

Welcome to



*We're your new
favorite restaurant.*

*W*e are proud to serve authentic Indian, Himalayan, and Nepali Ayurvedic style food. Ayurvedic cooking is a tradition that goes back thousands of years and promotes the idea of food as medicine, using a wide variety of aromatic and delicious spices in perfect balance. And while we make no claims that our food will cure what ails you, we can almost guarantee it will make you feel better, as any truly great meal does.

Whether you're a carnivore, a vegetarian, vegan, or looking for something gluten-free that doesn't taste like cardboard, we've got you covered.





Appetizers

CHICKEN SOUP 4.99

(Chicken stock heightened with flavorful fresh herbs, garnished with shredded chicken & chopped cilantro)

LENTIL SOUP 4.99

(Yellow lentils cooked in indian herbs & spices)

TAWA SPECIAL MIX VEG. SOUP 7.99

(Fresh mushroom, cauliflower, broccoli, bellpepper, carrot, mix veg cooked with garlic, Himalayan herbs and spices)

VEGETARIAN SAMOSA 5.99

(Flakey, golden pastry generously stuffed with potatoes, green peas, mild herbs & spices)

MIX VEGETARIAN PAKORA 6.99

(Vegan - assorted vegetables fritters, dipped in a garbanzo flour batter then deep fried)

TAWA SPECIAL POTATO 7.99

(Infused with sweet & tangy tamarind plum sauce)

SAMOSA CHAAT 7.99

(A mouthwatering combination of boiled chickpeas, chopped fresh onion, plain yogurt, chat masala, tamarind-mint chutney, & garnished with cilantro)

CHICKEN MOMO/ VEG. MOMO 14.99

(Stuffed, steamed dumplings seasoned with Himalayan herbs & spices, served with an exotic Nepalese sauce)

CHICKEN 65 13.99

(Tender chicken with mustard seed, whole chili peppers, fresh ginger, garlic, curry leaf, chopped onion & cilantro)



Curry Items & Chicken Items are Gluten-Free



Nepalese and Himalayan Cuisine

VEGETABLE CHAUCHAU 14.99
(Fresh vegetable and noodles cooked with herbs and spices)

LAMB CHAUCHAU 16.99
(Lamb and noodles cooked with herbs and spices)

SHRIMP CHAUCHAU 16.99
(Shrimp and noodles cooked with herbs and spices)

TAWA SPECIAL MIX. CHAUCHAU .. 19.99
(Lamb, chicken, shrimp and noodles cooked with herbs and spices)

ALOO KO TARKARI 12.99
(Fresh potato sauteed with cumin seed, garlic, ginger and herbs)

ALOO SIMI KO TARKARI 12.99
(Fresh potato, green beans sauteed with cumin seed, garlic, ginger, tomato and herbs)

CHANA RAJMA TARKARI 12.99
(Chickpeas and red kidney beans cooked with ginger, garlic, tomato herbs and spices)

CHYAU KO TARKARI 12.99
(Fresh mushroom, onion green pepper cooked with gin-
gar, garlic, tomato and mild spices herbs)

ALOO PALUNGO 12.99
(Fresh potato and spinach cooked with ginger, garlic
herbs and spices)

CHANA RAJMA PALUNGO 12.99
(Chickpeas and kidney beans cooked with ginger, garlic
herbs and spices)

**TAWA SPECIAL MIX VEG. PALUNG
...14.99**
(Fresh cauliflower, broccoli, mix veg, beans and spinach
cooked with ginger, garlic, herbs and spices)

TAWA SPECIAL NON VEG. PALUNGO.. 17.99
(Fresh spinach with lamb, chicken, shrimp cooked with
ginger, garlic, herbs and spices)

HIMALAYAN CHICKEN CHILLI 16.99
(Chicken cooked with bell pepper, onion, garlic, herbs and
spices)

TAWA SPECIAL MIX CHILLI..... 19.99
(Special lamb, shrimp and chicken cooked ginger, garlic
herbs and spices)

