

What makes Punjabi cuisine so robust and varied is that it has been richly influenced by all the invaders - from Alexander the Greek to Babar the Mughal to Sher Shah the Afghan to Nadir Shah the Persian.

The menu at Paranda is a paean to this cuisine. It is fragrant with the flavours of Lahore; It celebrates the famed street treats of Amritsar and the Grand Trunk Road; it pays homage to culinary maestros like Beliram, Beera and Sucha Singh; and it is redolent with the embers of home fires from the kitchens of the Kaurs and the Singhs.

At Paranda, themes of soil, water, fire, charcoal and forest permeate the menu resulting in aromatic dishes that are rooted in the landscape from which they were drawn. The food stays true to its old-world heritage with the chefs using regional Northern Indian cooking techniques and secrets to create small moments of surprise.

The Paranda kitchen has a philosophy of simple purity. Master Chef, Boer believes; "The kitchen is not a laboratory". The menu features an abundance of robust, earthy dishes that have evolved from the province of Punj(five)Ab(water)- The Land Of Five Rivers. From the ingenuity of the ingredient to the flawlessness of the execution, every aspect of Paranda will lead to an emotive, intense, liberating way of eating with fingers unlike any other.

So, as they say in Punjab, chalo roti kha laiye.

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

## **SHURUAAT**

311	SHOROAAI		
	KASHMIRI MURGH YAKHANI 488 kcal   230 gms   saffron flavored chicken soup	520	
	TAMATAR DHANIYA SHORBA  249 kcal   240 gms   tomato soup with whole spices and fresh coriander	495	
	MAKKAI BADAM KA SHORBA 515 kcal   245 gms   roasted corn and almond soup with aromatic herbs	495	
TO REINVIGORATE			
	KESAR MALAI LASSI 284 kcal   320 ml   blend of churned yogurt and sugar	275	
	MATTHA 96 kcal   320 ml   traditional Indian spiced yogurt drink	275	
	SHIKANJVI  175 kcal   320 ml   Indian lemonade preparation with black salt and cumin powder seeds	275	
	AMBI PANNA  275 kcal   320 ml   sweet and sour ,green mango drink with	275	



hint of cardamom and black salt

Crustaceans Mustard Nuts Sesame Celery Sulphites
KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.

Vegetarian Non-Vegetarian

## **PARANDA DI BHATTI**

TANDOORI JHEENGA  342 kcal   190 gms   clay oven cooked prawns with chef's special marinade	1599
AMRITSARI TALI MACHCHI  358 kcal   210 gms   fried fish with garlic mint chutney  4 4	1225
AJWAINI FISH TIKKA  331 kcal   215 gms   fish marinated with hand pounded spices and cooked in clay oven	1225
TANDOORI MURGH  1269 kcal   410 gms   clay pot roasted half spring chicken, served with mint chutney	1155
MUTTON SEEKH KEBAB  601 kcal   255 gms   minced mutton skewers mixed with pounded spices	1155
DOODHIYA MURGH TIKKA  464 kcal   245 gms   chicken morsels marinated with cream, cheese and Indian spices	1125
HIGHWAY MURGH TIKKA 641 kcal   345 gm   authentic Indian chicken kebab with traditional mix of spices	1125
TANDOORI PANEER SHASHLIK  580 kcal   280 gms   cottage cheese cubes marinated with curd, capsicum, onion and grounded spices	795
DAHI KE KEBAB  574 kcal   275 gms   deep fried hung curd patties with spiced onion and fresh herbs	795



