



**EVEREST KITCHEN**  
NEPALESE AND INDIAN CUISINE  
4 MAIN STREET, SWORDS  
[WWW.EVERESTKITCHEN.IE](http://WWW.EVERESTKITCHEN.IE)



**" Athiti Devo Bhava "**  
**- In Guests, we see God -**

**Namaste.**

**Thank you for choosing Everest Kitchen.**

**Nepalese food is very healthy and nutritious.**

**We have come all the way from The Himalayas of Nepal to this lovely town of Swords to serve you one of the best and authentic curries.**

**Allergen and Spice Information**

Though we try our best to provide the most accurate information, there are always chances of cross contamination. Should you have any questions or allergen requirements, please do not hesitate to ask our staffs when ordering. We will be happy to prepare dishes in a strict environment for allergens control and also change the spice level or flavour to suit your palate.

**WE VALUE YOUR FEEDBACK.**  
**INFO@EVERESTKITCHEN.IE/01-808 4633**

## APPETISERS

### VEGETERIAN

#### VEGETABLE SAMOSA €5.00

Golden fried triangular pastry stuffed with green peas, mashed potato and bunch of flavoursome spices. Served with our special tamarind chutney (sauce).

#### ONION BHAJI €5.00

Finely sliced onions coated in a medium spice gram flour then deep fried. Served with sauce.

#### ALOO CHOP €5.00

Mashed potatoes mixed with herbs and spices, coated with batter in a spherical shape and deep fried.

#### VEGETABLE PLATTER FOR 2 €11.50

Assorted vegetable starters to share.

### NON-VEGETERIAN

#### CHICKEN PAKORA €6.50

Strips of chicken breast dipped in gram flour sauce and deep fired. (5pcs)

#### SAFFRON MALAI TIKKA €6.50

Tender breast pieces of chicken marinated and grilled till perfection with mild spices, yoghurt, saffron and fresh herbs.

#### CHICKEN TIKKA €6.50

Tender pieces of chicken marinated and grilled to perfection with mild spices, yoghurt and fresh herbs.

#### ACHARI MURGA TIKKA €6.50

Tender chicken breast pieces marinated in yoghurt, pickled sauce, seasonal herbs and grilled in the clay oven.

**TANDOORI CHICKEN****€6.50**

Chicken leg/ breast piece marinated in yoghurt, tandoori spices, exotic herbs and grilled in the clay oven.

**FISH PAKORA****€6.50**

Lightly marinated fish with garlic, mild spices and deep fried.

**SHEEKH KEBAB****€6.95**

Minced lamb delicacy flavoured with mild spices, fresh herbs, coated with chopped peppers, skewered and grilled in clay oven.

**NEPALI SEKUWA****€7.00**

Slices of chicken or lamb roasted in a clay in Nepalese style then tossed with ginger garlic paste, peppers and mild spices.

**TAREKO JHINGA****€7.50**

Freshly marinated prawn in garlic batter and deep fried. Served in papad bed.

**LAMB CHOP****€9.00**

Succulent rack of lamb overnight marinated in special tandoori sauce and char grilled.

**MO:MO PLATTER****€13.00**

Very famous and mouth watering Nepalese steamed dumplings stuffed with minced chicken tossed with ginger garlic paste. Served with homemade sauce. (Starter for 2 people).

**MEAT PLATTER FOR 2****€14.95**

Assorted meat starters tandoori chicken, chicken tikka, seekh kebab, lamb chop, prawns to share.

## MAIN COURSE

### TANDOORI SPECIALS

*Tandoori dishes are served with a choice of mild, medium or hot sauce*

Mild : Tikka Masala Sauce

Medium : Ledobedo Sauce

Hot : Madras Sauce

#### CHICKEN TIKKA MAIN €16.99

Tender pieces of boneless chicken marinated and grilled to perfection with mild spices, yoghurt, saffron and fresh herbs.

#### SEEKH KEBAB MAIN €16.99

Tender lamb minced and flavoured with mild spices, fresh herbs, coated with chopped peppers, skewered and char-grilled.

#### TANDOORI CHICKEN MAIN €16.99

Mouth-watering chicken leg/breast piece marinated in yoghurt sauce, tandoori spices, fresh herbs and grilled in a clay oven.

