

Side Dishes

Chokha	£4.50
mashed potatoes, red chillies, fenugreek seeds & onion	
Bombay Aloo	£4.50
potatoes, tomatoes & onion in a thick sauce	
Bhaji (spinach / okra / aubergine)	£3.95
garlic, onion & tomato	
Saag Aloo/Paneer	£4.50
spinach & potato or cheese	
Aloo Gobi	£4.50
potato & cauliflower	
Gurkhali Aloo	£3.95
baby potatoes with chillies, garlic & herbs	
Tarka Dall	£3.95
yellow lentils, spices, garlic & cumin seeds	
Mas ko Dall	£4.50
split black lentils, ginger, Nepalese village style	
Dry Mix Veg	£4.40
vegetables with garlic, tomato & onions	

Rice & Bread

Basmati Rice	£1.75
Pilau Rice	£2.25
Garlic Rice	£3.45
Mushroom Rice	£3.45
Lemon Rice	£3.45
Coco Rice	£3.45
Egg fried rice	£3.45
Vegetable Rice	£4.50
Special Rice prawn, chicken & lamb	£4.95
Chapati wholemeal, unleavened, thin	£1.50
Roti wholemeal flour, round flat bread	£1.95
Naan unleavened, oven baked	£2.25
Garlic Naan	£3.25
Cheese Naan	£3.75
Chilli Naan	£3.25
Peshwari Naan dry fruits, coconut	£3.75
Paratha wholemeal, layered, buttered	£3.25
Aloo Paratha stuffed potato	£3.45

Sundries

Raitha Cucumber/Mixed/Onion	£1.50
Papadum Plain/Spicy	90p
Condiments	90p
mint sauce / mango chutney / onion salad / lime pickle	
Green Salad	£1.50

Please note some of our dishes may contain nuts.

Information on gluten free, vegan, dairy free or allergic to any ingredient please speak to the member of our team we are more than happy to assist.

If you require a dish of your choice not listed in our menu please ask, our chef can prepare it, if its within our cuisine.

Health Benefit Of Some Of The Spices Used In Our Food

Cardamom

Cardamom soothes an upset stomach, and helps fight inflammation. It is high in minerals like magnesium and zinc.

Cinnamon

Cinnamon is very low in calories and sugar-free. It helps with inflammation, and fights bacteria.

Cumin

Cumin is naturally rich in iron. It can play a role in weight loss, too.

Garlic

Garlic lowers the chances of getting heart disease. Eating garlic regularly may reduce high cholesterol and high blood pressure.

Ginger

Ginger can help with an upset stomach. It has a calming effect on the lining of your digestive system and can ease nausea, too.

Turmeric

It's an antioxidant that eases inflammation. It may help ease pain too. Eating even small amounts of turmeric regularly may help prevent or slow down Alzheimer's disease, possibly by helping prevent the brain plaques that lead to dementia.

Clove

Cloves are rich in antioxidants, vitamins, and minerals. Cloves strengthen the immune system, reduce inflammation, and aid in digestion.

Mustard seeds

Mustard seeds contain calcium, dietary fiber, iron, manganese, magnesium, niacin, phosphorus, protein, zinc, and selenium—a trace mineral that is an antioxidant that may offer protection against asthma, heart attacks, and some cancers.

Fenugreek seeds

It balances cholesterol, soothes upset stomach, digestive problems and muscle pain. Reduces menstrual cramps, appetite, fat mass and fever. Maintains liver and kidney health.

Anise seed

It is a powerful plant that is rich in many nutrients and boasts a wide array of health



Dosa

(served daily 12:00 - 14:20)

A dosa is a South Indian, fermented crepe made from rice batter and black lentils. Served with mint dips, coconut dips and sambar (vegetable stew).

