

VEGETABLE DISHES

Side Portion: €12.95 Main Portion: €18.95

60. MIX VEGETABLES TARKARI

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

61. KARAHI PANEER

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

62. SAAG PANEER

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

63. 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.

64. SAAG ALOO

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

65. EVEREST CHANA MASALA

Chickpeas simmered in mild curry sauce with shallots, spring onions, fresh tomatoes and spices.

66. ALOO GOBI

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

67. ALOO MATAR

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

68. 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.

69. BOMBAY ALOO DUM

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

RICE

- | | |
|--------------------------------|-------|
| 71. BOILED BASMATI RICE | €2.95 |
| 72. PILAU RICE [Milk] | €3.50 |
| 73. EGG FRIED RICE [Milk, Egg] | €4.50 |
| 74. MUSHROOM FRIED RICE [Milk] | €4.50 |
| 75. KEEMA RICE | €4.50 |
| 76. VEGETABLE FRIED RICE | €4.50 |

TANDOORI BREAD

- | | |
|-------------------|-------|
| 81. TANDOORI ROTI | €2.95 |
|-------------------|-------|
- Whole meal bread baked in a clay oven.

[All Naan Breads contain Milk, Egg and Gluten]

- | | |
|---------------------------------|-------|
| 82. PLAIN NAAN | €2.95 |
| 83. GARLIC NAAN | €3.50 |
| 84. GARLIC ONION CORIANDER NAAN | €3.95 |
| 85. CHEESE NAAN | €4.50 |
| 86. PESHWARI NAAN [Nuts] | €4.50 |
- Naan with special nut based filling
- | | |
|----------------|-------|
| 87. KEEMA NAAN | €4.50 |
|----------------|-------|
- Naan with spiced minced lamb filling

KIDS MENU

- | | |
|------------------------------|--------|
| 91. CHICKEN PAKORA AND CHIPS | €12.95 |
| 92. CHICKEN TIKKA MASALA | €12.95 |
- With Chips or Boiled Rice
- | | |
|-------------------|--------|
| 93. CHICKEN KORMA | €12.95 |
|-------------------|--------|
- With Chips or Boiled Rice
- (Kids portion - chicken cut into small pieces)

SUNDRIES

- | | |
|---------------|-------|
| 94. POPPADUMS | €2.00 |
| 95. DIPS | €2.00 |
- Mint / Mango/ Onion
- | | |
|-----------|------|
| 96. RAITA | 3.95 |
|-----------|------|
- Yoghurt based sauce with small chopped pickle and some spices.
- | | |
|-----------------|-------|
| 97. CHIPS | €3.50 |
| 98. MANGO LASSI | €4.95 |
- Yoghurt based mango milkshake or smoothie
- | | |
|-------------------------|-------|
| 99. SOFT DRINKS (330ml) | €3.50 |
|-------------------------|-------|
- Coke/ Diet coke/ 7up/ Club Orange
- | | |
|------------------------------|-------|
| 100. STILL OR SPARKING WATER | €4.95 |
|------------------------------|-------|

Tips Policy:

All tips are shared between with the staff. Thank you.



Menu

Allergies and Intolerances

Please be advised that some of our dishes may contain the following allergens:

Gluten, Crustaceans, Egg, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide and Sulphites, Lupin and Molluscs.

We can also cater our dishes to suit your taste palette. Please contact the member of our staff when ordering if you have an allergy, spice or salt level requirements.

Find us on Social Media



everestkitchen

Order online or Book a Table at:
www.everestkitchen.ie

SWORDS: 4 MAIN STREET , FIRST FLOOR , SWORDS , CO. DUBLIN
RATHGAR: 88 RATHGAR ROAD, RATHGAR, DUBLIN 6

VEGETARIAN

1. VEGETABLE SAMOSA €7.95
Golden fried triangular pastry stuffed with green peas, mashed potato and bunch of flavourful spices. Served with tamarind chutney. [Gluten]

2. ONION BHAJI €7.95
Slices of onion golden deep fried in light batter with coriander seeds. [Eggs]

3. ALOO CHOP €7.95
Mashed potatoes mixed with herbs and spices, coated with batter in a spherical shape and deep fried.

4. VEG PLATTER FOR 2 €15.00
Assorted vegetable starters to share.

SEAFOOD

5. FISH PAKORA €8.95
Lightly marinated fish with garlic, mild spices and deep fried.

6. TAREKO JHINGA MACHA €9.95
Garlic batter marinated prawns in - deep fried. Served in papad bed. [Crustacean]

STARTERS

7. CHICKEN PAKORA €8.95
Strips of chicken breast dipped in gram flour sauce and deep fired (5pcs) [Milk]

8. SAFFRON MALAI TIKKA €8.95
Tender breast pieces of chicken marinated and grilled till perfection with mild spices, yoghurt, saffron and fresh herbs. [Milk]

9. CHICKEN TIKKA €8.95
Tender pieces of chicken marinated and grilled to perfection with mild spices, yoghurt and fresh herbs. [Milk]

10. ACHARI MURGA TIKKA €8.95
Tender chicken breast pieces marinated in yoghurt, pickled sauce, seasonal herbs and grilled in the clay oven. [Milk]

11. TANDOORI CHICKEN €8.95
Chicken leg/ breast piece marinated in yoghurt, tandoori spices, exotic herbs and grilled in the clay oven.

12. SHEEKH KEBAB €9.95
Minced lamb delicacy flavoured with mild spices, fresh herbs, coated with chopped peppers, skewered and grilled in clay oven.

13. NEPALI SEKUWA €9.95
Slices of chicken or lamb roasted in a clay in Nepalese style then tossed with ginger garlic paste, peppers and mild spices.

