



“Promoting a Healthy Lifestyle”

Dear Customers:

Don't panic but be prepared for COVID-19. We practice good hygiene from hand washing to food safety. My wife, Maya (from South Korea) and I would like to thank you for your support & trusting us to prepare your meal. We 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 & busboy. While I was working at the KC restaurant, I developed two dreams. Dream of owning a restaurant and to help children 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 had an opportunity to come to the United States after my father, Dr. States adopted me in Nepal following his 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 (www.slu.edu). 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 trusting us to prepare your meal and supporting my dream. Your satisfaction is my primary concern. If you have any questions or comments, please let me know. 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.
Executive Chef & Owner

APPETIZERS

VEGETABLES SAMOSA (2 PCS)	6.99
Freshly buffs made of potatoes, fresh onion and coriander, wrapped in a delicious homemade pastry served with authentic red tamarind sauce	
VEGETABLE PAKORAS	8.99
Freshly cut seasonal vegetables dipped in chickpeas flour batter coated with crunch panko.	
CHILI CHICKEN (Hot & Spicy)/ (Gluten-free)	12.99
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)	
CHILI PANEER (Hot & Spicy)/(Gluten-free)	11.99
Chunks of homemade cheese 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)	9.99
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.	

MAIN COURSES VEGETARIAN ENTREES

DAAL BHAT TARKARI VEGETABLES (Nepali style platter)	13.99
The platter with rice, lentil, seasonal vegetables.	
TOFU WITH FRESH VEGETABLES (Gluten-free)	12.99
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 (Gluten-free)	11.99
Black eye peas, bamboo shoots, and potatoes sautéed with tomato sauce and herbs	
STEAMED VEGETABLE MO-MO	10.99
Tibetan dumpling stuffed with mixed vegetables, herbs and spices served with homemade tomato achar.	

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

SAAG PANEER(Gluten-free)	12.99
Chunks of homemade cheese cooked with spinach in an authentic creamy Indian style, special herbs, and spices	
PANEER TIKKA MASALA(Gluten-free)	12.99
Authentic Indian style cheese cooked in a mild creamy sauce with special herbs, and spices	
VEGETABLE KORMA (Gluten-free)	12.99
Creamy Indian style cooked with mixed vegetables, onions, tomatoes and cumin, ginger, garlic, and spices	
EGG CHOW CHOW: Noodles with veggies and egg	\$12.99
Noodles sautéed with a combination of vegetables & egg, red onion, tomato, garlic, ginger, a touch of soy sauce, and Himalayan herbs.	
VEGGIE CHOW CHOW: Noodles with sautéed with veggies	\$11.99
Noodles sautéed with a combination of vegetables & egg, red onion, tomato, garlic, ginger, a touch of soy sauce, and Himalayan herbs.	

MAASU (MEAT ENTREES)

DAAL BHAT TARKARI CHICKEN BONELESS (Nepali style platter)	15.99
The platter with rice, lentil, seasonal vegetables, and chicken.	
DAAL BHAT TARKARI LAMB (Nepali tyle platter)	16.99
The platter with rice, lentil, seasonal vegetables, and lamb.	
DAAL BHAT TARKARI GOAT CURRY BONE IN (Nepali style platter)	16.99
The platter with rice, lentil, seasonal vegetables, and goat.	
CHICKEN WITH FRESH MIXED VEGETABLES	12.99
Boneless chicken breast cooked in authentic Nepali style sauce with mixed vegetables OR fresh baby spinach (Gluten-free)	
LAMB WITH FRESH MIXED VEGETABLES	14.99
Boneless cubed lamb cooked in authentic Nepali style sauce with mixed vegetables OR fresh baby spinach (Gluten-free)	
GOAT CURRY (Gluten Free)	15.99
Goat meat with bone cooked in Himalayan spices and herbs.	
HOT SPICY CHICKEN WITH BONELESS (Hot & Spicy) (Gluten-free)	12.99
Chicken with bone sautéed with hot chili peppers cooked in our special sauce.	