Masala Dosa £6.95

stuffed with spicy potato, cooked onions & spices

Paneer Dosa £7.95

stuffed with paneer & spices

Chicken Dosa £7.95

stuffed with chicken, spices & herbs

Banquet Night

Starter

Main

Rice Or Naan

from the A La Carte

£3 extra for starter and £5 extra for main portion of sea food, duck, goat, boar and venison items

Every Tuesday and Sunday evening

18:00 - 22:00

Dinning in only

£11.95

Lunch Menu

Pappadum and condiments

Veg Starters

Onion Bhaji

Veg Samosa

Chilli / Garlic Mushroom

Non - Veg Starters

Chicken Tikka

Sheek Kebab

Chilli / Sweet chilli Fish

Veg Mains

Veg Korma / Curry / Madras

Everest Veg

(creamy, almond, medium spiced)

Tandoori Veg

(served in a sizzler)

Non - Veg Mains

Chicken / Lamb Korma / Tikka

Masala

Chicken / Lamb Curry / Jalfregy

Kathmandu Chicken

(With onion, peppers and herbs in medium spiced sauce)

Railway Lamb Curry

(Tomato and onion sauce with potato, not too hot)

Maleku Ko Machha

(Square cut cod cooked in Nepalese village style sauce. Not too hot)

Rice / Pilau Rice Or Naan / Garlic

Naan &

Tea / Coffee

Served daily 12:00 - 14:30

£10.95

Please turn over for the A La Carte

Veg Starters

Onion Bhaji ever popular spiced onion fritters	£3.75
Mushroom (chilli /garlic /sweet chilli) with onions & peppers	£3.95
Veg Samosa pastry filled with spicy potato & vegetables	£4.25
Junglee Bhaji tempura battered vegetables	£4.50
Momo (Chilli / steamed) Nepalese style of dumplings stuffed with vegetables & spices	£5.00

Non Vegeterian Starters

Tandoori Wings marinated chicken wings cooked in the tandoor	£4.95
Chicken (chilli / garlic / sweet chilli) with onions & peppers	£5.50
Lamb Samosa Deep fried pastry filled with minced lamb and spices	£5.50
Chicken / Lamb Momo Nepalese style of dumplings, chilli or steamed	£6.50
Taas marinated lamb, herbs, spices, cardamon, puffed rice & fried soy beans	£6.50
Sandeko Lamb thin cut crispy lamb, garlic, green chillies, herbs, spices and red onions	£6.50
Bhutun lamb liver, heart, kidney, herbs & spices, spicy pappadam basket	£6.50
Chu - Yo - La grilled lamb, garlic, chillies, mustard seeds spring onion, grilled tomato puree and beaten rice	£6.50
Sekuwa lamb, ginger, garlic, cumin seeds, mustard oil and chillies cooked in a tandoor	£6.50

Sea Food Starters

Fish (chilli / garlic / sweet chilli) with peppers and onions	£5.50
Garlic Squid battered squid, garlic and spices, pan fried	£5.50
Tandoori King Prawn marinated king prawn cooked in a tandoor	£7.50
Lemon Chilli King Prawn pan tossed, garlic, butter, lemon chillies & spices	£7.50
Sandeko King Prawn garlic, ginger, chillies, herbs, spices and red onions	£7.95

Momo Soup & Thukpa

Momo soup is a Nepalese - Tibetan dumpling soup full of flavour. Thukpa is a traditional Tibetan noodles soup.

Vegetable Momo Soup	£5.20
Chicken / lamb Momo Soup	£6.75
Vegetable Thukpa	£5.00
Chicken Thukpa	£5.75
Sea Food Thukpa	£6.25

Tandoor

Tandoor is an Indian clay oven. All the dishes are marinated in traditional spices, served in a sizzler

Vegetarian

Tandoori Vegetable aubergine, mushroom, potatoes, courgette, broccoli & peppers	£7.95
Paneer Shaslik cottage cheese, peppers, onion & tomato	£8.95

Non Vegeterian

Tandoori Chicken half a chicken breast and leg on the bone	£8.95
Lasuni Kukhura shredded tandoori chicken off the bone, garlic, peppers & onion	£9.00
Chicken Shashlik with peppers, onion & tomato	£9.00
Lamb Shashlik with peppers, onion & tomato	£9.50
Lamb Chops marinated with tandoori spices	£9.95
Pork Belly marinated in Nepalese spices	£9.95
Tandoori Mix Platter lamb chops, tandoori chicken, chicken tikka & pork belly	£15.95

