

STARTERS

Everest Samosa (Vegan) Served with tamarind chutney *Contains gluten & mustard	
Onion Bhaji (Vegan) Served with tamarind chutney	
Momo (Chicken or Vegan) Steamed dumplings served with tomato chutney *Contains gluten	
Lime Poleko Prawns Pan-fried with garlic, chilli, lime and tartar chutney *Contains shellfish, gluten and eggs	
Tandoori Lamb Chops Marinated rack of lamb, cooked in a tandoori oven, served with a fresh mint & yoghurt chutney *Contains dairy	
Chicken Lollies Pan fried battered wings toasted with ginger, garlic, chilli, and spices *Contains gluten and soya	
Manchurian (Vegan) Crisp fried vegetable pokora tossed in a spicy, sweet & tangy sauce *Contains gluten and soya	
King Prawn Puri Medium sized king prawns cooked with Nepalese spices, served with Puri (deep fried Indian bread) *Contains gluten and shellfish	
Sheek Kebab Spiced minced lamb, cooked in a tandoori oven. Served with fresh mint & yoghurt chutney *Contains dairy	
Lamb Choila Spiced lamb with crispy rice, radish, and tangy tomato chutney	
Papadum (Plain or Spicy) Pickle or Chutney Mint Chutney *Contains dairy, Mango Chutney, Onion Salad or Carrot Pickle *Contains mustard and gluten	

TANDOORI DISHES

Hansh Sekuwa Duck breast marinated with Nepalese spices, and grilled in a tandoor oven *Contains dairy	15	Shashlik Special Grilled in a tandoori oven with mixed peppers, onions and tomatoes *Contains dairy
		Chicken 14
		Paneer (V) 13
		King Prawn 16
Tandoori Mix Grill A platter of lamb chop, tandoori chicken, sheek kebab and chicken tikka *Contains dairy	17	<div><div>Medium (Balanced)</div><div>Madras (Hot)</div></div>

CHEF'S RECOMMENDATIONS

6.5	Lakeside Fish Marinated diced fillet of white fish, pan fried with spices, lemon juice, spring onions, garlic and ginger *Contains gluten and soya	15
6.5	Duck Bhutuwa Cooked with ginger, garlic, cardamom, cumin, & tomato	15
6.5	Aunty's Egg Curry Boiled eggs, fried with Nepalese herbs and spices cooked in aunty's delicious plum tomato curry *Contains mustard	13
10	Machha Modi Khola Marinated white fish cooked with special Nepalese spices, ginger, fresh herbs and a touch of yoghurt *Contains dairy	14
12	Hariyali Lamb cooked with fresh mint, spring onions and Nepalese spices *Contains dairy	15
6.5	Chicken Nepal Barbequed chicken cooked with cashew nuts and slices of mango in mild creamy sauce *Contains dairy, cashew nuts & coconuts	14
6	Himalayan Prawn King prawns cooked with yogurt, tomatoes, mustard, green chilli, and spices *Contains shellfish, dairy and mustard	16
8	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
7	Gurkhali Chicken marinated with Nepalese herbs and spices, cooked with a touch of yoghurt and green chillies *Contains dairy	15
9	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
1	Timuri Goat Curry (On The Bone) Goat cooked with the chef's special masala and timur (sichuan pepper) *Contains dairy	16

TRADITIONAL INDIAN

VEG 12 | CHICKEN 13 | LAMB 14 | KING PRAWN 15

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 mixed peppers, onions, tomato & herbs
Rogan Cooked with tomatoes & herbs in a medium spiced sauce with a touch of cream *Contains dairy
Dhansak Sweet and sour curry with lentils
Madras Cooked with ginger, garlic and spices *Contains gluten
Jalfrezi Cooked with peppers, onions, green chillies & herbs *Contains dairy & gluten

VEGETABLE DISHES

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

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

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
Biryani Chicken or Lamb cooked with saffron flavoured basmati rice served with cucumber raita *Contains dairy	16

HOMEMADE BREAD

Plain Naan *Contains dairy and gluten	3.5
Keema Naan Naan stuffed with spiced minced lamb *Contains dairy and gluten	4.5
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.

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

Monday	Closed - (Excl. Bank Holidays)
Tuesday	2:00pm -10.30pm
Wednesday	2:00pm -10.30pm
Thursday	2:00pm -10.30pm
Friday	2:00pm -11.00pm
Saturday (All day)	1:00pm -11.00pm
Sunday (All day)	1:00pm -10.00pm

ARE YOU THINKING OF HAVING A PARTY?

We cater for Weddings, Canapé receptions, BBQ's, Buffets and all indoor & outdoor events!

ORDER ONLINE



OUR BRANCHES

Blackheath, London

Hythe, Kent

Ashford, Kent

Everest Inn offers exceptional outdoor catering and has proudly served prestigious venues across London, including the Prime Minister's residence at No. 10 Downing Street



Our award-winning food has been highly recognised and even featured on Rick Stein's Food Stories TV show on the BBC.

As we step into 2025, we are thrilled to celebrate an incredible milestone

Our 20th birthday!

Thank you for being with us every step of the way. Your support has made it all possible.

To show our gratitude and kick off a year of celebrations, we have a plenty of announcements for you so please stay connected

Everest Inn

fine nepalese cuisine

TAKEAWAY MENU



020 8852 7872

41 Montpelier Vale

Blackheath, London SE3 0TJ

www.everestinn.co.uk

Anniversary Mega Deal!!

20 Years Strong - 20% off Just for you.

Enjoy a massive 20% Off all takeaway collections when you order directly through our website or by phone.

Celebrate with us before this incredible offer ends in September 2025!

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Everest Inn