



EVEREST TEA HOUSE & CAFÉ

DINE IN MENU

OPEN 7 DAYS
12pm - 10pm

8383 6130

WELCOME

At Everest Tea House & Café, we endeavour to take you on a culinary journey to the summit of taste in our world. We only use the freshest and most authentic spices and local produce to give you a truly rewarding dining experience.

ENTRÉES

Chicken/Vegetarian Momo

Minced chicken or vegetables wrapped in pastry, steamed, and served with tomato & flax seed achar.

\$9.95

Chicken Choila

Tender chicken pieces marinated with traditional Nepali spices, timur, turmeric, ginger, garlic, mustard oil & coriander.

\$11.95

Chicken Tikka

Boneless chicken marinated in yogurt, mint, spice and grilled to infuse the flavours.

\$11.95

Mushroom Choila

Fresh roasted mushrooms with herbs, lemon, spring onion, tomato, capsicum and Nepalese spices.

\$11.95

Aalu Chop

Crispy golden patties of boiled potato with bahra masala spices, served with mint & yoghurt sauce.

\$8.50

Samosa

Crispy pastries with spiced potato, onion, peas & spring onions, served with mint & yoghurt sauce.

\$8.95

Himalayan Platter for Two

Combination of Samosa, Momo, Chicken Tikka and Aalu Chop with spiced tomato & flax seed achar, mint & yoghurt dip.

\$25.95

Chatpate

Nepali street style mix of puffed rice, crunchy noodles, onion, tomato, cucumber, and chillies with lemon, spices, and fresh herbs

\$10.99

MAIN COURSE

Hot Sizzler Dish - Chicken Sizzler

\$25.50

Diced chicken thigh marinated in spices, skewered with onion, tomato & capsicum, served on a hot sizzler with yoghurt & mint sauce.

Duck Sizzler (*Poleko Hans*)

\$30.50

Grilled duck with marinated with herbs & spices, roasted with tomato, capsicum & onion.

Prawn Sizzler (*Poleko Jhingey*)

\$28.50

King prawns marinated with herbs & spices, roasted with tomato, capsicum & onion.

Lamb Sizzler (*Poleko Lamb*)

\$33.50

Lamb cutlet marinated with herbs & spices, roasted with tomato, capsicum & onion.

Timur Chicken (*Sichuan Pepper Chicken*)

\$25.50

Chicken stir-fried with Nepali Timur (Sichuan pepper, garlic, onions, and green chillies for a bold, aromatic flavour.

SEAFOOD CURRY

Chilli Prawn

\$24.95

Prawn marinated with garlic, ginger, lemon & masala spice, pan-fried with fresh chilli.

Prawn Curry (*Jhingey Ko Tarkari*)

\$24.95

King prawns cooked with Nepalese aromatic spices, coconut milk & curry leaves.

Fish Curry (*Machha Ko Tarkari*)

\$24.95

Barramundi cooked with Nepalese aromatic spices, tomato, ginger, garlic, curry leaves & coriander.

CHICKEN, LAMB & GOAT

Chicken Curry (*Kukhura Ko Maasu*)

Authentic Nepali chicken curry with tomato, garlic, ginger, bay leaves, cinnamon & cardamom.

\$21.95

Jalfrezi

Sliced capsicum, onion, and tomatoes flavour the succulent boneless chicken/lamb cooked with green chilli and aromatic sauce.

Chicken
Lamb

\$21.95

\$22.95

Balti

Medium spices characteristically balti dish with garlic, ginger, aromatic spices and mixed herb, served in balti bowl.

Chicken
Lamb

\$21.95

\$22.95

Korma (*Lamb/Chicken*)

Lamb/ Chicken cooked in creamy sauce with a delicate spice, cashew nuts and coconut.

\$22.95

Lamb or Goat Curry

Slow cooked with tomato, onion, garlic, ginger, chilli, cardamom, cinnamon & turmeric.

