



FIKKAL · ILAM · NEPAL

Sunshine Villa

FIKKAL

A menu that tells a story — of earth, elevation, and the slow art of building something that lasts.

FOOD MENU





THE BEGINNING

Fikkal sits quietly on the eastern edges of Nepal — a place where the hills fold into each other like rumpled cloth, where the air carries the smell of tea and pine, and where mornings begin with mist before the sun burns it away.

We stood on this slope and decided not to clear it, but to become part of it. That decision — to build with the land rather than on top of it — is the reason you are holding this menu today.

What you are about to eat was shaped by the same philosophy: local, honest, unhurried.

Starters

*Every great journey begins with a small step — and a small bite.
These are the flavours of arrival: simple, honest, and full of character.
Just like the first house that rose from this hillside.*

Local Bites

Timmur Aloo <i>Potatoes tossed with Szechuan pepper — the taste of eastern Nepal</i>	550/-
Hot Garlic Potato <i>Crispy potato wedges tossed in a sweet and spicy garlic sauce</i>	550/-
Pork Shapta <i>Stir-fried pork with Himalayan spices</i>	850/-
Buff Sukuti <i>Dried buffalo — a timeless mountain preserve</i>	800/-

Chilli Items

Crispy-fried and tossed in a sweet, spicy chili glaze with peppers and onions.

Paneer Chilli	850/-
Chicken Chilli	850/-
Pork Chilli	850/-
Chips Chilli	550/-

Sadeko

A fresh, spicy, and tangy mix tossed with raw onions, tomatoes, cilantro, and zesty spices.

Peanut Sadeko	200/-
Chau-Chau Sadeko	200/-
Chicken Sadeko	450/-

Pakoda

Crispy, golden-fried fritters coated in a lightly spiced chickpea batter.

Veg Pakoda	550/-
Onion Pakoda	450/-
Egg Pakoda	650/-
Paneer Pakoda	850/-

Momos

10 hand-wrapped dumplings with your choice of filling, served alongside classic homemade chutney.

Veg Momo	550/-
Chicken Momo	750/-
Pork Momo	850/-
Paneer Momo	850/-

Fries

Plain Salted Fries	450/-
Peri Peri Fries	550/-
Chatpate Fries	550/-

"THE ABOVE PRICES ARE INCLUSIVE OF 13% GOVERNMENT TAX"



THE ETHOS

Founded in 2023, Sunshine Villa Fikkal was established with a singular vision: to prove that environmental sustainability and robust business ethics are not mutually exclusive, but rather deeply interconnected. We embrace a holistic approach that embeds these core values into the very essence of our operations.

For us, success is measured not just by financial metrics, but by the tangible, positive impact we create — balancing ecological stewardship, ethical labor practices, and community engagement to build a future where growth and responsibility thrive together.



Soups & Platters

Warmth before the main event. A bowl of soup on a misty Fikkal evening is as essential as the view.

Soups

Veg Soup	400/-
Chicken Soup	500/-
Mushroom Soup	450/-
Tomato Soup	450/-
Egg Drop Soup	450/-

Platters

Fruit Platter <i>Assorted fresh seasonal fruits.</i>	600/-
Cheese Platter <i>Assorted local cheeses.</i>	650/-
Caprese Salad <i>Fresh tomatoes, mozzarella, and olive oil.</i>	600/-
Bruschetta <i>Toasted bread, fresh seasonal toppings</i>	500/-

Comfort Food

Sandwiches

From a simple classic to a hearty triple-decker, freshly prepared and toasted to order.

Club Sandwich	900/-
Cheese Sandwich	500/-
Egg Sandwich	600/-
Grilled Cheese Sandwich	650/-

Wraps & Wings

Freshly rolled flatbreads packed with vibrant veggies, hearty fillings, and savory spreads.

Veg Wrap	600/-
Chicken Wrap	700/-
Chicken Wings* <i>Crispy, juicy bone-in wings deep-fried to a golden brown and tossed in flavorful sauces.</i>	800/-

Shabhaleys

Deep-fried, savory meat pies with a crispy exterior and a juicy, spiced center.

Vegetable Shabhalay	600/-
Chicken Shabhalay	700/-
Pork Shabhalay	750/-

Burgers*

A juicy, fully homemade burger crafted from scratch, served with a side of crispy golden fries.

Grilled Chicken Burger	1000/-
Crunchy Chicken Burger	1200/-

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Built from the *earth* for the *earth*.

Rammed earth is one of humanity's oldest building methods — and one of its most honest.

Raw subsoil, gravel, and a touch of moisture are compressed, layer by layer, into walls of extraordinary solidity and beauty. No fired bricks. No imported materials. Just the land, shaped by human hands.

