



“Promoting a Healthy Lifestyle”

Dear Customers:

My wife, Maya (from South Korea) and I would like to thank you for your decision to visit Everest Café & Bar and trusting us to prepare your meal. Everest Café & Bar has been serving Nepalese, Indian & Korean cuisine in the city of St. Louis since 2004.

I was born and raised in Manang, Nepal. When both parents passed away, I moved to Kathmandu at age 16. In Kathmandu, I became homeless, because I was too young and could not find a job. I remember every day, I was knocking on doors and looking for food in garbage cans. Many days, I had nothing to eat. Many nights, I could not sleep, because of the fear of my safety and hunger. After many months of my life struggles on the street of Kathmandu, I finally found a job at the KC restaurant as a dishwasher and busboy. While I was working at the KC restaurant, I developed two dreams. Dream of owning a restaurant and to help children and women who are poor and suffering as I was.

While I was working at the KC restaurant, I met Dr. James H. States, M.D. I tribute the name of Everest Café & Bar to my dear father, Dr. James States, who brought me to the United States following his successful ascent of Mt. Everest in 1983.

Chronic diseases such as heart disease, stroke, and diabetes are the leading causes of death in the City of St. Louis. I believe that diet is an important factor in preventing chronic diseases and maintaining a healthy lifestyle. ***“The mission of Everest Café & Bar is to promote a healthy lifestyle by preparing fresh heart-healthy nutritious meals for our customers”.***

I completed my graduate education in social work and public health at Saint Louis University. I worked many years in areas of chronic disease prevention and health promotion. I believe that I have prepared myself to be the most qualified chef in today’s restaurant industry to prepare heart-healthy & nutritious meals for my customers.

Again, thank you for your decision to visit Everest Café & Bar and supporting my dreams. Your satisfaction is my primary concern. If you have any questions or comments, please let me know. In addition, because of your support, Everest Café and Bar has been working to improve the health status of children and women who are poor and suffering as I was. More information about our non-profit medical and educational mission in Nepal, please visit us @ www.himalayanhealthmo.org

Best regards,
Dr. Devi Gurung States, DHSc., MPH., MSW., MS.
Executive Chef & Owner

(Note: 20% gratuity fee will be added to your total bill for a party of 5 or more)

The prices subject to change without notice!

APPETIZERS

VEGETABLES SAMOSA (2 PCS) (Vegan)	6.99
Freshly buffs made of potatoes, fresh onion and coriander, wrapped in a delicious homemade pastry served with authentic red tamarind sauce	
NAKED CHILI CHICKEN (Hot & Spicy)/ (Gluten-free)	13.99
Boneless dark meat chicken sautéed with hot chili sauce, red onions, green bell peppers sprinkled with chopped cilantro. (A good complementary dish with alcoholic beverages)	
CHICKEN CHOILA (Spicy)/(Gluten-free)	11.99
Sliced white chicken meat marinated in special sauce tossed with red onion, hot chili, lemon, species and sprinkled with chopped cilantro.	
KIMCHI WITH PORK MANDU (DUMPLING, 3 PCS)	7.99
Filled with a kimchi mixture with ground pork. Korean dumplings, known as kimchi mandu (김치 만두), are highly popular in Korea. Kimchi adds tons of spicy and savory flavors to the dumplings.	
EVEREST DAAL (Vegan & Gluten free)	5.00
Lentil soup prepared with Himalayan herb spices in mild flavor	
MISO SOUP	4.00
Mild miso with tofu.	

MAIN COURSES

VEGETARIAN ENTREES

DAAL, BHAT, TARKARI RA SAG VEGETABLES(Gluten-free)	16.99
Nepali platter containing freshly cut garden vegetables cooked in an authentic Nepali style sauce, lentil soup, green vegetables, and spicy achar	
TOFU WITH FRESH VEGETABLES (Vegan & Gluten-free)	13.99
Firm, organic tofu cooked with fresh mixed vegetables OR baby spinach in authentic Nepali style sauce and garnished with green onions.	
TAMA BODI RA ALU TARKARI (Vegan & Gluten-free)	13.99
Black eye peas, bamboo shoots, and potatoes sautéed with tomato sauce and herbs	
STEAMED VEGETABLE MO-MO (vegan)	12.99
Tibetan dumpling stuffed with mixed vegetables, herbs and spices served with homemade tomato achar	
SAAG PANEER (Gluten-free)	16.99
Chunks of homemade cheese cooked with spinach in an authentic creamy Indian style, special herbs, and spices	
PANEER TIKKA MASALA(Gluten-free)	16.99
Authentic Indian style cheese cooked in a mild creamy sauce with special herbs, and spices	

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VEGETABLE KORMA (**Gluten-free**) 15.99
Creamy Indian style cooked with mixed vegetables, onions, tomatoes and cumin, ginger, garlic, and spices

