

Warm Welcome to



At Everest Lounge we offer authentically prepared best of Nepalese, Tibetan and Indian Cuisines, and we keep things fresh with a modern influence on our menu. We are passionate about the food we serve and therefore constantly strive to improve the quality of food. Our chefs have mastered flavours of India's, Tibetan & Nepal's aromatic herbs, spices, and other ingredients both in the traditional ways that you are accustomed to and equally contemporary sense that teases your taste buds. Our Chefs have stretched their creativity to introduce an authentic Nepalese & Tibetan home culinary into mainstream fine dining.

Hospitality is not just an abstract idea for us; it is a holistic experience with excellent environment, friendly service and great menu choices. We do our best to create an atmosphere for you, because it matters. We understand your desire for joyous experience complimented by exceptional food put together with innovative flavours.

Sit down relax, our team will help you experience just that.

1. **POPPADOMS** (Plain / Spicy)Each **£0.75**
2. **DIPS** Onion **Ve**, Mango **Ve**, Green Dips **Ve** & Mint Yoghurt **D** ... **£0.90**
3. **LIME PICKLE** **Ve** **£0.45**

4. PLATTER (Ideal For Two)

- A) EVEREST PLATTER** (For two) **D** **£12.95**
Lamb Sheekh Kebab, Chicken Tikka, Chicken Wings & Lamb Chops
- B) GURKHALI PLATTER** (For two) **D** **£10.95**
Onion Bhaji, Lamb Sheekh Kebab, Veg Samosa & Chicken Tikka
- C) SEAFOOD PLATTER** (For two) **D** **£14.95**
Salmon Tikka, Tandoori King Prawns, Crispy Squid & Fish Sheekh Kebab.

V = Veg **Ve** = Vegan **D** = Dairy **N** = Nuts **G** = Gluten



HOUSE SPECIAL APPETIZERS

- 5. ONION BHAJI V** £3.95
Onion and potato coated in a spicy chickpeas batter, crushed coriander seeds deep- fried, served with a crisp salad
- 6. CHICKEN WINGS** £3.95
Chicken wings marinated with special spices cooked in clay oven
- 7. MURGH HARIYALI TIKKA D** £4.95
Tender chicken breast cubes marinated in a blend of mint, spinach, coriander & spices cooked into a clay oven
- 8. CHICKEN OR LAMB TIKKA D** £4.95 / £5.95
Delicately spiced with fresh herbs and barbecued in the tandoori oven
- 9. LAMB CHOPS D (3pcs)** £7.95
Lamb chops marinated in herbs & spice, cooked into a clay oven
- 10. PORK SEKUWA** £4.95
Pork Belly's delicately spiced with fresh herbs and barbecued in the clay oven
- 11. MUGHLAI TIKKA D / N** £5.45
Succulent chicken marinated in a blend of cream and aromatic spices, cooked into clay oven
- 12. TIBETAN SHEEKH KEBAB** £5.95
Lamb minced blended with mixed herbs & spices, put onto skewers then cover with wheat bread cooked in a clay oven to perfection
- 13. VEGETABLES BARA (Egg Content) (Healthy Option) V G ...** £4.95
Traditionally known as the Newari Pan Cake, a grilled seasonal vegetables & soya chunks mixed with special spices to make these absolute must-have for those who wonder what non- veg kebabs taste like
- 14. KEEMA SAMOSA** £3.95
Homemade light crispy pastry filled with a blend of chicken, potatoes, peas and Everest herbs and deep fried
- 15. VEGETABLE SAMOSA Ve** £3.15
Homemade light crispy pastry filled with a blend of potatoes, peas, Everest herbs and deep fried
- 16. PAPRI CHAT choices of Chicken or potatoes D** £4.95
Chickpeas, chillies yoghurt, tamarind sauce & spices served on crispy spicy papadom bowl. (Eat-in only)
- 17. PRAWN PURI** £5.95
Fried prawns served with deep-fried wheat bread
- 18. PORK CHILLI G** £6.95
Tandoori pork belly stir fried with onions & peppers, spiced with Indo-Chinese flavours
- 19. CRISPY SQUID** Batter-fried squid served with crispy salad £5.95
- 20. PHEWA FISH KEBAB D** £5.95
Minced fish blended with mixed herbs & spices, put onto skewers then cooked in a clay oven to perfection

