



LITTLE TIBET
AN AUTHENTIC TIBETAN RESTAURANT

680 MAIN ST. MIDDLETOWN, CT
860-343-9500

DINNER MENU

TUE-THUR: 5PM-10PM
FRI-SAT: 5PM-11PM
SUN: 5PM-9PM
MON: CLOSED

Appetizers

- 1. Tse-Momo.....\$4.75
Lightly fried mixed vegetable dumplings
- 2. Shogo Mok-Ta.....\$4.75
Lightly fried potato & green pea dumplings
- 3. Cha-Sha Momo.....\$5.75
Lean chopped chicken & scallion dumplings
- 4. Sha-Momo.....\$5.75
Lean chopped beef & scallion dumplings
- 5. Shogo Khatsa.....\$4.25
*Chilled spicy potatoes mixed w/ house
made tomato sauce*
- 6. Phing Alla.....\$5.75
*Hand rolled Tibetan crepe filled w/ bean thread &
vegetables w/ house made tomato sauce*

Beverages

- 7. Orange Juice.....\$2.00
- 8. Vegetable Juice.....\$3.00
- 9. Cranberry Juice.....\$2.00
- 10. Lemonade.....\$2.00
- 11. Soda.....\$2.00
- 12. Coffee.....\$2.00
- 13. Iced Tea.....\$2.00
- 14. Assorted Herbal Tea.....\$2.00
- 15. Smoothie.....\$4.00
Ask for today's special
- 16. Bod-Cha.....\$2.00
Tibetan butter tea
- 17. Thara.....\$3.00
Tibetan style yogurt shake
- 18. Chai.....\$3.00
Indian tea
- 19. Chang.....\$5.00
Tibetan house made rice/barley beer

Soups

- 20. Ngo-thang.....\$3.75
Mixed Garden Vegetables in a light seasoned broth
- 21. Ashom thang.....\$3.75
*Hearty corn broth w/ green beans garnished w/
fresh spinach*
- 22. Tse-ashom thang.....\$4.25
Fresh mixed vegetables in a hearty corn broth
- 23. Chasha Ashom thang.....\$4.75
*Tender morsels of chicken in corn broth w/ green
beans garnished w/ fresh spinach*
- 24. Dali.....\$3.25
Traditional hearty lentil soup

Sides

- 25. White Rice.....\$1.25
- 26. Brown Rice.....\$2.00
- 27. Churu Siben.....\$3.00
*Green Chili sauteed w/ ginger, garlic, onion,
tomato & house-made cheese*
- 28. Tingmo.....\$1.50
Tibetan steamed bread
- 29. Amdo Tingmo.....\$1.75
*Steamed bread flavored w/ scallion & Tibetan
pepper*
- 30. Nyumtak Bhaley.....\$2.00
Pan-fried flatbread

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Pan-fried flatbread

Salads

31. Tangtse.....\$4.25
A light melange of red & green cabbage, carrot, & bean thread, seasoned w/ scallion & cilantro
32. Tibetan Salad.....\$4.75
Sliced cucumber & red onion w/ sesame oil & Tibetan pepper
33. Amdo Nezom.....\$5.25
Lightly seasoned potatoes mixed w/ tofu, cauliflower & green peas
34. Avacodo Salad.....\$5.75
A house special; crushed avacodo & potato w/ undertones of lime



Vegetarian Dishes

42. Tse-Momo.....\$9.00
Lightly fried mixed vegetable dumplings served on a bed of tangtse salad w/ hot sauce
43. Shogo-Moktak.....\$9.00
Fried potato & pea dumplings served on a bed of tangtse salad w/ hot sauce
44. Tse-Bhaley.....\$12.00
Lightly fried mixed vegetable patties served on a bed of tangtse salad w/ hot sauce
45. Tse-Nezom.....\$11.00
6 different vegetables sauteed w/ onion, garlic, & ginger served w/ rice
46. Shogo-Phing.....\$10.00
Potatoes w/ bean thread in a traditional mild sauce served w/ Tibetan steamed bread
47. Tse-Ngopa.....\$9.00
Sliced squash sauteed w/ ginger, garlic, & onion served w/ white rice
48. Tse-Tofu.....\$10.00
Tofu & mixed vegetables in our own tangy sauce seasoned w/ garlic, ginger, & pepper served w/ white rice
49. Tema.....\$10.00
Fried string beans sauteed w/ ginger, garlic, & Tibetan pepper served w/ white rice
50. Tse-Phing.....\$10.00
Bean thread noodles w/ mixed vegetables in a traditional mild sauce served w/ white rice
51. Tse-Curry.....\$10.00
Mixed vegetable curry w/ rice
52. Shogo Ngopa.....\$10.00
Baby potatoes, spinach sauteed w/ garlic & ginger served w/ pan fried flatbread
53. Metok Ngotsel.....\$11.00
Combination of broccoli, carrot, & red bell pepper sauteed w/ ginger, garlic, & onion served w/ white rice

