

starters

EVEREST MIXED PLATTER: (Ideal for two people)	£12.95
Hariyali Lasuni Chicken Tikka, Aamako Khaja (onion Bhaji), Gulati Kebab and Punjabi samosa.	
EVEREST SAGAR KHAJANA: (Ideal for two people)	£14.95
Poleko jhinga, Zafrani Queens of the sea(salmon), scallops and crab cake.	
GULATI KEBAB:	£5.75
Minced lamd kebab robustly flavoured with ginger, coriander and pimento served with cucumber chutney.	
BOTI PUDINA:	£5.25
Tender Cubes of lamb marinated with fresh mint, crushed chilly, yogurt and lime.	
BEEF TIKKA:	£6.45
Cuts of beef fillet soaked overnight in a rum and brandy, marinated with spiced with crushed ginger, chillies and cloves then char-grilled to perfection.	
POKHRELI HANSH TIKKA:	£5.45
Chargrilled Duck breast pieces marinated with lime,garlic,ginger,yogurt and Nepalese spices.	
HARIYALI LASUNI CHICKEN TIKKA:	£5.95
Cubes of chicken breast marinated with garlic, fresh green herbs and barbecued in clay oven.	
ZAFRANI QUEEN OF THE SEA:	£6.45
Freshly grilled salmon in a medley of light spices flavoured with honey, mustard, green chilli and dill, accompanied with spiced yoghurt.	
POLEKO JHINGA:	£6.85
Marinated tiger Prawns with ginger,carom seeds and Nepalese spices and grilled in tandoor oven.	
SCALLOPS:	£6.95
Spiced crusted scallops	
DORSET STYLE CRAB CAKE:	£6.45
Spiced with roasted coconut, chilli and dill flavourings with spice.	
AAMAKO KHAJA: (ONION BHAJI):	£4.95
Crispy nuggets of spinach, potato, onion and crushed coriander seeds; shallow fried and served with a cool cucumber chutney.	
COLOSTRUM TIKKA:	£5.25
Cubes of paneer marinated with Nepalese spices and yogurt and then roasted in the oven to perfection.	
ALOO TIKKI:	£4.95
Mashed sweet potato and baby potato with fennel seeds and chef's special spices served with spiced olives.	
MO:MO: (FAMOUS DUMPLING FROM NEPAL):	£6.25
Nepalese style dumpling stuffed with mixed lamb mince, spring onion, ginger, soya & Nepalese own spices served with grilled tomato & sesame seed chutney.	
KHURSANI (CHILLI) CHICKEN/PANEER:	£5.95
Chilli chicken or colostrum (paneer) stir fried with bell peppers, garlic, sweet chilli sauce and soya sauce.	
VEGETABLE SAMOSA:	£4.95
Home made punjabi samosa served with chickpeas	
CHICKEN CHAAT:	£5.95
Spiced chicken cooked with cucumber, tomatoes and Onion served on Pimento	
PAPADUMS: PLAIN OR SPICY: (Each)	£0.80
HOMEMADE CHUTNEY TRAY: (Each)	£0.80

If you have any food allergies or intolerances, please inform your server who will happily guide you through your options. Please be aware that we do use all 14 allergens in our kitchens, although we take every precaution to avoid cross contamination traces may be present. Fish may contain small bones.

Everest special main courses

EVEREST SHASHLIK MASALA: (Chicken/Lamb/King Prawn):	£9.95/£10.95/13.95
Grilled peppers, tomato and onions in a chef's own blend of spices with fresh green chillies, garlic and ginger.	
GURKHALI SPECIAL: (Chicken/Lamb/King Prawn):	£9.95/£10.95/£13.95
Cooked with Nepalese herbs, yoghurt and green chillies.	
JAYPURI: (Chicken/Lamb/King Prawn):	£9.95/£10.95/£13.95
Indian home-style curry with fresh coconut, ginger and chilly.	
TANDOORI CHICKEN BREAST:	£11.95
On the bone chicken breast, spiced, marinated and cooked in clay oven served with green salad.	
CHICKEN DIL KHUSH:	£11.95
Honey and orange glazed butter chicken curry in a rich tomato gravy with cream of coconut and fenugreek leaves served with saffron rice.	
MAHA KUKHURA:	£9.95
Strips of chicken breast cooked with honey and coconut in a creamy sauce with shavings of crisp parsnips.	
HYDERABADI BIRYANI:	£14.95
Pot baked Jasmin rice with corn fed chicken breast flavoured with sweet spices and dried plums, served with jeera raita.	
NARIKEL DUCK:	£12.95
Gressingham duck breast tossed in ground coconut and coriander flavoured with cinnamon finished in a medium spiced sauce with cream of coconut, served with lemon rice.	
CINNAMON GLAZED DUCK BREAST:	£12.95
Pan seared with lightly seasoned with turmeric, served with spinach korma, herbed salad and straw potatoes.	
NEPALESE HANSH BHUTUWA:	£10.95
Barbequed breast of duck cooked with green herbs, spices, and spring onions	
TANDOORI SEARED LAMB RACK:	£15.95
Rack of lamb marinated on lime pickle and chef's special spices Cooked to perfection, accompanied with masala mash potatoes.	
EVEREST STYLE LAMB LEG CURRY:	£12.95
Spice braised spring lamb and chick peas cooked in tomato based sauce with chef's special medium spices served with Safron rice.	
HARIYALI LAMB SPECIAL:	£12.95
Lamb cooked with a blend of fresh mint, spring onion & Nepalese spices with jeera rice.	
STIR-FRY WELSH LAMB:	£12.95
Stir fried with mixed vegetables fresh coriander, garlic, red onion and peppers served with spiced mashed potatoes.	
ROGHAN JOSH STYLE DORSET LAMB SHANK:	£13.95
Overnight marinated and slow oven cooked lamb shank with tomato, fresh herbs and spicesserved with pilau rice.	
SRI LANKAN STYLE PORK VINDALOO:	£10.95
Cubes of Pork cooked to perfection with potato with chef's special spices served with wsteamed basmati rice.	
WILD VENISON FILLET STEAK:	£18.95
Wild venison flushed with medium spiced onion marinade and served on masala mashed potatoes.	