The walls of Sunshine Villa were built this way. Each horizontal band you see in the rammed earth walls is a record — a layer poured, tamped, and set. The texture is not decoration; it is a geological diary.

Rammed earth breathes. It stays cool in summer and holds warmth when the mist rolls in from the tea gardens. It returns, one day, to what it was.



Rice & Noodles

The Himalayan foothills gave the world rice, noodles, and the patience to cook them slowly.

These dishes carry that lineage — warming, generous, and rooted in altitude.

Fried Rice

Classic wok-tossed rice with crisp vegetables, savory soy sauce, and your choice of meat or veg

Veg Fried Rice	550/-
Chicken Fried Rice	650/-
Pork Fried Rice	750/-

Homestyle Rice Plates

Hearty, homestyle favorites served as complete, balanced meals.

Paneer Curry & Rice	850/-
Creamy Chicken w/ Rice <i>Served with a side of Vegetables</i>	950/-
Double Cooked Pork w/ Rice <i>Served with a side of fried spinach</i>	1050/-

Chowmein

Wok-tossed noodles stir-fried with shredded vegetables, savory sauces, and aromatic spices.

Veg Chowmein	550/-
Chicken Chowmein	650/-
Pork Chowmein	750/-

Thenthuk

A hearty, flavorful soup featuring flat, hand-pulled noodles and fresh vegetables in a savory broth.

Egg Thenthuk	650/-
Chicken Thenthuk	750/-
Pork Thenthuk	850/-

Thukpa

A comforting, traditional Himalayan noodle soup served in a warm, heavily seasoned broth with fresh veggies.

Egg Thukpa	600/-
Chicken Thukpa	700/-
Pork Thukpa	800/-

Keema Noodles

Wok-tossed noodles mixed with rich, savory spiced minced meat and fresh vegetables.

Chicken Keema Noodles	700/-
Pork Keema Noodles	800/-



The Rhythm of the Himalayas on a Platter

Long before modern trade routes carried spices across the globe, the kitchens of Nepal were quietly perfecting the art of the harvest. Nestled between the towering peaks of the Himalayas and the lush southern plains, our food is a story of geography, resilience, and community. Here, recipes aren't just cooked; they are passed down through generations, shaped by the monsoon rains and the crisp mountain air.

At the heart of Nepali cuisine is a profound respect for the land. For centuries, our ancestors mastered terrace farming, carving steps into steep hillsides to cultivate grains and vibrant vegetables. It is an agricultural tradition rooted in working with nature. By relying on time-honored practices—enriching the earth with green manure and natural compost—our farmers coax the purest, boldest flavors from the soil, a dedication to organic cultivation still practiced in the fertile hills of regions like Ilam today. This deep connection to the earth finds its ultimate expression in the Nepali Thali. Far more than just a meal, it is the very rhythm of our daily life.

At the center of the brass platter rests a welcoming mound of bhat (rice) or traditional grains, acting as the canvas for the feast. It is surrounded by a carefully curated constellation of bowls: earthy dal (lentil soup), hearty tarkari (seasonal vegetable curries), bitter greens to cleanse the palate, and vibrant, tangy achaar (fermented pickles) to awaken the senses.

The thali is a culinary masterclass in balance. It is designed to nourish the body while hitting every essential flavor note—sweet, sour, bitter, salty, and spicy. Eating it is meant to be a tactile, joyful experience. We invite you to slow down, mix the textures, and taste the living history of Nepal in every bite.



Nepali Main Course

Dalbhat is not just food — it is a ritual. A full Nepali thali arrives all at once, a landscape of tastes arranged in small bowls. It is meant to be eaten slowly, and refilled.

NEPALI KHANA

"A traditional Nepali meal of steamed rice, lentil soup, seasonal vegetables, pickles, and flavorful curries — wholesome, balanced, and full of authentic flavors."

VEG THALI
800

PANEER THALI
1000

CHICKEN THALI
1000

LOCAL CHICKEN THALI*
1300

PORK THALI
1200

MUTTON THALI*
1500

FISH THALI*
1200



Please note: To ensure the highest quality and freshness, items marked with an asterisk (*) require a minimum 24-hour advance order.

