



ALPINE ASCENTS INTERNATIONAL

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Nepali Menu

We are all aware of the potential monotony of expedition food and Alpine Ascents makes every effort to make expedition food as enjoyable as possible. For climbs, we usually ship food from the USA and spend several days food shopping in Kathmandu. While trekking, climbers will eat local food. We understand the importance of your food and staying healthy so we are not serving packaged or dehydrated food.

Breakfast

Eggs

Toast

Chapati (flatbread)

Tibetan Bread (fried bread)

Pancakes

Porridge

Lunch and Dinner

Fried rice or fried noodles

Noodle soup, Pumpkin soup, Sherpa Stew

Dal Baht (rice and lentils, the classic Nepali meal)

Potato dishes (hash browns or rosti)

Momos (Nepali dumplings)

Spring rolls

Chicken

Pizza

Snacks

****We recommend that you bring a reasonable quantity of your favorite trail snacks (including candy, bars, Shot Bloks, nuts/seeds, dried fruit, and other high-carbohydrate compact snacks) and drink mixes. These items are difficult to find in-country, so they should be sourced at home and brought along.****

Drinking Water

Tap water is not drinkable in Nepal. All climbers and trekkers are asked to take a steri-pen to purify water (see gear list). While trekking, we will assist you in getting water at each lodge and on the trail (we will have unlimited amounts of water at mealtimes). For climbs, we provide boiled water while on the mountain.



Dietary Restrictions (Vegetarian, Vegan, Gluten Free, etc.)

****Please consult with us directly so we can notify your guide and find adequate meal replacements.****

Food variety can be extremely limited in Nepal with even greater limitations for those on special diets. People with special diets can be somewhat accommodated, but because of limited options in the regions we'll be in, we always recommend that anyone with dietary restrictions brings supplemental food.

It is not necessary to bring whole meals or freeze dried food.

People needing vegan or vegetarian options should bring their own protein sources. Examples may include bars, protein powder, vegan jerky, nuts/seeds, and soy snacks.

If you are Gluten Free or have other dietary restrictions, we recommend that you bring some supplemental food which you know you can eat! Please contact us to discuss meal planning.



Your "Top 12" Nepali Words and Phrases

Good morning	<i>Suberbihani</i>	water	<i>pani</i>
Good night	<i>Suberatri</i>	hot	<i>tato</i>
good	<i>ramro</i>	cold	<i>chiso</i>
Thank you	<i>Dhanyabhad</i>	Where is the toilet?	<i>Kahaa charpi cha?</i>
delicious	<i>mittho</i>	mountain	<i>himal</i>
How are you?	<i>Tik cha? Costa cha?</i>	Let's rest	<i>Bisanus</i>