

Mount Everest Kitchen & Grill

Menu

Address : 538 Seymour St, Vancouver, BC V6B 3J5, Canada

Phone : +1 604-622-1136

Opening times : 10:00 AM - 10:00 PM

Noodles and Pasta

Cream Sauce Pasta (Chicken, Beef Or Shrimp)	CA\$17.50
Deluxe Chow Mein	CA\$19.50
Thukpa (Noodle Bowl)	CA\$15.50
Shrimp Chow Mein	CA\$17.99
Beef Chow Mein	CA\$16.99

Wraps

Paneer Wrap (Paneer Roll)	CA\$14.50
Chicken Wrap (Tikka Roll)	CA\$14.50

Salad

Mixed Green Salad	CA\$9.00
Mixed Green Salad And Chicken	CA\$11.00
Caesar Salad	CA\$9.00
Mixed Green Salad And Shrimp	CA\$14.00
Everest Style Garden Salad	CA\$8.60

Stir Fry, Chili and Manchurian

Chicken Chili	CA\$15.99
Prawn Chili	CA\$18.99
Grilled Chicken And Vegetable	

Chicken Manchurian	CA\$16.99
Paneer Chili	CA\$15.99

Momo (Dumpling)

Chilli Chicken Momo	CA\$16.99
Jhol Chicken Momo	CA\$16.99
Jhol Veg Momo	CA\$16.99
Steamed Momo	CA\$14.99
Tandoori Mutton Momo	CA\$15.99

From The Clay Oven

Tandoori Chicken Wings	CA\$15.70
Mutton Sekuwa	CA\$18.10
Tandoori Chicken	CA\$18.20
Saffron Prawn Tikka	CA\$19.60
Chicken Tikka	CA\$18.50

Lamb and Goat Curries

Khasi Ko Masu (Goat Curry)	CA\$18.50
Lamb Curry	CA\$18.50
Lamb Korma	CA\$18.99
Lamb Tikka Masala	CA\$18.99
Lamb Saag	CA\$18.50

Rice

Jasmine Rice	CA\$3.99
Coconut Rice	CA\$4.99
Deluxe Fried Rice	CA\$18.50
Chicken Fried Rice	CA\$17.50
Mixed Vegetable Fried Rice	CA\$16.50

Beef Curries

Beef Curry	CA\$17.99
Beef Tikka Masala	CA\$18.99
Beef Saag	CA\$18.50
Beef Korma	CA\$18.99

Drinks Cold

Sweet Lassi	CA\$5.99
Salted Lassi	CA\$5.99
Mango Lassi	CA\$6.25

Sides

Mixed Pickle	CA\$2.50
Raita	CA\$4.99
Mango Chutney	CA\$3.00
Plain Yogurt	CA\$3.99

Shakes

Virgin Mojito	CA\$5.50
Chocolate Milk Shakes	CA\$6.30
Ice Coffee	CA\$4.50
Strawberry Milk Shakes	CA\$6.30
Mango Milk Shakes	CA\$6.30

Fish and Prawn Curries

Fish Curry	CA\$17.99
Prawn Curry	CA\$18.99
Prawn Tikka Masala	CA\$18.99

Place Settings

Number Of Plastic Cutlery	CA\$0.01
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Vegetarian Curries

Mixed Vegetables Curry	CA\$16.99
Karahi Paneer	CA\$17.99
Bhindi Masala (Okra Curry)	CA\$16.99
Dal Tadka	CA\$14.99
Paneer Butter Masala	CA\$17.99

Biryani

Lamb Or Goat Biryani	CA\$19.50
Chicken Biryani	CA\$19.50
Beef Biryani	CA\$19.50
Vegetable Biryani	CA\$18.20

Appetizers

Nepali Chicken Choila	CA\$17.99
Kathmandu Chatpate	CA\$8.25
Chitwan Ko Taas	CA\$23.60
Samosa Beef (2pcs)	CA\$6.99
Soybean Sadheko (Soya Chunks)	CA\$15.99

Cocktail

Mojito	CA\$7.00
Caesar	CA\$8.50
Strawberry Margarita	CA\$8.00
Whisky Sour	CA\$8.50
Tequila Sunrise	CA\$7.00

Chicken Curries

Chicken Korma	CA\$18.99
Chicken Tikka Masala	CA\$17.99
Butter Chicken	CA\$17.99
Kukhura Ko Masu (Chicken Curry)	CA\$16.99

