



Hello & Namaste!

My wife Maya (From Busan, Korea) and I would like to thank you for supporting Everest Café & Bar and trusting us to prepare your meal. The Everest Café & Bar in St. Louis has served Nepalese, Indian & Korean cuisine since 2004.

Heart disease, stroke, and diabetes are the leading causes of death in St. Louis. A healthy diet prevents chronic diseases and maintains a healthy lifestyle. I believe food is medicine. ***"The mission of Everest Café & Bar is to promote a healthy lifestyle by preparing fresh, heart-healthy nutritious meals for our customers."***

I grew up in Manang, Nepal. When my parents passed away at age 15, I moved to Kathmandu to seek a better life. Instead, I became homeless in Kathmandu because I was too young and could not find a job. I remember knocking on doors and looking for food in garbage cans daily. Many days, I had nothing to eat. Many nights, I could not sleep because of my fear of safety and hunger.

After struggling on the streets of Kathmandu for many months, I finally found a job as a dishwasher and busboy at K.C. restaurant. While I was working at K.C. Restaurant, I developed two dreams. One was to own a restaurant, and the other was to help children and women who were poor and suffering as I was. Therefore, owning a restaurant is deeply personal to me. Everest Cafe & Bar was named in honor of my foster father, Dr. James States, M.D., who had brought me to the United States after his successful climb of Mount Everest in 1983.

I completed my graduate education in social work and public health at Saint Louis University. The mission of Saint Louis University of pursuing the truth of God and the service of humanity and the community further reinforced my dream of helping children and women who are poor and suffering as I was. To accomplish this, I founded the Himalayan Family Healthcare Project and registered in 2010 with Missouri State. The mission of the Himalayan Family is to provide health and medical services in remote areas of Nepal to improve the health status of children and women.

Thank you so much for supporting my dream of owning a restaurant and helping poor children and women in Nepal. For more information about our non-profit medical and educational mission in Nepal, please visit us @

Best regards,

Devi States

Dr. Devi Gurung States, PhD., MPH., MSW., MS.
Chef & Owner



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

APPETIZERS

VEGETABLES SAMOSA (2 PCS) (**Vegan**) 6.99
Made of potatoes, onion and coriander, wrapped in a delicious homemade pastry served with tamarind sauce.

NAKED CHILI CHICKEN (Hot & Spicy)/ (**Gluten-free**) 11.99
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.

PORK MANDU (DUMPLING, 3 PCS) 8.99
Filled with pork mixture with vegetables. Korean dumplings, known as Mandu.

SPRING ROLL (vegan) 7.99
Cabbages and carrots are rolled in crispy skin.

EVEREST DAAL (**Vegan & Gluten free**) 4.99
Lentil soup prepared with Himalayan herb spices in mild flavor.

MISO SOUP 4.99
Mild miso with tofu

MAIN COURSES

VEGETARIAN ENTREES

DAAL, BHAT, TARKARI RA SAG VEGETABLES 16.99
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 (**Vegan & Gluten-free**) 13.99
Firm, organic tofu cooked with fresh mixed vegetables in Nepali style sauce and garnished with green onions.

TAMA BODI RA ALU TARKARI (**Vegan & Gluten-free**) 14.99
Black eye peas, bamboo shoots, and potatoes sautéed with tomato sauce and herbs.

STEAMED VEGETABLE MO-MO (**vegan**) 11.99
Tibetan dumpling stuffed with mixed vegetables, herbs and spices served with homemade tomato achar.

SAAG PANEER (**Gluten-free**) 14.99
Chunks of homemade cheese cooked with spinach in a creamy Indian style, special herbs, and spices.

PANEER TIKKA MASALA(**Gluten-free**) 14.99
Indian style cheese cooked in a mild creamy sauce with special herbs, and spices.

VEG MOMO TIKKA MASALA 13.99
Our famous tikka masala over your favorite veg MOMO. 14.99

VEGETABLE KORMA (**Gluten-free**) 14.99
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. \$17.99

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

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- The prices subject to change without notice!

