

STARTERS

- 1. ALOO TAREKO** 🍷🌶️ £4.75
Potato cake stuffed with green peas, cumin seeds, fresh ginger and deep-fried.
- 2. CHICKEN PAKORA** 🌶️ £5.00
Lightly spiced chicken strips deep fried in our special batter.
- 3. VEG PAKORA / ONION BHAJI** 🌶️ £5.00
Vegetables / onion Fried in special batter.
- 4. ALOO JEERA** 🍷🌶️ £5.00
Scottish boiled potatoes cooked with cumin and spices.
- 5. SEEKH KEBAB** 🍷🌶️ £5.25
Lamb & chicken mince with special herbs, spices and cooked in tandoor
- 6. CHICKEN LOLLYPOP** 🍷🌶️🌶️ £5.25
Chicken marinated in a chickpea batter with herbs and spices. Deep fried to perfection.
- 7. VEGETABLE SAMOSA** 🍷🌶️ £5.25
Crispy pastry filled with vegetables and spices and deep fried.
- 8. NEPALESE HOT WINGS** 🍷🌶️🌶️ £5.50
NEPALESE STYLE HOT WINGS IN CHILLI SAUCE.
- 9. HAGGIS VEG PAKODA** 🌶️ £5.95
Scottish haggis amalgamated with Gurkha spices & fried in special batter.
- 10. NARAYANI KO MACHA** 🌶️ £6.00
Cubes of fish marinated in chickpea batter with Nepalese spices and deep fried.
- 11. MIX PAKORA** 🌶️ £10.95
Contains veg pakora, onion bhaji, fish pakora and chicken pakora
- 12. MIX STARTER** 🍷🌶️🌶️ £12.95
Contains chicken tikka, lamb tikka, king prawn, sheek kebab and lamb chops.
- 13. POLEKO TIKKA** 🍷🌶️ £5.25/£6.25
(CHICKEN/LAMB)
Boneless chicken/ Lamb marinated in yoghurt, spices and cooked in a Tandoor.
- 14. MO:MO:** 🍷🍷🍷🌶️ £5.95/£6.95
VEG/CHICKEN)
Steamed dumplings stuffed with mince chicken/vegetables and spices.
- 15. WRAP** 🍷🍷🍷🌶️ £7.95/ £ 8.95
PANEER / CHICKEN)
Wrap contains salad and chicken or paneer curry wrapped in tandoori roti.
- 16. PURI** 🍷🍷🍷🌶️ £5.00/£5.75/£6.75
CHICKPEA/CHICKEN/PRAWN
Fried bread topped with your choice of protein cooked in nepales herbs.
- 17. PIRO** 🌶️🌶️ £5.50/£6.00/£6.75
CHICKPEA/KHUKURA/GHINGA
Cooked in garlic chilli sauce with onions and capsicum.

IF YOU HAVE ANY ALLERGIES, PLEASE LET US KNOW

Spice Level 🍷 Mild 🍷 Medium 🌶️ Hot 🌶️🌶️ Very Hot 🌶️🌶️🌶️
Allergen 🍷 Gluten 🍷 Dairy 🍷 Nuts 🍷 Soya

TANDOORI SPECIALS

Our Tandoori Dishes come with Curry Sauce.

- 18. CHICKEN TANDOORI** 🍷🌶️ £12.95
Tender chicken with bone specially marinated in yoghurt and spices.
- 19. SEEKH KEBAB** 🍷🌶️ £12.95
Minced lamb & chicken mixed with special herbs and spices, skewered and barbecued in a clay oven.
- 20. TANDOORI KING PRAWN** 🍷🌶️ £15.95
King prawn marinated ginger garlic paste and spices, cooked in a Tandoor.
- 21. TANDOORI MIXED GRILL** 🍷🌶️ £17.95
A selection of king prawn, tandoori chicken, chicken tikka, lamb tikka, lamb chops and seekh kebab specially marinated in yoghurt and spices and cooked in a tandoor.
- 22. TIKKA MAIN** 🍷🌶️ £11.95/£12.50/£13.50
PANEER / CHICKEN / LAMB
Boneless chicken marinated in yoghurt and spices. Cooked in a Tandoor.
- 23. TIKKA SASLIK** 🍷🌶️ £11.95/£12.95/£13.95
PANEER / CHICKEN / LAMB
Marinated with yoghurt, herbs and spices, then barbecued with mixed capsicums and onions in a clay oven.

