



www.everestcafeandbar.com

*"Promoting Healthy Life Style"*

Dear Customers:

My wife, Connie and I would like to thank you for your decision to visit Everest Café & Bar and trusting us to prepare your meal. ***The mission of Everest Café & Bar is to promote a healthy lifestyle by preparing fresh heart healthy nutritious meals for our customers.*** With my Master's and Doctorate's degree training in public health and many years of professional work experience with chronic disease prevention and health promotion, it is my promise to protect the health of my customers and to promote a healthy life style by serving a "Healthy & Delicious" meal for my customers. In addition, because of your support, Everest Café and Bar has been working to improve the health status of children, women and their families who are poor and suffering in rural areas of Nepal. For more information, please visit us @ [www.hfhp.org](http://www.hfhp.org)

Best regards,

Dr. Devi Gurung States, DHSc., MPH., MSW.  
Executive Chef/Owner.

### EVEREST FOOD DICTIONARY

**NEPALI ACHAR:** *Nepali Achar* means spicy pickle. There are many varieties and are an important part of *Nepali* foods. *Achar* adds a spicy and savory flavor to regular food.

**AUTHENTIC NEPALI STYLE:** A base for most of our Nepalese dishes, it consists of tomato, garlic, and ginger along with herbs and spices of typical of Himalayan region.

**GLUTEN FREE:** A *gluten-free* diet is a diet that excludes foods containing gluten. Gluten is a protein complex found in wheat, barley, rye and triticale.

**VEGETARIAN:** A vegetarian is someone who doesn't eat meat, and mostly eats foods that come from plants, like grains, fruits, vegetables, and nuts. There are many kinds of vegetarians. Here are some:

- SEMI-VEGETARIAN: eats meat, but only fish and chicken.
- PESCI-VEGETARIAN: eats only fish.
- FLEXITARIAN: those who eat a mostly vegetarian diet, but occasionally eat meat.
- LACTO-OVO VEGETARIAN: eats no meat, but will eat dairy products (milk, butter, cheese) and eggs.
- OVO-VEGETARIAN: eats eggs, but no meat or dairy products.
- VEGAN: eats no meat or animal products.

### BUSINESS HOURS

[www.everestcafeandbar.com](http://www.everestcafeandbar.com)

LOCATION	LUNCH	DINNER
4145 Manchester Ave Saint Louis, MO 63110 (314) 531-4800	11:30– 2:30 pm (Mon-Fri) 11:30 – 3:00 pm (Sat & Sun)	5:00 – 9:00 pm (Sun, Mon-Thurs) 5:00 pm -10:00 pm (Fri & Sat)

**YES, WE CATER ANY EVENTS!**

## APPETIZERS

VEGETABLES SAMOSA (2 PCS)	4.95
Freshly buffs made of potatoes, fresh onion and coriander, wrapped in a delicious homemade pastry served with authentic red tamarind sauce	
VEGETABLE PAKORA (6 PCS)	6.75
Freshly cut garden vegetables dipped in seasoned chickpeas flour breaded, and deep-fried	
SPECIAL EVEREST APPETIZER	12.75
Assortment of vegetable fritters, vegetable samosa, mo-mo (meat or vegetables) served with homemade tomato achar (pickle) and tamarind sauce	
CHILI CHICKEN (Hot & Spicy)/ ( <b>Gluten free</b> )	10.75
Boneless chicken breast sautéed with hot chili sauce, red onions, green bell peppers sprinkled with chopped cilantro. (A good complimentary dish with alcoholic beverages)	
CHILI PANEER (Hot & Spicy)/( <b>Gluten free</b> )	10.75
Chunks of home made cheese sautéed with hot chili sauce, red onions, green bell peppers sprinkled with chopped cilantro. (A good complimentary dish with alcoholic beverages)	
CHICKEN CHOILA (Spicy)/ ( <b>Gluten free</b> )	9.75
Sliced white chicken meat marinated in special sauce tossed with red onions and cilantro.	
TANDOORI CHICKEN WINGS ( <b>Gluten free</b> )	8.75
Chicken wings marinated in tandoori yogurt sauce and cooked in a Clay oven.	

