



The Everest

Nepalese & Indian Restaurant

SABZI

Main dishes £8.95 side dishes £5.55

Aloo gobi

Potatoes and cauliflower, cooked in a tomato and onion based sauce.

Bombay aloo

roasted potatoes with garlic ginger and mustard seeds, in tomato onion based gravy.

Bhindi bhaji.

Ladies finger/ okra cooked in a medium strength spices in tomato and onion based sauce.

Chana masala.

chick peas cooked in tomato, garlic , ginger, whole cumin seeds with fresh lemon juice.

Daal makhni.

4 different types of lentils and kidney beans cooked over night in a very slow heat finished with churned butter and fresh cream.

Mushroom bhaji.

Mushrooms cooked in a medium strength spices in tomato and onion based sauce.

Mix vegetable

seasonable vegetables marinated and cooked in a tomato and onion sauce. Medium

Paneer karahi

Home made cottage cheese cooked with onions, tomatoes, peppers in thick tomato based sauce. Fairly hot

Paneer sag:

home made cottage cheese and spinach cooked in medium indian spices.

Sag aloo

Potatoes and spinach ,cooked in tomato and onion sauce. medium

Tarka dal

red split lentils tempered with garlic.

RICE

Basmati	£2.95
Pilau	£3.15
Chana	£3.35
Egg and pea	£3.35
Coconut	£3.35
Vegetable	£3.35
Mushroom	£3.35
Lemon	£3.35

BREADS

Plain Naan	£2.95
Garlic	£3.25
Peshwari	£3.25
Keema	£3.25
Cheese	£3.25
Garlic cheese	£3.25
Garlic chilli cheese	£3.45
Plain parata	£3.25
Aloo parata	£3.50
Tandoori roti	£2.75
Chapatti	£1.75

EXTRAS

Chips	£2.95
Raita	£2.95
Aloo kakro achar	£3.75
Fish finger and chips	£8.95
Chicken nuggets and chips	£8.95
Omelette cheese or mushroom with chips	£8.95
Fish and chips	£8.95



The Everest

Nepalese & Indian Restaurant



NON-VEGETERIAN GRAZING MENU

£49.95 per person (minimum 2 people)

Crispy calamari salad	CHOOSE ANY 2 MAIN DISHES
Sekuwa	Lamb shank
Lamb chops	21 spice chicken
Scallops and mussels	Butter chicken pilau rice and naan bread
Fish tikkka	DESSERT
Chicken tikka	
SORBET	

8 COURSE VEGETARIAN GRAZING MENU

£34.95 per person (minimum 2 people)

Vegetable samosa	Dal makhni, seasonal vegetable curry
Vegetable pakora	Rice and naan bread
Paneer tikka	DESSERT
Aloo tikki	
Corn and pea kebab	
SORBET	

Popadom: £0.80

Pickle tray £2.95 (mango, mint, spicy onion, tomato garlic)

STARTERS

Aloo tikki Potato cakes stuffed with green peas, cumin seeds, and fresh ginger.	£3.95	Fish tikka Fish marinated with turmeric, cumin, coriander and chilli and grilled in clay oven.	£5.25
Calamari salad pan fried squid with fresh salad and roasted peanuts	£4.95	Garlic chicken wings Chicken wings marinated in garlic, ginger, indian spices grilled in clay oven	£4.95
Corn and pea kebab Mashed corn and pea in Indian light spices cooked on the tawa.	£4.50	King prawn pathia puri Served with a soft indian bread. Cooked in lemon juice and special chat masala.	£7.95
Crispy calamari Squid rings battered and fried served with home made coriander and mint sauce.	£4.95	Lamb chops Marinated in light Indian spices grilled in clay oven.	£6.95
Chicken tikka Cubes of tender chicken breast marinated in chilli, garlic, ginger, yoghurt mint, turmeric and grilled in the clay oven	£4.95	Lamb Sheek Minced lamb marinated in garlic ginger and a mixture of gentle Indian Spices	£5.50
Chicken pakora Tender strips of chicken breast in Indian spices, gram flour battered and deep fried.	£4.95	Momo (veg, chicken) Steamed dumplings with minced chicken or vegetables. Served with momo	£4.95/£5.95
Choila/ sekuwa Grilled lamb or chicken mixed in onions, tomatoes, fenugreek seeds, lemon juice and drizzled with olive oil.	£5.55	Paneer tikka Home made cottage cheese lightly spiced and grilled in clay oven, special garlic, tomato and coriander pressed sauce. (20 mins cooking time)	£4.95
Chicken chaat puri Served with soft Indian bread. Cooked in lemon juice and special chat masala	£5.95	Scallops and mussels Scallops and mussels cooked on the tawa served with naan in mouth watering chef special sauce.	£7.95
Everest special Selection of Grilled chicken tikka, seekh kebab, vegetable & chicken pakora	£5.95	Vegetable pakora Mixed vegetables in Indian spices, gram flour, battered and deep fried.	£3.95
		Vegetable samosa Crispy pastry filled with gently spiced mixed vegetables.	£4.25