21. MANCHURIAN CHICKEN G / £6.95
VEGETABLES V / G £5.95

Indo-Chinese dish that is common throughout Asia. This dish is produced from deep-fried blended dumplings of vegetables or chicken thrown in Chinese

22. SHEEKH KEBAB

Minced meat delicately spiced with fresh herbs and barbecued in a clay oven

A) CHICKEN CHEESE SHEEKH KEBAB D £4.95

B) LAMB SHEEKH KEBAB £4.95

23. RAJA PRAWN D £8.95

Tandoori grilled tiger king prawns with garlic & dill

24. MONK FISH TIKKA D £7.95

Monkfish marinated in aromatic spices, garlic and dill cooked in a clay oven

25. SALMON TIKKA D £7.95

Salmon fish marinated in aromatic spices, garlic & dill cooked in a clay oven

26. PANEER SHASLIK V / D £4.95

Marinated cottage cheese, onion and peppers cooked in a clay oven

27. CHILLI G

Choices of meat, vegetables or seafood, Batter with Chickpea flour cooked with onions and peppers spiced with Indo- Chinese flavours

A) CHICKEN £5.95

B) LAMB £6.95

C) FISH..... £6.95

D) GARLIC POTATOES Ve £4.95

E) GARLIC MUSHROOM Ve..... £4.95

F) PANNER V / D £5.95

G) GARLIC SQUID £6.95

H) KING PRAWNS £8.95

28. TIBETAN MOMO

Steamed dumplings fillinged with spiced meat or vegetables & served with Tibetan chutney. Momos are native to Nepal, Tibet & Bhutan.

A) CHICKEN MOMO £4.95

B) PORK MOMO £4.95

C) VEGETABLES Ve £4.95

29. PAKORAS

Coated in a spicy chickpea batter, crushed coriander seeds deep-fried, served with crisp salad & sweet and tangy dips

A) CHICKEN £4.95

B) PANEER V / D £4.95

C) KING PRAWNS £8.95

D) FISH £6.95

CHEF'S SIGNATURE DISHES

- 30. BUTTER CHICKEN OR PANEER** (Medium creamy) **D / N**.. £9.95
Marinated chicken cubes or paneer in ginger, garlic, green chillies paste & Gorkhali spices, cooked in creamy tomato sauce & butter, garnished with fresh coriander
- 31. MURGH KEEMA PALAK** (Medium) **D** £9.95
Minced Lamb with succulent pieces of chicken and spinach, onions, capsicum, green chillies, garlic and touch of cream
- 32. KEBAB SPICE** (Medium) £9.95
Grilled lamb minced cooked with exotic sauce with a touch of crushed roasted coriander
- 33. NAMCHE CHICKEN** (Medium) **D** £9.95
Grilled shedder chicken marinated in yoghurt and spices, cooked with exotic sauce with a touch of crushed roasted coriander & lemongrass
- 34. EVEREST SPECIAL MIX KARAH** (Medium) £10.95
Breast chicken cubes, diced Lamb and prawns cooked with fresh ginger-garlic, tomatoes, pepper and onions
- 35. CHILLI GARLIC CHICKEN OR LAMB** (Hot) **G** £9.95
Battered chicken or Lamb cooked with onions and peppers spiced with Indo Chinese flavours, thick sauce
- 36. CHICKEN CHETTINADU** (Fairly hot) £9.95
South Indian dish delicacy cooked with ground coconut, lemon, curry leaves, fennel and sesame seeds
- 37. MANGO CHICKEN** (Mild) **D / N** £9.95
Tender chicken breast pieces cooked in a mango, ground coconut & honey creamy sauce
- 38. JOMSOM RARA LAMB** (Fairly hot) £9.95
Boneless lamb & lamb minced cooked until tender with whole spices in rich & spicy gravy
- 39. LABADAR** (Mild) **D / N** £9.95
Southern spiced chicken or Paneer (cottage cheese) curry with coconut, tamarind, curry leaves. Serve with mushroom rice
- 40. TIBETAN GINGER LAMB** (On the bone) (Fairly hot) £9.95
Meat cooked in the traditional Tibetan method with a generous portion of fried ginger with green chillies
- 41. PORK SPINACH** (Medium) £10.95
BBQ pork belly tempered with a touch of ginger, garlic & coriander cooked with spinach (a very popular dish in most of the Asian Region & UK Gurkha soldiers
- 42. LAMB SANK NIHARI** (Medium) (Eat in only) £15.95
Lamb shank, cooked low & slow in marrow juices, finished with a chilli-ginger
- 43. TIBETAN SPECIAL** (Medium) (serve on a sizzler) £11.95
Strip Supreme chicken, diced Lamb or pork belly's delicately spiced with fresh herbs & pan-fried with onion & peppers then top up with chef's special sauce
- 44. CHICKEN MAYALU** (Mild) **D / N** £9.95
Tender Chicken Breast pieces cooked in a papaya and coconut cream
- 45. VEGAN BHUNA** (Medium) **Ve** £7.95
Asparagus, mushroom, spinach & baby potatoes cooked in spicy sauce