#### CHICKEN SHASLIK €16.99

Tender chicken breast dices marinated with fresh herbs, assorted peppers, mushroom, onion and grilled in the clay oven.

#### LAMB CHOP MAIN €17.50

Lamb chop marinated overnight with ground spices, fresh herbs and grilled in the clay oven.

#### EVEREST MIXED SIZZLER €18.00

Assortment of King prawns, tandoori chicken, chicken tikka, lamb chop and seekh kebab.

#### ROYAL PRAWN SIZZLER €20.00

Jumbo King Prawns marinated with Nepalese spices and grilled in a big clay oven with onion and peppers and served on a sizzling plate. (6 Pieces)

## CHEF'S SPECIALS

*The following Chefs Specials can be prepared with either of the options below.*

Chicken	€16.00	
Lamb	€17.00	
Prawn	€18.00	
Vegetables	€14.50	

### HIMALAYAN CURRY

A traditional Sherpa dish from the Himalayan region of Nepal, chargrilled and cooked in spice with yoghurt, green chilli, mint, cashew nuts and coriander.

### TAKATAK

This dish comes from the coastal region of India, first roasted in the clay oven and mixed with seasonal herbs and spices flavoured with whisky.

### GARLIC CHILLI MASALA (CHICKEN / LAMB / PRAWN)

Breast pieces of chicken/ tender pieces of lamb/ fresh prawn simmered in garlic chilli sauce and fresh herbs.

### GORKHALI ( CHICKEN / LAMB / PRAWN )

A spicy Nepalese dish with yoghurt, fresh chillies, coriander, ginger and a touch of garlic.

### LEDOBEDO ( CHICKEN / LAMB / PRAWN )

A traditional Nepalese curry cooked with a creamy spicy curry sauce with brown onion and tomato.

### BABARI MASU ( CHICKEN / LAMB / PRAWN )

Boneless tender pieces of chicken, lamb or prawns cooked in a tandoor served with a rich creamy sauce with fresh mint.

### EVEREST SPECIAL MIXED CURRY €17.50

A mixed chefs special of curry lamb, chicken and prawn flavoured with fenugreek.

### THAKALI CURRY

A coconut milk based curry sauce popular among the Thakali community in Nepal.

### SAAG CHICKEN

Breast pieces of chicken cooked in a mixture of finely chopped spinach and seasoned with ginger, garlic and garam masala.

### SAAG LAMB

Chunks of slow cooked lamb in a mixture of finely chopped spinach and seasoned with ginger, garlic and garam masala.

## CLASSICAL CURRIES & NEPALI SPECIALTIES

### BUTTER CHICKEN

€16.00

Tender pieces of grilled chicken breast slow cooked in a cream, butter and tomato sauce.

### EVEREST LAMB CURRY

€17.00

A classic lamb curry cooked in a medium spiced onion sauce flavoured with seasonal herbs.

### LAMB CHOP CURRY

€17.00

Slow cooked lamb chop in the clay oven, mixed in a curry sauce and garnished with coriander.

### CHICKEN CURRY

€16.00

A typical Nepalese chicken curry cooked in a medium spiced onion flavoured sauce with seasonal herbs.

### FISH CURRY

€17.00

Our special marinated fish made with our special Nepali and curry sauce.

### MO : MO

€13.00

A classic mouth watering Nepalese speciality dumpling most popular in Nepal. The steamed dumpling is stuffed with minced chicken tossed with ginger, garlic paste served with homemade sauce (chutney).

## ALL TIME FAVOURITES

VEGETABLES	€14.00	
CHICKEN	€16.00	
LAMB	€17.00	
PRAWN	€18.00	

### TIKKA MASALA

Chargrilled and mixed in a tomato and cream based sauce with ground cashew nuts.

### KORMA

A mild almond cream sauce sprinkled with ground cardamom and flavoured with rose water.

### PASANDA

A traditional mild curry consisting of fruit cocktail with mango pulp, ground almonds, cardamom, tomatoes and fresh cream.

### JALFREZI

Chargrilled and mixed in a slightly sweet and sour curry prepared with the infusion of diced mixed peppers, onions, fresh coriander and finished with a touch of lemon.

### BHUNA

Slightly spiced roast dish tossed with red onions, spring onions and fresh garden tomatoes.

### KARAHI

A Semi dry curry cooked with assorted peppers, red onions and ginger in a special Karahi sauce.

