

## Entrée

### **Momo (6 pieces)- \$8.95**

Minced chicken or vegetable wrapped in pastry, steam cooked and served with tomato and sesame seed achar.

### **Chicken or Mushroom Choila - \$10.95**

Chicken marinated with traditional Nepali spices and garnished with a combination of timbur, turmeric, ginger, garlic. laced together with mustard oil and a hint of coriander.

### **Phulaura - \$6.50**

Traditional crispy golden patties combined with seasoned vegetables, warmed with bahra masala spices and served with mint and yoghurt dip

### **Samosa (2 pieces) - \$6.50**

Crispy pastries with a savory vegetable filling comprising of spiced potato, onion, peas, spring onions, all combined with fresh garlic, ginger and a hint of coriander. This traditional dish is served with a mint yogurt dip.

### **Chicken Tikka—\$11.95**

Boneless pieces of chicken marinated in yogurt, mint, spices & grilled to infuse the flavours.

### **Tandoor Chicken on the bone ½ - \$ 10.95 or full \$15.95**

Our Tandoori dish is delicately marinated with yogurt, fresh herbs, and spices overnight and then roasted in the clay oven to create our unique taste.



## **Chicken, Lamb or Goat selection Main Course**

### **Piro Kukhura - \$18.95**

Tender pieces of chicken marinated and infused with freshly ground garlic, ginger, lemon and our special ground masala spice. A subtle hint of fresh chilli is added to heighten the aroma and taste. The chicken is pan fried to seal in the aromatic flavours.

### **Traditional Chicken Curry. - \$16.95.**

This dish is prepared by the local Nepalese villagers and brings an abundance of aromatic ground spices. An infusion of tomato, garlic, ginger, bay leaves, cinnamon and cardamom create an authentic dish rich in Himalayan flavour and spice.

### **Lamb or Goat Curry - \$18.95**

Slow cooked tender pieces of lamb or goat, with subtle hints of freshly ground garlic, ginger, cardamom, cinnamon and turmeric.

### **Smoked Butter Chicken - \$18.95**

Boneless chicken slowly cooked with a smokey aroma and blended with aromatic Himalayan spices, tomato, cashew nuts, butter and cream to create an authentic Himalayan clay oven dish.

### **Korma – Chicken or Lamb 18.95**

Korma is a dish originating in the Indian subcontinent, this dish is cooked in a delicate spice, cashew nuts, coconut, mango, & marinated a rich creamy sauce.

### **Lamb or Chicken Hot Pot - \$18.95**

A traditional Nepalese dish slow cooked in a spicy tomato sauce, enriched with fresh garlic, ginger, capsicum, spring onions and finished with a hint of lemon and fresh chilli to fragrant this hot pot dish.

### **Vindaloo– Chicken or Lamb \$18.95**

This dish is regarded as a fiery, spicy dish. cooked with garlic, ginger, gram masala and chili to create a dish for all spice enthusiasts.



## Seafood

### **Prawn Curry - \$18.95**

King Prawns cooked in a perfect blend of fresh aromatic spices and coconut milk, with traditional curry leaves used to bring out the warm aroma and delicacy of the dish.

### **Maccha Ko Tarkari - \$17.95**

Barramundi slowly cooked in traditional Nepali spices with subtle hints of ginger, garlic, curry leaves and coriander, all blended to create a home-style Himalayan fish curry.

## Vegetarian

### **Daal Bhaat Tarkari - \$18.95**

A traditional Nepalese vegetarian platter combining rice, lentil and mixed vegetable curry, stir fried spinach and tomato achar.

### **Paneer Tarkari - \$14.95**

A traditional Himalayan home style dish consisting of homemade cubed cheese, cooked with capsicum, onion, fresh tomato, ginger, garlic and coriander seeds, finished with a hint of cream and butter.