TAWA SPECIAL PULAU 19.99
(Basmati rice cooked with lamb shrimp, chicken mild spices)





Vegetable Entrees

VEGETABLE KORMA 13.99

(Mixed vegetables cooked in a rich gravy of cashew nuts with mild spices)

PARSI BHAJI 13.99

(Green beans cooked in an exotic coconut sauce with mustard curry leaf and mild spices finished with a splash of cream)

MALAI KOFTA 13.99

(Mouth Watering delicious vegetable balls cooked in a creamy almond and cashew sauce, then garnished with sliced almonds)

PANEER MAKHANI 14.99

(Home made cottage cheese cubes cooked in a tomato-based creamy sauce)

PANEER TIKKA MASALA 14.99

(Cubes of home made cheese sauteed in a delicious creamy tomato and onion sauce)

SAAG PANEER 14.99

(Spinach and home made cheese cubes cooked in tomato and onion sauce)

SAAG MUSHROOM 13.99

(Spinach and mushrooms cooked with tomato and onion sauce)

CHANA SAAG 13.99

(Chickpeas cooked with fresh spinach in onion and tomato sauce)

CHANA MASALA 13.99

(Chick peas cooked in exotic blend of north indian spices)

BHINDI MASALA 13.99

(Fresh okra sauteed with onion, tomato and north indian spices).

BAINGAN BHARTA 13.99

(Fresh eggplant roasted in a tandoor mashed and seasoned with herbs and spices)

DAL MAKHANI 12.99

(Black lentils cooked in a tomato-based cream sauce)

DAL TADKA 12.99

(Yellow lentils sauteed with cumin seed, garlic, tomato and garnished with cilantro)

ALOO GOBI 13.99

(Fresh cauliflower and potato sauteed to perfection and mildly seasoned with tomato, onion, ginger, garlic and herbs)

VEGETABLE VINDALOO 13.99

(In season vegetables and russet potato cooked in an authentic vindaloo sauce)

VEGETABLE CURRY 13.99

(Fresh cauliflower and potatoes sauteed to perfection and mildly seasoned with tomato, onion, ginger, garlic and herbs)

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Chicken Entrees

CHICKEN CURRY 14.99
(Boneless chicken simmered in tomato and onion, mild spices and garnished with cilantro)

BUTTER CHICKEN 15.99
(Tender chunks of chicken simmered in a creamy tomato sauce)

CHICKEN TIKKA MASALA 15.99
(Tender chicken cubes grilled and sauteed with a delicious tomato and onion sauce)

CHICKEN VINDALOO(HOT) 14.99
(Boneless chicken and russet potato cooked in an authentic vindaloo sauce)

CHICKEN WITH VEG. CURRY 14.99
(Marinated chicken sauteed with fresh vegetables topped with chopped ginger, cilantro, Indian spices and herbs)

CHICKEN MADRAS 14.99
(South Indian delicacy ... fresh chicken cooked in aromatic coconut broth, Indian spices and creamy curry sauce)

CHICKEN KORMA 15.99
(Tender chunks of chicken cooked with cashews in a creamy sauce garnished with sliced almonds)

CHICKEN SAAG 14.99
(Tender chunks of chicken cooked with spinach in an onion sauce)

Lamb Entrees

LAMB CURRY 15.99
(Boneless lamb simmered in tomato and onion, mild spices and garnished with cilantro)

LAMB VINDALOO(HOT) 15.99
(Boneless lamb and russet potato cooked in an authentic vindaloo sauce)

LAMB KORMA 16.99
(Tender chunks of lamb cooked with cashews in a creamy sauce garnished with sliced almonds)

LAMB SAAG 15.99
(Tender chunks of lamb cooked with spinach in an onion sauce)

LAMB WITH VEG CURRY 15.99
(Marinated lamb sauteed with fresh vegetables topped with chopped ginger, cilantro, Indian spices and herbs)

LAMB TIKKA MASALA 16.99
(Tender lamb cubes grilled and sauteed with a delicious tomato and onion sauce)

