

everest

NEPALESE & INDIAN CUISINE

FOOD MENU

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25 Main St. Clongriffin, Dublin-13

www.everestrestaurant.ie

STARTER

VEG MOMO

Nepalese authentic flour dumplings stuffed with chicken, spices of curry flavour, shallot, ginger, garlic, coriander & served with home made mustard oil, tomato and sesame chutney. **(starter for 2, €16.95)**

€8.95

CHICKEN MOMO

Nepalese authentic flour dumplings stuffed with vegetables, spices of curry flavour, shallot, ginger, garlic, coriander & served with home made mustard oil, tomato and sesame chutney.
(sharing for 2 @ €18.95) (1,6,8,9,12)

€9.95

SAMOSA CHAAT

Soft and crispy fried savoury parcel filling with potato, green peas, sweet onion, coriander, cumin served with crunchy bombay mix natural yogurt and tamarind sauce. (1,5,9)

€8.95

GRILL PRAWN

Freshly marinated Tiger Prawn with ginger garlic flavour of curry spices, black salt, fennel seeds and lemon cooked in clay oven. (4,9,12)

€13.95

CHICKEN FIVE SPICES

Chicken tikka slice marinated with five chef special spices and deep fried

€9.95

ALOO CHOP

Crispy potato cake made with crushed rooster potato, red onion, ginger, garlic, cumin, coriander and sweet & sour tomato chutney (5,9)

€7.95

ACHARI TIKKA

Cubes of chicken tikka marinated in yoghurt, Nepalese spices with a pickling flavour (9,12)

€8.95

ALOO KERAU PANEER CHAAT

A mix of potatoes, paneer, green peas cooked with pepper, onion, and special spices (9)

€8.95

CHICKEN WINGS

Overnight marinated BBQ chicken wing melting in your mouth with crispy salad, sweet and sour glaze. (1,6,12)

€9.95

FISH GARLIC PAKORA

Fresh COD fish marinated in lemon juice and yellow mustard paste and deep fried (4,12)

€9.95

LAMB KEBAB

Spring minced lamb flavoured with fresh herbs and cooked in clay oven. (9,12)

€9.95

LAMB CHOP STARTER

Overnight marinated spring lamb chops with ginger, garlic, cumin and a hint of yogurt, slowly cooked in clay oven served with mint and mango gel. (9,12)

€13.95



SIZZLERS

CHICKEN TANDOORI



Half free-range chicken marinated with tandoori spice, natural yogurt, lemon juice & slowly cooked in clay oven served on a bed of mix pepper and onion. (9,12)

€18.95

TANDOORI JHINGA



Freshly marinated Tiger Prawns with fennel seeds, ginger, garlic, black salt and lemon, cooked in the clay oven and served on a sizzling hot plate. (4,9,12)

€22.95

CLAY OVEN MONKFISH



Freshly marinated monkfish with authentic tandoori spice, yogurt, ginger, garlic, paper, mushroom cooked on clay oven served on a sizzling hot plate. (4,9,12)

€22.95

POLEKO SEABASS



Seabass fillet marinated with tandoori spices, fresh herbs, Himalayan salt & grilled. (4,12)

€21.95

LAMB CHOP SIZZLER



Overnight marinated spring lamb chops with ginger, garlic, cumin and a hint of yogurt, slowly cooked in clay oven served in a sizzling hot plate. (9,12)

€22.95

EVEREST MIX SIZZLER



Mix of king prawn, tandoori chicken, chicken tikka and lamb slice served in sizzling hot plate. (4,9,12)

€21.95

SEIKH KEBAB



Kebabs of spring lamb minced, Smokey garlic, sweet onion, fenugreek leaf, ginger, chilli, fresh coriander & cumin. (9,12)

€20.95

BIRYANI



Traditional dish cooked with rice, meat or vegetables and whole spices in a sealed pot over the slow fire to seal the aroma and taste within.
(Can be prepared without nuts or dairy, if required - please ask your server)

CHICKEN BIRYANI

€17.95

LAMB BIRYANI

€18.95

VEGETABLES BIRYANI

€15.95

CHICKEN TIKKA MASALA 

Overnight marinated chicken tikka cooked with fresh cream, almond, sweet onion, plum tomato, ginger, garlic, bay leaves, cinnamon, cloves and fenugreek leaves. (9,10,12)