- 46. MALAI KOFTA** (Mild to Medium) **V / D / G** £7.95
Cottage cheese and mass potatoes balls cooked in traditional Indian road side restaurant-style, medium & creamy
- 47. SAHI PANEER** (Mild) **V / D** £7.95
Cottage cheese cooked in thick creamy and tangy gravy made from tomatoes, onions and cashew nut paste
- 48. PANEER CHILLI GARLIC** (Hot) **V / D / G** £7.95
Cottage cheese cooked with onions and peppers spiced with Indo Chinese flavoured, thick sauce
- 49. CHANA BENGAN** (Medium) **Ve**..... £7.95
Chickpeas & aubergine cooked with fresh ginger-garlic, green chillies, tomatoes & onions
- 50. TRISULI MIX** (Medium) **D**..... £14.95
Combination of monkfish, sea bass & prawns with crushed spicy on the classic riverside curry sauce, mustard, garlic, chillies, curry leaves, lemongrass and coriander
- 51. MONK FISH SPICE** (Medium to Hot) **D** £13.95
Marinated Monkfish with crushed spicy on the classic riverside curry sauce, mustard, garlic, chillies, curry leaves and coriander
- 52. MALEKHU SEA BASS** (Mild) **D**£11.95
Pan-fried sea bass fillet with mild coconuts sauce, curry leaves and white wine
- 53. MALABAR KING PRAWNS** (Mild) **D / N** £15.95
Extremely popular dish from south India with coconut and creamy base curry
- 54. GRILLED WHOLE SEA BASS** (Medium) **D** £13.95
Whole sea bass Marinated in chef's special spices served with pan toasted green peas, sweet corn & mushroom rice

HOUSE SPECIAL DISHES

Choice of Chicken, Lamb, Pork, Prawn or King Prawn (Additional £5.00)

- 55. GURKHALI** (Fairly hot) (Nepali) £9.95
Your selection cooked with fresh ginger-garlic, green chillies, tomatoes, and onions in a Gurkha soldiers' style
- 56. PUNJABI** (Hot) (Indian) **G**..... £9.95
Your selection cooked in cinnamon stick, bell pepper, tejpatta (bay leaves) chilli with a touch of soya sauce
- 57. POKHRELI** (Medium) (Nepali) £9.95
A mouth-watering combination of your selection and mushroom cooked with spices. Garnished with fresh coriander
- 58. HARIYALI** (Mild to Medium) (Nepali) **D** £9.95
Your selection cooked with fresh spinach, coriander, mint sauces with garlic, ginger & touch of cream
- 59. PARDESI** (Medium) (Tibetan) £9.95
Your selection tempered with a touch of garlic & coriander cooked with spinach, mushroom & tomatoes
- 60. NAGA** (Very hot)(Indian) £9.95
Your selection cooked with onion, peppers in yoghurt gravy with rich masala spices naga pickle and fresh coriander leaves

61. TIBETAN FRIED NOODLES ^G

*Stir-Fried Noodles prepared authentically with traditional Tibetan herbs.
Traditionally known as chowmein and carries influences of
many different cultures: Chinese, Indian, Mongolian and Nepalese.*

Available on your choice of meat.

