Mt Everest was formed approximately 60 million years ago and stands at the height of 29,035 (8850m). The mountain rises a few millimeters each year due to geological forces. The summit ridge separates Nepal and Tibet. Once the mountain was known only as peak 15. In 1865, a British surveyor named Sir George Everest recorded Mt Everest's height and location. The peak was then named after him.

Sagarmatha is the Nepali name, which means, "Goddess of the sky."
Chomolungma is the Tibetan name, which means, "Mother goddess of the universe."

Mt Everest was first climbed on May 29, 1953 by Sir Edmund Hillary from New Zealand and Tenzing Norgay Sherpa from Nepal. Since that time many teams of climbers have summited, most with the support and assistance of the local Sherpa people. The Sherpa people are known for their physical strength and ability to adapt to high altitude as well as their upbeat positive attitude.

Sherpa means "people from the east" in Tibetan. The Sherpa people migrated from Eastern Tibet five hundred years ago and settled the mountainous area of Nepal and most famously at the base of the highest mountain in the world, Mt Everest. Traditionally, Sherpas are farmers and yak herders. That began to change when expeditions came to climb the great Himalayan peaks. These hearty local people were hired as high altitude porters and guides. The physical ability, strength and good humor of the Sherpa people lent to a new occupation, known worldwide as "Sherpa".

The Mount Everest Cafe is Sherpa family owned & operated, a fact that leads to a pleasant, family-friendly dining experience. Here is some background information about the familiar faces that provide one of the best dining experiences in Northern Colorado:

Dawa Sherpa worked for five years leading medical groups and trekkers through the mountains of Nepal. In the U.S. he worked for Whole Foods Market for 4 years.

Thubten Tenzin spent 15 years as a monk in Kopan Monastery in Nepal. He has worked for the Rockefeller family and Martha Stewart in the U.S.

Phuri Sherpa, the head chef, learned to cook through the Nepalese Trekking and Mountaineering Association. He has cooked for groups throughout Nepal and Bhutan and has many years of restaurant cooking in the U.S.

Lhakpa Doma Sherpa owned her own restaurant in Kathmandu, Nepal and has been a cook for many years in restaurants in the U.S.
WELCOME TO THE MT EVEREST CAFE

We bring you authentic recipes from the Himalayas. No MSG is used in our cooking. Our dishes are prepared to order using fresh ingredients and aromatic spices.

All orders are prepared mild. Please let us know if you prefer medium or hot. Vegan option available upon request. Enjoy!

Appetizers

Papadum
A crispy-spiced chip served with 3 dipping sauces. *The first order is complimentary.

Vegetable Samosa
A light pastry filled with delicately spiced potato, green peas, and onions. (3 per order)

Saag Appetizer
Delicious creamed spinach spiced with garlic, ginger and cumin. Served with Naan bread.

Momo Appetizer
Homemade Tibetan dumpling with vegetables or meat then steamed or fried to perfection. Momos are served with a homemade dipping sauce of tomato, garlic and spices, called achar.
Vegetable Momo
Chicken Momo
Beef Momo

Onion Pakora
Sliced onions dipped in spiced chickpea flour and deep-fried.

Vegetable Pakora
A mix of fresh vegetables dipped in spiced chickpea flour and deep-fried.
Soup and Salad

Dahl soup 4.00
A healthy homemade lentil soup, rich with the flavor of Himalayan spices.
Chicken soup Homemade 4.00
Vegetable Soup Homemade 4.00

House Salad 5.00
Fresh greens, sliced cucumbers, tomatoes and peppers served with a choice of vinaigrette or creamy dressing.

Breads

Plain Naan 2.00
Soft, light homemade bread baked to order in a traditional clay oven.
Cheese Naan 2.50
Naan bread filled with mild cheese and baked.
Garlic Naan 2.50
Naan bread baked with garlic.
Onion Naan 2.50
Naan bread baked with seasoned onions.
Stuffed Naan 3.50
Naan bread filled with potato, cheese, onion, and garlic then baked.
Roti 2.00
Whole wheat flat bread baked in the Tandoori oven.

Entrees

Momo Entree
Our homemade Tibetan dumplings are filled with your choice of vegetables or meat, steamed or fried and served with homemade achar sauce and dahl soup.
Vegetable 9.95
Chicken 10.95
Beef 10.95

Thukpa
A large bowl of flavorful broth, egg noodles and fresh vegetables served with your choice of meat.
Served with homemade naan bread.
Vegetable 9.95
Vegetable and Tofu 10.95
Chicken 10.95
Beef 10.95
Lamb 10.95
Homemade Stew
A large bowl of flavorful broth, fresh vegetables, and homemade dumplings. This Himalayan style stew is a Sherpa favorite. Served with fresh homemade naan bread and your choice of meat.

