

# BASE CAMP

Known for the Himalayas, never being colonized, and as the birthplace of Buddha, Nepal is bordered by Tibet and India. Stretching 550 miles from East to West and 125 Miles North to South, Nepal is the only country with altitude variation that ranges from 59 to 8,848 meters. Further, the population consists of 25 million people all coming from varying landscapes and traditions, Hinduism and Buddhism being the two main religions.

Nepal has a strong tradition of joint family system—a family where members of different generations such as grandparents, parents, children, brothers’ wife, sister-in-law, uncles and aunts live together as one unit. For centuries recipes have been passed down by word of mouth, from mothers to daughters or from grandmothers and aunts while cooking together in one kitchen for their big family.

At Base Camp we aim to keep that tradition alive by inviting you join us and enjoy the blend of unique spices from the land of high mountains with fresh California produce and warm Nepali hospitality.

Namaste!!



## Small Plates

✓ — Vegan  
✕ — Gluten Free

- Tangy Spicy Ribs ✕ ..... 12
- Pan seared pork ribs tossed and cooked in a tangy homemade red chili and tomato sauce
- Minced Lamb Skewer ✕ ..... 13
- Lamb minced with garam masala, cilantro, mint and seasonings—cooked in a tandoor, served with shaved cabbage and mint sauce
- Mushroom Chili ✕ ✓ ..... 12
- Chickpea battered mushrooms with tomatoes, bell pepper, onion, ginger, and garlic
- Shapale ..... 10
- Tibetan pies filled with minced chicken, chives, onions, and ginger garlic paste—served with homemade chunky tomato sauce
- Creamy Shrimp ✕ ..... 13
- Tail on shrimp cooked in a creamy tikka sauce—served with fresh lettuce cups
- Aloo Dum ✕ ✓ ..... 10
- Pan seared potatoes filled with the robust flavor of garam masala, tomato, and red chili powder—spicy
- Spicy Cauliflower ✕ ✓ ..... 10
- Chickpea battered cauliflower fried with sesame seed and curry leaves
- Samosa Tarkari ✓ ..... 12
- Potato patties made with seasoned potatoes, cumin, and coriander—served with a side of garbanzo beans
- Chatamari ✕ ..... 12
- Rice-flour crepe, minced chicken, onions, egg, chilis, and a variety of spices
- Kale Chaat ✕ ..... 12
- Chickpea battered kale with chopped red onion, tomatoes, and potatoes—tossed with a mint, tamarind, and yogurt sauce
- Onion Fritters ✕ ✓ ..... 10
- Fried chickpea battered fritters with red onion, shishito peppers, and cilantro
- Fried chicken ✕ ..... 12
- Battered and fried tandoori marinated chicken—served with spicy a aioli

## MOMO-5pcs ..... 8

Momo’s were brought into Nepal by Tibetan traders and they are now one of the nation’s most popular dishes. Family and friends often gather to spend a leisurely time together preparing these bite size dumplings.

- Pork Momo
- Minced pork, cilantro, onion, garlic, and garam masala—served with roasted tomato and soybean sauce
- Chicken Momo
- Minced chicken, chives, onion, and sesame oil— served with roasted tomato and soybean sauce
- Potato and Cheese Momo
- Potatoes, mozzarella cheese, white pepper, chives, and salt— served with roasted tomato and soybean sauce
- Vegetable Momo
- Finely chopped zucchini, cabbage, spinach, and onion— served with roasted tomato and soybean sauce

## Street Style Chow Mein

When travelling to Nepal, no matter where you are, one thing you will find in all eateries large or small is Chow Mein—our version is what you will find at side carts throughout the streets. Cooked with bean sprouts, broccoli, and crunchy snap peas.

- Chicken ..... 15
- Shrimp ..... 16
- Pork ..... 16
- Organic Tofu ✓ ..... 16



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## Medium Plates

✓ — Vegan  
✕ — Gluten Free

### Biryani ✕

A long-grain rice, similar to basmati, flavored with homemade biryani masala and cashew nut.

Chicken ..... 16 Shrimp ..... 16  
Lamb ..... 18 Paneer ..... 16

### Skewer Plate ✕

Meat marinated overnight with homemade roasted sekuwa masala, cumin, coriander, nutmeg, ginger, garlic powder, and pepper. This dish is served with grilled seasonal veggies and turmeric butter rice.

Chicken ..... 16 Shrimp ..... 18  
Lamb ..... 18 Vegetables ..... 16

### Khichidi ✕ ..... 18

Nepali comfort food, this dish is perfect for someone looking for a wholesome easily digestible meal. Rice, lentils, and homemade spices cooked together with ghee—a homemade butter—and roasted cauliflower.

### Lamb Skewer Salad ✕ ..... 18

Mango, organic arugula, garlic vinaigrette and avocado.

## Sides

### Goat Soup ..... 7

Bone-in goat with masala, ginger and garlic—eaten during festive times

### Sautéed Spinach ✕ ✓ ..... 5

Organic spinach sautéed with ginger and red chili

### Crunchy Cucumber ✓ ..... 8

Persian cucumber, cherry tomatoes, paneer and fresh lime

### Sautéed Broccoli ✕ ✓ ..... 8

Organic broccoli with roasted garlic

### Mixed Green Salad ✕ ✓ ..... 7

Organic greens tossed with olive oil

### Roti—served 2 pcs ..... 5

Plain roti cooked in pan with a light salt seasoning

### Brown Rice ✓ ..... 4

### Turmeric Rice ✓ ..... 4

### Basmati Rice ✓ ..... 3

## Curries A La Carte

### Cashew Curry ✕

Deliciously creamy sauce with a balanced blend of homemade spices, ginger, and coriander. The sauce is mild making it perfect for kids or for those who do not want their curries to be too spicy.

Chicken ..... 16 Shrimp ..... 18  
Lamb ..... 18 Paneer ..... 18  
Vegan ..... 16

### Okra ✕ ✓ ..... 14

Sautéed okra with chopped onions and tomato sauce, seasoned with ginger and garlic.

Chicken ✕ ..... 17 Lamb ✕ ..... 18

### Jhaney Ko Daal ✕ ..... 15

Yellow lentils cooked with garlic, red chilies, and cumin roasted with ghee—homemade butter.

### Chicken Curry ✕ ..... 16

House chicken curry cooked with homemade yogurt, roasted spices, ginger garlic paste, onion gravy, and potato.

### Pork and Bok Choy ✕ ..... 16

Slow cooked pork with roasted garam masala, tomato, onion, and ginger garlic paste—sour and savory.

### Paneer Ra Matar ✕ ..... 16

Paneer—cow cheese—is cooked with green peas in a savory tomato and onion gravy.

### Aloo Cauli ✕ ✓ ..... 15

Cauliflower and green peas cooked in a tomato based sauce with onion, roasted cumin, and coriander.

### Eggplant Curry ✕ ✓ ..... 15

Asian eggplant cooked with potato, ginger garlic paste, onion, and roasted spices with potatoes.

### Organic Pumpkin Curry ✕ ✓ ..... 15

Black chickpeas and pumpkin cooked with a house blend spice and chipotle chili—this light nourishing dish is usually enjoyed during fasting