Bread and Naan

Olive Naan	CA\$5.10
Onion And Potato Naan	CA\$4.60
Cheese Naan	CA\$6.25
Tandoori Roti	CA\$3.10
Garlic Naan	CA\$3.99

Lunch Specials (Nepali Bhojan)

#4 Thali Tandoori	CA\$20.25
#3 Thali Chicken / Beef	CA\$18.20
#1 Thali Veg.	CA\$16.50
#2 Thali Goat/ Lamb	CA\$18.99

Desserts

Ras Malai	CA\$5.99
Gulab Jamun	CA\$3.50
Cheesecake	CA\$5.50
Rice Pudding	CA\$3.99

Set Menu

Dinner For Four (Non- Vegetarian)	CA\$105.00
Dinner For Four (Vegetarian)	CA\$87.00
Dinner For Two (Vegetarian)	CA\$61.00
Dinner For Two (Non- Vegetarian)	

Nestled in the heart of downtown Vancouver at **538 Seymour St, BC**, Mount Everest Kitchen & Grill brings an unforgettable taste of Himalayan and South Asian cuisine to the city's lively food scene. The **Mount Everest Kitchen & Grill Menu** is a true celebration of flavor - bold, aromatic, and beautifully balanced - offering something for every craving, from comforting momos to vibrant curries and sizzling stir-fries. Each dish reflects the restaurant's passion for authenticity and freshness, with spices that transport your senses straight to the foothills of Nepal and northern India.

One of the menu's most inviting sections is its **Noodles and Pasta** selection, blending Asian comfort with a touch of Western flair. The Cream Sauce Pasta-available with chicken, beef, or shrimp-delivers rich, velvety indulgence, while the Deluxe Chow Mein and Thukpa (Noodle Bowl) bring warmth and depth in every bite. The Shrimp Chow Mein and Beef Chow Mein are crowd favorites, with perfectly stir-fried noodles, crisp vegetables, and just the right kick of seasoning. Each bowl feels hearty yet refined, the kind of dish that keeps you coming back after your first visit.

If you're looking for something quick yet satisfying, the **Wraps** are an excellent choice. The Paneer Wrap (Paneer Roll) bursts with soft, marinated paneer, fresh veggies, and creamy sauces wrapped in warm bread. For meat lovers, the Chicken Wrap (Tikka Roll) hits all the right notes - juicy, smoky, and full of that classic tikka spice. These handheld delights make a perfect option for a lunch break or a light dinner on the go, giving you all the flavor of a full meal in one bite.

Health-conscious diners will love the **Salads**, where freshness takes center stage. The Mixed Green Salad provides a crisp, refreshing base, while adding chicken or shrimp transforms it into a wholesome, protein-packed meal. The Everest Style Garden Salad offers a unique twist, featuring colorful veggies, herbs, and a zesty dressing that captures the restaurant's vibrant spirit. Each salad is thoughtfully crafted - simple, beautiful, and bursting with life.

For those who crave bold, spicy flavors, the **Stir Fry, Chili, and Manchurian** dishes are an absolute must-try. The Chicken Chili and Prawn Chili sizzle with heat and tang, while the Paneer Chili offers a vegetarian take that's equally addictive. The Chicken Manchurian stands out with its balance of sweetness, spice, and crunch - an Indo-Chinese classic done to perfection. The Grilled Chicken and Vegetable option delivers a wholesome, smoky profile, pairing well with a side of rice or naan for a complete meal.

No visit to Mount Everest Kitchen & Grill would be complete without trying their legendary **Momos (Dumplings)** - the soul of Himalayan street food. The Chilli Chicken Momo packs fiery flavor in every bite, while the Jhol Chicken Momo and Jhol Veg Momo come drenched in a savory broth that's both comforting and aromatic. The Steamed Momo keeps things simple, allowing the delicate texture and seasoning to shine, while the Tandoori Mutton Momo offers a bold twist, grilled to smoky perfection and served hot with spiced dips. It's no wonder momos are a highlight of the Mount Everest Kitchen & Grill Menu - they perfectly capture the warmth and heart of Nepalese hospitality.

What makes this restaurant stand out is not just its variety but the harmony between traditional Himalayan recipes and global comfort dishes. Each plate feels personal - whether it's the creamy pasta, the sizzling chili, or the soulful momo - reminding you that food here is crafted with care and pride. Dining at Mount Everest Kitchen & Grill isn't just a meal; it's an experience that celebrates connection, culture, and the joy of good food. If you're exploring Vancouver and craving something authentic yet exciting, this menu promises a delicious journey you'll remember long after the last bite.