with onions and tomatoes (GF) (CV). **6.25**

PANEER SALAD WITH BELL PEPPER AND TOMATOES

Cubes of paneer tossed with olive oil, red onions, bell pepper, tomatoes and a dash of garam masala (GF)
Small **6.50** | Large **10.50**

CRUNCHY CABBAGE SALAD WITH ROASTED PEANUTS

A crunchy salad of shredded cabbage, red onions, carrots, green pepper, cucumber topped with pieces of roasted peanuts and mildly dressed in a special house-made citrus dressing (CG)(V).
Small **6.25** | Large **10.00** | Add Shrimp **4.00**

ENTRÉES

RED HOT STIR-FRIED NOODLES ***

Stir-fried noodles with carrots, peas, cabbage, onions, red & green chilies, spiced with cumin & Szechuan pepper (CG).
Veg (V) / Chicken **10.25**

CREAMY MASALA CURRY

A rich curry prepared with, cream, onions, tomatoes, ginger, garlic and fresh cilantro (GF).
Tofu / Chicken **10.25**

ROTI WRAP

A delicious mix of black chick peas, crunchy cabbage, fresh tomatoes, green peppers, red onions and cilantro, wrapped in a whole wheat roti (CV).
Veg / Chicken **10.25**

KICHDI

A risotto-like South-Asian rice dish cooked with green mung beans, cumin seeds, ginger, garlic, cloves and cinnamon (GF).
Veg (CV) / Chicken **10.25**

FRIED RICE - KATHMANDU STYLE

Fried rice with eggs, onions, green peas, mushrooms, and scallions, spiced with soy sauce, ginger, garlic and a dash of cumin and cayenne (CG). Chicken or Tofu (CV) **10.25** | Shrimp **12.50**
Substitute with Brown Rice add \$2

ALOO BODI

Black-eyed peas and potatoes spiced with turmeric, ginger, cumin, cayenne, paprika and a dash of lime juice (GF) (V). **9.25**

CHOLE

Chick peas cooked with onions and tomatoes, spiced with a house masala blend made of turmeric, cumin, cayenne, paprika and fresh ginger (GF) (CV). **9.25**

**PLEASE TELL YOUR SERVER THE SPICE LEVEL YOU
DESIRE FOR YOUR ORDER 0 - 5**

NAMASTE CAFÉ

BREADS

- ROTI**
Healthful and filling wheat bread cooked without oil (V).
2.25
- PLAIN PARATHA**
Layered roti cooked in butter (CV).
2.75
- ALOO PARATHA**
Layered roti with potato filling cooked in butter (CV).
3.00
- SPINACH PARATHA**
Layered roti with spinach cooked in butter (CV).
3.00
- GARLIC PARATHA**
Layered roti with garlic cooked in butter (CV).
3.00
- BHATURA**
Two deep-fried breads made with flour, yogurt and baking powder.
4.25

ON THE SIDE

- BASMATI RICE** 2.50
- BROWN RICE** 3.50
- SAUTÉED SPINACH (V) (GF)** 5.00
- SAUTÉED GREEN BEANS (V)** 5.00
- SAUTÉED OKRA (V) (CG)** 5.00
- RAITA (GF)** 4.00
- YOGURT (GF)** 2.25

DESSERT

- MANGO SIKARNI** 4.50
Natural whole milk yogurt drained of the whey and mixed with mango pulp, sugar, cashews, raisins, cardamom and cinnamon (GF).
- RASMALAI** 3.00
Traditional dessert made with specially prepared spongy ricotta cheese in creamy milk with pistachio, cinnamon and cardamom (GF).
- CARROT COCONUT CRÈME BRULEE** 4.25
Grated carrots cooked in coconut cream with cashews and raisins (V) (GF).
- MANGO CUSTARD** 7.25
Rich, creamy custard with pure vanilla over pureed mango (GF).

An 18% gratuity will be added to all parties of 6 or more.

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