



LITTLE TIBET
AN AUTHENTIC TIBETAN RESTAURANT

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

LUNCH MENU

TUE-FRI: 11:30AM-3PM
SAT-SUN: 12PM-3PM
MON: CLOSED

Starters

1. Phing Alla.....\$4.25
Hand rolled Tibetan crepe filled w/ bean thread & vegetables w/ house made tomato sauce
2. Tangtse.....\$3.95
A light melange of red & green cabbage, carrot, & bean thread, seasoned w/ scallion & cilantro
3. Tibetan Salad.....\$3.95
Sliced cucumber & red onion w/ sesame oil & Tibetan pepper
4. Amdo Nezom.....\$4.95
Lightly seasoned potatoes mixed w/ tofu, cauliflower & green peas
5. Avacodo Salad.....\$5.25
A house special; crushed avacodo & potato w/ undertones of lime

Beverages

6. Orange Juice.....\$1.95
7. Cranberry Juice.....\$1.95
8. Lemonade.....\$1.95
9. Soda.....\$1.95
10. Coffee.....\$2.00
11. Iced Tea.....\$1.95
12. Assorted Herbal Tea.....\$2.00
13. Smoothie.....\$4.00
Ask for today's special
14. Thara.....\$3.00
Tibetan style yogurt shake
15. Chai.....\$2.00
Indian tea

Soups

16. Ngo-thang.....\$2.95
Mixed Garden Vegetables in a light seasoned broth
17. Ashom thang.....\$2.95
Hearty corn broth w/ green beans garnished w/ fresh spinach
18. Tse-ashom thang.....\$3.95
Fresh mixed vegetables in a hearty corn broth
19. Chasha Ashom thang.....\$4.25
Tender morsels of chicken in corn broth w/ green beans garnished w/ fresh spinach
20. Dali.....\$2.95
Traditional hearty lentil soup

Sides

21. White Rice.....\$1.00
22. Tingmo.....\$1.25
Tibetan steamed bread
23. Amdo Tingmo.....\$1.50
Steamed bread flavored w/ scallion & Tibetan pepper
24. Nyumtak Bhaley.....\$2.00
Pan-fried flatbread

Thukpa (Noodle Soup)

25. Gya-thuk.....\$8.25
Traditional Tibetan noodles in a light broth of garlic & ginger & topped w/ your choice of beef, chicken, or pork
26. Tse-Gyathuk.....\$7.95
Traditional Tibetan noodles in a light broth of garlic, ginger, & fresh mixed vegetables
27. Tso-Thukpa.....\$10.25
Shrimp flavored noodles in a garlic & ginger broth w/ light mixed greens

Vegetarian Dishes

28. Tse-Momo.....\$7.95
Lightly fried mixed vegetable dumplings served on a bed of tangtse salad w/ hot sauce
29. Shogo-Moktak.....\$7.95
Fried potato & pea dumplings served on a bed of tangtse salad w/ hot sauce
30. Shogo-Phing.....\$7.95
Potatoes w/ bean thread in a traditional mild sauce served w/ Tibetan steamed bread
31. Tse-Curry.....\$7.95
Mixed vegetable curry served w/ rice
32. Tse-Tofu.....\$8.25
Tofu & mixed vegetables in our own tangy sauce seasoned w/ garlic, ginger, & pepper served w/ white rice
33. Shogo Ngopa.....\$8.25
Baby potatoes, spinach sauteed w/ garlic & ginger served w/ pan fried flatbread
34. Shesha-Tse.....\$9.95
A combination of mushrooms, red bell peppers, zucchini, & broccoli seasoned w/ scallion served w/ rice

Desserts

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

Non-Vegetarian Dishes

35. Sha-Momo.....\$8.25
Lean chopped beef steamed dumplings served on a bed of tangtse salad w/ hot sauce
36. Chasha Momo.....\$8.25
Chicken steamed dumplings served on a bed of tangtse salad w/ hot sauce
37. Mok-Tak.....\$9.25
Lean chopped beef dumplings steamed & semi-fried served on a bed of tangtse salad w/ hot sauce
38. Chasha Moktak.....\$9.25
Chicken dumplings steamed & semi-fried served on a bed of tangtse salad w/ hot sauce
39. Phing-Sha.....\$8.95
Bean thread w/ potato, spinach, & beef in a traditional sauce, served w/ steamed bread
40. Shende Ngopa.....\$7.95
Pan-fried rice w/ vegetables, garlic, ginger & choice of beef, chicken, or pork
41. Gyathuk Ngopa.....\$7.95
Traditional noodle w/ garlic, ginger, & topped w/ vegetables & your choice of chicken, beef, or pork
42. Sha-Tak.....\$9.25
Sliced beef sauteed w/ ginger, garlic, onion, & bell pepper garnished w/ cilantro & scallion served w/ steamed bread
43. Sha-Tofu.....\$8.95
Lean chopped beef, pork, or chicken & tofu w/ a mild sauce served w/ white rice
44. Cha-Sha Curry.....\$8.95
Chicken curry served w/ white rice
45. Ra-Sha Curry.....\$9.25
Lamb curry served w/ white rice
46. Sha-Ngopa.....\$9.95
Sauteed small stripes of beef or pork w/ spicy jalapeno, bell pepper, ginger, garlic & Tibetan pepper
47. Sesha.....\$10.95
Mushrooms, zucchini, red bell pepper, broccoli, & your choice of beef, pork, chicken, or shrimp in a traditional mild sauce served w/ white rice
48. Chili Shrimp.....\$12.95
Combination of green & red bell pepper, scallion, cilantro, & lime served w/ white rice

**All Dishes Can Be prepared Mild to Hot
Upon Request!**

Thank You & Enjoy!