



**Everest Inn**<sup>®</sup>  
FINEST NEPALESE CUISINE

**Namaste!**

**Welcome to Everest Inn, in the heart of Blackheath**

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!

**Member of:**



**Awards:**



*Connecting hospitality  
and cuisine*

## STARTERS

- 1. Pan Fried Onion Balls (V)** **£4.50**  
Pan-fried onion pakoras with a touch of garlic, ginger, spring onion, coriander and spices
- 2. Everest Vegetable Samosa or Onion Bhaji (V)** **£4.50**  
Samosa or onion bhaji, served with tamarind chutney
- 3. Momo (Lamb, Chicken or Veg) 🌶️** **£5.95**  
Steamed dumplings, served with tomato chutney (Please allow a minimum of 20 minutes)  
*One of the most popular Nepalese Appetisers*
- 4. Vegetable Manchurian (V)** **£4.50**  
Pan-fried mix vegetable pakoras with mixture of spices, ginger garlic and coriander
- 5. Tandoori Scallops 🌶️🌶️** **£9.95**  
Scallops, marinated with mixed peppers, a touch of chilli, crushed cumin and spices cooked in the tandoori oven. Served with sweet chilli chutney *Chef's signature dish*
- 6. Deep Fried Calamari 🌶️** **£6.25**  
Squid rings marinated with spices, battered and served with sweet chilli sauce
- 7. Tandoori Lamb Chops (2pcs) 🍋🌿** **£9.95**  
Beautifully marinated rack of lamb, cooked in the tandoori oven, served with chef's special fresh mint, grated lime zest, green chilli and yoghurt chutney
- 8. Drunken King Prawns 🌶️🌶️** **£8.25**  
Pan-fried marinated king prawns cooked with mixed peppers, cherry tomatoes, sweet chilli, white wine and coriander. *One of the Chef's most popular recipes!*
- 9. Everest Magic Tikka** **£6.50**  
Diced Chicken breast marinated with spices, garlic, ginger, chilli, cashew nuts, and soft cheese. Served with our special Everest chutney
- 10. Beetroot & Paneer Parcel (V)** **£5.95**  
Lightly spiced beetroot and homemade cottage cheese wrapped in pastry and served with tamarind, mint and spiced yoghurt chutney
- 11. Nepali Choyla 🌶️** **£7.50**  
Barbequed diced lamb marinated with mustard, fenugreek seeds and chef's spices. Served on a bed of crispy rice and homemade chutney  
*One of the most popular starters from Kathmandu (Served at room temperature)*
- 12. Mixed Seekh Kebabs 🍋🌿** **£6.50**  
Spiced minced chicken and lamb, slow cooked in the tandoori oven. Served with fresh mint chutney
- 13. King Prawn Puri 🌶️** **£7.95**  
Medium sized king prawns cooked with Nepalese spices. Served with deep fried Indian bread (Puri)
- 14. Papadum** Plain or spicy Papadum **£0.95**
- 15. Tray of Pickles & Chutney 🌶️** **£1.50**  
Selections of mango, mint, lime and carrot

## TANDOORI (CLAY OVEN)

These dishes are marinated and cooked in the clay oven

- 16. Chicken Grill** 🍗🌿 **£14.50**  
Mixed platter of Chicken Tikka, Tandoori Chicken, Chicken Seekh Kebab and Everest Magic Tikka, served with Plain Naan Bread
- 17. Tandoori Mix Grill** 🍗🌿 **£15.95**  
Platter of Lamb Chops, Tandoori Chicken, Seekh Kebab and Chicken Tikka, served with Plain Naan Bread
- 18. SASLIK SPECIAL** 🍗🌿
- Grilled in Tandoori oven with mixed peppers, onions and tomatoes
- Chicken Tikka Saslik** **£11.95**
- Lamb Tikka Saslik** **£12.95**
- Paneer Tikka Saslik (V)** **£10.95**
- Duck Tikka Saslik** **£13.95**
- King Prawn Saslik** (medium sized king prawns) **£14.95**