\$22.95

Chilli Chicken (*Piro Kukhura*)

Chicken marinated with garlic, ginger, lemon & masala, pan-fried with fresh chilli.

\$22.95

Himalayan Smoked Butter Chicken

Boneless chicken slow cooked with Himalayan spices, tomato, cashew, butter & cream.

\$24.95

Lamb or Chicken Hot Pot

Slow cooked in spicy tomato sauce with garlic, ginger, capsicum, spring onion, lemon & chilli.

\$24.95

Vindaloo (*Chicken or Lamb*)

Fieri dish with garlic, ginger, garam masala & chilli.

\$22.95

Daal Bhaat Massu (*Lamb/Chicken*)

Nepalese platter with choice of chicken, lamb, or goat, served with spinach, black lentils, tomato achar & rice.

\$27.95

VEGETARIAN

Daal Bhaat Tarkari

Traditional platter of rice, lentils, vegetable curry, stir-fried spinach & tomato achar.

\$24.95

Paneer Curry (*Paneer Tarkari*)

Homemade paneer with capsicum, onion, tomato, ginger, garlic & coriander seeds, finished with cream & butter.

\$20.95

Chilli Paneer

Paneer marinated with garlic, ginger, lemon & masala spice, pan-fried with fresh chilli.

\$21.50

Mix-Vegetable Curry (*Misaye Ko Tarkari*)

Mixed vegetables with coriander, ginger, garlic, tomato, spring onions & bahra masala.

\$17.95

Chickpea Curry (*Chana Ko Tarkari*)

Chickpeas, potato & cashew nuts cooked with garlic, ginger, cumin, chilli & creamed coconut.

\$17.95

Aalu Bodi Tama Curry

Potato, black-eyed beans & bamboo shoots with tomato, cumin, chilli, ginger & garlic.

\$17.95

Chilli Potato

Potato marinated with garlic, ginger, lemon & masala spice, pan-fried with fresh chilli.

\$14.95

SIDE DISHES

Jhaneko Daal

Nepali lentils with cumin, garlic & Himalayan herbs.

\$7.25

Eggplant (*Vute Ko Vanta*)

Eggplant with fenugreek, ginger, garlic, cumin, capsicum, tomato & potato.

\$8.95

Pumpkin (*Farsi*)

Butternut pumpkin with toasted mustard seeds, ginger & garlic.

\$7.99

Duck Salad

Mix lettuce, tomato, onion, cucumber and roasted duck with homemade salad dressing.

\$18.50

Fresh Garden Salad

Mix lettuce, tomato, cucumber, onion with homemade salad dressing.

\$9.50

(Add Chicken)

\$6.00

Apple Salad

Apple with mix lettuce, walnuts. Parmesan cheese and cucumber with homemade salad dressing.

\$13.50

Mustard Spinach (*Saag*)

Mustard spinach with cumin & garlic.

\$7.95

Spicy Potato Wedges (*Timur Aalu*)

Potatoes with cumin, ginger, garlic & Timur (Sichuan pepper)

\$10.50

Everest Aalu

Pan fried potato with cumin, ginger, garlic, onion and coriander.

\$8.50

Raita

Natural yoghurt with mint, cucumber & cumin.

\$4.95

RICE & BREAD

Asian Fried Rice

Fragrant fried rice stir fried in a savoury blend of soy sauce and garlic, ginger, green beans, carrot, capsicum, onion and finished with fresh coriander & spring onions.

Vegetable	\$11.50
Egg	\$12.50
Chicken	\$15.50

Rice

Steamed basmati rice.

Small	\$3.00
Large	\$4.50

Sweet Coconut Naan (*Guliyo Roti*)

Flatbread with coconut, sultanas & cream paste.

\$3.50

Cheese Naan

Flatbread with onion, coriander & cheese.

\$5.50

Garlic Naan

Garlic flatbread.

\$4.50

Plain Naan

Traditional flatbread.

\$3.50

NEPALESE STREET FOOD

Momo (10 pieces)

Steamed dumplings filled with minced chicken or vegetables, served with tomato and flax seed achar.