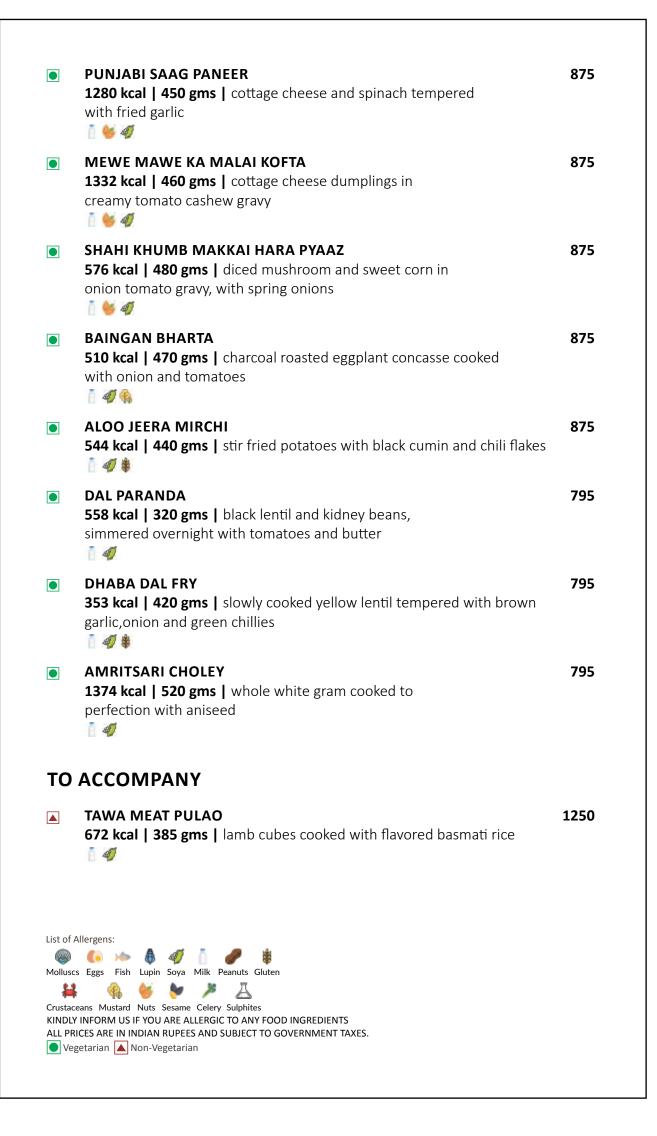


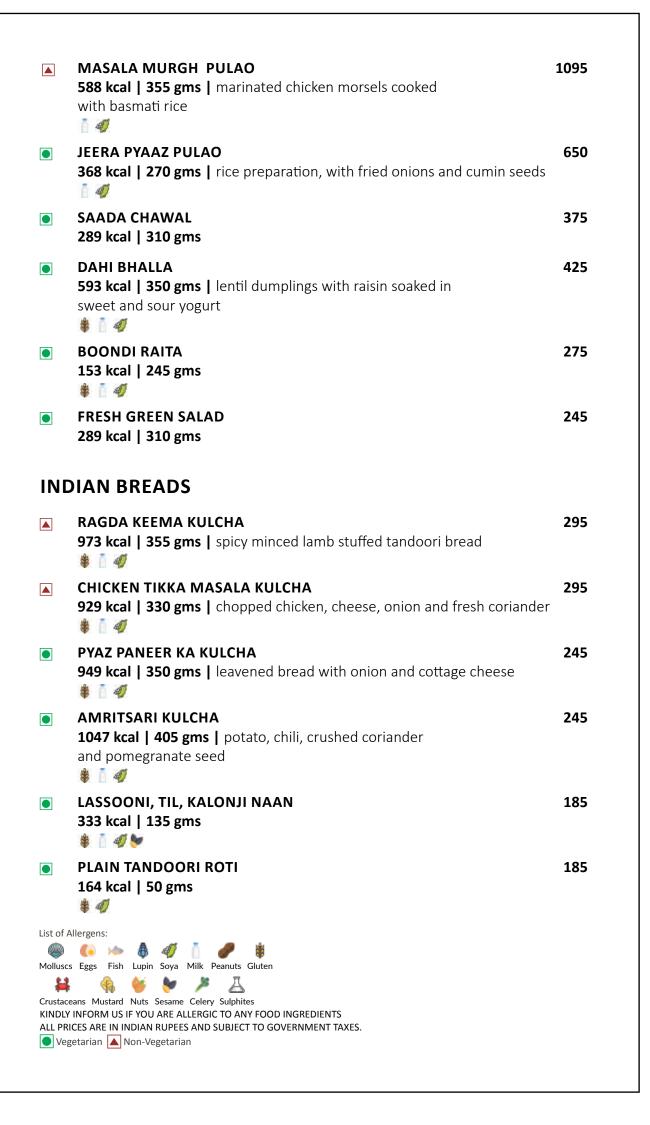
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	ACHAARI SOYA CHAAP 716 kcal   275 gms   soya chunks marinated in special achaari masala, finished in tandoor	795
	MAKKAI AUR METHI KI TIKKI  524 kcal   210 gms   fenugreek and corn kernel cakes cooked on tawa  i a	795
	BHARWAN ALOO 558 kcal   210 gms   cottage cheese, khoya and nuts	795
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	TAWA JHEENGA ANARDANA  592 kcal   330 gms   griddled prawns cooked with onion, tomato masala and pomegranate.	1699
	BALTI MEAT 687 kcal   335 gms   Paranda specialty of tender lamb cooked in brown onion and spicy tomato gravy	1395
	TAWE WALA RARA MEAT  978 kcal   465 gms   boneless lamb morsels and minced meat cooked with special tawa masala and hint of black pepper	1395
	SARSON WALI FISH CURRY  587 kcal   400 gms   river sole morsels simmered with Indian spices finished with grounded mustard	1395
	PUNJABI BUTTER CHICKEN  651 kcal   355 gms   tandoori chicken tikka simmered in satin smooth tomato gravy, with kasoori methi	1250
	BHUNA MURG MASALEDAR  1061 kcal   500gms   chef's special chicken curry with a special flavour of shahi jeera	1250
	PANEER MAKHAN MASALA  1301 kcal   430 gms   cottage cheese in creamy tomato gravy with kasoori methi	875
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## FROM OUR HALWAI CHEF

LYCHEE BADAM KI KHEER  423 kcal   175 gms   almond and lychee flavored rice pudding	595
KESARI RASMALAI  674 kcal   150 gms   cheese dumplings in condensed saffron milk	595
GULAB JAMUN 329 kcal   150 gms   cottage cheese dumplings dipped in rose flavored sugar syrup	595
MOONG DAL HALWA  568 kcal   200 gms   split yellow lentils prepared with butter and sugar  6 4	595
GAJAR KA HALWA (SEASONAL) 483 kcal   180 gms   grated carrot cooked with condensed milk and sugar	595
PAAN KULFI 114 kcal   48 gms   paan flavored frozen milk	595



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## **BEVERAGES**

ORANGE MINT MOJITO 177 kcal   320 ml	345
PINEAPPLE PUNCH 129 kcal   320 ml	345
MASALA COLA 99 kcal   320 ml	345
SPARKLING WATER	345
FRESH FRUIT JUICE 320 ML	275
SHAKES - CHOCOLATE / VANILLA 570 kcal   320 ml	275
COLD COFFEE 386 kcal   320 ml	275
COFFEE	275
TEA	275
AERATED BEVERAGES	275
CANNED JUICE	215
MINERAL WATER	165



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