Egg Chow-Chow: Noodles with veggies and egg sautéed with chef's spices. \$14.99

Veggie Chow-Chow: Noodles with sautéed with veggies. (**vegan**) \$13.99

MAASU (MEAT ENTREES)

DAAL, BHAT, TARKARI RA SAAG (CHICKEN BONELESS-16.99/LAMB-18.99/GOAT 18.99)
Nepali platter meal cooked in authentic Nepali style, lentil soup, green vegetables, and spicy achar.
(**Gluten-free**)

CHICKEN WITH FRESH MIXED VEGETABLES 14.99
Boneless chicken breast cooked in authentic Nepali style sauce with mixed vegetables OR fresh baby spinach (**Gluten-free**)

LAMB WITH FRESH MIXED VEGETABLES 17.99
Boneless cubed lamb cooked in authentic Nepali style sauce with mixed vegetables (**Gluten-free**)

GOAT CURRY (**Gluten Free**) 17.99
Goat meat with bone cooked in Himalayan spices and herbs.

HOT SPICY CHICKEN BONELESS (Hot & Spicy) (**Gluten-free**) 14.99
Chicken with bone sautéed with hot chili peppers cooked in our special broth

STEAMED MEAT MO-MO (Pork/Chicken) 13.99
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 VEGETABLES (**Gluten-free**) 16.99
Shrimp cooked in authentic Nepali style with fresh mixed vegetables

CHICKEN TIKKA MASALA/SHRIMP TIKKA MASALA (Chicken-16.99/Shrimp-16.99)
Tender boneless chicken OR shrimp roasted in tandoor prepared in a creamy fresh tomato sauce with spices (**Gluten-free**)

CHICKEN KORMA (**Gluten-free**) 16.99
Tender boneless chicken pieces cooked in onion, tomato and creamy sauce

CHICKEN CHOW CHOW (Nepali Style Noodles) 15.99
Noodles sautéed with a combination of Chicken & vegetables, red onion, tomato, garlic, ginger, a touch of soy sauce, and Himalayan herbs.

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RICE & BREADS

PLAIN STEAMED BASMATI RICE (<i>Gluten-free</i>)	2.50
PLAIN NAAN Unleavened wheat bread baked in the clay oven	3.00
GARLIC NAAN Unleavened bread garnished with garlic and cilantro, baked in the clay oven	4.00

TANDOORI DELIGHT (From the clay oven) Cooking time longer than other dishes

(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 (<i>Gluten-free</i>) Tender chicken thighs and legs marinated in yogurt sauce and Himalayan herbs	16.99
CHICKEN SEKUWA (Tikka kabab) (<i>Gluten-free</i>) Tender chicken breast marinated with our authentic Nepali style sauce and Himalayan herbs	18.99
LAMB SEKUWA (Boti kabab) (<i>Gluten-free</i>) Legs of lamb marinated with our authentic Nepali style sauce and Himalayan herbs	23.99
MIXED GRILL SEKUWA (Chicken, Lamb & Shrimp) (<i>Gluten-free</i>) Chicken, lamb, and shrimp marinated with authentic Nepali style sauce backed in clay oven	24.99

TASTE OF KOREA (cooking time longer than other dishes) (Non-dairy)

BI BIM BAP (Beef:15.99/Chicken:14.99/Tofu:13.99) Bed of steamed rice topped with an assortment of mixed vegetables and sunny side egg on top served with hot sauce.	
CHAP CHAE (Beef: 15.99/Chicken:14.99/Tofu:12.99/Egg:13.99) Sweet potato noodle with carrots, onions and green vegetables and choice of protein	
BULGOGI RICE BOWL (Chicken-15.99/Beef-17.99/Tofu:13.99) Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger, and garlic) over rice	
KIMCHI FRIED RICE Fermented spicy kimchi stir-fried with go chu Jang and white rice served over sunny side egg.	13.99

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JJ NOODLE

12.99

This is the classic flavor of Korean spicy Noodle soup with kimchi, boiled egg, and Nepalese style of Momo (Nepali Dumplings-choice of chicken, pork, or vegetables). Story: Owners/Executive Chefs-Dr. Devi States is from Nepal and the Mrs. Maya States is from South Korea. JJ Noodles is the favorite meal for their sons: James & Jesse (JJ)

DESSERT

Green tea ice cream	5.99
Mango Ice cream(Vegan)	5.99
Kheer (Rice pudding)	4.99
Mango pudding topped with light whip cream	4.99
Gulab jamun topped with light powder sugar	4.99

SIDES

Papadum	3.00
Plain Dahi (homemade yogurt)	3.00
Raita	4.00
Spicy Kimchi	7.00

NON- ALCOHOLIC BEVERAGES

Coke, diet coke, sprite, Iced tea-3.00

Mango lassi-4.99

Korean coffee-2.99

Chai latte-3.99

San Pellegrino sparking water-3.99

Green tea-2.99

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