Sea Food

Tilapia Tilapia fillet, Nepalese spices & herbs	£10.50
Tandoori Sea Bass whole marinated sea bass	£10.50
Salmon Tikka Salmon filet marinated in tandoori masala	£11.50
Tandoori King Prawn marinated large king prawns	£14.50
Sea Food Platter tandoori King prawn, Salmon tikka, scallop & squid	£16.50

Nepali Curries

We use less fat, lean meat & fresh Vegetables

Vegetarian

Hariyali Vegetabale Mixed vegetables, ginger, garlic, fresh green mint paste and medium hot sauce	£7.95
Everest Vegetables Mixed vegetables, creamy almond sauce, garlic, green chillies, capsicum, onions & medium plus heat	£7.95
Himchuli Vegetables Mixed veg, herbs, lemon grass & creamy sauce	£8.00

Non - Vegetarian

Kathmandu Chicken fresh ginger, garlic, timmur (himalayan herbs)	£9.95
Everest Kukhura creamy almond sauce, garlic, green chillies, capsicum, onions & medium plus heat	£9.95
Gurkha Rifle boneless marinated chicken, dry fenugreek leaves, ginger, spring onion, sweet, sour & very hot sauce.	£9.95
Hariyali Chicken / Lamb ginger, garlic, mint paste, medium hot	£9.95 / £10.50
Gurkhali Chicken / Lamb diced onion, peppers, green chillies & hot sauce	£9.95 / £10.95
Bhuinkatar Chicken / Lamb mild, creamy, pineapple, coconut & almond powder	£9.95 / £10.95
Mango Chicken / Lamb mango flavoured mild and creamy dish	£9.95 / £10.95
Garlic Duck duck tikka, medium sauce & garlic	£11.50
Goat On The Bone cardamon, cinnamon, ginger, garlic & chillies	£11.95
Boar & Choi Sum fenugreek seeds, cumin seeds, ginger, & chillies	£11.95
Venison & Spinach fresh spinach, green chillies, tomato & onion	£12.95
Sea Food	
Malekhu Ko Machha cod, fenugreek seeds, bay leaf, spring onion & creamy sauce medium	£10.50
Himchuli King Prawn lemon grass, curry leaf & medium spiced sauce	£13.50
King Prawn Delight tandoori king prawn, choice of your sauce, mild or medium or hot, served with pilau rice	£16.95

Indian Curries

Curry mild, onion & tomato sauce	
Korma aromatic, mild & creamy sauce	
Madras green chillies, mustard seeds, curry leaves & hot sauce	
Tikka Masala creamy, cashew paste, tomato, onion & sweet sauce	
Makhani cashew nut paste, butter, tomato, mint & mild creamy sauce	
Tikka Pasanda wine, almond, cashew nut, mild & creamy sauce	
Rogan Josh fresh tomato, onion, ginger, garlic, medium spiced suace	
Dhansak a Parsi dish hot, sweet & sour with lentils sauce	
Jalfrezy garlic, ginger, onion, peppers & medium plus hot sauce	
Saag spinach, tomato puree, blended onion & medium hot sauce	

Vegetables	£7.25
Chicken/Prawn	£9.25
Lamb/Fish	£9.95
King Prawns	£11.95

Biryani

Basmati rice cooked with fresh ginger, flavoured with saffron, delicate spices ,scented rose & kewda water. Served with vegetable sauce

Vegetable Biryani	£8.75
Chicken Biryani	£9.95
Lamb/Prawn Biryani	£10.95
King Prawn Biryani	£13.95
Mixed Biryani chicken, lamb & prawns	£14.25

Nepali-Tibetan Chowmein

egg noodles, fresh herbs and spices, full of flavours	
Vegetable Chowmein	£3.95
Chicken Chowmein	£4.95
Prawn Chowmein	£5.95

Please turn over for sides, rice & breads