Vegetarian \$12.50
Chicken \$14.50

Jhol Momo

Chicken Momo served in a warm, tangy, and mildly spiced tomato and flax seed soup- based sauce.

\$15.50

Chilli Momo

Fried or steamed Momo tossed in a spicy Nepali-style chilli sauce with capsicum and onions.

\$15.50

Chicken/Egg Noodles (Chowmein)

Nepalese-style stir-fried noodles with chicken or egg, garlic, ginger, vegetables, spring onions & coriander.

\$15.99

Vegetarian Noodles (Chowmein)

Nepalese-style stir-fried noodles with garlic, ginger, vegetables, spring onions & coriander.

\$13.50

Keema Noodles (Chowmein)

Stir-Fried Noodles with spiced minced chicken, flavoured with timur (Sichuan pepper) and chilli flakes, finished with fresh coriander for aromatic taste.

\$15.99

Sekuwa (Skewers)

Marinated in traditional Nepali spices and grilled, served with radish pickle, puffed rice and fresh chutney.

Pork \$23.99
Chicken \$20.99

Jhaneko Sekuwa (Skewers)

Stir-fried in mustard oil with ginger, garlic, coriander, spring onions & Timur (Sichuan pepper) served with radish pickle, puffed rice and fresh chutney.

Pork \$24.99
Chicken \$21.99

Tibetan Style Noodles (Chowmein)

Stir-fried noodles in sweet & spicy sauce with lemongrass, mixed vegetables, ginger, garlic, spring onion & coriander.

Chicken \$20.50
Prawns \$25.50

Thakali Khana Set

Traditional Nepali meal served with steamed rice, lentil soup, spinach, pickle, and your choice of chicken or goat curry.

Goat/Lamb \$33.99
Chicken \$33.99
Veg \$31.99

KIDS MENU

Butter Chicken and Rice **\$15.00**

Butter Chicken and Chips **\$15.00**

Nuggets and Chips **\$15.00**

Creamy Chicken Noodles **\$15.00**

Creamy Veg Noodles **\$15.00**

BANQUET FOR 2

\$40.00 per person without Dessert | \$43.00 per person with Dessert

Entrée:

Choila, Samosa, and Momo with spiced tomato & flax seed achar, mint & yoghurt dip. Our traditional Nepalese platter is served with a spiced tomato and flax seed achar and mint and yoghurt dip.

Main Course:

Himalayan Smoked Butter Chicken

Boneless chicken slowly cooked with a smoky aroma and blended with aromatic Himalayan spices, tomato, cashew nuts, butter and cream to create an authentic Himalayan clay oven dish.

Lamb or Goat Curry

Slow cooked tender pieces of lamb or goat, with subtle hints of freshly ground garlic, ginger, cardamom, cinnamon and turmeric to enhance the full flavour of this traditional Nepali dish.

Sides:

Pumpkim (*Farsi*)

Slow cooked tender pieces of lamb or goat, with subtle hints of freshly ground garlic, ginger, cardamom, cinnamon and turmeric to enhance the full flavour of this traditional Nepali dish.

Mustard Spinach (*Saag*)

Fresh mustard green spinach seasoned with cumin and garlic, pan fried delicately to release the aromatic spices through the leaves.

Bread (*Plain or Garlic*) or Rice

Dessert:

Gulab Jamun with yogurt

BANQUET FOR 4 (MINIMUM)

\$39.95 per person without Dessert | \$43.00 per person with Dessert

Entrée:

Choila, Samosa, and Momo with spiced tomato & flax seed achar, mint & yoghurt dip.

Main Course:

Himalayan Smoked Butter Chicken

Boneless chicken slowly cooked with a Smokey aroma and blended with aromatic Himalayan spices, tomato, cashew nuts, butter and cream to create an authentic Himalayan clay oven dish.

Lamb or Goat Curry

Slow cooked tender pieces of lamb or goat, with subtle hints of freshly ground garlic, ginger, cardamom, cinnamon and turmeric to enhance the full flavour of this traditional Nepali dish.