14. LAMB CHOP €10.95
Succulent rack of lamb overnight marinated in special tandoori sauce and char grilled.

SHARING

15. MEAT PLATTER FOR 2 €18.95
Assorted meat starters tandoori chicken, chicken tikka, seekh kebab, lamb chop, prawns to share. [Egg, Milk, Crustaceans]

16. MO: MO
FOR 1: €9.95 FOR 2 €17.95
Favourite Nepali staple - our steamed chicken dumplings, served with homemade tomato sauce. [Gluten]

TANDOOR DISHES

Tandoori dishes are served with a choice of mild or medium sauce.

20. CHICKEN TIKKA MAIN €19.95
Tender pieces of boneless chicken marinated and grilled to perfection with mild spices, yoghurt, saffron and fresh herbs. [Milk]

21. TANDOORI CHICKEN MAIN €19.95
Lamb chop marinated in home spices, cooked in a clay oven, and served in sizzler. [Milk]

22. CHICKEN SHASLIK €20.95 🌶️
Jumbo prawn marinated overnight in spices and yogurt, cooked in tandoor. [Milk]

26. EVEREST MIXED SIZZLER €23.95 🌶️
Assortment of King prawns, tandoori chicken, chicken tikka, lamb chop and seekh kebab.[Milk, Crustaceans]

23. SEEKH KEBAB MAIN €20.95
Tender lamb minced and flavoured with mild spices, fresh herbs, coated with chopped peppers, skewered and char-grilled.

24. LAMB CHOP MAIN €22.95
Lamb chop marinated overnight with ground spices, fresh herbs and grilled in the clay oven.

25. ROYAL PRAWN SIZZLER €25.90 🌶️
Jumbo prawn marinated overnight in spices and yogurt, cooked in tandoor. [Milk, Crustaceans]

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 or medium sauce. [Milk, Nuts - Prawn Crustaceans]

31. Vegetable Biryani	€18.95
32. Chicken Biryani	€19.95
33. Lamb Biryani	€20.95
34. Prawn Biryani (Crustacean)	€22.95
35. Everest Special Biryani (Crustacean)	€22.95

CHEF'S SPECIAL

VEG: **€18.95** PANEER: **€18.95** CHICKEN: **€19.95** LAMB: **€20.95** PRAWN: **€22.95**

36. 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. [Milk, Nuts]

37. TAKATAK 🌶️
From the coastal region of India - meat roasted in the clay oven and mixed with seasonal herbs and spices flavoured with whisky.

38. GARLIC CHILLI MASALA 🌶️🌶️ (CHICKEN / LAMB / PRAWN)
Simmered in garlic chilli sauce and fresh herbs.

39. LEDOBEDO (CHICKEN / LAMB / PRAWN)
A traditional Nepalese curry cooked with a creamy spicy curry sauce with brown onion and tomato.[Milk]

40. SAAG (CHICKEN/LAMB)
Meat cooked with a mixture of finely chopped spinach and seasoned with ginger, garlic and garam masala. [Milk]

41. EVEREST SPECIAL CURRY €22.95
A mixed chef's special of curry lamb, chicken and prawn flavoured with fenugreek. [Milk, Crustacean]

42. BABARI MASU (CHICKEN / LAMB / PRAWN)
Meat cooked in a tandoor served with a rich creamy sauce with fresh mint. [Milk]

43. BUTTER CHICKEN €18.95
Tender pieces of grilled chicken breast slow cooked in a cream, butter and tomato sauce. [Milk]

44. GORKHALI 🌶️🌶️ (CHICKEN / LAMB / PRAWN)
A spicy Nepalese dish with yoghurt, fresh chillies, coriander, ginger and a touch of garlic. [Milk, Nuts]

45. EVEREST CURRY (LAMB / CHICKEN)
A typical Nepalese chicken curry cooked in a medium spiced onion flavoured sauce with seasonal herbs.

46. LAMB CHOP CURRY €22.95
Slow cooked lamb chop in the clay oven, mixed in a curry sauce and garnished with coriander.

47. FISH CURRY €22.95
Our special marinated fish made with our special Nepali and curry sauce. [Fish]

ALL TIME FAVORITES

VEG: **€18.95** PANEER: **€18.95** CHICKEN **€19.95** LAMB **€20.95** PRAWN **€22.95**

50. TIKKA MASALA
Chargrilled and mixed in a tomato and cream based sauce with ground cashew nuts. [Milk, Nuts]

51. KORMA
A mild almond cream sauce sprinkled with ground cardamom and flavoured with rose water. [Milk, Nuts]

52. JALFREZI 🌶️🌶️
Slightly sweet and sour curry prepared with the infusion of diced mixed peppers, onions, fresh coriander and finished with a touch of lemon.

53. ROGAN JOSH 🌶️
Fresh curry prepared with onion, ginger, fresh herbs, mushroom and green peppers.

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

55. MADRAS 🌶️
A spicy curry flavoured with ginger, garlic, garam masala and lemon juice garnished with coriander.

56. PASANDA
A traditional mild curry consisting of fruit cocktail with mango pulp, ground almonds, cardamom, tomatoes and fresh cream. [Milk, Nuts]

57. KARAHY 🌶️
A Semi dry curry cooked with assorted peppers, red onions and ginger in a special Karahi sauce. [Milk]

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

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

WEEKDAY SPECIAL FOR 2

Monday - Thursday

STARTER	MAIN	WINE
Chef's Favourite Selection Platter	Any Main Course Curry with Basmati Rice or Plain Naan	Includes a Bottle of our finest House Wine

€70