Thukpa

(Noodle Soup)

35. Gya-thuk.....\$10.00
Traditional Tibetan noodles in a light broth of garlic & ginger & topped w/ your choice of beef, chicken, or pork
36. Tse-Gyathuk.....\$9.00
Traditional Tibetan noodles in a light broth of garlic, ginger, & fresh mixed vegetables
37. Tso-Thukpa.....\$11.00
Shrimp flavored noodles in a garlic & ginger broth w/ light mixed greens
38. Thenthuk.....\$10.00
Hand-pulled noodles in garlic & ginger broth w/ fresh greens & your choice of beef, chicken, or pork & garnished w/ fresh spinach
39. Tse-Thenthuk.....\$9.00
Hand-pulled noodles in garlic & ginger broth w/ fresh greens & garnished w/ fresh spinach
40. Mok-Thuk.....\$11.00
Choice of chicken, beef or pork dumplings in a broth garnished w/ mixed vegetables & fresh spinach
41. Tse Mok-Thuk.....\$10.00
Vegetarian dumplings in a mixed vegetable broth garnished w/ spinach

Vegetarian Dishes

54. Shesha-Tse.....\$11.00
A combination of mushrooms, red bell peppers, zucchini, & broccoli seasoned w/ scallion served w/ rice

Non-Vegetarian Dishes

55. Sha-Momo.....\$10.00
Lean chopped beef steamed dumplings served on a bed of tangtse salad w/ hot sauce
56. Chasha Momo.....\$10.00
Chicken steamed dumplings served on a bed of tangtse salad w/ hot sauce
57. Mok-Tak.....\$11.00
Lean chopped beef dumplings steamed & semi-fried served on a bed of tangtse salad w/ hot sauce
58. Chasha Moktak.....\$11.00
Chicken dumplings steamed & semi-fried served on a bed of tangtse salad w/ hot sauce
59. Sha-Bhaley.....\$12.00
Choice of beef, chicken, or pork patties served on a bed of tangtse salad w/ hot sauce
60. Sha Ngopa.....\$11.00
Sauteed small strips of beef or pork w/ spicy jalapeno, bell pepper, ginger, garlic, & tibetan pepper served w/ round bread
61. Cha-Sha Curry.....\$10.00
Chicken curry served w/ white rice
62. Ra-Sha Curry.....\$11.00
Lamb curry served w/ white rice

Non-Vegetarian Dishes

63. Phing-Sha.....\$10.00
Bean thread w/ potato, spinach, & beef in a traditional sauce, served w/ steamed bread
64. Sha-Tak.....\$11.00
Sliced beef sauteed w/ ginger, garlic, onion, & bell pepper garnished w/ cilantro & scallion served w/ steamed bread
65. Shende Ngopa.....\$10.00
Pan-fried rice w/ vegetables, garlic, ginger & choice of beef, chicken, or pork
66. Gyathuk Ngopa.....\$10.00
Traditional noodle w/ garlic, ginger, & topped w/ vegetables & your choice of chicken, beef, or pork
67. Phaksha Ngopa.....\$12.00
Sliced pork sauteed w/ ginger, garlic, onion, & bell pepper garnished w/ cilantro & scallion served w/ steamed bread
68. Sha-Tofu.....\$10.00
Lean chopped beef, pork, or chicken & tofu w/ a mild sauce served w/ white rice
69. Cha-Sha Ngopa.....\$13.00
Deep fried chicken sauteed w/ red & green pepper served w/ rice or steamed bread
70. Cha-Sha Khatsa.....\$11.00
Sliced chicken sauteed w/ ginger, garlic, onion, & bell pepper garnished w/ cilantro & scallion served w/ steamed bread
71. Chili Shrimp.....\$15.00
Combination of green & red bell pepper, scallion, cilantro, & lime served w/ white rice
72. Sesha.....\$13.00
Mushrooms, zucchini, red bell pepper, broccoli, & your choice of beef, pork, chicken, or shrimp in a traditional mild sauce served w/ white rice

Desserts

73. Desi.....\$4.95
Sweet Basmati rice w/ raisins & butter served w/ house-made yogurt
74. Baktsa-Markhu.....\$5.25
Traditional Tibetan sweet cheese pasta
75. Ice Cream.....\$3.00
Ask for today's special
76. Sho.....\$5.25
House-made yogurt & mixed fruit in a bowl



ALL DISHES CAN BE PREPARED MILD TO HOT UPON REQUEST!

THANK YOU & ENJOY!