






Suruma (Starters)

1. **Papad Ko Basket** £2.95
Two different types of poppadum served with Everest special chutneys
2. **Onion Pakora** £2.95
Slices onions spiced with fresh herbs and Nepalese spices, deep fried.
3. **Vegetable Samosa** £2.95
Pastry parcels freshly made, filled with spiced vegetables
4. **Paneer Tikka** £4.25
Cottage cheese cubes marinated in ginger and garlic paste, flavoured yoghurt, coriander and fresh mint and grilled in tandoor.
5. **Rasilo Kebab** £4.25
Minced lamb mixed with fresh coriander, ginger, garlic and Everest's own spices cooked in a clay oven
6. **Momo (Chicken Or Lamb)** £4.25
A Nepalese style dumpling steam cooked with minced chicken or spring lamb served with our traditional Nepalese chutney
7. **Chicken Chilli**  £4.25
Chicken breast marinated in spices, sautéed with Capsicum, onion, tomato & fresh chillies
8. **Malai Chicken** £4.25
A mild preparation of boneless chicken cubes marinated in a yoghurt, cream and cheese.
9. **Lamb Sekuwa**  £4.95
Tender pieces of lamb cooked in tandoor oven, sautéed with green papers, green chilli, onions, mustard and curry leaves
10. **Salmon Tandoori Tikka** £4.95
Cubes of salmon marinated in lemon chilli and grilled in our tandoor oven
11. **Haas Ko Choyla (Duck)**  £4.95
Boneless duck barbecued in tandoor then mixed with chef's special herbs & spices
12. **Prawn Pipel Pate** £4.95
Prawns slightly spiced and cooked with coconut for a sweet and sour taste, served on puffy whole meal bread (also in garlic and chilli)




Poleko Parikar (Tandoor Items)

13. **Tandoori Chicken** £8.55
Marinated leg and breast of chicken, prepared with fresh coriander, garlic mint and special garlic flavour spices
14. **Chicken Tikka Nepali** £8.55
Mouth watering pieces of chicken breast marinated in our own blend of fresh green herbs before being barbecued to perfection in the tandoor oven
15. **Poleko Paneer** £8.55
A vegetarian speciality made from cottage cheese, grilled to a perfect finish with fresh pieces of onion, capsicum and tomato
16. **Chicken Shashlik** £8.95
Delicious breast of chicken marinated in a special fusion of herbs and freshly ground spices, delicately seasoned and finally grilled with pieces of onion, tomato, and capsicum.
17. **Lamb Tikka Himchuli** £9.95
Delicious juicy pieces of lamb marinated in our unique blend of fresh green herbs and enhanced with a fusion of Nepalese spice before being cooked to a perfect tender finish.
18. **Tarai Ko Macha (Salmon)** £10.95
Pieces of salmon marinated in our unique blend of fresh green herbs, enhanced with fusion of spices, cooked in tandoor
19. **Everest Mix Platter** £12.95
Selection of tandoori grills including king prawn, lamb, chicken tikka and sheekh kebab, perfect mixture of most tandoor items.
20. **Jinga Jafarani (King Prawn)** £12.95
Large king prawn marinated with special herbs and a range of spices cooked in our clay oven for the fullest flavour, lightly spiced.



Everest Spice Specials!


21. **Chopilo Kukhura**  £8.50
Juicy pieces of chicken tikka specially prepared in the unique selection of Everest home-made spices, capsicum, onion and tomato.
22. **Darbar Ko Bhale** £8.50
Breast of chicken cooked in clay oven for while and then pan cooked in a new blend of species and herbs with green peppers, onions and tomatoes to create mouth-watering masala sauce.
23. **Chicken Tikka Makhani**
£8.50
A Tandoor-cooked chicken finished in a sumptuous sauce with garlic, ginger, fenugreek and black salt to provide a colourful and delicious meal.
24. **Koshi Ko Machha** £8.95
Delicious tilapia fish curry cooked with coconut milk, tomatoes, onions and mustard seeds. It is one of our seafood special dishes.
25. **Everest Special Chicken** £8.95
Delicious chicken breast cubes cooked in white wine and a blend of fine Himalayan spices.
26. **Marich Chicken**  £8.50
Juicy pieces of chicken prepared in home-made spices with black pepper, slick pieces of onion and green capsicum.
27. **Gurkhali Lamb**  £8.95
A hot and spicy pure Nepalese village style lamb curry, one of the best-liked dishes by the Ghurkha's. Our well-experienced chef produces this delicious dish exclusively for Everest Spice customers.
28. **Himali Masu (Lamb Shank)** £9.95
Lamb Shank (specially cut from the thinner end of the leg) slow-cooked to perfection with turmeric, fresh garlic, ginger and Himalayan spices.
29. **Trishuli King Prawn** £12.95
King prawns cooked with coconut milk, tomatoes, onions and selected spices and herbs.
30. **Himchuli King Prawn** £12.95
An outstanding king prawn curry specially cooked with herbs and lemon grass for a tangy flavour.
31. **Pan Fried Sea Bass** £12.95
Pan-fried fillet of sea bass prepared in secret spices, served with special house sauce and lemon rice