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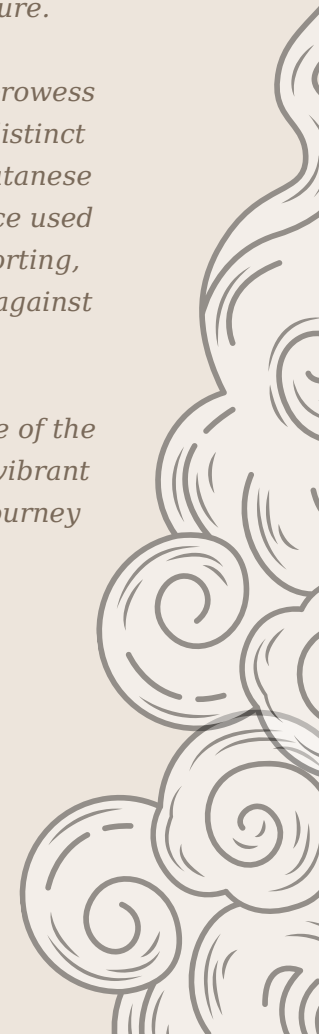
Across the Foothills: A Shared Harvest

The story of the Himalayas is not just one of towering peaks, but of the people who learned to cultivate its rugged hills and valleys. The culinary connection between Nepal and Bhutan is deeply rooted in the soil, tracing its origins back to the late 19th and early 20th centuries.

During this time, skilled Nepali farmers journeyed eastward along the Himalayan foothills, venturing into the dense, untamed jungles of southern Bhutan. Renowned for their mastery of terrace farming and their intuitive understanding of mountain agriculture, these settlers were instrumental in transforming wild terrain into fertile, yielding farmland. They didn't just bring their families; they brought heirloom seeds, ancient cultivation techniques, and a profound respect for the rhythms of nature.

This historic migration sparked a beautiful culinary exchange. The agricultural prowess of the Nepali farmers met Bhutan's pristine, high-altitude environment and its distinct culinary soul. Where Nepali food often leans on a delicate balance of spices, Bhutanese cuisine embraces the bold and the brave. In Bhutan, chilies are not merely a spice used for heat—they are celebrated as a main vegetable, often paired with rich, comforting, handcrafted cheeses to create dishes designed to warm you from the inside out against the mountain chill.

Our Bhutanese Set is a tribute to this intertwined history. It honors the resilience of the farmers who crossed borders to cultivate new lands, and it celebrates the bold, vibrant flavors that were born from their shared harvest. It is a hearty, deeply savory journey meant to be savored.



Bhutanese Main Course

Bhutan is a day's walk from here — culturally if not literally. The Bhutanese set arrives as a whole world: rice, fire and cheese, slow-cooked greens, and the comfort of knowing exactly where you are.

BHUTANESE MEAL

"A wholesome Bhutanese meal of rice, ema datshi (chilies and cheese), garlic spinach, spicy achar, steamed t-momo, and your choice of chicken or pork paa — rich, aromatic, and authentically Himalayan."

VEG BHUTANESE SET

1000

CHICKEN BHUTANESE SET

1200

PORK BHUTANESE SET

1200



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Indian

Dive into the vibrant and aromatic flavors of traditional Indian cuisine. From creamy butter masalas and hearty curries to slow-cooked daals, fragrant biryanis, and perfectly paired rice and roti, experience a true taste of culinary comfort.

Butter Masalas

A rich and creamy spiced butter masala. Serves 2.

Chicken Butter Masala 700/-

Paneer Butter Masala 700/-

Curries

A vibrant selection of hearty, homestyle vegetable curries simmered to perfection in rich, aromatic Indian spices

Mix Vegetable Curry 600/-

Bhindi Masala Curry 500/-

Chana Masala 600/-

Biryani*

Fragrant basmati rice layered with spices and slow-cooked to perfection for a rich, deeply flavorful experience.

Veg Biryani 800/-

Chicken Biryani 900/-

Mutton Biryani 1200/-

Rice Specialties

From simple steamed grains to spiced cumin and traditional pilaf, these fluffy rice specialties are perfectly sized for two to share.

Plain Rice 200/-

Jeera Rice 300/-

Pulao Rice 400/-

Daals

Authentic, slow-cooked lentils—from rich and creamy to light and simple.

Daal Makhani 600/-

Plain Daal 400/-

Roti

Aloo Paratha 500/-

2 Pieces served with a side of yogurt and achar

Plain Roti 50/-

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Continental

Explore a hearty selection of global comfort food favorites. From hot sizzler platters and freshly baked pizzas to expertly seasoned grilled and barbecued specialties, there is something to satisfy every appetite.

Sizzlers

Sizzling platters packed with bold flavors and straight-from-the-grill perfection.

Chicken Sizzler	1000/-
Pork Sizzler	1200/-

Grilled

Perfectly seasoned and expertly cooked for a beautifully caramelized exterior and tender, juicy center.

Grilled Chicken	1000/-
Grilled Pork Ribs*	1500/-

Pizza*

Freshly baked pizzas with a rich tomato sauce and melting layers of premium cheese.

