

STARTERS

Everest Samosa (Lamb or Vegan) Served with tamarind chutney *Contains gluten & mustard	6.5
Onion Bhaji Vegan Served with tamarind chutney	6
Momo (Chicken or Vegan) Steamed dumplings served with tomato chutney *Contains gluten & chicken momo contains dairy	6.5
Lime Poleko Prawns Pan-fried with garlic, chilli, lime and tartar sauce *Contains shellfish, gluten, dairy and eggs	11
Tandoori Rack of Lamb Marinated rack of lamb, cooked in a tandoori oven, served with a fresh mint & yoghurt chutney *Contains dairy	12
Chicken Lollies Pan fried battered wings tossed with ginger, garlic, chilli, and spices *Contains gluten	7
King Prawn Puri Medium sized king prawns cooked with Nepalese spices, served with Puri (deep fried Indian bread) *Contains gluten, shellfish and dairy	9
Sheek Kebab Spiced minced lamb, cooked in a tandoori oven. Served with fresh mint & yoghurt chutney *Contains dairy	8
Chana Chatpate Vegan Spiced chickpeas, diced potatoes, red onion tossed with chat masala, spiced tamarind sauce and fresh green chilli *Contains gluten	7
Everest Special Mix Starters Panfried chicken tikka, king prawns, sheek kebabs and mini veg samosas with tamarind chutney *Contain dairy, gluten, shellfish and mustard	9
Papadum (Plain or Spicy) Served with mint chutney	1
Pickle or Chutney Mint Chutney *Contains dairy, Mango Chutney or Onion Salad	1

TANDOORI DISHES

Hansh Sekuwa Duck breast marinated with Nepalese spices, and grilled in a tandoori oven *Contains dairy	16	Shashlik Special Grilled in a tandoori oven with mixed peppers, onions and tomatoes *Contains dairy	
Tandoori Mix Grill A platter of lamb chop, tandoori chicken, sheek kebab and chicken tikka *Contains dairy	18	King Prawn with tartar chutney	16
		Chicken with mint chutney	14
		Paneer V with mint chutney	13

SET MEAL BOX

Veg (vegan upon request) A platter of mixed vegetables, tarka daal, sag aloo and basmati rice served with papadum & mint chutney *Contains dairy	16
Non-Veg A platter of chicken rogan, lakeside fish, bombay aloo and pilau rice served with papadum and mint chutney *Contains dairy, gluten and fish	19



CHEF'S RECOMMENDATIONS

Lakeside Fish Marinated diced fillet of white fish, pan fried with spices, lemon juice, spring onions, garlic and ginger *Contains gluten and fish	15
Bhutuwa Special (Duck) Cooked with ginger, garlic, cardamom, cumin & tomato	16
Aunty's Egg Curry Hard boiled eggs, fried with Nepalese herbs and spices cooked in aunty's delicious plum tomato curry *Contains dairy, egg and mustard	14
Machha Modi Khola Marinated white fish cooked with special Nepalese spices, ginger, fresh herbs and a touch of yoghurt *Contains dairy and fish	15
Hariyali Lamb cooked with fresh mint, spring onions and Nepalese spices *Contains dairy	16
Chicken Nepal Barbequed chicken cooked with cashew nuts and mango in mild creamy sauce *Contains dairy, coconut & cashew nuts	15
Himalayan Prawn King prawns cooked with yoghurt, tomatoes, mustard, green chilli, and spices *Contains shellfish, dairy, and mustard	17
Chicken Chilli Masala Barbequed chicken cooked in Nepalese spices with a creamy and spicy masala sauce, finished with a touch of green chilli, spring onions and coriander *Contains dairy	15
Gurkhali Boneless chicken marinated with Nepalese herbs and spices, cooked with a touch of yoghurt and green chillies *Contains dairy	15
Paneer Chilli Masala (V) Homemade cottage cheese cooked in a spiced creamy masala sauce, with a touch of fresh green chilli and spring onions *Contains dairy	14
House Special Tandoori Fillet Of Salmon Tandoor roasted fillet of Salmon, served with stir-fried vegetables in a creamy spiced sauce *Contains dairy and fish	17