### **Himalayan Vegetable Hot Pot - \$17.95**

A traditional Nepalese dish of slow cooked seasonal vegetables marinated and cooked in a spicy tomato sauce enriched with fresh garlic, ginger, cumin and finished with a hint of lemon and fresh chilli.

### **Misayeko Tarkari - \$14.95**

Authentic Himalayan curry of mixed vegetables with freshly chopped coriander, ginger, garlic.

**Alu Bodi Tama Tarkari - \$14.95**

**Typical Nepalese dish from the Highlands of the Himalayas.**

Fresh tomato, potatoes, black eye beans, bamboo shoots, freshly ground cumin, green chilli, ginger and garlic makes this dish to be authentic in style and taste.

**Chana Ko Tarkari-\$15.95**

Chickpeas, diced potato and cashew nuts seasoned with fresh garlic, ginger, cumin seeds, and a hint of chilli slow cooked in creamed coconut and garnished with fresh chopped coriander.

**Tibetan Vegetable Noodles - \$14.95**

Seasonal vegetables with bouncy noodles infused with a delicate hum of spice garlic & chili.

**Side dishes.**

**Jhaneko Daal - \$5.00**

Nepali style cooked lentil with subtle hints of fried cumin seeds, fresh garlic and a combination of Himalayan herbs

**Bhuteko Vanta - \$8.95**

Eggplant seasoned with fresh ground fenugreek, ginger, garlic, fennel seeds and cumin, all combined with red capsicum, tomato, potatoes and pan fried to release the rich aroma and taste.

**Farsi - \$7.95**

Butternut pumpkin cooked with toasted mustard seeds, enhanced with ginger and garlic which creates a perfect accompaniment to any dish.

**Rayako Saag - \$7.95**

Fresh mustard green spinach seasoned with cumin and garlic, pan fried delicately to release the aromatic spices through the leaves.

**Everest Aloo - \$7.00**

Pan fried potato seasoned with cumin, ginger, garlic and turmeric to enhance the flavour and create a typical Himalayan side dish

**Raita - \$4.95**

Natural yoghurt with mint, cucumber and a hint of roasted cumin.

**Rice and Bread Selection.**

**Bhutko Bhat – small - \$4.95 large - \$6.95**

Nepalese style rice cooked and fried with red onion, egg, peas, carrots & seasoned with Himalayan spices. Topped with fresh coriander and garnished with toasted cashew nuts

**Bhat – small -\$ \$3.00 large -\$4.94**

Traditional steamed Basmati rice.

**Himalayan Cheese Roti - \$4.95**

Stuffed with Red onion, coriander and full flavour cheese

**Himalayan Guliyo Roti - \$4.95**

Stuffed with Coconut, sultanas and cream paste.

**Lasun Roti - \$3.50**

Flat garlic bread

**Plain Roti - \$3.25**

**Everest Tea House prides itself in cooking authentic Himalayan cuisine that can be enjoyed by all.**

**Our menu and dishes are prepared by our executive Chef and owner Dharma who prides himself in cooking traditional Himalayan recipes just for you.**

If you would like to make a booking for the Restaurant, then please contact us on 08) 8383 6130

Thank you.



**Everest Tea House**

**Authentic Himalayan Cuisine**

**TAKEAWAY MENU**

Open Tuesday to Sunday for Dinner 5.30pm till late.

Everest Tea House Sunday Buffet - last Sunday of the month  
Adult \$30.00 Child \$14.95 (under 12yrs)

Open Monday to Sunday 11am to 9pm  
Kitchen closed for main meals between 3pm to 4.30pm

Shop 7/246 Lonsdale Rd, Hallett Cove 5158  
Phone: (08) 8383 6130

[www.everestteahouse.com.au](http://www.everestteahouse.com.au)

*All our dishes are cooked using authentic Nepalese spices to add a traditional Himalayan Flavour*

**If you have any allergies to any spices, dairy, nuts or shellfish then please inform us when you place your order.**

