



THE EVEREST EATERY

NEPALESE & INDIAN CUISINE Fully Licensed

Namaste and Welcome to THE EVEREST EATERY. We are a small family run business dedicated to bring typical flavour of Nepalese cuisine with homemade original spices and organic products from the Himalayan foothills.

Nepalese cuisine is one of the world's most diverse cuisine, distinguished by its sophisticated and subtle use of herbs and spices to accentuate the exotic flavours of Nepal.

Our Head Chef Mr. Kumal who has over 20 years of experience of working in high-end restaurants and hotels of the world and assistant Chef Mr. Saud will prepare modern dishes using traditional techniques and finest quality ingredients in order to bring the tastes and aromas of Nepal, fresh onto your plates.

Explore the rich, tongue-tingling flavours and texture of authentic Nepalese cuisine on an unrivalled fine dining journey at THE EVEREST EATERY. We hope you enjoy!

Strength Guide On Our Dishes

Mild  Medium  Hot  Extra Hot 

Allergies

Some dishes may contain allergens please follow the signs below

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|  Gluten |  Mustard |  Fish |  Eggs |
|  Nuts |  Milk |  Peanuts |  Vegan |
|  Celery |  Sesame |  Sulphur Dioxide / Sulphites | |
|  Lupin |  Soya |  Molluscs |  Crustaceans |



APPETIZERS

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| 01. Hot and Sour chicken Soup | £4.25 |
| Indo-Chinese soup | |
| 02. Daal Soup (V) | £4.15 |
| A curry-flavored soup of Anglo-Indian origin. It is regarded as the national soup of India (<i>lentil soup</i>) | |
| 03. Papadoms Plain or Spicy (V) | £0.85 |
| 04. Pickle Tray (V) (M) | £2.00 |
| 05. Mixed Green Salad | £2.95 |
| 06. Raita (Mix) / Cucumber | £2.75 |

STARTERS (Chef's Speciality)

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| 07. Chilli King Prawn (V) (S) (W) (M) (D) (F) | £7.25 |
| Marinated king prawns pan fried with fresh green chillies, garlic and spring onions. One of the most popular Chef's recipes. | |
| 08. Chilli Chicken (V) (S) (D) (F) | £5.75 |
| Marinated chicken tikka, pan-fried with capsicum, onion, garlic, and green chillies. | |
| 09. Nepali Sekuwa (D) (M) (F) | £6.75 |
| Succulent pieces of lamb marinated with homemade Nepalese spices and herbs and cooked in tandoori oven. Country style cooked Nepalese barbecued lamb. | |
| 10. Lamb Chops (D) (M) (F) | £6.50 |
| Beautifully marinated Lamb Chops cooked in tandoori oven and served with Chef's special fresh mint chutney. | |
| 11. Everest Magic Tikka (V) (D) (F) | £5.75 |
| Marinated with ginger, garlic, green chillies, fresh mint, spinach, coriander, lemon juice, herbs and hung yogurt. Grilled in clay oven and served with salad. | |
| 12. Garlic Chicken Tikka (D) (F) | £5.75 |
| Diced pieces of chicken breast marinated in Nepalese spices and herbs. Then mixed with fresh lemon juice, fresh garlic and fenugreek. Cooked in a tandoor. | |
| 13. Chicken Manchurian (V) (S) (D) (F) | £5.95 |
| Crispy Chicken Pakora, pan fried with touch of garlic, ginger, spring onions, coriander with tamarind and balsamic reduction. | |
| 14. Momo (Chicken/Lamb) (V) (S) (D) (F) | £6.75 |
| This is a traditional delicacy in Tibet, Nepal and Bhutan. Minced chicken/lamb filling in a crescent shaped and cooked by steaming over a soup. Served with tomato chilli and sesame seed sauce. | |
| 15. Salmon Tikka (D) (F) (F) | £6.75 |
| Fresh salmon fillet marinated with yoghurt, lemon juice and Nepalese spices. Served in a specially prepared light Sweet chilli sauce. | |



