



### **About ROKPA**

ROKPA is an international relief organization with its headquarters in Switzerland. The organization was founded in 1980 by the Tibetan doctor and mediation master Dr Akong Tulku Rinpoche, the attorney Dr Veit Wyler and the actress Lea Wyler. ROKPA is the Tibetan word for “help” and “friend”. Our aid projects are carried out in Nepal, India, South Africa and Zimbabwe and from 1990 to 2016 in 4 of the 5 Tibetan Provinces, focusing mainly on education, medical care and food/living costs.

### **Hospitality for a good cause**

At the same time as enjoying your breakfast, lunch, afternoon tea, cake or dinner with us, you do something wonderfully valuable: All of the profits of the ROKPA Guest House, Restaurant and Bakery are directed towards our aid projects, for example the neighbouring ROKPA Children’s Home for orphans and children from impoverished families. As our guest, you are also actively participating in the training of ROKPA students. The ROKPA Hospitality Vocational Training offers underprivileged youths the opportunity to gain the necessary skills for a successful start to their careers. Furthermore, if you enjoy a little pleasant shopping in our boutique next to the reception, you support our ROKPA Women’s Workshop on the 1<sup>st</sup> floor of the ARMC. Here, the poorest women from the area receive sewing training and are set up to start their own businesses so as to be free from a life of poverty and a dependency on charity.

### **Commitment to the environment**

ROKPA cares about nature and uses organic products whenever possible. Moreover, we reduced the use of plastic to a minimum. One way where you will notice this demonstrated is with our use of metal straws.

*Thank you for choosing ROKPA Guest House, Restaurant and Bakery! We hope you enjoy your stay and would be delighted to welcome you again soon.*

Visit us on our website [www.rokpa.org](http://www.rokpa.org) and on Facebook [www.facebook.com/ROKPA.org](http://www.facebook.com/ROKPA.org).



# ROKPA RESTAURANT & BAKERY

-----FOOD MENU-----

## **BREAKFAST - Served with Tea\* or Coffee**

<b>ROKPA Breakfast Set</b> - choice of eggs, served with grilled tomatoes, mushrooms, baked beans, grilled potatoes and homemade toast with butter and jam	380
Nepali Breakfast Set 🌶️ - choice of eggs with cumin potatoes, chickpeas and wheat flour roti	295
Egg Florentine - poached eggs on a bed of spinach and toasted bread, grilled potatoes and Hollandaise sauce	305
Seasonal Fruit Salad	250
Bircher Muesli - softened oats, milk, seeds, dry fruits and fresh fruits	320
Porridge - plain or banana cinnamon	310
Dry Muesli - with yoghurt and fruits	340
<b>Pancakes</b> - with maple syrup and fresh fruits	230
Two Pastries - please ask your server for the pastries of the day	210
Omelette - Plain / Masala / Cheese - served with grilled potatoes, homemade bread and butter & jam	190 / 200 / 225

## **SOUP - Served with Homemade Bread Croutons**

French Onion Soup	300
Chicken and Mushroom Soup	275
<b>Pumpkin and Carrot Soup</b>	230
Thukpa - Vegetable or Chicken	230 - 290

🚫 Gluten Free Pasta upon request   🌶️ Spicy   \* Green Tea, Black Tea, Milk Tea  
All prices are in local currency and are subject to 10% Service Charge and 13% VAT.  
We don't use MSG

### **SALAD - Served with Homemade Bread Croutons**

<b>ROKPA Salad</b> - grilled vegetables patty with cottage cheese on a bed of mixed lettuce	395
<b>Italian Street Salad</b> - mixed green salad, cucumber, oven dried tomatoes, confit potatoes, grilled onions, capers with orange dressing.	215
Beetroot Salad - roasted beets with feta and Philadelphia mousse, toasted walnut, balsamic reduction, beets powder and raspberry puree	265
Niçoise Salad - mixed lettuce, tuna flakes, French beans, oven dried tomato, black olives, boiled potatoes with balsamic dressing.	455
Caesar Salad - Vegetarian / Chicken - romaine lettuce, shredded bacon, croutons, cheese flakes, boiled egg with Caesar dressing	320 / 410

