

## VEGETARIAN MAINS

### MALAI KOFTA (V) (D) (N) £9.50

Cottage cheese and mashed potato balls cooked in traditional style medium creamy sauce.

### CHANA MASALA (V) £8.95

Stir fried chickpeas with fresh ginger, garlic, green chillies with spices.

### SAHI PANEER (V) (D) (N) £9.50

Cottage cheese cooked in creamy sauce with fresh ginger.

### PANEER TIKKA MASALA (V) (D) (N) £9.50

Tandoori grilled cottage cheese cooked in spices and creamy sauce.

### DAL MAKHANI (V) (D) £8.95

Smoked whole black lentils simmered overnight with fresh tomato, garlic, ginger, butter and spices in creamy sauce.

### BHINDI DOPIAZA (V) (D) £8.95

Fresh okra cooked with ginger, garlic, chilli and spices.

## VEGETARIAN SIDES

### HOME-MADE TARKARI (V) £5.25

Stir fried green mixed vegetables cooked with garlic and green chillie.

### KHUMB HARA MUSHROOM (V) £5.25

A fresh valley mushroom tossed with spring onions, ginger, garlic and fresh chilli.

### AUBERGINE BHAJI (V) £5.25

Fresh roasted aubergine cooked with garlic, ginger, tomato and coriander.

### YELLOW DAL (V) £5.25

Yellow lentils simmered with ginger, garlic, green chilli finished with fresh coriander.

### KATLYAN ALOO (V) £5.25

Diced Himalayan red potato tempered & cooked in a Bombay style.

### SAAG ALOO OR PANEER (V) (D) £5.25/£5.50

Spinach cooked with potatoes or cottage cheese with garlic, onions and tomato.

## RICE & SUNDRIES

### STEAMED BASMATI RICE £3.00

### SAFFRON PILAU RICE £3.50

### DARJEELING STYLE EGG FRIED RICE £3.50

### MUSHROOM RICE £3.50

### MANGO COCONUT RICE (D) £3.50

### MINCED LAMB FRIED RICE £3.50

### CUCUMBER RAITA £2.25

### CHIPS £3.50

### PLAIN NAAN £2.75

### GARLIC AND CORIANDER NAAN £3.00

### TANDOORI ROTI £2.75

### PESHWARI NAAN WITH MANGO

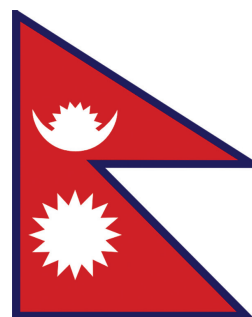
### COCONUT, FENNEL SEED £3.50

### STUFFED CHEESE NAAN /CHILLI £3.50

### STUFFED LAMB MINCE NAAN £3.50

### LACHHA PARATHA £3.50

V = Vegetarian | D = Dairy | N = Nuts, | E = Egg



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# THE EVEREST

NEPALESE AND INDIAN CUISINE

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## 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 teases 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.

## STARTERS

**POPPADUMS WITH HOME-MADE CHUTNEY TRAY (D)** £1.50

**ONION BHAJI (V) (E)** £4.50

**EVEREST SAMOSA (G) (V)** £4.50  
Homemade veg samosa with green peas, corn, potatoes, and crushed chillies.

**VEGETABLE BALLS (G) (V)** £4.50  
Mix vegetables tossed in Chilli garlic sauce.

**MOMO (G) VEG (V) £5.50 / CHICKEN 6.50**  
Popular Nepali delicacy, minced & seasoned dumpling steamed and served with popular Nepali chutney.

**CHICKEN TIKKA (D)** £5.50 (D) / Mains £11.50

**LAMB TIKKA (D)** £6.50 / Mains £12.50

**LAMB SEEKH KEBAB (E)** £6.25  
Minced lamb rolls with mixed herbs and spices skewered and cooked in a tandoori oven.

**TANDOORI SPICED LAMB CHOPS (D)** £7.25 / Mains £13.95  
Spiced lamb chops marinated with herbs and spices cooked in a tandoori oven.

**PIRO KUKHURA (CHILLY CHICKEN) (E)** £6.00  
Wok fried Chilli chicken cooked in Nepalese spices with spring onions and mixed pepper sauce.

**PORK SEKUWA** £6.00  
Pork belly with fresh herbs and spices, slow cooked in a coal grill.

**HANSH KO SEKUWA (DUCK) (D)** £7.25

Duck marinated with fresh herbs and spices slow cooked in a coal grill.