Fish Curry (*Machha Ko Takari*)

Barramundi cooked with Nepalese aromatic spices, tomato, ginger, garlic, curry leaves & coriander.

Sides:

Pumpkin (*Farsi*)

Butternut pumpkin cooked with mustard seeds, enhanced with ginger and garlic which creates a perfect accompaniment to any dish.

Mustard Spinach (*Saag*)

Fresh mustard green spinach seasoned with cumin and garlic, pan fried delicately to release the aromatic spices through the leaves.

Bread (*Plain or Garlic*) or Rice

Dessert:

Gulab Jamun with yogurt

BEVERAGES

Beers

Coopers Pale Ale (375ml)	\$8.95
James Boags (375ml)	\$8.95
Crown (375 ml)	\$8.95
Asahi (330ml)	\$8.95
Corona (355ml)	\$8.95
Kingfishers (330 ml)	\$8.95
Mustang	\$10.00
Nepal Ice	\$10.00

Hard Drinks (30ml with mixers)

Smirnoff Vodka	\$9.50
Bacardi (white rum)	\$9.50
Captain Morgan (dark rum)	\$9.50
Gin	\$9.50
Jameson	\$9.50
Johnny Walker Black Label	\$10.50
Jack Daniels	\$10.50
Brandy	\$9.50
Chivas	\$10.50
Old Durbar	\$10.50
Khukuri Rum	\$10.50

BEVERAGES

Cocktails

The Yeti - Advocate / vodka / lemonade	\$12.95
Himalayan Strom - dark rum / Amaretto / Coca-Cola	\$12.95
Everest Sunrise - vodka / orange juice / Grenadine	\$12.95

Soft drinks

Coke/Diet Coke/Coke Zero/Fanta/Sprite	\$4.95
Lemon/Lime & Bitters	\$6.50
Solo/lemonade	\$4.95
Ginger Ale	\$4.95
Soda Water	\$4.95
Tonic Water	\$4.95
Apple Juice	\$4.95
Orange Juice	\$4.95
Sparkling Water	\$6.95
Mango Lassi	\$8.95
Bananna Lassi	\$8.95

Cider

Somersby Apple Cider	\$8.95
Somersby Pear Cider	\$8.95

Vodka Cruiser

Pineapple / Watermelon / Guava	\$8.95
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BEVERAGES

Sparkling

The Lane lois blanc de blancs 200ml piccolo Adelaide Hills		\$13.00
Hancock & Hancock sparkling shiraz McLaren Vale		\$13.00

White

	Glass	Bottle
The Lane Sauv Blanc Adelaide Hills	\$10.00	\$45.00
Pikes Luccio Pinot Grigio Clare Valley	\$10.00	\$45.00
Matriarch & Rogue Fiano Clare Valley	\$10.00	\$45.00
Majella Riesling Coonawarra	\$9.00	\$41.00
Fiore Moscato Mudgee	\$9.00	\$41.00
PERTARINGA 2023 MOSCATO	\$12.00	\$46.00

Red

	Glass	Bottle
Hentley Farm Villain & Vixen Shiraz Barossa Valley	\$10.00	\$45.00
Robert Oatley GSM Mc Laren Vale	\$10.00	\$45.00
Matriarch & Rogue Montepulciano Clare Valley	\$10.00	\$45.00
Elvarado Temprenillo McLaren Vale	\$9.00	\$41.00
Wicks Estate Pinot Noir Adelaide Hills	\$9.00	\$45.00
Majella The Composer Cab Sauv Coonawarra	\$10.00	\$45.00
ZEMA 2018 CLUNY CAB MERLOT	\$13.00	\$52.00
Kalleske: "Clarry's Red' GSM/Barossa Valley		\$49.00

Rose

	Glass	Bottle
Mitolo jester Rose McLaren Vale 10/45	\$10.00	\$45.00
Kalleske "Rosina Rose"	\$10.50	\$43.00