## CHEF'S RECOMMENDATIONS: NEPALESE DISHES

- 19. Lakeside Fish** 🐟 **£12.95**  
Marinated diced fillet of white fish, pan fried with spices, crushed mustard, lemon juice, spring onions, garlic and ginger. *Recipe from Lakeside, Pokhara, Nepal*
- 20. Bhutuwa Special (Chicken, Lamb or Duck)** 🐟 **£12.95**  
Chicken, Lamb or Duck cooked with green herbs, spices and spring onions
- 21. Machha Modi Khola** 🐟 **£11.95**  
Marinated white fish cooked with special Nepalese spices, mustard, ginger, fresh herbs and a touch of yoghurt.  
*The villagers' recipe from the Modi river, the Western part of Pokhara, Nepal*
- 22. Hariyali Lamb or Chicken** 🍗🌿 **£11.95**  
Lamb or chicken cooked with fresh mint, spring onions and Nepalese spices
- 23. Chati Kukhura** **£10.50**  
Chicken cooked with fresh mushrooms, green peas in chef's special spices and flavoured with green herbs
- 24. Chicken Nepal** 🍗🌿 **£10.95**  
Barbequed chicken cooked with almond and slices of mango in mild creamy sauce
- 25. Chicken Lasun Khursani** 🌶️🌶️ **£10.95**  
Tender pieces of chicken cooked with fresh green chillies, garlic and spring onions
- 26. Everest Special Mix Karahi** 🌶️ **£11.95**  
Mixture of Barbequed Chicken, Lamb and Seekh Kebab cooked with tomatoes, capsicum and coriander in medium spices with red wine tossed in an iron souk
- 27. Chicken Chilli Masala** 🌶️🌶️ **£10.95**  
Barbequed chicken cooked in Nepalese spices with creamy and spicy masala sauce, with a touch of fresh green chilli, spring onions and fresh coriander

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- 28. Gurkhali Chicken or Lamb** 🌶️🌶️ **£11.95**  
Boneless chicken or lamb marinated with Nepalese herbs and spices, cooked with a touch of yoghurt and green chillies
- 29. Paneer Chilli Masala (V)** 🌶️🌶️ **£9.50**  
Homemade cottage cheese cooked in spiced creamy masala sauce, with a touch of fresh green chilli and spring onions
- 30. Brinjal Aloo Simi (V)** **£8.95**  
Baby aubergine, green beans and potatoes cooked with Nepalese spices
- 31. Everest Green (V)** **£8.95**  
Crunchy Choy Sum, pan-fried with ginger, garlic, lemon juice and Nepalese spices

## EVEREST SPECIAL PLATTERS (EATING IN ONLY)

- 32. Everest Lamb Shank Special** 🍲🌿 **£15.95**  
Lamb shank cooked with Nepalese medium spices, served with basmati rice
- 33. Chilli Flaked Steam Salmon** 🌶️ **£12.95**  
Steamed fillet of salmon with herbs and spices. Served with spicy potatoes and yoghurt sauce, "Kadhi"
- 34. Malabar Prawn Special** 🌶️ **£13.95**  
Medium sized king prawns cooked with Malabar spices and coconut milk, served with pilau rice. *A very popular recipe from Kerala, South India*
- 35. Dahi Kadhi with Onion Pakora & Rice (V)** **£10.95**  
Spiced onion balls cooked with yoghurt, curry leaves, fenugreek seed and served with boiled rice. *A very popular recipe from Tarai region of Nepal*
- 36. Stir Fried Duck with Mushrooms & Beans** 🌶️ **£14.50**  
Marinated barbecue duck cooked in garam masala, brown onions, mushrooms, beans and cherry tomatoes. Served with boiled rice

## TRADITIONAL INDIAN DISHES

**CHICKEN £9.95 LAMB £10.95 KING PRAWN (MEDIUM SIZED) £12.95**

- 37. Curry** (balanced spice), **Madras** (hot) 🌶️🌶️ or **Vindaloo** (very hot) 🌶️🌶️🌶️
- 38. Tikka Masala**  
Tikka cooked in butter, ground almonds, fresh cream and masala sauce
- 39. Korma**  
Cooked with coconut in very mild creamy sauce
- 40. Bhuna** 🌶️  
Cooked with special medium spice sauce
- 41. Sag** 🍲🌿  
Medium spice creamy spinach
- 42. Rogan** 🍲🌿  
Medium spiced, cooked with a touch of cream, tomato and herbs *North Indian recipe*
- 43. Dhansak** 🌶️🌶️  
Combination of medium spice, sweet and sour curry with lentils *Recipe from Gujarat, India*
- 44. Jalfrezi** 🌶️🌶️  
Cooked with peppers, onions, green chillies and special herbs