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

STEAMED MEAT MO-MO (Pork)	11.99
Tibetan style dumplings stuffed with fresh ground meat and mixed with vegetables and cumin, garlic, ginger and spices served with homemade tomato achar (pickle)	
STEAMED MEAT MO-MO (chicken)	11.99
Tibetan style dumplings stuffed with fresh ground meat and mixed with vegetables and cumin, garlic, ginger and spices served with homemade tomato achar (pickle)	
CHILI PORK MOMO	12.99
Tibetan style dumplings stuffed with fresh ground meat and mixed with vegetables and cumin, garlic, ginger and spices served spicy.	
CHILI CHICKEN MOMO	12.99
Tibetan style dumplings stuffed with fresh ground meat and mixed with vegetables and cumin, garlic, ginger and spices served spicy.	
SHRIMP WITH FRESH MIXED VEGETABLES (<i>Gluten-free</i>)	14.99
Shrimp cooked in authentic Nepali style with fresh mixed vegetables	
CHICKEN TIKKA MASALA	14.99
Tender boneless chicken roasted in tandoor prepared in a creamy fresh tomato sauce with spices (<i>Gluten-free</i>)	
SHRIMP TIKKA MASALA	14.99
Tender boneless chicken OR shrimp roasted in tandoor prepared in a creamy fresh tomato sauce with spices (<i>Gluten-free</i>)	
CHICKEN KORMA (<i>Gluten-free</i>)	13.99
Tender boneless chicken pieces cooked in onion, tomato and creamy sauce	
CHICKEN CHOW CHOW (Nepali Style Noodles)	12.99
Noodles sautéed with a combination of Chicken & vegetables, red onion, tomato, garlic, ginger, a touch of soy sauce, and Himalayan herbs.	

RICE & BREAD

PLAIN STEAMED BASMATI RICE (<i>Gluten-free</i>)	2.00
PLAIN NAAN	2.75
Unleavened wheat bread baked in the clay oven	
GARLIC NAAN	3.50
Unleavened bread garnished with garlic and cilantro, baked in the clay oven	

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

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)

CHICKEN TANDOORI (Gluten-free)	15.99
Tender chicken thighs and legs marinated in yogurt sauce and Himalayan herbs	
CHICKEN SEKUWA (Tikka kabab) (Gluten-free)	16.99
Tender chicken breast marinated with our authentic Nepali style sauce and Himalayan herbs	
LAMB SEKUWA (Boti kabab) (Gluten-free)	19.99
Legs of lamb marinated with our authentic Nepali style sauce and Himalayan herbs	
MIXED GRILL SEKUWA (Chicken, Lamb & Shrimp) (Gluten-free)	20.99
Chicken, lamb, and shrimp marinated with authentic Nepali style sauce backed in clay oven	

TASTE OF KOREA (NO GLUTEN FREE)

BEEF CHAP CHAE	
Sweet potato noodle with carrots, onions and green vegetables	13.99
TOFU CHAP CHAE	
Sweet potato noodle with carrots, onions and green vegetables	12.99
CHICKEN CHAP CHAE	
Sweet potato noodle with carrots, onions and green vegetables	12.99
VEGETABLE CHAP CHAE	
Sweet potato noodle with carrots, onions and green vegetables	11.99
BEEF BULGOGI RICE	15.99
Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger, and garlic) over rice	
CHICKEN BULGOGI RICE	13.99
Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger, and garlic) over rice	
TOFU BULGOGI RICE	11.99
Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger, and garlic) over rice.	
BIBIMBOP BEEF	12.99
In a hot stone bowl, vegetables, beef, egg, and rice are served.	

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

BIBIMBOP CHICKEN	11.99
In a hot stone bowl, vegetables, chicken, egg, and rice are served.	
BIBIMBOP TOFU	11.99
In a hot stone bowl, vegetables, tofu, egg, and rice are served.	
KIMCHI FRIED RICE	10.99
Fermented spicy kimchi stir-fried with steam white rice over sunny side egg.	
JJ NOODLES (CHOICE OF PORK, CHICKEN OR VEGETABLES)	11.99
The spicy ramen noodles with Momo (dumpling), boil eggs, and kimchi. Served with white rice.	

DESSERT

Gulab jamun topped with light powder sugar	4.99
Mango pudding	4.99
Rice pudding	4.99

SIDES

Plain Dahi (yogurt)	3.00
Papad	2.00
Raita	4.00
Cabbage Kimchi	5.00
Daal (lentil soup)	5.00
Miso soup	4.00

NON- ALCOHOLIC LIST

COKE, DIET COKE, SPRITE	1.50 (can)
ICED TEA (REFILL)	2.99
MANGO LASSI	4.99
SPARKING WATER	3.99
GREEN TEA	2.99
CHIYA (MILK TEA)	2.99
KOREAN SWEET COFFEE	1.99

The prices are subject to change without notice!

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