



Tibetan Kitchen

574 MAIN ST, MIDDLETOWN, CT

860-343-3073

MONDAY

11:30AM - 3:00PM LUNCH ONLY

TUESDAY - SATURDAY

11:30AM - 2:30PM & 5:00PM - 8:30PM

SUNDAY CLOSED

MENU

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 Ne-zom**
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
- 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
- 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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