Margherita	1200/-
Farmhouse	1400/-
Pollo	1500/-

Barbecue*

(per kilogram)

Chicken	1500/-
Pork	1800/-
Mutton	2500/-

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S I N G L E O R I G I N · G O D A K F A R M

From Our Farm *to Your Cup.*

Our coffee beans are grown on our own farm in Godak, in the hills above the valley. The altitude, the mist, and the patience of our farmers produce a bean of exceptional character — smooth, complex, and entirely ours. When you order a coffee at Sunshine Villa, it has not passed through a warehouse or a trading floor. It came from soil we tend.



HOT COFFEE

Espresso	300/-
<i>A bold, concentrated shot — the purest expression of our Godak beans</i>	
Doppio	400/-
<i>Double shot — for those who know</i>	
Americano	300/-
<i>Espresso gently opened with hot water</i>	
Cappuccino	450/-
<i>Creamy, velvety, aromatic</i>	
Café Latte	450/-
<i>Silky steamed milk, nuanced coffee notes</i>	
Café Mocha	550/-
<i>Coffee meets chocolate — an indulgent treat</i>	

ICED COFFEE

Iced Americano	400/-
Iced Cappuccino	450/-
Iced Latte	450/-
Iced Mocha	550/-



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The Himalayan Brew: A Legacy in Every Leaf

The story of Nepalese tea begins not in a field, but in a palace. In 1863, it is said that the Chinese Emperor gifted tea seeds to the Rana Dynasty. Colonel Gajraj Singh Thapa, the visionary son-in-law of Prime Minister Jung Bahadur Rana, planted those first seeds in the fertile soil of Ilam. Today, those original bushes are over 160 years old, still standing as living monuments to a tradition that predates most modern tea estates.

The Tea Capital of the World

While the world looks to the peaks for adventure, we look to the foothills of Eastern Nepal. This region—encompassing Ilam, Panchthar, and Dhankuta—is the undisputed tea capital of the nation. Nestled at altitudes between 3,000 and 7,000 feet, our tea thrives in a unique microclimate where the crisp Himalayan air meets rich, volcanic soil. The geography here is a twin to Darjeeling, yet the spirit of the tea is uniquely Nepalese: bold, floral, and untamed.

From the Hands of the Himalayas

Our tea isn't just a commodity; it's a community. In the mist-covered gardens of the East, the story is written by the hands of small-holder farmers and dedicated pluckers—many of whom have passed down the art of the "two leaves and a bud" through generations.

- *The Quality: We specialize in High-Altitude Orthodox Tea, hand-rolled to preserve the complex essential oils that give our brew its signature "muscatel" finish.*
- *The SSV Standard: By the time this tea reaches your cup at SSV, it has traveled from the steep slopes of the East to our curated selection, ensuring every sip supports fair wages and sustainable mountain ecology.*

A Sip of History: You aren't just drinking tea; you're tasting the same mineral-rich terroir that captivated the Ranas over a century ago. It's heritage, harvested.

Quick Facts for the Curious

- *Founded: 1863 (First plantation in Ilam).*
- *The Bushes: Some original plants are still producing after 1.5 centuries.*
- *The Terroir: High-altitude, mist-heavy, and 100% Himalayan.*
- *The Impact: Every cup supports the resilient farming communities of Eastern Nepal.*

ILAM TEA

The gardens of Ilam produce some of Nepal's finest tea. Ours comes from nearby estates — look out the window and you may spot the rows.

	Cup	Pot
Milk Tea (Nepali Tea)	250/-	500/-
A comforting, classic brew of robust tea leaves steeped rich with milk and a touch of sweetness.		
Black Tea	200/-	400/-
A bold, full-bodied steep with deep, malty notes. Perfect for a strong, revitalizing start to the morning.		
Green Tea	200/-	400/-
A delicate, minimally processed tea offering a bright, clean profile with refreshing, earthy undertones		
White Tea	350/-	700/-
The most delicate of our selection, crafted from tender young buds to yield a sweet, floral, and exceptionally smooth finish.		
Golden Tea	300/-	600/-
A highly prized, rare steep made from premium, golden-tipped buds. It delivers a rich, honey-like sweetness and a remarkably velvety texture.		
Ruby Tea	300/-	600/-
A soothing, naturally caffeine-free herbal infusion with gentle floral and apple notes, ideal for evening relaxation.		
Oolong Tea	300/-	600/-
A beautifully complex, semi-oxidized tea that bridges the gap between the fresh brightness of green tea and the rich depth of black tea.		

for a comprehensive tea experience please contact one of our team members.

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FIKKAL · ILAM · NEPAL

RAMMED EARTH | SUSTAINABLE | FARM TO TABLE | COMMUNITY

"We did not build on this hillside. We built with it — pressing the earth into walls, planting trees around footings, letting the slope decide the shape of things."

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