€17.95**CHICKEN KORMA** 

Sweet and creamy curry made with fresh cream, almond, coconut, sweet onion, curry spices. (9,10)

€17.95**BUTTER CHICKEN** 

Creamy butter dish slowly cooked with chicken and butter on a tikka masala sauce. (9,10,12)

€17.95**HIMALAYAN CURRY** 

A green curry made with cashew nut, natural yogurt, fresh coriander, green chilli, sweet onion, ginger, garlic, tomato and Himalayan salt. (Chicken / Lamb) (9,10)

€18.95**LAMB ROGAN JOSH** 

Slow cooked thick gravy flavours of sweet onion, plum tomato, mushroom, garlic, ginger, chilli, fresh coriander, whole gram masala spices and cooked till oil is released from the sauce. (12)

€18.95**CRUNCHY JALFREZI** 

Thick spicy curry sauce with sweet onion, ginger, garlic, plum tomato, green chilli, crunchy mix bell pepper, turmeric, cumin, coriander, garam masala and hint of lemon. (12)

€18.95**LEDOBEDO LAMB** 

Nepalese lamb curry with rich onion, tomato, spring onion, coriander and infused fenugreek oil.

€18.95**AUTHENTIC CURRY****EVEREST PRAWN CURRY** 

Tiger prawn cooked with coconut cream, coriander, chilly, tomato and onion sauce. (4,9)

€19.95**KOHALPURI CHICKEN** 

Chicken cooked with fresh chilli sauce, flavoured with curry leaves, mustard seed, ginger, garlic, tomato and fenugreek leaves. (12)

€17.95**EVEREST CHICKEN CHILLI** 

Crispy chicken cooked with tomato sauce, garlic, onion, peppers, fresh herbs and chilli. (8)

€17.95**NEPALI FISH CURRY** 

COD fish cooked with tamarind sauce, curry leaves coconut cream, coriander, chilly, tomato and onion. (12)

€19.95**KHASI KO MASU** 

Spring lamb slices cooked in yogurt, tomato, garlic, garam masala and a strong flavour of saffron.

€18.95**STUFFED CHICKEN CAPSICUM** 

Chicken curry stuffed and baked inside a capsicum, contains cashew nut, sultana, and homemade spices.

€17.95

VEGETABLE CURRY

- JHANEKO DAAL**  **€13.50**
Slowly cooked yellow dal tempered with cumin seed , ginger and garlic. (9)
- PANEER GARLIC CHILLI**  **€15.50**
Cottage cheese cooked with tomato sauce, garlic, onion, peppers, fresh herbs and chilli. (8,9)
- SAAG PANEER**  **€14.50**
Cottage cheese and spinach cooked with creamy onion, tomato and curry spices. (9)
- EVEREST MIX VEG**  **€14.50**
Seasonal fresh vegetables cooked with tomato sauce, garlic, ginger, spring onion and coriander.
- BHINDI GARLIC CHILLI**  **€14.50**
Stir-fried okra with onions, tomatoes, ground dry mango spices and coriander.
- LEKHALI ALOO TARKARI**  **€12.50**
Diced potatoes cooked with brown onion, tomatoes, fresh coriander and ground spices
- CHANA TARKARI**  **€13.50**
Slow cooked chickpeas with onion, ginger, garlic, plum tomato and curry spices.

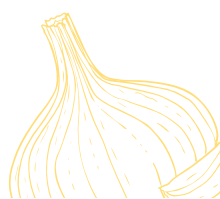
All vegetable curry available as sides @ 7.95

HIMALAYAN CHOWMEIN



Flavourful and satisfying noodle that combines the influences of Chinese stir-fry techniques with Nepali spices, soya sauce, garlic, pepper, scallions, carrots, cabbage & coriander.