NEPALESE INDO CHINESE

- 24. CHILLI GARLIC CHIPS** 🍷🍷🌶️ £9.95
Fried chips cooked with the blend of nepalese touch and spicy chilli sauce.
- 25. PIRO CHANA** 🍷🌶️ £11.50
House special chickpea dish. cooked with spices, nepalese chilli sauce and peppers.
- 26. SOYA CHILLI CHUNKS** 🍷🌶️ £12.50
Soya chunks cooked with nepalese spices and special sauce. High protein.
- 27. VEG MANCHURIAN** 🍷🍷🌶️ £11.75/£11.95
(DRY/GRAVY)
Popular south asian savoury vegetable ball dish in a sauce.
- 28. THUKPA** 🍷🍷🍷🌶️ £11.95/£12.95
VEG/CHICKEN)
Popular nepalese noodle dish.
- 29. CHILLI** 🍷🍷🍷🌶️ £12.50/£12.95
PANEER/CHICKEN)
Marinated chicken / Paneer cooked with the blend of spices and spicy chilli sauce.
- 30. MOMO (MAIN)** 🍷🍷🍷🌶️ VEG CHICKEN
• STEAM 🌶️ £11.50 £12.75
Popular nepalese steamed dumplings.
• JHOL 🌶️ £11.95 £12.95
Steamed dumplings comes in a savoury tomato based soup.
• CHILLI 🌶️🌶️ £12.75 £13.00
Steamed dumplings cooked in special sauce.
- 31. CHOWMEIN (NOODLES)** 🍷🍷🍷🌶️
• Veg £11.50 • Lamb £12.75
• Egg £11.75 • Keema £12.75
• Chicken £12.25 • Prawn £13.75
Popular nepalese chinese fusion noodle dish.

GURKHA SPECIALS

- 32. MAKHANI CHICKEN** 🍷🍷🍷❤️ £11.95
Barbecued chicken cooked in tomato makhani sauce and blended with coconut, almond powder to create a delicious taste.
- 33. LASUNI KHUKURA** 🍷🌶️🌶️ £12.25
Chilli garlic flavour Nepalese style chicken cooked in hot and sweet sauce with onion, mix pepper, ginger, spring onion, touch of tomato ketchup and green chilli.
- 34. POLEKO KUKHURA** 🍷🌶️ £12.25
Barbequed chicken cooked with onions, tomatoes, ginger garlic, spring onions and Nepalese spices.
- 35. NEPALESE CHICKEN CURRY** 🍷🌶️ £12.95
Authentic nepalese on the bone chicken curry. Pieces of chicken is cooked on tomato and onion sauce with the blend of garlic, ginger, herbs and spices.
- 36. RARA GHOST** 🍷🌶️ £13.20
Minced Lamb cooked with Nepalese herbs green chilli and spices.
- 37. CHYAU MASU** 🍷🌶️ £12.95/£13.95
CHICKEN/LAMB)
Popular nepalese mushroom chicken/lamb curry.
- 38. CHEF'S SPECIAL** 🍷🌶️ (£12.75/£13.75)
(CHICKEN /LAMB)
Cooked with Nepalese herbs, onions, tomatoes, fresh coriander, green chillies and spices.
- 39. KATHMANDU** 🍷🌶️ (£12.75/£13.75)
(CHICKEN TIKKA/LAMB)
Special recipe from nepal that consist of your selection, spinach, black lentil with the blend of nepalese spices and herbs.
- 40. RAKSI CHICKEN** 🍷🌶️ £14.95/£15.95
(CHICKEN/LAMB)
Marinated chicken/lamb cooked in vodka, onion sauce, tomato sauce with the blend of nepalese herbs and spices.
- 41. ACHARI** 🍷🌶️ £11.75 / £12.90 / £13.95
(CHICKEN/LAMB/KING PRAWN)
Cooked with home-made pickle and spices for its delicious and tangy flavours.
- 42. PUDINA** 🍷🌶️ £11.95 / £12.90 / £13.95
(CHICKEN/LAMB/KING PRAWN)
Marinated in mint and cooked in coconut cream with herbs and spices.
- 43. BHUTEKO MASU** 🍷🌶️🌶️ £12.00 / £13.20 / £14.95
(CHICKEN/LAMB/KING PRAWN)
Tender pieces of your choices that is cooked with onion, tomato ginger, garlic, green chilli, spring onions & Nepalese spices.
- 44. CHILLI GARLIC** 🍷🌶️🌶️ £12.95 / £13.95/ £14.95
(CHICKEN/LAMB/KING PRAWN)
South indian recipe, cubes of marinated chicken cooked in fried garlic, chilli sauce and tomato sauce with the blend of herbs and spices.