VEGETARIAN STARTERS

16. Onion Bhaji (V) £4.45
 17. Aalu Channa Chat (V) (G) £5.25
 18. Vegetable Somasa (V) (G) £4.25
 19. Garlic Mushroom (V) £4.75
 Stir fried mushroom in garlic, Butter and fresh herbs.
 20. Soya Chilli (V) £5.75
 21. Everest Paneer Tikka (D) £5.75
 22. Vegetable Pakora (V) (G) £4.25
 23. Vegetable MoMo (D) (G) (M) (N) £5.75
 24. Vegetable Manchurian (G) (S) (L) £5.25
 Crispy vegetable pakoras, pan fried with a touch of ginger, garlic, spring onions, coriander with tamarind and balsamic reduction.

TRADITIONAL STARTERS

25. Chicken Tikka (D) £5.75
 26. Seekh Kebab (D) (L) £5.75
 27. Mixed Kebab (D) (E) £5.95
 28. Lamb Tikka (D) £5.75
 29. Meat Samosa (G) £4.25
 30. Fish Pakora (G) (F) (L) £4.95
 31. Chicken Chat Puri (G) (D) £5.25
 32. Prawn on Puri (G) (L) (S) £5.45
 33. Chicken Pakora (G) (L) £5.75
 Strips of chicken delicately coated in gram flour batter with Indian herbs and spices then deep fried. A true classic.

NEPALESE SPECIALITY MAIN DISHES

Choice of Vegetable / Paneer / Chicken / Lamb / King Prawn

Vegetable / Soya / Paneer: £9.75	Chicken: £10.95	Lamb: £11.95	King Prawn: £12.95
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34. Gurkha Special (D) ££
 Cooked finely chopped fresh ginger, garlic, pepper and red chilli sauce with garam masala, providing a host of subtle flavours. Garnish with roasted garlic flakes
 35. Everest Himalayan Curry (G) (M) (N) £££
 Mouth watering pickled spices recipe garnished with slices of green chillies. Guaranteed to give the palate a savoury awakening.
 36. Chana Parikar (G) ££
 Country style Nepalese cooking with chickpeas, garlic, green chillies and herbs. Delicately flavoured with curry leaves and asafetida.
 37. Sangam (G) (M) £££
 Cooked in a spicy pickled sauce with spinach, vegetables, fresh herbs and native spices. A spicy but well balanced dish.
 38. Mango Curry (D) (N) ££
 A lovely mild sweet creamy dish gently flavoured with Mango and delicate spices
 39. Royal Tawa (Lamb or Chicken Only) £££
 Cooked in finely chopped fresh ginger, garlic, pepper and red chilli sauce and a touch of barha masala providing a host of subtle flavour. Garnished with roast garlic flakes.
 40. Nauni Curry (Lamb or Chicken Only) (D) (N) ££
 Cooked in a Dairy based sauce with almond, chopped masala, ginger, garlic & Nepalese spices. It has a rich texture of cream & a finely balanced taste of spices.
 41. Pharsi Curry (Chicken or Lamb Only) (M) £££
 A traditional style homemade curry cooked with courgette with mustard seed, green chilli, ginger, garlic and Nepalese spices.
 42. Chate Milan (D) ££
 A traditional Nepalese recipe in coconut milk with a fusion of spices including black pepper, lemon leaves & mushroom.