## SOUPS & SALADS

EVEREST DAAL ( <b>Gluten free</b> )	5.00
Lentil soup prepared with Himalayan herb spices in mild flavor	
MISO SOUP	3.50
Korean style miso soup served with fresh organic baby spinach and tofu	
CHICKPEAS SALAD ( <b>Gluten free</b> )	5.50
Chana (Chick Peas) mixed with tomatoes, lemon juice, and red onion sprinkle with chopped cilantro	

## MAIN COURSES

### VEGETARIAN ENTREES

DAAL, BHAT, TARKARI RA SAG ( <b>Gluten free</b> ) ( <b>Dine-in only</b> )	12.50
Nepali platter containing freshly cut garden vegetables cooked in an authentic Nepali style sauce, lentil soup, green vegetables and spicy achars	
TOFU WITH FRESH VEGETABLES/BABY SPINACH ( <b>Gluten free</b> )	11.50
Firm, organic tofu cooked with fresh mixed vegetables OR baby spinach in authentic Nepali style sauce and garnished with green onions.	

*(Note: 18% gratuity fee will be added to your total bill for a party of 5 or more)*

TAMA BODI RA ALU TAKARI ( <b>Gluten free</b> )	11.50
Black eye peas, bamboo shoots and potatoes sautéed with tomato sauce and herbs	
STEAMED VEGETABLE MO-MO	10.50
Tibetan dumpling stuffed with mixed vegetables, herbs and spices served with homemade tomato achar	
PANEER WITH SAAG/MATAR ( <b>Gluten free</b> )	11.50
Chunks of homemade cheese cooked with spinach OR fresh green peas in an authentic creamy Indian style, special herbs and spices	
VEGETABLE KORMA ( <b>Gluten free</b> )	11.50
Creamy Indian style cooked with mixed vegetables, onions, tomatoes and cumin, ginger, garlic and spices	
ANNAPURNA TRAIL (Nepali Style Noodles)	
Noodles sautéed with a combination of vegetables & egg, red onion, tomato, garlic, ginger, a touch of soy sauce and Himalayan herbs.	
Egg Chow-Chow: Noodles with veggies and egg	\$11.00
Veggie Chow-Chow: Noodles with sautéed with veggies	\$11.00
<b>MAASU (MEAT ENTREES)</b>	
DAAL, BHAT, TARKARI RA SAAG (CHICKEN BONELESS OR SPICY CHICKEN WITH BONE-13.50/LAMB-15.50/GOAT 15.50/SHRIMP-16.50) ( <b>Dine-in only</b> )	
Nepali platter meal cooked in authentic Nepali style, lentil soup, green vegetables and spicy achars. ( <b>Gluten free</b> )	
EVEREST SPECIAL SIZZLING TARKARI (Chicken-13.50/Lamb-14.50/Shrimp-15.50)	
Boneless meat OR shrimp cooked in authentic Nepali style sauce, grilled red onion, bell peppers, lemons and tomatoes served on SIZZLING HOT plate ( <b>Gluten free</b> )	
CHICKEN WITH FRESH MIXED VEGETABLES/BABY SPINACH	12.50
Boneless chicken breast cooked in authentic Nepali style sauce with mixed vegetables OR fresh baby spinach ( <b>Gluten free</b> )	
LAMB WITH FRESH MIXED VEGETABLES/BABY SPINACH	14.50
Boneless cubed lamb cooked in authentic Nepali style sauce with mixed vegetables OR fresh baby spinach ( <b>Gluten free</b> )	
GOAT CURRY ( <b>Gluten Free</b> )	14.50
Goat meat with bone cooked in Himalayan spices and herbs.	
HOT SPICY CHICKEN WITH BONE OR BONELESS (Hot & Spicy) ( <b>Gluten Free</b> )	12.50
Chicken with bone sautéed with hot chili peppers cooked in our special broth	