- A) CHICKEN NOODLES £8.95
- B) LAMB NOODLES £9.95
- C) PRAWN NOODLES £8.95
- D) PORK NOODLES £8.95
- E) VEGETABLE NOODLES **V** £7.95

62. CLAY OVEN SPECIAL ^D

TANDOORI OR SHASLIK MAINS DISHES

*Tandoori main dry dishes served on onion bed hot sizzler with roasted peas
& sweet corn. Shaslik mains dishes comes with grilled onion peppers &
toamtoes. Both dishes come with choice of curry sauce on side from
No 64 old school dish.*

- A) CHICKEN TIKKA *Dry* / SHASLIK£10.95 / £11.95
- B) LAMB TIKKA *Dry* / SHASLIK£11.95 / £12.95
- C) HALF CHICKEN (*on the bone*)£11.95
- D) SALMON TIKKA / SHASLIK £13.95 / £16.95
- E) PANEER TIKKA / SHASLIK **V**£9.95 / £11.95
- F) KING PRAWN TIKKA / SHASLIK £16.95 / £18.95
- G) PORK BELLY TIKKA / SHASLIK £13.95 / £15.95
- H) MONK FISH TIKKA / SHASLIK £14.95 / £16.95
- I) LAMB CHOPS £15.95
- J) TANDOORI MIX GRILL £15.95

Tandoori chicken, Pork belly's tikka, Lamb Sheekh kebab & Chicken tikka

63. BIRIYANI DISHES

*All Biriyani cooked with saffron flavoured Basmati rice, spices,
sultanas, coconut powder & rose water served with vegetables curry*

- A) CHICKEN BIRIYANI £9.95
- B) LAMB BIRIYANI £12.95
- C) VEGETABLE BIRIYANI **V** £8.95
- D) HOUSE SPECIAL BIRIYANI (*Lamb, Chicken, Prawn*) £13.95
- E) KING PRAWNS £14.95

64. OLD SCHOOL FAVOURITES

CHICKEN / LAMB / LAMB MINCE	£7.95
CHICKEN TIKKA / LAMB TIKKA / PRAWNS	£8.95
KING PRAWNS	£14.95
VEGETABLE Ve / PANEER V	£7.95

TIKKA MASALA **D / **N**:** *Clay oven grilled meat cooked in spices with cream & butter*

PASANDA **D / **N**:** *Cooked in cream sauce with a hint of spices and red wine. Newcomers to Indian cuisine will be delighted with this dish*

JALFREZI: *Your selection cooked with chopped onions, ginger, capsicum, tomatoes, green chillies and special spices*

KORMA: **D / **N**** *Your selection cooked with cream and coconut*

ACHARI: *Tangy & spicy dish for when you are feeling a little more adventurous*

MADRAS: *A well -spiced thoroughbred dish, fairly hot to taste*

VINDALOO: *A very hot dish from Goa*

BHUNA: *A drier than usual curry packed with spicy flavours*

DOPIYAZA: *An elegant dish cooked with whole spices and onions*

DHANSAK: *A parsee dish- hot sweet and sour with lentil base*

ROGAN JOSH: *A medium hot dish cooked with green herbs, tomatoes and served in a rich sauce*

SAAG: *Delicious curry of your choice cooked to perfection with fresh spinach*

KARAH: *Fairly thick tomato-based sauce cooked with slices of onion and Capsicum, flavoured with garlic, ginger and selection of spices*