LAMB MADRAS 16.99
(South indian delicacy-fresh chicken cooked in aromatic coconut broth, Indian spices and creamy curry sauce)



Shrimp Entrees

SHRIMP CURRY 16.99

(Fresh shrimp simmered in tomato and onion, mild spices and garnished with cilantro)

SHRIMP WITH VEG. CURRY 16.99

(Marinated shrimp sauteed with fresh vegetables topped with chopped ginger, cilantro, indian spices and herbs)

SHRIMP MADRAS 16.99

(South Indian delicacy-fresh shrimp cooked in aromatic coconut broth, Indian spices and creamy curry sauce)

SHRIMP VINDALOO 16.99

(Shrimp and russet potato cooked in an authentic vindaloo sauce)

SHRIMP KORMA 16.99

(Shrimp cooked with cashews in a creamy sauce garnished with sliced almonds)

SHRIMP MASALA 16.99

(Fresh shrimp simmered in a rich sauce seasoned with a hint of fresh minced garlic and ginger)

Tandoori Entrees

TANDOORI CHICKEN 15.99

(Whole chicken legs marinated overnight in traditional herbs, spices and a creamy yogurt seasoning roasted and served with grilled onion)

TANDOORI VEGETABLES 14.99

(Crunchy fresh vegetables of cauliflower, broccoli, bell peppers, onion, tomato, cheese, yogurt and herbs, marinated and baked to perfection in a tandoor)

CHICKEN TIKKA 15.99

(Tender chunks of boneless chicken breast marinated with yogurt and Indian spices)

TAWA SPECIAL MIXED GRILL 18.99

(Lamb, chicken & shrimp served with grilled onion)



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Rice Specialties

PLAIN WHITE RICE 3.99
(Basmati Rice)

PEAS PULAU 8.99
(Green peas cooked in Basmati rice)

VEGETABLE BIRYANI 14.99
(Basmati rice cooked with mixed vegetables & mild spices)

CHICKEN BIRYANI 15.99
(Basmati rice richly flavored with herbs and spices cooked along with tender pieces of chicken)

LAMB BIRYANI 16.99
(Basmati rice richly flavored with herbs and spices cooked along with tender pieces of lamb)

SHRIMP BIRYANI 17.99
(Basmati rice richly flavored with herbs and spices cooked along with tender pieces of shrimp)

TAWA SPECIAL MIX BIRYANI 19.99
(Basmati rice richly flavored with herbs and spices cooked along with tender pieces of chicken, lamb & shrimp)

Breads

NAAN 3.99
(Lightly leavened soft bread baked in a tandoor)

GARLIC NAAN 4.99
(Lightly leavened soft bread cooked with fresh chopped garlic and baked in a tandoor)

COCONUT NAAN 4.99
(Lightly leavened soft bread stuffed with coconut and baked in a tandoor)

BREAD BASKET 12.99
(Naan, Garlic Naan and Coconut Naan)

