

## 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 rack of lamb

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

### Fish Cake

Crust marinated fish, spiced potato, tartar sauce

\*Contains gluten, shellfish, mustard, fish

### 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 17

Duck breast marinated with Nepalese spices, and grilled in a tandoor oven

\*Contains dairy

### Tandoori Mix Grill 19

A platter of lamb chop, tandoori chicken, sheek kebab and chicken tikka

\*Contains dairy

### Shashlik Special

Grilled in a tandoori oven with mixed peppers, onions and tomatoes \*Contains dairy

Chicken 16

Paneer (V) 15

King Prawn 17

Medium (Balanced)

Madras (Hot)

## CHEF'S RECOMMENDATIONS

6.5	<b>Lakeside Fish</b>	15
	Marinated diced fillet of white fish, pan fried with spices, lemon juice, spring onions, garlic and ginger *Contains gluten and soya	
6.5	<b>Duck Bhutuwa</b>	16
	Cooked with ginger, garlic, cardamom, cumin, & tomato	
7	<b>Aunty's Egg Curry</b>	14
	Boiled eggs, fried with Nepalese herbs and spices cooked in aunty's delicious plum tomato curry *Contains mustard	
10	<b>Machha Modi Khola</b>	14
	Marinated white fish cooked with special Nepalese spices, ginger, fresh herbs and a touch of yoghurt *Contains dairy	
12	<b>Hariyali</b>	16
	Lamb cooked with fresh mint, spring onions and Nepalese spices *Contains dairy	
6.5	<b>Chicken Nepal</b>	14
	Barbequed chicken cooked with cashew nuts and slices of mango in mild creamy sauce *Contains dairy, cashew nuts & coconuts	
6	<b>Himalayan Prawn</b>	16
	King prawns cooked with yogurt, tomatoes, mustard, green chilli, and spices *Contains shellfish, dairy and mustard	
8	<b>Chicken Chilli Masala</b>	15
	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	
7	<b>Gurkhali</b>	15
	Chicken marinated with Nepalese herbs and spices, cooked with a touch of yoghurt and green chillies *Contains dairy	
8	<b>Paneer Chilli Masala (V)</b>	14
	Homemade cottage cheese cooked in a spiced creamy masala sauce, with a touch of fresh green chilli and spring onions *Contains dairy	
8	<b>Timuri Goat Curry (On The Bone)</b>	17
	Goat cooked with the chef's special masala and timur (sichuan pepper) *Contains dairy	

## TRADITIONAL INDIAN

VEG 13 | CHICKEN 14 | LAMB 15 | KING PRAWN 17

### 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.

<b>Tarka Daal</b>	7
Lentils cooked with garlic and mild spices	
<b>Aloo Gobi</b>	7
Potatoes cooked with cauliflower *Contains mustard	
<b>Bombay Aloo</b>	7
Spiced potatoes cooked with herbs	
<b>Sag Bhaji / Sag Aloo / Sag Paneer</b>	8
Plain spinach with potatoes or cottage cheese	
<b>Mushroom Bhaji</b>	7
Mushroom cooked in a medium spice	
<b>Brinjal Bhaji</b>	8
Aubergine cooked with Nepalese spices and spring onions *Contains mustard	
<b>Chana Masala</b>	7
Chickpeas cooked in medium spices	
<b>Fresh Bhindi</b>	7
Okra & spring onions cooked with medium spices	
<b>Daal Makhani</b>	9
Whole black lentils and red kidney beans cooked with unsalted butter, spices, tomatoes, onions herbs and cream	
<b>Raita</b>	4
Yoghurt mixed with cucumber	
<b>Timuri Chips</b>	4
Himalayan timur (from Sichuan pepper family)	

## RICE & BIRYANI

<b>Plain Rice</b> Plain basmati rice	4
<b>Pilau Rice</b> Saffron flavoured basmati rice *Contains dairy	5
<b>Mushroom Rice</b> Rice cooked with mushrooms *Contains dairy	5
<b>Egg Fried Rice</b> Stir-fried basmati rice with eggs *Contains egg	5
<b>Biryani</b> Chicken or Lamb cooked with saffron flavoured with cucumber raita *Contains dairy	16

## HOMEMADE BREAD

<b>Plain Naan</b> *Contains dairy and gluten	4
<b>Keema Naan</b>	5
Naan stuffed with spiced minced lamb *Contains dairy and gluten	
<b>Peshawari Naan</b>	5
Naan stuffed with nuts and seeds, slightly sweetened with a touch of coconut and raisins *Contains dairy, cashew nuts and gluten	
<b>Garlic Naan</b>	5
Naan bread topped with garlic, parsley and coriander *Contains dairy and gluten	
<b>Tandoori Roti</b>	4
An Indian bread made from whole wheat flour *Contains dairy and gluten	

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We are a family-run restaurant, proudly cooking for over 20 years just as we do at home — with love, care, and recipes passed down through generations. Our food is inspired by the comforting meals we grew up enjoying in Nepal, full of warmth and tradition. From Auntie's Egg Curry, just like in our childhood kitchen, to Lakeside Fish inspired by the flavours of Pokhara, every dish is prepared as if we are serving our own family. Our cocktail lounge continues that welcome, offering crafted drinks, small plates, and vibrant Nepali street flavours in a relaxed setting.

Family and community are at the heart of our journey. Our Executive Chef, Shankar Pandey, was featured on the BBC with Rick Stein — a proud moment for our team. We've also been honoured to welcome guests such as Shah Rukh Khan and Dame Joanna Lumley, and to cater at London embassies and even No.10 Downing Street.

Whether dining in, enjoying takeaway, or hosting a celebration, our welcoming Blackheath space can host up to 100 guests, with cosy corners, larger rooms, and private hire available. We look forward to welcoming you like one of our own.

#### 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)	12:00pm -11.00pm
Sunday (All day)	12:00pm -10.00pm

#### ARE YOU THINKING OF HAVING A PARTY or PRIVATE HIRE?

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.



Everest Inn<sup>®</sup>  
Estd 2005 fine nepalese cuisine

## TAKEAWAY MENU



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