INDIAN SPECIALTY MAIN COURSES

43. **Chicken Lababdar** (D)(N) £10.95
Barbecued chicken prepared with mild creamy sauce, with almonder and a touch of honey.
44. **Maska Chicken** (D) £10.95
Julienne cut Chicken tikka cooked with minced lamb and spinach sauce.
45. **Karahi (Vegetable, Paneer, Soya, Chicken, Lamb, Prawn)** £10.95
Cooked with garlic, ginger, garam masala, green pepper, tomato, onion and fresh coriander.
46. **Naga (Chicken Tikka or Lamb Tikka)** (M) (H) (H) (H) £11.25
Extra Hot dish with Naga Chilli, peppers, onion, tomatoes, fresh herbs & spices.
47. **Butter Chicken** (D)(N) £10.50
Cooked with makhani gravy using butter, almond and cream.
48. **Garlic Chilli** (H) (H) (H) (BBQ Chicken/Lamb/Prawn/Soya/Paneer/Veg) £10.25
A Exquisite South Indian dish cooked with onion, capsicum & tomato, fresh garlic, ginger, green chillies and fresh corriander leaves.
49. **Special Mix Karahi** (D)(E)(M)(S)(H) £12.95
Mixture of barbecued chicken, lamb, king prawn and seekh kebab cooked with tomatoes, capsicum and fresh in medium spices.

EVEREST CHEF'S SPECIAL

50. **Everest Mix Tawa** (D)(M)(S)(H) (H) (H) (H) £12.25
Chicken Tikka, Lamb Tikka and Tiger Prawn, cooked with Chef's special authentic chopped masala, garlic, green chilli, tomato, fresh herbs and native spices. A beautifully and unique dish in a league of its own.
51. **Everest Mix Balti** (M)(S)(H) (H) (H) £12.25
Chicken, lamb and king prawn cooked together with authentic herbs and spices
52. **Jomsom** (M)(S)(H) (H) (H) (H) (Chicken / Lamb / Paneer / King Prawn) 12.25
An exquisite Nepalese dish. Chef's top-secret recipe with onion, capsicum, fresh garlic, ginger, green chilli, tomato and a selection of Nepalese herbs & spices. Dedicated to all the lovers of hot & spicy food.
53. **Sherpa Curry** (H) (H) (H) (H) (Lamb or Chicken Only) £12.25
Home style lamb tikka or chicken tikka cooked with fresh garlic & green chillies. Gently simmered with Szechuan pepper and selection of Nepalese spices & herbs. Very hot
54. **Special Stir Fried Fish** (E)(S)(F)(M)(H) (H) (H) £11.95
Marinated diced fillet of Panga fish stir-fried with Nepalese spices and herbs, lemon juice and spring onions.
55. **Gurkha Fish Curry** (M)(D)(F)(H) £11.95
A real taste of Nepal. A home made Salmon Fish Curry cooked with fresh garlic, ginger, tomato and garam masala. Spicy but well balanced fish curry
56. **Katmandu Royal Curry** (H) (H) (Lamb or Chicken only) £11.95
A medium hot flavoured dish, spring onions, herbs and fennel seeds served in a rich sauce.



TANDOORI MAIN DISHES

All Tandoori Dishes Served With Salad

57. Chicken Tikka (D)	£9.95
58. Lamb Tikka (D)	£10.95
59. Tandoori Chicken (Half) (D)	£8.95
60. Shaslik (D)	
Lamb	£10.95
Chicken	£10.50
Paneer / Mushroom/Soya	£9.95
61. Tandoori Lamb Chops (D)	£11.95
62. Tandoori King Prawn (Served with Plain Nan Only) (D) (V) (G) (L)	£14.50
63. Everest Mix Grill (Served with Plain Nan Only) (D) (V) (G) (L) (E)	£14.95
64. Salmon Tikka	£12.95

