

# THE EVEREST

## SERVING YOU THE BEST OF NEPALESE & INDIAN CUISINE

At The Everest we offer authentically prepared and the best of Nepalese and Indian Cuisine. We are passionate about the food we serve. Our chef has mastered flavours of India's & Nepal's aromatic herbs, spices, and other ingredients that tease your taste buds. Hospitality is our forte, your experience with friendly service and great menu choice is paramount. We understand your desire for a superb culinary experience and our team will endeavour to achieve it for you.

## NEPALESE STARTERS

### POPPADUMS WITH HOME-MADE

#### CHUTNEY TRAY (D)

£2.00

#### ALOO TAREKO (V)

£4.95

Potato cake stuffed with cumin and fresh ginger.

#### CHOILA (SALAD) (D) CHICKEN £6.50 / LAMB £7.50

Spicy Grilled chicken or lamb with fenugreek, red onions, spring onions, ginger garlic, green chillies, lemon and coriander from Kathmandu valley.

#### MOMO (G) VEG (V) £5.50 / CHICKEN £6.00

Popular Nepali delicacy, minced & seasoned dumpling steamed and served with popular Nepali chutney. (Note: Min. 15 minutes to cook)

#### PIRO KUKHURA (E)

#### OR PIRO PANEER (E) (D)

£6.00

Wok Fried chilly chicken or paneer cooked in Nepalese spices with spring onions and mixed pepper sauce.

#### PORK SEKUWA

£6.50

Traditional grilled pork belly with fresh herbs and spices cooked in tandoori grill.

#### GARLIC MURGH MALAI TIKKA (D)

£6.00

Chicken marinated with yoghurt, ginger, garlic, cheese cooked in tandoori grill.

#### EVEREST SAMOSA (G) (V) (D)

£4.95

Homemade veg samosa with green peas, corn, potatoes, and crushed chillies.

#### VEG MANCHURIAN (V) (G)

£4.95

Mix vegetables Balls tossed in Chilli garlic sauce.

#### LASOONI KING PRAWNS (D)

£7.95

Tandoori king prawns with herbs and spices marinated with carom seeds.

#### EVEREST PURI (G)

£6.50

Prawns cooked with Nepalese spices, served with deep fried round flat breads.

#### SALMON TIKKA (D) £7.95 / Mains £13.95

Tikka of salmon marinated with aromatic herbs and cooked in a tandoori oven.

#### TAREKO SEABASS

£7.95

Marinated seabass, folded and crispy fried served with Nepali chutney.

#### EVEREST VEG PLATTER

#### FOR TWO (G) (D) (E)

£10.95

Freshly prepared samosa, onion bhaji, potatoe cake, veg manchurian.

#### EVEREST MIX PLATTER

#### FOR TWO (G) (D) (E)

£12.95

Freshly prepared samosa, onion bhaji, chicken tikka & lamb kebab.

#### EVEREST SEAFOOD PLATTER

#### FOR TWO (G) (D) (E)

£14.95

Salmon tikka, tandoori king prawn, fish cake, chilli and garlic squid.

## CLASSICAL INDIAN STARTERS

#### ONION BHAJI (V) (E)

£4.95

#### CHICKEN TIKKA (D)

£5.50 / Mains £11.95

#### LAMB SEEKH KEBAB (E)

£6.50/ Mains £12.95

#### TANDOORI SPICED

#### LAMB CHOPS (D)

£7.50 / Mains £13.95

V=Vegetarian | D = Dairy | N = Nuts | E = Egg | G = Glut ( = Mild (( = Medium Spicy ((( = Hot & Spicy

(Food described within the menu may contain nuts or derivatives of nuts. If you suffer from an allergy or food intolerance, please let us know)

# NEPALESE CHEF'S SPECIALS

(Note: All the Main curry dishes can be prepared mild, medium or extra spicy if instructed to your server)

#### GURKHA'S SPECIAL CHICKEN/LAMB/PORK

£11.50/£12.50/£12.50

Boneless chicken or lamb or pork cooked with Nepalese spices, green chillies and fresh ginger.

#### RARA CHICKEN/LAMB

£11.50/£12.50

Boneless and minced chicken or lamb cooked with Chef's special Nepalese spices.

#### HIMALAYAN KHASI (D)

£12.50

Lamb tikka cooked with fresh chillie, garlic, fresh tomato sauce with Nepales herbs.

#### HARYALI CHICKEN/LAMB (D) £11.50/£12.50

Tender cubes of chicken or lamb cooked with fresh mint ginger, garlic, green chillies, and Nepalese spices.

#### OLD DELHI CURRY (D) (N)

#### CHICKEN/LAMB

£11.50/£12.50

Chicken or Lamb tikka served in creamy butter tomato sauce.

#### EVEREST TANDOORI CHICKEN (D) £13.95

Tandoori cooked chicken breast, served with lentils, saffron pilau rice and fresh mango salad.

#### EVEREST MIXED GRILL (D) £14.95

Tandoori chicken breast, lamb chop, chicken tikka, seekh kebab & king prawn.

#### SHASLIK (D) Paneer £10.95 / Chicken Tikka £12.50

Cubes of cottage cheese or chicken tikka with a spiced coating and chargrilled with onion, mixed peppers cooked in a tandoori oven.

#### BHUTE KO HANSH (D) £13.95

Chargrilled duck breast cooked with green herbs and Nepalese spices.

## CLASSIC INDIAN DISHES

VEG £9.50 | CHICKEN £10.50 | LAMB £11.50

CHICKEN TIKKA £11.50 | PRAWNS £12.50

#### TIKKA MASALA (D) (N)

#### PASANDA (D)

#### KORMA (D) (N)

#### ACHARI

#### JALFREZI (D)

#### BHUNA

#### MADRAS

#### DOPIAZA

#### DHANSAK

#### BALTI

#### ROGAN JOSH

#### VINDALOO

#### KHASI KO KHUTTA

£13.95

Shank of Lamb cooked in a smooth sauce with black pepper and Nepalese spices.

#### HARIYOO SAAG

#### CHICKEN/LAMB/PORK £11.50/£12.50/£12.50

Dice of chicken or lamb or pork and spinach cooked with fresh ginger, garlic, and green herbs.

#### GARLIC CHILLI:

#### Chicken £12.95 | Lamb £13.95 | Tiger Prawn £14.95

Chicken or Lamb or Tiger Prawn cooked dry with fresh garlic chilli, onion and pepper served with a separate tangy sauce.

#### DUCK WITH ORANGE (D) £14.95

A Parsi influenced recipe comprising oftender duck breast with exotic warm spice blends with a hint of orange.

#### EVEREST SIRLOIN STEAK (D) £16.95

Sirloin beef steak marinated with spices, chargrilled served with potato and spinach. (Plain steak available if requested)

#### MALABAR TIGER PRAWN (D) £14.95

Traditional South Indian creamy base curry with curry leaves.

#### GURKHALI MACHHA (D) £14.95

White Fish marinated with crushed Nepalese spices, mustard, ginger, garlic, and fresh herbs.

#### ROASTED WHOLE SEABASS (D) £15.95

A whole seabass marinated with Nepalese herbs and spices served with potato and spinach.

## BIRYANI DISHES

BIRYANI DISHES ARE COOKED WITH BASMATIRICE AND COMPLEMENTED WITH A MIXEDVEGETABLE CURRY SAUCE

#### VEGETABLES £10.95

#### CHICKEN £11.95

#### CHICKEN TIKKA £12.95

#### LAMB £12.95

#### KING PRAWNS £13.95