**BEEF TIKKA (D)** £7.25

Strips of sirloin, marinated with herbs and spices slow cooked in a tandoori oven.

**TAREKO SEABASS** £7.50

Marinated seabass, folded and crispy fried served with OTM sauce

**LASOONI KING PRAWNS (D)** £7.25

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

**SALMON TIKKA (D)** £7.50 / Mains £12.95

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

**MONK FISH TIKKA (D)** £7.25

Tandoori monk fish marinated in aromatic herbs and spices.

**EVEREST PURI (G)** £6.00

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

**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)** £14.95

Salmon tikka, tandoori king prawns, fish cake, chillie and garlic squid.

V = Vegetarian | D = Dairy | N = Nuts | E = Egg ( = 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)

## EVEREST CHEF'S SPECIALS

**OLD DELHI CURRY (D) (N)** £10.95  
Chicken breast tikka served in creamy butter tomato sauce.

**GURKHALI CHICKEN** £10.95  
Boneless chicken cooked with fresh ginger, Nepalese spices and green chillies.

**RARA LAMB** £11.95  
Boneless and minced lamb, cooked with chef's special Nepalese spices.

**BHUTEKO KHASI (D)** £11.95  
Lamb tikka cooked with fresh Chilli, garlic, fresh tomato sauce and Nepalese herbs.

**EVEREST TANDOORI CHICKEN (D)** £12.95  
Tandoori cooked chicken breast, served with lentils, saffron pilau rice and fresh mango salad.

**EVEREST MIXED GRILL (D)** £13.95  
Tandoori chicken breast, lamb chops, chicken tikka, seekh kebab & king prawn.

**SHASLIK (D) Paneer £9.50 / Chicken Tikka £11.50**  
Cubes of cottage cheese or chicken tikka with a spiced coating and chargrilled with onion, mixed peppers cooked in a tandoori oven.

**HARYALI LAMB** £11.95  
Tender cubes of lamb cooked with fresh mint ginger, garlic, green chillies & Nepalese spices.

**HANSH BHUTUWA (D)** £12.95  
Chargrilled duck breast cooked with green herbs and Nepalese spices.

**KHASI KO KHUTTA** £12.95  
Shank of Lamb cooked in a smooth sauce with black pepper and Nepalese spices.

**KHASI KO MASU HARIYOO SAAG** £11.95  
Diced lamb and spinach cooked with fresh ginger, garlic and green herbs.

**GARLIC CHILLI:**  
**Chicken £11.95 | Lamb £12.95 | Tiger Prawn £13.95**  
Chicken or Lamb or Tiger Prawn cooked dry with fresh garlic chillie, onion and pepper served served with a tangy sauce.

**DUCK WITH ORANGE** £13.95  
A Parsi influenced recipe comprising of tender duck breast with exotic warm spice blends with a hint of orange.

**EVEREST SIRLOIN STEAK (D)** £15.95  
Sirloin beef steak marinated with spices, chargrilled served with Bombay potato and spinach.

**PORK SPINACH** £11.95  
Chargrilled pork belly cubes cooked with ginger, garlic, spinach and green herbs.

**NEPALI MACHHA (D)** £13.95  
Monk fish marinated with crushed Nepali spices, mustard, ginger, garlic and fresh herbs.

**KERALA STYLE BLACK TIGER RRAWN (D)** £13.95  
Traditional south Indian creamy base curry with curry leaves.

**ROASTED WHOLE SEABASS (D)** £14.95  
A whole seabass served on a bed of lightly spiced pine nuts, pepper, and yoghurt sauce, and served with garlic spiced spinach and salad.

## TRADITIONAL DISHES

VEG £8.95 | CHICKEN £9.95 | LAMB £10.95 | PRAWNS £11.95

**TIKKA MASAL (D) (N) (**  
**KORMA (D) (N) (**  
**JALFREZI (D) (**  
**MADRAS (**  
**DHANSAK (**  
**ROGAN JOSH (**  
**VINDALOO (**  
**PASANDA (D) (**  
**ACHARI (**  
**BHUNA (**  
**DOPIAZA (**  
**BALTI (**

## BIRYANI DISHES

BIRYANI DISHES ARE COOKED WITH BASMATI RICE AND COMPLEMENTED WITH A MIXED VEGETABLE CURRY SAUCE

**VEGETABLES (** £9.95  
**CHICKEN (** £10.95  
**LAMB (** £11.95  
**KING PRAWNS(** £12.95