TRADITIONAL INDIAN VEG 13 | CHICKEN 14 | LAMB 15 | KING PRAWN 16

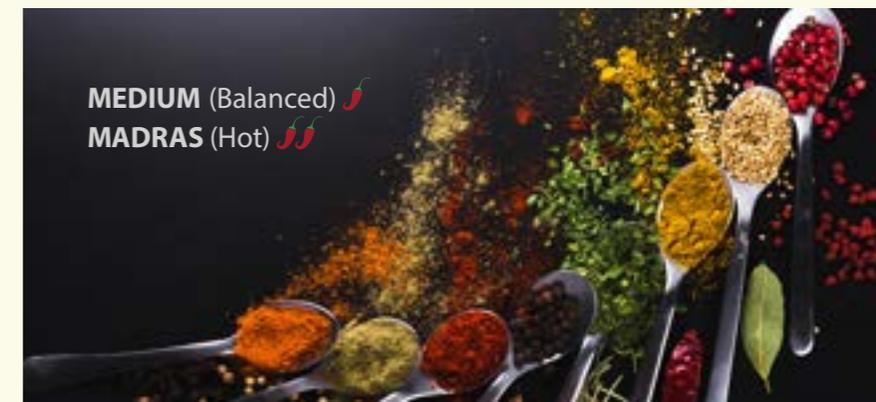
Tikka Masala Tikka cooked with butter in a fresh creamy tomato sauce *Contains dairy, cashew nuts & coconut	
Korma Cooked in a very mild creamy sauce. *Contains dairy, cashew nuts & coconut	
Bhuna Cooked with a medium spiced sauce, with tomato & herbs *Contains dairy	
Rogan Cooked with tomatoes & herbs in a creamy medium spiced sauce *Contains dairy	
Madras Cooked with ginger, garlic and spices in a fairly hot curry sauce *Contains dairy & gluten	
Dhansak Sweet and sour curry with lentils *Contains dairy	

VEGETABLE DISHES

All vegetable dishes (excl. Paneer, Daal Makhani and Raita) can be made **vegan** upon request.

Tarka Daal Lentils cooked with garlic and mild spices. *Contains dairy	6.5
Aloo Gobi Potatoes cooked with cauliflower *Contains dairy & mustard	7
Bombay Aloo Spiced potatoes cooked with herbs *Contains dairy	6.5
Sag Bhaji / Sag Aloo / Sag Paneer Plain spinach with potatoes or cottage cheese *Contains dairy	8
Mushroom Bhaji Mushroom cooked in a medium spice *Contains dairy	7
Brinjal Bhaji Aubergine cooked with Nepalese spices and spring onions *Contains dairy & mustard	8
Chana Masala Chickpeas cooked in medium spices *Contains dairy	7
Daal Makhani Whole black lentils cooked with unsalted butter, spices, tomatoes, onions, herbs and cream *Contains dairy	8.5
Raita Yoghurt mixed with cucumber *Contains dairy	4
Timuri Chips Seasoned with garlic and Himalayan timur (from the schezwan pepper family)	5

MEDIUM (Balanced)
MADRAS (Hot)



RICE & BIRYANI

Plain Rice Plain basmati rice	3.5
Pilau Rice Saffron flavoured basmati rice *Contains dairy	4
Mushroom Rice Rice cooked with mushrooms *Contains dairy	5
Egg Fried Rice Stir-fried basmati rice with eggs *Contains egg	5.5
Biryani Chicken or Lamb cooked with saffron flavoured basmati rice served with cucumber raita *Contains dairy	17.5

HOMEMADE BREAD

Plain Naan *Contains dairy and gluten	3.5
Keema Naan Naan stuffed with spiced minced lamb *Contains dairy and gluten	5
Peshawari Naan Naan stuffed with nuts and seeds, slightly sweetened with a touch of coconut and raisins *Contains dairy, cashew nuts & gluten	5
Garlic Naan Naan bread topped with garlic, parsley and coriander *Contains dairy and gluten	4.5
Tandoori Roti An Indian bread made from whole wheat flour *Contains dairy and gluten	3

NAMASTE!

Nestled at the heart of Blackheath's bustling community, family-run Everest Inn proudly stands as one of the oldest restaurants on the Heath and has remained a favourite amongst locals since opening its doors in 2005 - thank you for your continued support.

Our aim is to bring the best in Nepalese and Indian cuisine with a modern twist on traditional methods. Our dedicated chefs continually develop and refine our famous recipes to the highest possible standard. We are passionate and proud of our food along with our service making every effort to select and combine the finest ingredients, so that our customers can enjoy a high quality delicious meal, every single time!

ALLERGEN ADVICE

If you have a food allergy of any kind, please inform us when placing your order

OPENING TIMES

Tuesday	2.30pm - 10:30pm
Wednesday	2.30pm - 10:30pm
Thursday	2.30pm - 10:30pm
Friday	2.30pm - 11:00pm
Saturday (All day)	1:00pm - 11:00pm
Sunday (All day)	1:00pm - 10:00pm
Monday	CLOSED



"Magnificent food, excellent staff and professional service- 10 out of 10"

Joanna Lumley OBE
British actress



Executive chef, Shanker Pandey receiving the National Awards at the Houses of Parliament, March 2020



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fine nepalese cuisine

TAKEAWAY MENU



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