### MADRAS

A special hot and spicy curry flavoured with ginger, garlic, garam masala and lemon juice garnished with coriander.

### BALTI

Curry cooked with pickled spices, tossed with fresh garlic, ginger in a special Balti sauce.

## ROGAN JOSH



Fresh curry prepared with onion, ginger, fresh herbs, mushroom and green peppers.

## VINDALOO



A very hot and spicy curry created from onion, tomatoes, ginger and fresh ground chillies.

## BIRYANI

A traditional dish from India where the rice is cooked with meat or vegetables and whole slices sealed in a pot and slow cooked over an open fire to seal and preserve the aroma and flavour within.

Garnished with nuts but can be avoided as per request.

SERVED WITH MILD, MEDIUM, HOT SAUCE OR RAITA.

Mild : Tikka Masala Sauce

Medium : Ledobedo Sauce

Hot : Madras Sauce

VEGETABLE BIRYANI	€15.00
CHICKEN BIRYANI	€16.00
LAMB BIRYANI	€17.00
PRAWN BIRYANI	€18.00
EVEREST SPECIAL BIRYANI	€18.00



**VEGETABLE DISHES**  
SIDE €9.50      MAIN €14.00

**MIX VEGETABLES TARKARI**



Fresh seasonal vegetables prepared in a coconut base sauce tempered with cumin seeds.

**KARAHI PANEER**



Indian cottage cheese or paneer cooked in onion tomato gravy with karahi sauce.

**SAAG PANEER**



Chunks of paneer or cottage cheese cooked in a mixture of finely chopped spinach and seasoned with ginger, garlic and garam masala.

**MATAR PANEER**



Classic vegetarian Indian dish consisting of soft paneer or cottage cheese and healthy green peas cooked in a mild spicy tomato based gravy.

**SAAG ALOO**



Nutritious spinach makes the base for this traditional, healthy dish combined with potato and spices.

**ALOO GOBI**



Fresh cauliflower and potatoes cooked in curry sauce, fresh herbs and spices.

**ALOO MATAR**



Famous Indian subcontinent dish made from potatoes and green peas in a spiced creamy tomato based sauce.

**BOMBAY ALOO DUM**



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

**EVEREST CHANNA MASALA**

Chick peas simmered in mild curry sauce with shallots, spring onions, fresh tomatoes and whole spices.

**TARKA DAAL**

A mix of spices fried in oil or ghee until sizzling and aromatic, and then mixed with creamy cooked yellow lentils just before serving. Rich in protein.

## RICE

BOILED BASMATI RICE	€2.50
PILAU RICE 	€2.80
EGG FRIED RICE  	€3.20
MUSHROOM FRIED RICE 	€3.20
KEEMA RICE	€3.50
VEGETABLE FRIED RICE	€3.50





## TANDOORI BREADS

<b>TANDOORI ROTI</b> 	€2.50
Whole meal bread baked in a clayoven.	
<b>PLAIN NAAN</b>   	€2.80
Flour based flat bread prepared in a clay oven	
<b>GARLIC NAAN</b>   	€3.00
Naan topped with chopped garlic.	
<b>GARLIC ONION CORIANDER NAAN</b>   	€3.50
Naan topped with coriander, garlic and onion.	
<b>CHEESE NAAN</b>   	€3.50
Naan stuffed with cheese.	
<b>PESHWARI NAAN</b>    	€3.50
Naan with stuffed sweet nut based filling.	
<b>KEEMA NAAN</b>   	€3.80
Naan stuffed with spiced lamb mince.	

## SUNDRIES

POPPADUMS	€2.00
DIPS: MINT  / MANGO/ ONION CHUTNEY	€2.00
RAITA 	€3.50
Yoghurt based sauce with small chopped vegetables and some spices.	
CHIPS	€3.50
MANGO LASSI 	€3.50
Yoghurt based mango milkshake or smoothie	
SOFT DRINKS (330ml)	€2.50
Coke/ Diet coke/ 7up/ Club Orange	

## KIDS MENU

CHICKEN PAKORA AND CHIPS	€7.50
CHICKEN TIKKA MASALA   WITH CHIPS / BOILED RICE	€9.50
CHICKEN KORMA   WITH CHIPS/ BOILED RICE (Kids portion with chicken cut into small pieces)	€9.50

## ALLERGEN INFORMATION

