

APPETIZER PLATTERS

Appetizers are served with house sweet & sour sauce made with tamarind, tomato, sesame & spices

Samosa: Potato and green peas and herbs & spices, stuffed in a pastry & deep-fried in vegetable oil

Regular Size: \$2.50 each

Cocktail size: \$1.50 each – Need to order a week ahead.

Pakora: Yummy bite size pieces dipped in a seasoned gram-flour batter & deep fried.

	Half Pan	Full Pan
Chicken:	\$40.00	\$100.00
Shrimp	\$60.00	\$150.00
Veggie Mix	\$30.00	\$ 75.00

Pyaji: Onion & jalapeno strips dipped in gram-flour batter & deep fried in vegetable oil.

Half Pan: \$30.00 Full Pan: \$75.00

HOUSE SALAD

Mixture of freshly cut cucumber, lettuce, carrots, onions, and tomatoes served with *Raita*. *Raita* is the house salad dressing prepared by blending plain yogurt with diced cucumber, tomato, herbs and black-pepper.

Half Pan: \$25.00 Full Pan: \$60.00

NEPALI-TIBETAN DISHES

Momo: Steamed dumplings filled with a mixture of vegetables and/or ground meat mixed with diced onion, herbs, & spices. Order by the number you need (10 in each order)

Chicken: Ground chicken	\$ 8.00
Meat: Pork-turkey mix	\$ 8.00
Veggie: Cabbage & spinach	\$ 8.00
Yak: Ground yak	\$ 10.00

Chau-Chau: Wheat noodles are sautéed & pan-fried with freshly cut **veggie mix*** and the following ingredients

	Half Pan	Full Pan
Chicken:	\$50.00	\$115.00
Veggie	\$50.00	\$115.00
Shrimp	\$60.00	\$135.00

***Veggie Mix:** Mixture of cabbage, green pepper, mushroom, carrot, snow peas, broccoli & onion.

NEPALI & INDIAN CURRIES

VEGETARIAN & VEGAN

Each vegetarian curry is uniquely prepared from freshly cut vegetables cooked with specialty herbs and a blend of spices to accentuate the natural flavor of the vegetables.

Half Pan: \$45.00 Full Pan: \$105.00

Aaloo-dam: Potatoes slowly cooked with tomato sauce, herbs & spices into thick gravy.

Banda Kopi: Cabbage cooked with potato, tomato, herbs & spices.

Bhanta: Eggplant cooked with potato & herbs.

Jogi-tarkari: Curry made from assortment of mixed vegetables.

Kabuli Chaana: Garbanzo bean curry with onion, tomato & spices.

Kauli: Cauliflower cooked with potatoes & peas

Half Pan: \$55.00 Full Pan: \$125.00

Katahar: Jack-fruit buds cooked with tomato, onion, and spices.

Ram-toria: Okra sautéed with potato and herbs.

Saag: Green mustard leaves sautéed with ginger.

Half Pan: \$60.00 Full Pan: \$140.00

Kurilo: Asparagus with potatoes & tomato

Palak Paneer: Spinach cooked with paneer cheese & spices (non-vegan).

Matar Paneer: Green peas cooked with paneer cheese & spices (non-vegan)

You can select the level of hotness you desire (Very Mild to Very Hot).

MEAT AND SEA FOOD

Our meat curries are prepared by slowly cooking the meat with ginger-onion paste and house tomato sauce while garnishing with a blend of spices used in Northern India and Nepal.

Half Pan: \$50.00 Full Pan: \$110.00

Kukhurako maasu: (Chicken Curry) Boneless tender pieces of thigh meat in tomato sauce.

Maasu Dalla: (Turkey Meatball Curry) Ground turkey mixed with onion, cilantro, garlic-ginger paste, hand rolled into balls, baked, and cooked with house meat-ball sauce.

Half Pan: \$60.00 Full Pan: \$135.00

Chicken-Tikka-Masaala: Marinated chicken breast cubes cooked in house tikka sauce (spices blended in heavy cream).

Khasiko maasu: (Goat Curry) Cut pieces of goat meat (bones included) cooked in house tomato paste and garnished with ginger, garlic and a blend of spices.

