Les plats tibétains

Starters & Soups

Himalayan Ne-zom: medley of tofu, peas, cauliflower with seasoned potato tossed in homemade tomato sauce Avocado Salad: Himalayan style potato & mashed avocado in lemondressing

Tibetan Salad: Sliced cucumber, tomato & red onion tossed in sesame oil and Tibetan

Dhang-tsel: Shredded red & green cabbage, cilantro, carrot & bean thread noodles tossed in sesame oil & vinegar Thang: Tofu, sweet potato noodle & spinach in a clear broth .

Dali: A hearty lentil soup garnished with cilantro.

Thukpa Dhrang-mo: Spicy Cold noodle with sesame oil dressing

Sides

Tingmo: Tibetan steamed bread

Sho-duluma: Eggplant with Yogurt

Bhaklep: Pan fried bread

Tsel-Gyathuk Ngopa: Sautéed noodles mixed with fresh green vegetables & tofu

Tsel-Shendey Ngopa: Fried rice with seasonal vegetables and tofu

Shogo-ngopa: Spicy Himalayan style seasoned potato with spinach served with pan fried flat bread

Tsel-momo: Pan-fried dumplings stuffed with fresh seasonal veggies and cheese served with Dhang-tsel

Shogo mok-tak: Pan fried dumplings stuffed with potato & peas served with Dhang-tsel salad

Tsel-Thukpa: Rice or wheat noodle soup topped with tofu and fresh greens

Shogo Sip-si: Shredded potato sauté with dried chili, garlic & red onion with Tibetan pepper served with steamed bread

Tsel Nezom: Sautebroccoli, carrot, cauliflower, mushroom, spinach with ginger, garlic & red onion with white rice

Tsel-Thenthuk: Hand pulled Tibetan noodle soup topped with tofu, radish and spinach

Tsel-mokthuk: Mini vegetable dumplings in a clear vegetable broth

Tsel-Tofu: Tofu sautéed with broccoli, bock choy, carrots, spinach served w/white rice

Sesha-Tsel: Sautéed mushroom, broccoli, zucchini, carrots & spinach served w/white rice

Pe-tsel: Sauté baby bok choy with red onion & garlic seasoned with tibetan pepper served with white rice

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