**All dishes are prepared to individual order,
please give us plenty of time to come to your table.**

Everest vegetable main courses

HARIYO SABJI SPECIAL:	£9.95
Fresh seasonal mixed vegetables curry with sesame seeds, green chilli and coriander in light spices served with steamed basmati rice.	
EVEREST STYLE SHAHI PANEER:	£9.95
Home-style dish with asparagus, homemade cheese cubes and roasted strawberries in a rich creamy tomato gravy served with steamed basmati rice.	
CHICKPEAS, BABY AUBERGIN AND SPINACH SPECIAL:	£10.95
With a touch of lemon juice and coconut with chef's special north Indian spices served with home style lemon rice.	
ALOO TAMA BODI:	£10.95
Traditional Nepalese vegetable dish cooked with bamboo shoots, potatoes, black eyed beans, in medium spices served with jeera rice.	

Everest seafood main courses

PAN FRIED COD FILLET:	£15.95
Marinated with salt, pepper, ginger and served on the base of baby potato and spinach and curried South Indian style muli sauce.	
KING PRAWN SUBLIME:	£15.95
With South Indian style Muli sauce flavoured with coconut garlic and onion with parsnip shavings served with home style lemon rice.	
EVEREST MACHHA SPECIAL:	£14.95
Marinated monkfish cooked with crusted mustard, a touch of garlic, ginger and fresh coriander.	
BOTMAN'S FISH CURRY:	£14.95
White fish marinated and grilled in tandoori ovan and made curry with tamarind extract, curry leaves and coconut milk served with steamed Basmati Rice.	

Traditional Briyani Dishes

Traditionally cooked over an open fire with rice and a variety of spices to make highly tasty and unique flavour combinations served with curry sauce.

CHICKEN	£12.95
CHICKEN TIKKA	£13.95
LAMB	£13.95
LAMB TIKKA	£14.95
VEGETABLE	£11.95
PRAWN	£15.95
KING PRAWN	£16.95

Traditional Indian dishes

Curry, Dansak, Pathia, Bhuna, Jalfrazi, Madras, Vindaloo, Tindaaloo, Faal, naga etc.
Butter Chicken(Chicken tikka), Chicken Tikka Masala, Korma, Pasanda, Kashmiri etc.

VEGETABLE:	£7.95
CHICKEN:	£8.95
LAMB:	£9.95
CHICKEN TIKKA:	£9.95
LAMB TIKKA:	£10.95
DUCK TIKKA:	£11.95
PRAWNS:	£11.95
KING PRAWNS:	£13.95

We are more than happy to serve all traditional Indian dishes not listed on the menu upon request.

Accompaniments

STEAMED BASMATI RICE	£2.95
JEERA (CUMIN SEED) RICE	£3.25
SAFFRON FLAVOURED BASMATI RICE	£3.25
COCONUT RICE	£3.25
HOME STYLE LEMON RICE	£3.45
EVEREST STYLE EGG FRIED RICE	£3.45
MUSHROOM FRIED RICE	£3.45

Side Dishes

GARLIC SPICED SPINACH	£3.95
TARKA DHAL	£3.95
STIR-FRIED CAULIFLOWER AND BABY POTATOES WITH GINGER CRUST	£4.20
SAAG PANEER	£4.20
CUCUMBER RAITHA	£2.45
MIXED GREEN SALAD	£3.45

Breads

PLAIN NAAN	£2.95
CHEESE AND CHILLI NAAN	£3.45
DATE AND GINGER NAAN	£3.45
GARLIC AND CORIANDER NAAN	£3.45
PESHWARI NAAN WITH COCONUT AND HERBS	£3.95
MINCED LAMB FILLED NAAN	£3.95
TANDOOR SE ROTI (Wholemeal bread)	£2.55
CHAPATI (Thin wholemeal bread)	£2.10

Childrens Menu

We can serve mild korma sauce if required.

CHICKEN NUGGETS AND CHIPS	£5.95
FISH FINGERS WITH CHIPS	£6.95
CHICKEN TIKKA WITH CHIPS	£5.95
PLAIN CHICKEN WITH STEAMED RICE	£6.95

If you have food allergies and Intolerances, please speak to a member of staff about the ingredients of your meal before ordering. Thank you.