- CHICKEN CHOWMEIN** **€15.95**
- PRAWN CHOWMEIN** **€17.95**
- VEG CHOWMEIN** **€13.95**

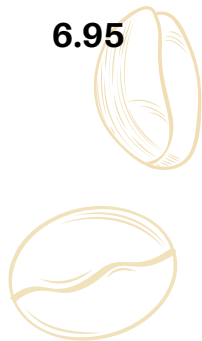


SIDES

BASMATI BOILED RICE	€3.00
BASMATI PILAU RICE	€3.50
LEMON & CUMIN RICE	€4.00
EGG FRIED RICE	€4.50
PLAIN NAAN	€3.50
GARMIC NAAN	€3.95
CHEESE NAAN	€4.00
PESHAWARI NAAN	€4.00
STUFFED PARATHA	€3.00
CHEESE CHILLI NAAN	€4.50
GARLIC ONION CORRIANDER NAAN	€4.50
GREEN SALAD	€5.95
CHICKEN SALAD	€9.95

HOT BEVERAGES

TEA	3.00
AMERICANO	3.00
CAPUCHINO	3.50
LATTE	3.50
ESPRESSO	3.00
EVEREST COFFEE	6.95



DESSERT

GULAB JAMUN	5.95
<i>Authentic Indian sweet balls made of flour, milk and nuts.</i>	
KULFI	5.95
<i>Authentic Indian Ice-cream made from whole milk and nuts.</i>	
BROWNIE	5.95
<i>Served with a scoop of Vanilla Ice-cream</i>	
SELECTION OF ICECREAM	5.95
VANILLA / STRAWBERRY / CHOCOLATE	



ALLERGENS

1. GLUTEN
2. CRUSTACEANS
3. EGGS
4. FISH
5. PEANUTS
6. SESAME
7. LUPIN
8. SOYBEANS
9. DAIRY
10. NUTS
11. CELERY
12. MUSTARD
13. MOLLUSCS
14. SULPHUR

Early Bird Menu

4:30-6.30 PM for 1 @ € 24.95

Starters (any 1)

ACHARI TIKKA



Cubes of chicken tikka marinated in yoghurt, Nepalese spices with a pickling flavour.
(9,12)

SAMOSA CHAAT



Soft and crispy fried savoury parcel filling with potato, green peas, sweet onion, coriander, cumin served with crunchy bombay mix natural yogurt and tamarind sauce.
(1,5,9)

CHICKEN WINGS



Overnight marinated BBQ chicken wing melting in your mouth with crispy salad, sweet and sour glaze.
(1,6,12)

ALOO KERAU PANEER CHAAT



A mix of potatoes, paneer, green peas cooked with pepper, onion, and special spices.
(9)

Main Course (any 1)

CHICKEN TIKKA MASALA



Overnight marinated chicken tikka cooked with fresh cream, almond, sweet onion, plum tomato, ginger, garlic, bay leaves, cinnamon, cloves and fenugreek leaves.
(9,10,12)

LEDOBEDO LAMB



Nepalese lamb curry with rich onion, tomato, spring onion, coriander and infused fenugreek oil.

LEKHALI ALOO TARKARI



Diced potatoes cooked with brown onion, tomatoes, fresh coriander and ground spices

EVEREST MIX VEG



Seasonal fresh vegetables cooked with tomato sauce, garlic, ginger, spring onion and coriander.

All main course served with rice or naan followed with
Tea or Coffee at the end.

Lunch Menu

1:00-3:00 PM for 1 @ € 14.95

Starters (any 1)

ACHARI TIKKA



Cubes of chicken tikka marinated in yoghurt, Nepalese spices with a pickling flavour. (9,12)

ALOO CHOP



Crispy potato cake made with crushed rooster potato, red onion, ginger, garlic, cumin, coriander and sweet & sour tomato chutney. (5,9)

ALOO KERAU PANEER CHAAT



A mix of potatoes, paneer, green peas cooked with pepper, onion, and special spices. (9)

Main Course (any 1)

CHICKEN TIKKA MASALA



Overnight marinated chicken tikka cooked with fresh cream, almond, sweet onion, plum tomato, ginger, garlic, bay leaves, cinnamon, cloves and fenugreek leaves. (9,10,12)

KHASI KO MASU



Spring lamb slices cooked in yogurt, tomato, garlic, garam masala and a strong flavour of saffron.

CHANA TARKARI



Slow cooked chickpeas with onion, ginger, garlic, plum tomato and curry spices.

All main course served with rice or naan

Tea or Coffee @ € 1.50

KIDS COMBO DEAL

€ 12.95

Any one with juice and dessert!

FRESH JUICE



1. FISH & CHIPS
2. CHICKEN NUGGETS & CHIPS
3. CHICKEN KORMA & RICE
4. BUTTER CHICKEN & CHIPS

ICE CREAM



For children below 13 years of age