Half Pan: \$65.00 Full Pan: \$145.00

Bhedako Maasu: (Lamb Curry) Tender pieces of boneless lamb from New Zealand.

Machhako Tarkari: (Fish Curry) Boneless Tilapia fillet cooked with ground mustard and a blend of herbs & spices

Half Pan: \$75.00 Full Pan: \$170.00.

Shrimp Curry: Shrimp curry made with mixed vegetables

Yak Keema: Ground yak cooked with green pea.

Full Pan (Good for 50-60 People)

Half Pan (Good for 15-20 People)

TANDOOR DELIGHTS

Chhoyla. Choice boneless, marinated meat is cooked in intense heat in a Tandoor oven. Cooked meat is sliced & tossed with onion, tomato, green pepper & spices in hot oil.

Half Pan: \$55.00 Full Pan: \$125.00

Bangur Chhoyla. Pork strips

Chicken Chhoyla. Tender chicken leg meat

Charako Chhaati. Boneless chicken breast is marinated in spicy house yogurt sauce, roasted and served on a bed of freshly sliced onion, green pepper, tomato and lime. Served house mint sauce.

Half Pan: \$70.00 Full Pan: \$160.00

Lamb Chhoyla. Marinated and roasted lamb strips are sautéed in hot oil with onion, tomato, green pepper and spices.

Lamb Sekuwa. Marinated and roasted lamb is served on veggie platter. Topped with fresh cilantro and served with lime and house mint sauce.

Half Pan: \$90.00 Full Pan: \$200.00

Yak Chhoyla. Boneless choice Tibetan yak meet is sautéed in hot oil with onion, tomato, green pepper and spices (A Minnesota grown specialty!!)

DESSERTS

A week's notice is needed for bulk orders. Each order of Jerri, Lal Mohan, and Rashbhari contain two pieces. Lalmohan can be sold in Half buffet sizes.

Jerri (Julebi): Wheat flour batter deep-fried into rings and soaked in sugar syrup (vegan). 2.95

Lal Mohan (Gulab Jamun): Mixture of powder-milk and pancake-mix dough, rolled into little balls, deep fried, and soaked in sugar syrup. Regular: 2.95; Buffet size: \$0.75 each.

Rashbhari: Well-kneaded *chhenna* (fresh cheese), rolled into little balls, steamed, and soaked in sugar syrup. 2.95

Kheer: Basmati rice slowly cooked in milk and seasoned with raisin, sugar, cardamom & cloves.

Half Pan: \$40.00 Full Pan: \$100.00

RICE DISHES

Fried Rice (Bhuteko-bhaat): Rice fried with veggie mix and choice of chicken, lamb, or shrimp.

Veggie OR Chicken:

Half Pan: \$45.00

Full Pan: \$105.00

Lamb OR Shrimp:

Half Pan: \$55.00

Full Pan: \$125.00

Pulao: Steamed rice cooked with peas, carrots and seasoned with cashews & raisins

Half Pan: \$45.00

Full Pan: \$105.00

Plain Rice: Steamed basmati rice. 2.00

Half Pan: \$15.00

Full Pan: \$40.00

BREADS

Please order the breads by the number. Roti, Naan, and Garlic Naan can be cut them into desirable number of pieces. Poori can be sized as regular or buffet size.

Poori: Wheat dough, flattened & deep-fried. Regular size: 2.50; Buffet size: \$1.00 each.

Roti: Wheat dough, flattened & roasted in Tandoor 2.50

Naan. Wheat dough kneaded with milk & water, flattened, and roasted in Tandoor oven 3.00

Garlic Naan: Naan, with minced garlic and cilantro 4.00

HOUSE CONDIMENTS

Alooko Achar: Spicy potato salad seasoned with banana blossom, sesame, jalapeno, & cilantro

Tomato Achar: Spicy tomato condiment seasoned with jalapeno, onion, garlic, ginger, & cilantro (8 oz).

Half Pan: \$40.00

Full Pan: \$100.00



Nepali, Tibetan & Indian Cuisine Catering Menu

1278 Grand Avenue
Saint Paul, MN 55105
Phone: (651) 696-1666
www.everestongrand.com