TRADITIONAL MAIN DISHES

Choice of Vegetable / Paneer / Chicken / Lamb / King Prawn

Vegetable / Soya / Paneer: £8.25 (D)	Chicken: £8.50	Lamb/Prawn: £10.25 (V) (G) (L)	King Prawn: £12.95 (V) (G) (L)
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65. **Korma** (N) (D)
Cooked in creamy mild sauce with coconut and almond.
66. **Balti** (V)
Cooked with onion, fresh blended spices & flavored with green herbs.
67. **Madras** (D) (V) (G) (L) (E)
A hot curry from South India.
68. **Dhansak** (V) (G)
A medium hot sweet & sour curry cooked with lentil and pineapple.
69. **Pathia** (V) (G)
A medium hot sweet and sour dish cooked with tomato and onion.
70. **Bhuna** (V)
Cooked with tomatoes, onion and freshly ground spices.
71. **Rogan Josh** (V)
Prepared in Rogan sauce, onion, ginger, fresh herbs, with gravy of exotic Indian spices.
73. **Tikka Masala** (N) (D)
Cooked with blended almond, coconut, cream, yogurt with aromatic spices.
74. **Saagwala** (D) (V)
Medium spicy dish cooked with fresh spinach and fresh spices.
75. **Dupiaza** (V)
Medium dish with onion, tomatoes, fresh herbs and spices.
76. **Jalfrezi** (V) (G)
Cooked with peppers, green chilli, onion, herbs and spices.
77. **Biryani** (D) (V) (G) (L)
Cooked with basmati rice, mint, fresh ground spices and serve with side dish vegetable curry.

Vegetable / Paneer : £7.95	Chicken: £9.95	Lamb/Prawn: £10.25	King Prawn: £12.95
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78. **Special Mixed Biryani** (D) (V) (G) (L) (E) £10.95
Combination of Chicken, Lamb and Prawn.



VEGETABLE MAIN AND SIDE DISHES

As a main dish £7.95

As a side dish £5.25

79. **Aloo Gobi**) (V)
Potatoes cooked with Cauliflower
80. **Mushroom Mutter** (D)) (V)
Mushrooms cooked with Peas in a thick gravy
81. **Bombay Aloo**)) (V)
Medium spicy potato with onion & tomato
82. **Mushroom Bhaji**) (V)
Mushrooms cooked with fenugreek, tomato & other herbs.
83. **Aloo Baingan** (D)) (V)
Potato and Aubergine stir fried with herbs and spices
84. **Palak Paneer** (D)) (V)
Spinach and cottage cheese cooked in creamy sauce
85. **Mix Vegetable**) (V)
Made with carefully chosen selection of vegetables
86. **Bhindi Bhaji**) (V)
Medium spicy okra with onion & tomato
87. **Chana Palak** (D))
Chickpeas with spinach
88. **Saag Aloo** (D))
Spinach cooked with Potatoes
89. **Tarka Daal** (D))
Lentil cooked with fried garlic
90. **Daal Makhani** (D))
A combination of whole black lentils and red kidney beans cooked in very rich and creamy sauce with buttery gravy and seasoned with asafoetida.

RICES

91. **Boiled Rice** £2.50
92. **Pilau Rice** (D) £2.95
93. **Mushroom Pilau Rice** (D) £3.50
94. **Egg Fried Rice** (E) (S) £3.50
95. **Kathmandu Rice** (V) (D) (S)) (Garlic & Chicken Fried Rice) £3.95

NAAN BREADS

98. **Nan** (D) (V) (E) £2.75
99. **Peshawari Nan** (D) (V) (E) (N) (Almond, Coconut & Sultana stuffed bread) £3.50
100. **Keema Nan** (D) (V) (E) (Minced Meat stuffed bread) £3.75
101. **Garlic Nan** (D) (V) (E) £3.25
102. **Cheese Nan** (D) (V) (E) £3.50
103. **Tandoori Roti** (D) (V) (E) £2.10
104. **Tandoori Paratha** (V) £3.20
105. **Chips** (V) £3.10

Any extra addition of vegetable in any dish Extra £1.00

Beers / Ciders (Bottles)

Cobra Draught	Pint	£4.95	Half	£2.95
Gurkha 660ml (Nepalese)				£5.25
Gurkha 330ml				£3.15
Cobra 330ml (Alcohol Free)				£3.15
Magners 568ml				£4.75
Henry Westons (Herefordshire)				£4.75