CLAY OVEN DISHES

All dishes are marinated in garlic, ginger, chilli, turmeric, coriander and garam masala. Grilled in the clay oven. Served with curry sauce and salad.

Tandoori chicken (on the bone)	£11.95
Chicken tikka (cubes of tender chicken breast)	10.95
Tandoori king prawn (off the shell large king prawns)	£14.95
Lamb chops	£12.95
Lamb sheek (minced lamb)	£11.95
Shaslik chicken (chicken breast along with roasted peppers and onions)	£12.95
Assorted Tandoori (selection of king prawn, fish, lamb chop, seekh kebab, chicken tikka and lamb tikka)	£15.95
Garlic chicken wings (on the bone)	£10.95

CONNOISSEUR DISHES

Butter chicken Chicken tikka in a tomato, honey and cream based sauce. At least 20 ingredients go into this famous Indian dish. Mild to medium dish.	£11.95
Khukuri Boneless chicken thighsina creamy peanut sauce. Medium	£11.95
Gorkhali fish curry: Fish tossed with mustard seeds and curry leaf and cooked in a medium strength rich tomato based sauce.	£12.95
Hot garlic Fish Stir fried fish with onions and peppers in garlic, ginger, tomato paste and crushed chillies.	£12.95
Lamb shank (served with pilau rice) Slow cooked lamb shank in garlic, ginger, tomato puree, coriander and cumin powder. Served with pilau rice.	£14.95
Momo main (veg or chicken) Steamed dumplings with minced chicken or vegetables. Served with momo special garlic, tomato and coriander pressed sauce. (20 mins cooking time)	£ 10.95, 11.95
Masu chicken or lamb Chicken or lamb cooked in a Nepalese style fairly hot tomato based gravy.	£11.95
Malaidar chicken or lamb Chicken or lamb cooked with spinach and fresh cream. Medium strength and full of flavour using light curry spices.	£11.95

Naryali chicken £11.95
Coconut cream and coconut milk based gravy in a divine mixture of 5 different spices resulting in a delicious medium creamy textured dish.

21 Spice chicken £12.95
Grilled cubes of chicken in a cashew nut, yoghurt, milk based sauce and various other spices. A tradition dish enjoyed in sub continental weddings.

Seafood delight £16.95
scallops, mussels, white fish cooked in subtle Indian spices and coconut milk. Served with pilau rice.

DUM BIRIYANI

Predominantly a rice dish with layers of chicken, lamb, vegetable or king prawn. Cooked with various different spices served with salad and curry sauce. A complete meal on its own. A dish which was extremely popular during Mughul dynasty and still a favourite in any Indian sub continental traditional functions.

Chicken	£11.95
King prawn	£14.95
Lamb	£12.95
Vegetable	£10.95

TRADITIONAL FAVOURITES

Chicken	£10.50
Lamb	£10.95
King prawns	£14.95
Vegetable	£8.95
Paneer	£9.50

Achari Very hot, with mixed pickle resulting in a tangy and hot flavour.

Bhuna medium strength curry in tomato and onion based gravy.

Balti: A medium strength curry with diced onions and special balti sauce.

Chana medium strength, cooked with chick peas

Dansak fairly hot, with lentil sauce.

Dupiaza Medium strength with chunks of onions and peppers.

Jaipuri Medium strength curry with onions, peppers and mushrooms

Jalfrezi fairly hot and slightly tangy, with sliced peppers and onions.

Korma Sweet and creamy in coconut based sauce.

Karahi fairly hot, with sliced onions, peppers and cherry tomatoes.

Madras HOT, with lemon juice in a tomato and onion based gravy.

Naga Hot. A flavourful dish using naga pickle in a tomato onion based gravy,

Pathia a sweet sour hot dish with mango chutney cooked in onion tomato based gravy

Rogan Medium strength curry in a tomato flavoured gravy.

Sag Medium strength, cooked with spinach.

Tikka masala onion tomato and crushed almond based gravy with ginger fenugreek and cream.

Vindaloo very hot. With potatoes, in a onion based gravy.