



Tibetan Kitchen

574 MAIN ST, MIDDLETOWN, CT

860-343-3073

MONDAY

5:00PM – 8:30PM

TUESDAY – SATURDAY

11:30AM – 2:30PM & 5:00PM – 8:30PM

SUNDAY CLOSED

STARTERS & SOUPS

Spicy Vegan

SS1 Himalayan Ne-zom

A spicy medley of tofu, peas, cauliflower with seasoned potato tossed in homemade tomato sauce
\$5.00

SS3 Tibetan Salad

Sliced cucumber, tomato & red onion tossed in sesame oil and Tibetan Pepper
\$5.00

SS5 Thang (soup)

Tofu, sweet potato noodle & spinach in a clear broth
\$4.00

SS7 Thukpa Dhrang-mo

Spicy Cold noodle with sesame oil dressing
\$5.00

SS2 Avocado Salad

Himalayan style potato & mashed avocado in lemon dressing
\$5.00

SS4 Dhang-tsel

Shredded red & green cabbage, cilantro, carrot & bean thread noodles tossed in sesame oil & vinegar dressing
\$5.00

SS6 Dali

A hearty lentil soup garnished with cilantro
\$4.00

SS8 Thukpa Dhrang-mo with beef

Spicy Cold noodle with sesame oil dressing
\$6.00

VEGETARIAN ENTREES

Spicy Vegan

V1 Tsel-Gyathuk Ngopa

Sautéed noodles with celery, carrots, cabbage, spinach & tofu
\$11.00

V3 Shogo-Ngopa

Himalayan style seasoned potato with spinach served with pan fried flat bread
\$11.00

V5 Shogo mok-tak

Pan fried dumplings stuffed with potato & peas served with Dhang-tsel salad
\$10.00

V7 Shogo Sip-si

Shredded potato sautéed with dried chili seasoned with Tibetan pepper served with steamed bread
\$11.00

V9 Tsel-Thenthuk

Hand pulled Tibetan noodle soup topped with tofu, radish and spinach
\$11.00

V11 Kale Tofu

Stir fried tofu with kale served with white rice
\$14.50

V13 Sessa-Tsel

Sautéed mushroom, broccoli, carrots & spinach served with white rice
\$12.00

V15 Chilli Tofu

Fried tofu with red and green bell peppers with tomato based sauce served with white rice
\$15.00

V2 Tsel-Shendey Ngopa

Fried rice with broccoli, carrots, peas & tofu
\$11.00

V4 Tsel-momo

Pan-fried dumplings stuffed with fresh seasonal veggies and cheese served with Dhang-tsel salad
\$10.00

V6 Tsel-Thukpa

Rice or wheat noodle soup topped with tofu, cabbage, carrot, celery topped with bok choy
\$11.00

V8 Tsel Nezom

Steamed broccoli, carrot, cauliflower, mushroom, bok choy spinach with ginger served with white rice
\$12.00

V10 Tsel-Mokthuk

Mini vegetable dumplings in a clear vegetable broth
\$11.00

V12 Tsel-Tofu

Tofu sautéed with broccoli, bok choy & carrots served with white rice
\$12.00

V14 Pe-tsel

Sautéed baby bok choy with garlic seasoned with Tibetan pepper served with white rice
\$14.00

NON VEGETARIAN ENTREES

Spicy Vegan

N1 Gyathuk Ngopa

Sautéed noodles mixed with fresh green vegetables and a choice of beef, chicken or pork
\$11.00

N3 Thukpa

Rice or wheat noodle soup topped with tofu and fresh greens and choice of beef, chicken or pork
\$11.00

N5 Jha-sha Curry

Tibetan style chicken & potato curry served with white rice
\$12.00

N7 Mok-thuk

Mini beef, chicken or pork dumplings in a clear vegetable broth
\$11.00

N9 Shaptak

Spicy sliced beef or chicken sautéed with red & green bell peppers and long hot peppers & served with steamed bread / pan fried bread / rice
\$14.00

N11 Phing-sha

Beef, chicken or pork with potato, sweet potato noodle, dried mushroom and spinach served with steamed bread or white rice
\$13.00

N13 Phaksha Shaptak

Double cooked pork with red & green bell pepper and long hot pepper served with white rice
\$14.00

N15 Chilli Chicken

Deep fried boneless chicken sautéed with red & green bell peppers and long hot peppers with gravy served with white rice
\$16.00

N2 Shendey Ngopa

Lightly fried rice with seasonal vegetables and a choice of beef, chicken, or pork
\$11.00

N4 Sha-momo

Steamed or pan-fried dumplings stuffed with beef, chicken or pork served with Dhang-tsel salad
\$10.00

N6 Thenthuk

Hand pulled Tibetan noodle soup topped with radish, spinach and a choice of beef, chicken or pork
\$11.00

N8 Sha-Khodhak

Stir fried beef, chicken or pork with red & green bell peppers in a spicy tomato based gravy served with steamed bread / white rice / flat bread
\$14.00

N10 Sha-Tofu

Tofu sautéed with broccoli, bok choy, carrots, with a choice of beef, chicken or pork served with white rice
\$13.00

N12 Sha Tsel

Sautéed beef strips with red bell pepper & long hot pepper served with white rice
\$14.00

N14 Chilli Shrimp

Sautéed shrimp with red & green bell peppers and long hot pepper with gravy served with white rice or steamed bread
\$16.00

SIDES

Spicy Vegan

S1 Tingmo

Tibetan steamed bread
\$2.50

S3 Sho-duluma

Eggplant with Yogurt
\$4.00

S5 Churu Siben

Sautéed Jalapeño pepper, tomato, onion & garlic with Cheese
\$4.00

S2 Shen-drey

White rice
\$2.00

S4 Bhaklep

Pan fried bread
\$2.00

BEVERAGES

B1 Chai Tea (unsweetened)

Indian tea with milk
\$3.00

B3 Coffee

\$2.00

B4 Avocado Milkshake

\$4.00

B6 Iced Chai

\$3.00

B8 Soft Drinks

- Ginger Ale
- Sprite
- Coke
- Diet Coke
- Seltzer

\$2.00

B10 Bottled Water

\$1.50

B2 Herbal Tea

Green tea, mint tea, jasmine tea, ginger tea, black tea, hot lemon tea
\$2.00

B3 Smoothies

- Strawberry & banana smoothies
- Vegan Smoothie: mixed berries, chia seeds, bananas

\$4.00

B5 Dhara

- Yogurt Shake
- Plain \$3.00
- Lemon \$3.00
- Mango \$3.50
- Chocolate \$3.50

B7 Iced Tea (unsweetened)

\$2.00

B9 Sparkling Water

\$3.00



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