Spirits & Shots

	25ml	50ml	Mixer - £1.00
Vodka (Smirnoff)	£3.45	£6.25	
Vodka Absolut	£3.75	£6.45	
Bacardi Rum	£3.95	£6.25	
Captain Morgan Rum	£3.99	£6.25	
Scotch Whisky	£4.25	£6.25	
Black Label	£5.50	£7.25	
Jack Daniel's	£4.75	£6.45	
Gordon Gin	£3.45	£5.25	
Bombay Sapphire	£3.75	£5.75	
Gin Tanqueray	£4.75	£6.99	
Pink Gin Gordon	£3.45	£5.25	
Malibu	£3.75	£5.25	
Archers	£3.75	£5.25	
Pimms	£3.75	£5.25	
Southern Comfort	£3.75	£5.25	
Martini (Dry/Ro/Bia)	£3.75	£5.25	
Martell VS	£3.75	£6.25	

Liqueurs

	(25 ml)	(Mixer £1.00)
Disaronno	£3.75	
Baileys	£3.15	
Tia Maria	£3.75	
Tequila	£3.15	
Cointreau	£3.15	
Sambuca	£3.15	
Red Bull	£3.25	
Port	£3.15	

Soft Drinks & Juices

	Small	Large
Coke	£1.85	£3.50
Diet Coke	£1.85	£3.50
Lemonade	£1.85	£3.50
J2O	£2.75	
Appletiser	£2.75	
Ginger Ale	£2.25	
Juices (Orange & Apple)	£1.95	£3.25
Still/Sparkling Water	£1.75	£3.15
Tonic/Slim L Water	£1.85	
Lassi (Mango/Sweet/Salty)	£1.75	£3.50
Soda & Lime		£2.75

Drinks

Red Wine

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| 1. Merlot (Chile)
Blackberry and plum aromas precede intense flavours of dark red fruits. | £15.95 |
| 2. Shiraz (S.Africa)
This Shiraz is a full bodied and smooth wine with ripe, black fruit flavour. | £17.25 |
| 3. Azabache Rioja Crianza (Spain)
A medium-bodied, warm, spicy red with aromas of cherry. | £21.95 |
| 4. Domaine D' Astruc Malbec (France)
A powerful red wine from the Languedoc with rich flavours of plum, mocha. | £21.95 |
| 5. Cote Du Rhone Seguret Les Coteaux S (France)
Notes vanilla and cherry fruit on the nose, rich chocolate flavours on the palate. | £26.95 |

White Wine

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| 1. Sauvignon Blanc (Chile)
The Crisp, dry palate shows vibrant ripe tropical fruit flavours | £15.95 |
| 2. Chenin Blanc (S.Africa)
Fruity wine with tropical Flavours and crisp finish | £16.95 |
| 3. Pinot Grigio San Antonio (Italy)
Crisp, aromatic wine that is light straw with green tints. Fruity flowery bouquet. | £18.25 |
| 4. Picpoul De Pinet Flam (France)
Floral and tropical fruits notes on the nose. On the palate this crisp, dry white has plenty of stone fruit, melon and zesty notes. The soft citrus fruit is tempered with an intense minerality giving a long, refreshing fininsh. | £19.95 |
| 5. Sauvignon Blanc (New Zealand)
Brimming with vibrant varietal herbal and citrus aromas. | £25.95 |

Rose Wine

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| 1. Pinot Grigio Rose (Italy)
Delicate perfumed aromas of peach and rose petals and soft red fruit flavours. | £16.95 |
| 2. Cougars Moon White Zindfandel (USA)
Youthful fruity aromas with hint of peaches and strawberries | £17.95 |

Sparkling Wines & Champagnes

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| 1. Prosecco Visbo Alegro 75 cl | £23.95 |
| 2. Taittinger Brut Reseve N V | £45.95 |

Wine by Glass

	Small Glass (125ml)	Large Glass (250ml)	House Bottle
1. Merlot	£4.75	£5.75	£13.95
2. Sauvignon blanc	£4.95	£5.75	
3. Pinot G	£4.95	£5.75	
4. Rose	£4.95	£5.75	