MAASU (MEAT ENTREES)

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

CHICKEN WITH FRESH MIXED VEGETABLES 15.99

Boneless chicken cooked in Nepali style sauce with mixed vegetables. **(Gluten-free)**

LAMB WITH FRESH MIXED VEGETABLES 15.99

Boneless lamb cooked in authentic Nepali style sauce with mixed vegetables **(Gluten-free)**

GOAT CURRY **(Gluten Free)** 15.99

Goat meat with **bone** cooked in Himalayan spices and herbs.

HOT SPICY CHICKEN BONELESS (Hot & Spicy) **(Gluten-free)** 16.99

Chicken sautéed with hot chili peppers cooked in our special sauce.

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)

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)**

MOMO TIKKA MASALA (CHICKEN or PORK)
Our famous tikka masala over your favorite MOMO at your choice. 14.99

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

CHICKEN CHOW CHOW (Nepali Style Noodles) 16.99

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 **(Gluten-free)** 2.99

PLAIN NAAN 2.99

Unleavened wheat bread baked in the clay oven.

GARLIC NAAN 3.99

Unleavened bread garnished with garlic and cilantro, baked in the clay oven.

TANDOORI DELIGHT (From the clay oven) Cooking time longer than other dishes. (NOT AVAIL 30 MINS BEFORE CLOSING)

(Served on a plate with tomatoes, bell peppers, red onions, lemon wedges, and basmati rice, plain naan OR papadum and lentil soup)

CHICKEN TANDOORI **(Gluten-free)** 16.99

Tender chicken thighs and legs marinated in yogurt sauce and Himalayan herbs.

CHICKEN SEKUWA (Tikka kabab) **(Gluten-free)** 19.99

Tender chicken breast marinated with our authentic Nepali style sauce and Himalayan herbs.

LAMB SEKUWA (Boti kabab) **(Gluten-free)** 24.99

Legs of lamb marinated with our authentic Nepali style sauce and Himalayan herbs.

MIXED GRILL SEKUWA (Chicken, Lamb & Shrimp) **(Gluten-free)** 26.99

Chicken, lamb, and shrimp marinated with authentic Nepali style sauce backed in clay oven.

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



BI BIM BAP

(Beef:16.99/Chicken:15.99/Tofu:13.99)

CHOOSE HOT STONE BOWL OR REGULAR

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:13.99/Egg:13.99)

Sweet potato noodle with onions, bell peppers and choice of protein



BULGOGI RICE BOWLS(Chicken-16.99/Beef-18.99/Tofu:13.99)

Sweet Korean barbeque marinated (soy sauce, sesame oil, ginger, and garlic) served with rice.

KIMCHI FRIED RICE

14.99

Fermented spicy kimchi stir-fried with go chu Jang and white rice served over sunny side egg.



JJ NOODLE

13.99

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)



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SIDES

| | |
|----------------------------------------------|------|
| Papadum (crispy lentil) (Gluten-free) | 2.99 |
| Plain Dahi (homemade yogurt) | 2.99 |
| Raita | 3.99 |
| Spicy Kimchi | 6.99 |

NON- ALCOHOLIC BEVERAGES

| | |
|-----------------------------------|-------|
| Coke, diet coke, sprite, Iced tea | 2.99 |
| Mango lassi | 5.99 |
| Korean coffee | 2.99 |
| Chiya (hot milk tea) | 2.99 |
| San Pellegrino sparkling water | 3.99. |
| Green tea hot | 2.99 |
| Milk | 2.99 |
| Strawberry milk | 4.99 |
| Banana milk | 4.99 |
| Aloe vera mango | 3.99 |
| Pink lemonade | 2.99 |
| Cranberry juice | 3.99 |

- Please let us know your allergy ahead when placing an order.
- Sorry! We do not substitute or modify the order.

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

FOOD

Catering

Serving Indian, Nepali & Korean

OUR SERVICE

- Wedding
- Family Events
- Birthday Event
- Office Event

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