### **SNACKS**

<b>Vegetable Pakoda</b> - battered mixed seasonal vegetables deep fried, served with ketchup	250
Homemade Triple Cooked Fries - crispy fries with mayo and ketchup	180
Chicken / Peanut Sadeko - chicken / peanut with tomato, onion, ginger, coriander and chilli	300 / 250
Homemade Onion Rings - crispy onion rings with garlic aioli	280
Chicken Sliders - crispy fried chicken with lettuce, tomato, gherkin and homemade sesame bun	420
Fish and Chips – battered and fried fish with tartar sauce, mushy peas and triple cooked fries	500
Combo Platter - fried chicken strips, fries, onion rings and Nepali salad	570

### **ASIAN**

Kung Pao Chicken - Chinese stir-fried dish with chicken, peanut, vegetables and chilli pepper served with steamed rice	495
Stir-Fried Noodles 🌶️ - noodles with Vegetables / Eggs / Chicken / Mixed	230 / 270 / 300 / 350
Grilled Tofu - herb marinated and breaded tofu served with soya rice and sautéed vegetables	340
<b>Nasi Goreng</b> - Indonesian fried rice served with chicken satay, topped with a fried egg	410



Gluten Free Pasta upon request



Spicy

All prices are in local currency and are subject to 10% Service Charge and 13% VAT.

We don't use MSG

### **NEPALI AUTHENTIC AND INDIAN**

<b>Nepali Thali Set</b> 🌶️ - Chicken / Paneer - served with rice, dal, vegetables, cucumber, carrot, pickle and papadum	400 / 400
<b>Momo</b> - Vegetable / Chicken / Buff	200 / 250 / 220
Butter Masala - Chicken / Paneer - served with steamed rice, carrot, cucumber and papadum	390
Palak Paneer - Grilled paneer cooked with spinach puree and served with steamed rice	390

### **WESTERN**

Grilled Chicken Breast - grilled chicken breast with sautéed vegetables, roasted potatoes and mushroom sauce	550
<b>Tortellini Pasta</b> - homemade pasta stuffed with spinach and cottage cheese tossed in garlic butter sauce	420
Penne All'Arrabbiata - penne pasta tossed in homemade tomato sauce with chilli flakes	390
Spaghetti Carbonara - spaghetti pasta tossed with bacon, egg yolk, cheese	430
Spaghetti Al Pesto - spaghetti pasta tossed with pesto sauce	430
Fettuccine Bolognese - fettuccine pasta tossed with Bolognese sauce	475
Fettuccine Alfredo - fettuccine pasta tossed with mushroom and alfredo sauce	450

### **BURGERS / SANDWICH / WRAPS**

<b>ROKPA Burger</b> - grilled beetroot patty served with tripled cooked fries	420
Chicken Burger - crispy fried chicken served with triple cooked fries	480
<b>Buff Sandwich</b> - marinated buff strips served with sautéed vegetable, barbecue sauce, cheese and triple cooked fries	520
Tuna Sandwich - tuna flakes served in brown bread with triple cooked fries	450
Wrap - Vegetarian / Eggs / Chicken - sautéed vegetables, tomato salsa, rolled in our homemade roti and served with triple cooked fries	300 / 350 / 400



Gluten Free Pasta upon request



Spicy

All prices are in local currency and are subject to 10% Service Charge and 13% VAT.

We don't use MSG

### **OUR HOMEMADE DESSERTS**

Baked Cheese Cake	<i>NRS 250</i>
Nepali Chocolate Cake	<i>NRS 200</i>
Walnut Brownie	<i>NRS 200</i>
Linzer Tart	<i>NRS 180</i>
Lemon Tart	<i>NRS 180</i>
Coconut Tart	<i>NRS 180</i>
Apple Crumble	<i>NRS 180</i>
Mocha Cake	<i>NRS 200</i>

### **KIDS CORNER**

Kids Pomodoro	<i>NRS 180</i>
Kids Chicken Burger	<i>NRS 195</i>
Kids Chicken Strips	<i>NRS 210</i>



Gluten Free Pasta upon request



Spicy

All prices are in local currency and are subject to 10% Service Charge and 13% VAT.

We don't use MSG