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STEAMED MEAT MO-MO (Pork/Chicken)	11.50
Tibetan style dumplings stuffed with fresh ground meat and mixed with vegetables and cumin, garlic, ginger and spices served with homemade tomato achar (pickle)	
SHRIMP WITH FRESH MIXED VEGETABLE <b>(Gluten free)</b>	15.50
Shrimp cooked in authentic Nepali style with fresh mixed vegetables	
CHICKEN TIKKA MASALA/SHRIMP TIKKA MASALA (Chicken-12.50/Shrimp-15.50)	
Tender boneless chicken OR shrimp roasted in tandoor prepared in a creamy fresh tomato sauce with spices <b>(Gluten free)</b>	
CHICKEN KORMA <b>(Gluten free)</b>	12.50
Tender boneless chicken pieces cooked in onion, tomato and creamy sauce	
ANNAPURNA TRAIL (Nepali Style Noodles)	12.00
Noodles sautéed with a combination of Chicken & vegetables, red onion, tomato, garlic, ginger, a touch of soy sauce and Himalayan herbs.	

#### **RICE & BREADS**

PLAIN STEAMED BASMATI RICE <b>(Gluten free)</b>	2.00
PLAIN NAAN	2.50
Unleavened wheat bread baked in the clay oven	
GARLIC NAAN	3.25
Unleavened bread garnished with garlic and cilantro, baked in the clay oven	

**TANDOORI DELIGHT (From the clay oven) Requires longer cooking time**  
(Served on a SIZZLING HOT plate with tomatoes, bell peppers, red onions, lemon wedges, and basmati rice, plain naan OR papadum and lentil soup)

CHICKEN TANDOORI <b>(Gluten free)</b>	15.00
Tender chicken thighs and legs marinated in yogurt sauce and Himalayan herbs	
CHICKEN SEKUWA (Tikka kabab) <b>(Gluten free)</b>	16.50
Tender chicken breast marinated with our authentic Nepali style sauce and Himalayan herbs	
LAMB SEKUWA (Boti kabab) <b>(Gluten free)</b>	17.50
Legs of lamb marinated with our authentic Nepali style sauce and Himalayan herbs	
MIXED GRILL SEKUWA (Chicken, Lamb & Shrimp) <b>(Gluten free)</b>	19.00
Chicken, lamb, and shrimp marinated with authentic Nepali style sauce backed in clay oven	

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## TASTE OF KOREA

BI BIM BOP (Beef/Chicken/Tofu)	11.75
Bed of steamed rice topped with assortment of mixed vegetables and sunny side egg on top served with hot sauce	
CHAP CHAE (Beef/Chicken/Tofu)	11.75
Sweet potato noodle with carrots, onions and green vegetables and choice of protein	
BULGOKI RICE BOWL (Chicken-12/Beef-14)	
Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger and garlic) over rice	
KIM CHI STEW (Dine-in only)	11.50
Homemade Kim chi cooked with tofu, egg and tilapia fish in the spicy soup	
JJ NOODLE (Dine-in only)	11.75
This is the classic flavor of Korean spicy ramen noodle soup with kimchi, boiled egg and Nepalese style of Momo (Nepali Dumplings-choice of chicken, pork or vegetables). <u>Story</u> : Owners/Executive Chefs-Dr. Devi States is from Nepal and Mrs. Maya States is from South Korea. JJ Noodles is the favorite meal for their sons: James & Jesse (JJ)	
SPECIAL Y NOODLES (Dine-in only)	11.75
Hot & spicy ramen noodles cooked with assortment of seafood and homemade Kim chi	

## DESSERT (Dine-in only)

Green tea ice cream	3.25
Kheer (Rice pudding)	3.25
Mango pudding topped with light whip cream	3.25
Gulab jamun topped with light powder sugar	3.25
Mango ice cream	3.25

## SIDES

Papadum	1.50
Plain Dahi (homemade yogurt)	1.50
Raita	2.00
Spicy Achar/Spicy Kimchi	2.00

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