BALTI: *A medium dish cooked Balti sauce*

GARLIC: *Thick sauce with garlic and spice flavours*



65. VEGETABLE SIDE DISHES

- A) MIXED VEGETABLES** (Medium Gluten-free) **Ve** £4.95
Mixed vegetables, spinach & peas with tomato, garlic, ginger & coriander
- B) KADAI PANEER** **V** £4.95
Famous Punjabi dish made with freshly ground coriander seeds & kashmiri chillies
- C) KATAHAR LAZEEZ** **Ve** £4.95
North Indian style Jackfruit curry that will surprise the meat-eaters
- D) TARKA DAAL** **Ve** £4.95
Smooth and rich chana daal cooked with onion, tomatoes & Nepalese spices
- E) DAAL MAKHANI** **V / D** £4.95
Smoked whole black lentils simmered for several hours with fresh cream, butter & blend of garam masala
- F) LASOONI PALAK** **Ve** £4.95
Smoked spinach leaves cooked with fresh garlic, onions and tomatoes
- G) MUMBAI ALOO** **Ve** £4.95
Baby potatoes cooked with fresh garlic, onions and tomatoes
- H) MUSHROOM PALAK / MUSHROOM BHUNA** **Ve** £4.95
Mushroom and spinach cooked in tangy green gravy
- I) CHANNA PALAK / CHANNA BHUNA** **Ve** £4.95
Chickpeas and spinach cooked in aubergine gravy and spices
- J) SPICED BHINDI** **Ve** £4.95
It's a flavour-packed okra dish cooked with onion, tomatoes
- K) AUBERGINE RAJA** (Medium) **Ve** £4.95
Skin off tandoori roasted aubergine cooked with fresh ginger, crushed garlic, tomato, coriander & cream
- L) SAAG ALOO** **Ve** £4.95
Spinach leaves & baby potatoes cooked with fresh garlic, onions & tomatoes
- M) ALOO GOBHI** **Ve** £4.95
Baby potatoes & cauliflower cooked with fresh garlic, onions and tomatoes



66. NAAN BREADS & RICE

All our rice are Basmati

SAFFRON PILAU RICE D	£3.25
STEAMED RICE Ve	£2.95
EGG FRIED RICE	£3.45
MUSHROOM RICE D	£3.45
GARLIC CHILLI RICE Ve	£3.95
GARLIC FRIED RICE Ve	£3.45
ONION PILAU RICE D	£3.45
KEEMA CHILLI RICE D	£3.95
COCONUT & MANGO RICE D	£3.45
LEMON, GARLIC RICE Ve	£3.45
SPECIAL FRIED RICE D	£4.95
VEGETABLE RICE Ve	£3.95
PERSONALISED RICE	£4.95
<i>Garlic / Chilli / Coriander / Keema / Mushroom / Lemon / Vegetables / Coconut / Egg / Sweet Corn / Peas. Make your own Rice by adding a maximum of three from above</i>	
PLAIN NAAN D	£2.75
GARLIC NAAN D	£2.95
FAMILY GARLIC NAAN D	£5.25
FAMILY NAAN D	£4.95
KEEMA NAAN D	£3.95
CHEESE CHILLI NAAN D	£3.95
CHEESE NAAN D	£3.50
FULKA ROTI <i>Paper-thin soft Indian bread cooked on Tava</i> Ve	£1.50
TANDOORI ROTI Ve	£1.50
PESHWARI NAAN D	£3.45
LACHHA PARATHA D	£3.95
<i>Multi-layered Indian flatbread, whole wheat bread Stuffed</i>	
ALOO PARATHA D	£3.95
<i>Multi layered Indian flat bread stuffed with spicy potatoes, whole wheat bread</i>	
PERSONALISED NAAN	£4.95
<i>Garlic / Chilli / Coriander / Mushroom / Peswari / Cheese / Keema / Sesame. Make your own Naan by adding a maximum of three from above</i>	
67. GREEN SALAD Ve	£3.45
68. CUCUMBER RAITA D	£2.45
69. CHIPS Ve	£2.95

70. SET MEAL *(Takeaway Only)*

NON-VEG SET MEAL FOR TWO £26.00

2 x POPPADOMS with dips

ONION BHAJI

CHICKEN TIKKA *(st)*

CHICKEN TIKKA MASALA

LAMB BALTI

CHANA PALAK *(side)*

GARLIC NAAN

2 X SAFFRON PILAU RICE

VEG SET MEAL FOR TWO £25.00

2-POPPADOMS with dips

ONION BHAJI

VEGETABLE BARA

MALAI KOFTA

CHILLI PANNER MASALA

CHANA PALAK *(side)*

GARLIC NAAN

2 X SAFFRON PILAU RICE

71. KIDS MENU

- | | |
|-------------------------------------|-------|
| A) SCAMPI WITH CHIPS | £4.95 |
| B) FISH FINGER WITH CHIPS | £4.95 |
| C) CHICKEN NUGGETS WITH CHIPS | £4.95 |

FOOD ALLERGY NOTICE

Please be advised that food prepared here may contain below ingredients: Milk, egg, wheat, soya, peanuts, nuts, fish and sellfish

EVEREST LOUNGE'S GIFT VOUCHER AVAILABLE.
ASK MEMBER OF STAFF FOR MORE INFORMATION