TRADITIONALS

VEG £10.75 **CHICKEN** £11.75 **LAMB** £12.95 **KING PRAWN** £13.95

- 45. TIKKA MASALA** 🍛🍛🍛
Cooked in a creamy tomato sauce.
- 46. MADRAS** 🍛🍛
Cooked with mustard seed and curry leaf in hot sauce.
- 47. BALTI** 🍛🍛
Cooked in a balti sauce with ginger, green chilli, coriander, tomato and mix peppers.
- 48. KARAI** 🍛🍛
Cooked with onion, tomatoes, mixed and capsicums
- 49. JALFREZI** 🍛🍛
Stir fried with tomatoes and onions, in an exotic blend of ginger, mixed peppers and spices.
- 50. PASANDA** 🍛🍛🍛
Cooked in a sweet creamy sauce with ground cashew nuts, sultanas, almond flakes & mango plum.
- 51. ROGAN JOSH** 🍛🍛
Cooked in rogan sauce and fresh tomatoes.
- 52. DHANSHAK** 🍛🍛
Cooked with yellow lentils and spices.
- 53. KORMA** 🍛🍛🍛
Cooked in cashew nuts coconut cream and mild spices with fresh cream.
- 54. METHI** 🍛🍛
Cooked in fenugreek, with fresh coriander and our chef's special ingredients.
- 55. VINDALOO** 🍛🍛🍛
Served with potatoes in hot sauce with mustard seeds and curry sauce.
- 56. PATHIA** 🍛🍛
Cooked in a combination of chillies, lemon juice and sugar to create a unique sweet and sour taste.
- 57. SAAG** 🍛🍛
Cooked with spinach in a traditional Indian style.
- 58. DO PYAZA** 🍛🍛
Cooked with onions and tomatoes in a medium spicy sauce.
- 59. BHUNA** 🍛🍛
Cooked in a thick onion and tomato sauce with herbs.

VEGETABLES DISHES

MAIN £10.75 SIDE £7.75 **MEDIUM SPICED. CAN BE MADE VEGAN TOO.**

- 60. MIXED VEGETABLE CURRY** 🍛🍛
Mixed vegetables cooked with cumin seeds and chef's special spices.
- 61. SAAG ALOO** 🍛🍛
Spinach cooked with potatoes in special herbs and spices.
- 62. PANEER BUTTER MASALA** 🍛🍛🍛
Cottage cheese gently cooked in a creamy tomato butter sauce with coconut & almond powder.
- 63. ALOO GOBI** 🍛🍛
Potatoes and cauliflower cooked with lightly spiced curry sauce.
- 64. TARKA DAL** 🍛🍛
A simple and zesty lentil curry seasoned with a burst of flavour from seeds & spices quickly fried in hot oil.
- 65. ALOO BEGAN (AUBERGINE)** 🍛🍛
Aubergine cooked in blend of home made masala with boiled potatoes which provides sweet and savoury flavour.
- 66. MUTTER PANEER** 🍛🍛
Cottage cheese cooked with spinach, peas and Nepalese spices.
- 67. CHANA MASALA** 🍛🍛
Chickpeas cooked with spices, hot and sour taste.
- 68. BOMBAY ALOO** 🍛🍛
Potatoes cooked in thick spicy gravy of fresh tomatoes and ginger, with fresh coriander.
- 69. BHINDI MASALA** 🍛🍛
Fresh Okra fried with onion, tomato, herbs and spices.
- 70. MUSHROOM BHAJI** 🍛🍛
Fresh mushroom cooked with onion, tomato, herbs and spices.

BIRYANI

Comes with a side of medium spiced curry sauce.

- 71. VEGETABLE** £11.95
72. CHICKEN £12.95
73. LAMB £13.95
74. KING PRAWN £14.95
75. MIX BIRYANI £14.95

PASTA

Fusion dish with nepalese twist.

- 76. VEGETABLE** £10.75
77. CHICKEN £11.75
78. LAMB £12.75
79. PRAWN £13.75

RICE

- 72. STEAM RICE** £3.75
Plain basmati rice.
- 74. MUSHROOM RICE** £4.00
Exotic mushrooms fried with Pilau rice.
- 77. EGG AND PEAS RICE** £4.00
Basmati rice cooked with eggs.
- 79. GARLIC RICE** £4.00
Rice cooked with chopped garlic.
- 75. COCONUT PINEAPPLE RICE** £4.00
Basmati rice gently stir fried with coconut and pineapple.
- 73. PILAU RICE** £3.85
Basmati rice cooked with mild spices.
- 76. BHUTEKO BHAT** £4.00
Basmati rice cooked with seasonal vegetables.
- 78. KEEMA RICE** £4.00
Pilau rice cooked with minced lamb.
- 80. LEMON RICE** £4.00
Rice cooked with lemon shavings.