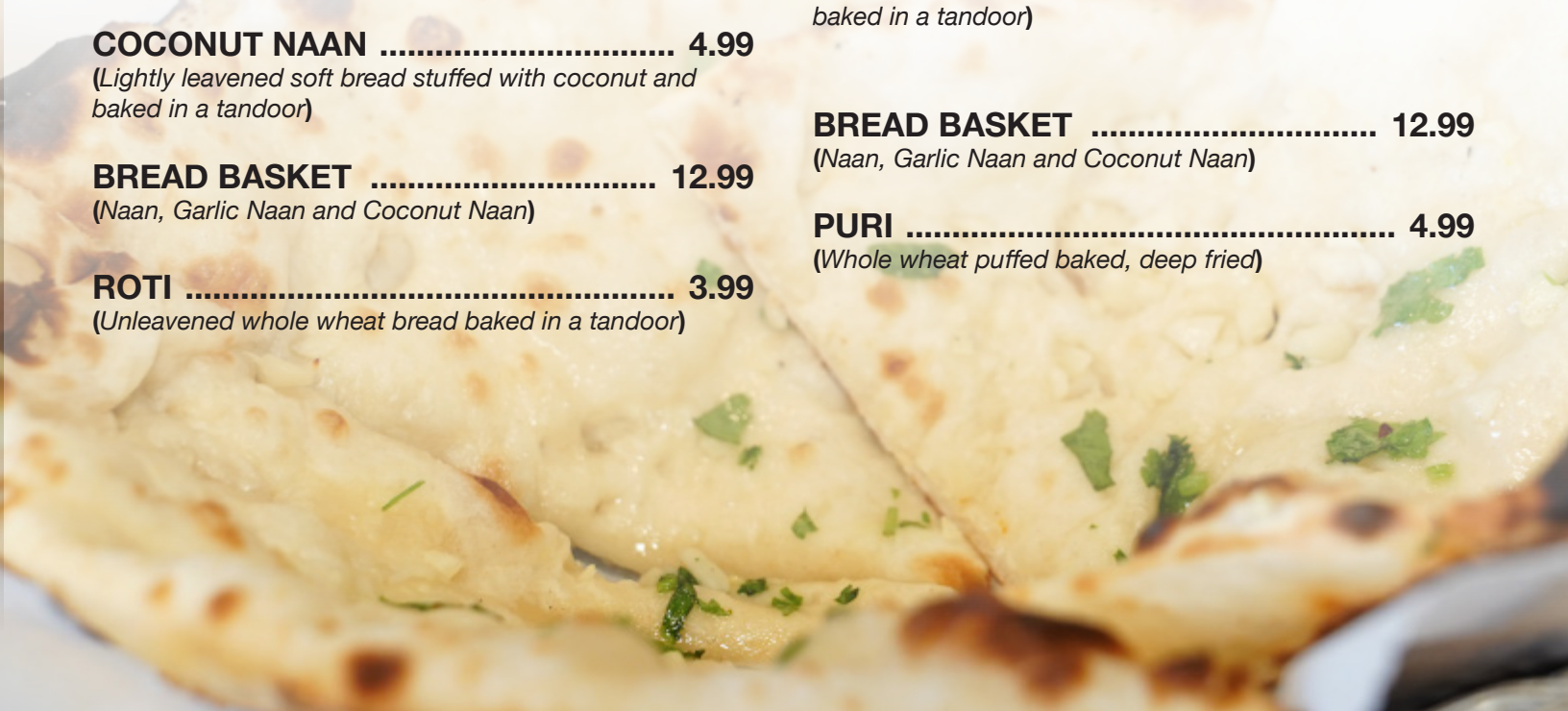
ROTI 3.99
(Unleavened whole wheat bread baked in a tandoor)

LACHHA PARATHA 4.99
(Unleavened, layered whole wheat bread baked in a tandoor)

ALOO PARATHA 4.99
(Unleavened whole wheat bread stuffed with potato and baked in a tandoor)

BREAD BASKET 12.99
(Naan, Garlic Naan and Coconut Naan)

PURI 4.99
(Whole wheat puffed baked, deep fried)



Desserts

GULAB JAMUN	3.99
<i>(Golden fried dumplings of milk pastry in sweet saffron syrup)</i>	
GAJAR KA HALWA	4.99
<i>(Grated carrot cooked gently in milk until it is reduced to form halwa, generously sprinkled)</i>	
KHEER (Rice Pudding)	3.99
<i>(Fragrant rice cooked with sweetened milk)</i>	
HOME MADE CHOCOLATE CHIP COOKIES	99¢, 3 for 2.49
ICE CREAM(Chocolate and vanilla)	2.99
CHOCOLATE FUDGE COOKIE SUNDAES	4.99

Soda

COKE, PEPSI, SPRITE, GINGER ALE,	1.99
MANGO LASSI	4.99
MASALA TEA	2.99
NEPALI HOT TEA	1.99
JUICE (Apple, Orange)	2.49
COFFEE (Regular, Decafe)	2.99