Vegetable 9.95
Chicken 10.95
Beef 11.95
Lamb 11.95

Chawmin Noodles
Lightly stir fried egg noodles served with an abundance of fresh vegetables and flavorful spices. Served with your choice of meat.

Vegetable 9.95
Chicken 10.95
Beef 11.95
Lamb 11.95

Himalayan Curry
Our traditionally prepared curry with fresh vegetables, flavorful spices, fresh tomato and onion sauce, and seasonings. Served with your choice of meat.

Vegetable 11.95
Chicken 12.95
Beef 12.95
Lamb 13.95
Salmon 14.95
Shrimp 15.95

Briyani
A popular rice dish rich in spices and mixed vegetables, cashews, raisins, and fresh herbs.

Vegetable 10.95
Chicken 11.95
Beef 12.95
Lamb 13.95

Aloo Dum
Exotic delicious potato dish rich in Himalayan spices and fresh seasonings.

Aloo Matter
Potatoes and green peas cooked in fresh tomato and onion sauce, and Himalayan spices.

Mutta Paneer
Diced potatoes and homemade cheese cooked in freshly homemade tomato and onion sauce and rich in Himalayan spices.
Saag
Delicious spiced creamed spinach. Served with basmati rice and dahl soup.
Plain 10.95
Saag Aloo (Potato) 11.95
Tofu 12.95
Panir (Homemade Cheese) 12.95
Chicken 12.95
Lamb 13.95
Shrimp 15.95

Tandoori
Spiced, marinate meats roasted in a clay oven and served sizzling with onions and peppers.
Served with dahl soup and steamed basmati rice.
Chicken 12.95
Shrimp 14.95
Salmon 15.95

Chicken Tikka Masala 13.95
Tandoori chicken cooked in a mild, flavorful onion tomato sauce.

Kabob
Spiced, marinated boneless meat baked to perfection in a clay oven and served sizzling with onions and peppers. Served with dahl soup and steamed basmati rice.
Chicken 12.95
Beef 12.95
Lamb 14.95
Shrimp 15.95

Chili
Spicy dry-rubbed meats sautéed with cumin, garlic, ginger, and tomatoes. Served with basmati rice and homemade dahl soup.
Chicken 12.95
Beef 12.95
Lamb 13.95

Korma
Fresh mixed vegetables or your choice of meat cooked in a homemade cashew, tomato and onion sauce.
Served with basmati rice and dahl soup.
Vegetable 11.95
Chicken 12.95
Lamb 13.95

Baigun Bharta (Eggplant curry) 11.95
Charcoal-roasted eggplant slow cooked with ginger, garlic, and tomatoes.
Served with basmati rice and dahl soup.
Mt. Everest Dinners

Dahl Bhat Tarcurry 11.95
A favorite of all Nepali people, this typical meal is served with a large portion of steamed basmati rice, dahl soup, a sample of vegetable curry and achar sauce.

Maasu Bhat Tarcurry 20.95
A combination meal of chicken curry, vegetable curry, served with basmati rice, dahl soup, homemade naan bread and khir for dessert.

Mt. Everest Samplers (Dinner for Two) 25.95
A combination meal vegetable curry, lamb curry and chicken tandoori served with basmati rice, dahl soup, homemade naan bread and khir for dessert.

Kids’ Menu

Cheese Naan Naan bread filled with mild cheese and baked. 2.50
Macaroni and Cheese 3.95
Organic Sweet Potato Fries 3.95
French Fries (Homemade) 3.95

Desserts

Khir A homemade rice pudding. 4.00
Banana Pakora Sweet and flavorful banana dumplings deep-fried to perfection. 3.00
Carrot Halua A dessert of carrot cooked smooth with cashews in sweets and milk. 3.00

Beverages

Chai Tea — served hot or iced 2.00
Herb Tea 2.00
Coffee — freshly made for you upon request 2.00
Lassi — a smooth yogurt fruit drink. Your choice of banana, cinnamon or mango. 3.00
Juice — Apple or Orange 2.00
Lemonade/Iced Tea 2.00
Coke, Diet Coke, Sprite, Fanta Orange 2.00
Please Consider Mt Everest Café for catering events

Thank you for coming in!

www.mteverestcafe.com