BREAD

- 86. TANDOORI ROTI** £3.25
Traditional unleavened bread served fresh & hot.
- 87. PLAIN NAAN** £3.50
Sumptuous flatbread expertly baked against the wall of the clay oven.
- 94. CHILLI NAAN** £3.95
Freshly baked bread topped with chilli.
- 88. BUTTER NAAN** £4.00
Sumptuous cooked flatbread topped with melted butter.
- 89. GARLIC & CORIANDER NAAN** £4.00
Fresh baked white bread topped with garlic, coriander and fresh butter.
- 90. GARLIC NAAN** £4.00
Fresh baked white bread topped with garlic and fresh butter.
- 97. TANDOORI PARATHA** £4.00
Freshly baked wheat bread.
- 91. PESHWARI NAAN** £4.25
Bread stuffed with dried fruits & coconut.
- 92. CHEESE NAAN** £4.25
Tandoori baked bread with a thin layer of smooth light cheese.
- 93. KEEMA NAAN** £4.25
Bread stuffed with minced lamb/ chicken and herbs.
- 95. CHEESE AND GARLIC NAAN** £4.25
Freshly baked bread stuffed with cheese and topped with garlic.
- 96. CHEF SPECIAL NAAN** £4.25
Freshly baked bread stuffed with fresh garlic, coriander and green chillies.
- 98. ROGANI NAAN** £4.25
Freshly baked bread topped with egg yolk.

BOX MEALS

- 98. CHIPS WITH CURRY** £11.30
choice of Tikka Masala, korma or Butter chicken.
- 98. CURRY WITH RICE** £11.50
choice of Tikka Masala, korma or butter chicken.
- 98. MASU BHAT** £11.50/£12.50
(CHICKEN/LAMB)
House special curry dish. comes with rice.

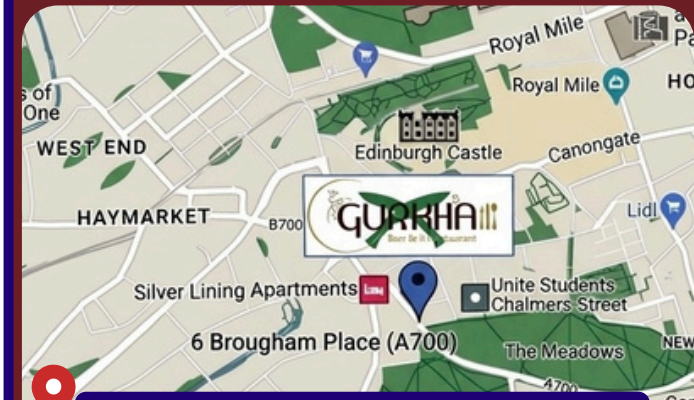
SIDES

- POPPADUM £0.90
- SPICY POPPADUM £1.00
- GARLIC AND TOMATO CHUTNEY £1.20
- MANGO CHUTNEY £1.20
- SPICY ONION £1.20
- MINT CHUTNEY £1.20
- CHIPS £4.00
- PICKLE TRAY £4.50
- CHIPS AND CHEESE £5.95



TAKEAWAY MENU

TEL: 0131 229 3839



6 BROUGHAM PLACE, EDINBURGH EH3 9HW

OPEN EVERYDAY

TUESDAY TO THURSDAY (2:30 PM TO 11:00 PM)
FRIDAY TO SUNDAY (11:30 AM TO 11:00 PM)

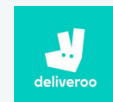
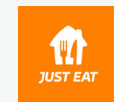
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I'm Chef Tej Kandel, and my journey into the kitchen began long before I ever stepped into a professional one. I grew up in Chitwan, Nepal, where life was not always easy. From a young age, I understood the meaning of hardship – whether it was helping my family, facing limited opportunities, or learning to stay strong through challenges. Those early struggles shaped my character, teaching me resilience, discipline, and the value of hard work.

My passion for cooking developed as I travelled and worked in different countries from an early age, including India and the middle east countries. Each place taught me something new – different spices, techniques, and ways of understanding food. It was through these experiences that I truly began to master my craft, especially in Nepalese and Indian cuisine, where tradition and flavour go hand in hand.



I moved to the UK in 2009, it wasn't easy starting in the new place. Step by step, I learned over the years— from prepping ingredients to understanding the rhythm of a professional kitchen. I took every opportunity to grow, build my skills from scratch and earning my place through dedication and persistence. Over the years, those struggles became my strength. They taught me patience, humility, and the importance of consistency. Today, as the head chef at Gurkha Bar & Restaurant, I bring that same mindset into my kitchen every day. I specialise in authentic Nepalese curries, focusing on rich, traditional flavours while maintaining high standards in both taste and presentation. For me, cooking is not just about food – it's about people. I take pride in leading my team with respect and calmness, creating an environment where everyone can grow. I also believe that great hospitality is just as important as great cooking. I always make time for our guests, ensuring they feel welcomed, valued, and at home.

Everything I've been through – every struggle, every lesson – has made me the chef and the person I am today. And that journey continues to inspire me to deliver the very best, every single day.