## VEGETABLE DISHES

	Side	Main
<b>45. Tarka Daal</b> Lentils cooked with garlic and mild spices	<b>£4.75</b>	<b>£7.95</b>
<b>46. Aloo Gobi</b> Potato cooked with cauliflower and spices	<b>£4.95</b>	<b>£7.95</b>
<b>47. Mix Vegetables</b> Everest house selections of mixed vegetables	<b>£4.95</b>	<b>£7.95</b>
<b>48. Bombay Aloo</b> 🌶️ Spicy potatoes cooked in herbs and spices	<b>£4.75</b>	<b>£7.95</b>
<b>49. Sag, Sag Aloo or Sag Paneer</b> Plain spinach or spinach with potatoes or with cottage cheese	<b>£4.95</b>	<b>£7.50</b>
<b>50. Mushroom Bhaji</b> Mushroom cooked in medium spice	<b>£4.95</b>	<b>£7.95</b>
<b>51. Brinjal Bhaji</b> Aubergine cooked with Nepalese spices and spring onions	<b>£5.50</b>	<b>£8.25</b>
<b>52. Chana Masala</b> 🌶️ Chickpeas cooked in medium spices and chat masala	<b>£4.75</b>	<b>£7.50</b>
<b>53. Fresh Bhindi</b> Fresh okra	<b>£5.50</b>	<b>£8.25</b>
<b>54. Raita</b> Yoghurt mixed with cucumber	<b>£2.75</b>	

## RICE & BIRYANI DISHES

<b>55. Plain Rice</b>		<b>£2.95</b>
<b>56. Pilau Rice</b> Saffron flavoured basmati rice		<b>£3.25</b>
<b>57. Mushroom Rice</b> Pilau rice cooked with mushrooms		<b>£3.95</b>
<b>58. Egg Fried Rice</b>		<b>£3.95</b>
<b>59. Special Fried Rice</b> Basmati rice fried with egg, green peas and mushrooms		<b>£4.50</b>
<b>60. Chicken Tikka Biryani</b> 🍛🌿 Chicken cooked with saffron flavoured basmati rice, served with special mixed vegetable curry		<b>£12.50</b>
<b>61. Lamb Biryani</b> 🍛🌿 Lamb cooked with saffron flavoured basmati rice, served with special mixed vegetable curry		<b>£13.50</b>

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## HOMEMADE BREAD

- |   |              |
|---|--------------|
| <b>62. Plain Naan</b>   | <b>£2.95</b> |
| <b>63. Keema Naan</b><br>Naan bread stuffed with spiced minced lamb   | <b>£3.50</b> |
| <b>64. Peshawari Naan</b><br>Naan bread stuffed with nuts and seeds, slightly sweetened with a touch of coconut | <b>£3.50</b> |
| <b>65. Garlic Naan</b><br>Naan bread topped with fresh garlic, parsley and coriander                            | <b>£3.50</b> |
| <b>66. Tandoori Roti</b><br>Popular Indian bread made from whole wheat flour                                    | <b>£2.50</b> |
| <b>67. House Special Cheese Naan</b>  | <b>£3.95</b> |
| <b>68. Potato Fries</b>   | <b>£2.50</b> |

**V = Vegetarian** | 🍌🌿 **Balanced Spices** | 🌶️ **Medium Hot** | 🌶️🌶️ **Madras Hot** | 🌶️🌶️🌶️ **Vindaloo Hot**

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Management reserves the right to refuse service and make any changes to the menu without notice at its own discretion

**Optional 10% service charge will be added to your final bill**

**For more information please visit our website: [www.everestinn.co.uk](http://www.everestinn.co.uk)**



PARTY



**ARE YOU THINKING OF HAVING A PARTY?  
LET US ORGANISE IT FOR YOU!**

Please call us for Private Parties, Functions, Wedding Receptions,  
Lunches/Dinners and Outdoor Caterings

**OUR RESTAURANT SEATS OVER 100 DOWNSTAIRS IN A COMFORTABLE & LUXURIOUS SETTING**





**Shanker Pandey**  
(Everest Inn, Executive Chef)

## BRANCHES

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