Please note that as our dishes are freshly prepared there will be a delay while we cook your order.





Prakhyat Parikaar (Famous Items)



	Korma	Pathia	Masala
Chicken	£ 7.95	£ 7.95	£ 7.95
Lamb	£ 8.25	£ 8.25	£ 8.25
King Prawn	£ 11.95	£ 11.95	£ 11.95

32. **Korma:** A very mild and delicious sauce, slow cooked to perfection.
33. **Pathia:** Cooked in a hot sweet and sour sauce 
34. **Masala:** Juicy grilled in a tandoor and cooked in a very special coconut based creamy sauce made to capture and hold all of the delicate flavours.

	Nepal Kalio	Saag	Balti
Chicken	£ 7.95	£ 7.95	£ 7.95
Lamb	£ 8.25	£ 8.25	£ 8.25
King Prawn	£11.95	£11.95	£11.95


35. **Nepal Kalio:** Traditional Nepalese dish cooked with garlic, crushed chillies & yogurt. 
36. **Saag:** Tender pieces of meat cooked with spinach. Tomatoes and onion to make it sensational curry dish.
37. **Balti:** Cooked with fresh garlic, ginger and fenugreek mixed with our chef's special herbs & spices 

	Dhansak	Karahi	Pasanda
Chicken	£ 7.95	£ 7.95	£ 7.95
Lamb	£ 8.25	£ 8.25	£ 8.25
King Prawn	£ 11.95	£ 11.95	£ 11.95




38. **Dhansak:** Cooked with an outstanding mixture of aromatic spices and a blend of different lentils. 
39. **Karahi:** An Indian traditional style cooked with carefully selected herbs and spices with fresh tomatoes and capsicums in rich spicy sauce. 
40. **Pasanda:** Cooked with red wine & mild sauce; note this contains nuts.



	Curry	Bhuna	Dopeaza
Chicken	£ 7.95	£ 7.95	£ 7.95
Lamb	£ 8.25	£ 8.25	£ 8.25
King Prawn	£11.95	£11.95	£11.95

41. **Curry:** Cooked to a traditional home recipe.
42. **Bhuna:** Sliced pieces of meat cooked in a medium hot sauce and further cooked in its own juices, resulting in strong and delicious flavours with little sauce.
43. **Dopeaza:** Cooked with diced onion in a medium sauce. 

	Madras	Jalfrezi	Vindaloo
Chicken	£ 7.95	£ 7.95	£ 7.95
Lamb	£ 8.25	£ 8.25	£ 8.25
King Prawn	£11.95	£11.95	£11.95

44. **Madras:** Cooked with fairly hot sauce 
45. **Jalfrezi:** cooked with fresh herbs, chillies, onions, tomatoes, capsicums, coriander 
46. **Vindaloo:** Cooked with potatoes, very hot. 

Biryani dishes!

47. **King Prawn Biryani** £12.95
Pieces of King Prawn cooked with basmati rice.
48. **Everest Special Biryani** £11.95
A mouth-watering Biryani dish cooked with lamb, chicken and vegetables
49. **Lamb Biryani** £10.95
Tender pieces of Lamb infused with species and cooked with basmati rice.
50. **Chicken Tikka Biryani** £9.95
Marinated pieces of chicken prepared in tandoor then cooked with h basmati rice.
51. **Vegetables Biryani** £8.95
Mixed vegetables mingled with basmati rice then garnished with fresh tomato and sliced cucumber.

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Tiun Ko Parikaar (Vegetables)

52. **Saag Ra Aloo** £4.25
Potatoes cooked with spinach and tomatoes.
53. **Pancha Ratna Sabji** £4.50
A selection of five seasonal vegetables, specially prepared to give healthy accompaniment.
54. **Aloo Phul Gobi** £4.50
A tasty serving of sautéed potatoes, cauliflowers cooked with mustard seeds, coriander and finished with a touch of tomato garnished with spring onions.
55. **Lekali Aloo** £3.95
A well famous traditional potato dish flavoured with delicate herbs and spices.
56. **Saag Ra Paneer** £4.50
Cottage cheese cooked with spinach.
57. **Mushroom Ko Parikaar** £4.50
Lightly cooked fresh mushrooms and infused with herbs.
58. **Bhindi Sukha** £4.50
Whole okra cooked with tomatoes, spring onions and capsicum.
59. **Bhenta Ko Tarkaari** £4.50
Baby aubergine cooked with special care to preserve its original Nepalese flavour.
60. **Pokhereli Daal** £4.25
A selection of five different lentils traditionally prepared and tempered with fresh garlic
61. **Aloo Chana** £4.25
A delightful preparation of chickpeas and potatoes prepared mild or medium.



Bhaat (Rice)

62. **Boiled Rice** 2.50
Fluffy white basmati rice served hot
63. **Lemon Rice** £2.95
Basmati rice cooked with lemon zest, fresh leaf and tempered with mustard seed, a delightful alternative to boiled rice.
64. **Pilau Rice** £2.95
Basmati rice cooked with curry leaf
65. **Everest Special Pilau Rice**
£2.95
Basmati rice cooked with spring onion, green peas, sweet corn and Mixed vegetables with light spices.
66. **Mushroom Rice** £2.95
Basmati rice cooked with juicy mushrooms.
67. **Egg Fried Rice**
£2.95
Basmati rice cooked with fried egg

Roti Ko Parikaar (Breads)

68. **Plain Naan** £2.50
Unleavened flour baked in tandoor
69. **Garlic Naan** £2.75
Garlic refined flour topped with finely chopped garlic.
70. **Peshawari Naan** £2.95
Unleavened refined flour stuffed with dry fruits and coconut.
71. **Keema Naan** £2.95
Unleavened refined flour stuffed with lamb minced.
72. **Cheese Naan** £2.95
Wheat flour stuffed with cheese.
73. **Piro Naan** £2.95
Wheat flour topped with green chillies
74. **Pudina Paratha** £2.75

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Wholemeal Unleavened layered bread mint flavour

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| 75. Lachha Paratha | £2.75 |
| Wheat flour leavened and rolled in layers, giving a flaky texture. | |
| 76. Kulcha | £2.75 |
| Vegetable Stuffed Naan | |
| 77. Stuffed Paratha | £2.75 |
| Whole meal bread stuffed with potatoes. | |
| 78. Tandoori Roti | £2.25 |
| The simplest whole meal bread. | |
| 79. Chapati | £1.95 |
| Whole wheat bread baked in naked flame | |

Salad Ra Raita

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|---------------------------------------|-------|
| 80. Mixed Raita | £2.50 |
| 81. Cucumber Raita | £2.25 |
| 82. Hariyo Salad (Green Salad) | £2.25 |

If there is a dish of your choice which is not on the menu, we will be pleased to prepare it, if circumstances allow.



SET MENU (SUNDAY-THURSDAY)

Starters

Onion Pakora

Garlic Mushroom

Chicken Chillie 🌶️🌶️🌶️

Vegetable Samosa

Chicken or Lamb Momo

£15.95

Main course

Chicken Korma

Lamb Rogan Josh 🌶️

Lamb Madras 🌶️🌶️

Chicken Jalfrazi 🌶️🌶️🌶️

Chicken Tikka Masala

Pancha Ratna Sabji

Side

Lekali Aloo

Pokhrela Daal

With

Plain Rice or Plain Naan

** ** *

Combine your choice and have a great meal.

Any other offer is not applicable to the set menu



EVEREST SPECIAL SET MENU

Starters

Onion Pakora

Rasilo Kabab

Chicken Chilli 🌶️🌶️

Vegetable Samosa

Chicken or Lamb Momo

Malai chicken

Lamb Sekuwa 🌶️🌶️

Main Course

Choice of Chicken Korma, Masala, Balti, Bhuna or Karahi

Lamb Rogan Josh 🌶️

Lamb or Chicken Madras 🌶️🌶️

Chicken Jalfrazi 🌶️🌶️

Chicken Sashlik

Chicken Saag

Side

Lekali Aloo

Pokhrela Daal

Saag ra Aloo

Aloo Chana

With

Boiled Rice or Pilau Rice or Naan or Garlic Naan or Roti

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Combine your choice and have a great meal.

For seafood a £3 supplement apply. Includes Vat, excludes service charge

