

THE
DINING
ROOM

PILIBHIT HOUSE

IHCL SELECTIONS

**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**



Although We Don't Serve Non Vegetarian Food

Dear Guest

Kindly let us know if you are allergic to any of the ingredients:

1. Peanuts
2. Tree nuts
(Almonds, hazelnut, walnut, cashew, pistachio and products thereof)
3. Eggs & Egg products
4. Milk & Milk Products
5. Crustaceans
6. Fish
7. Gluten(cereals like wheat, rye, barley, oats, etc and products thereof)
8. Soya bean
9. Sesame seed
10. Mustard
11. Sulphur Dioxide
13. Lupin
14. Mollyses

BREAKFAST (7AM - 10:30AM)

WESTERN CHOICES

- CHOICE OF CEREALS 40 Grams 750**
Cornflakes, wheat flakes, Choco, dry muesli,
Honey loops, rice krispies, Served with hot or cold milk
Calories 114-159 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 5 mg.
- GRANOLA 60 Grams 750**
Almond flakes, rolled oats, honey, raisin, blackcurrant.
Calories 460-471 Carbohydrate 11-20 g, Fat 12-13 g,
Protein 13-14 g, Fiber 16mg
- BAKER'S BASKET 60 Grams each 750**
Choice of croissant, Danish, muffin,
Doughnut or whole wheat and white bread
Toast with homemade preserves butter and honey
Calories 210-238, Carbohydrate 11-13 g,
Fat 25-30 mg Protein 1-2 g, Fiber 8 mg
- OATMEAL PORRIDGE 180 Grams 750**
Cooked with banana.
Calories 380-,400 mg Carbohydrate 17-19 g,
Fat 12-13 g, Protein 13-14 g, Fiber 10 mg
- PANCAKES 120 Grams 750**
Toppings-Choco chip / banana, whipped cream, maple syrup
Calories 240-250, Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 2 mg
- WAFFLE 120 Grams 750**
Whipped cream, maple syrup, seasonal fruits
Calories 510 Carbohydrate 12-13g,
Fat Protein 13-14 g, Fiber 5 mg

INDIAN CHOICES

- ALOO CHANA POORI 380Grams 750**
Black gram & potato curry
Served with deep-fried whole-wheat breads
Calories 460-480 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 12-15 g Fiber 8 mg .

- DOSA 380 Grams 750**
Plain/Onion/Masala
South Indian crispy pancake, sambhar, chutney
Calories 480-580 g, Carbohydrate 25-30g,
Fat 12-13 g, Protein 13-14 g, Fiber 9mg
- IDLI 380 Grams 750**
South Indian steamed rice pudding, sambhar, chutney's
Calories 280-40320 g, Carbohydrate 11-13g,
Fat 12-13 g, Protein 13-14 g, Fiber 8 mg
- VADA 380 Grams 750**
South Indian crispy dumpling, sambhar, chutney's
Calories 410-440, Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 6mg
- MASALA UTTAPAM 380 Grams 750**
A thick rice & lentil pancake
Served with, sambhar and chutney.
Calories 210-220 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 6mg
- UPMA 380 Grams 750**
Semolina, vegetables, infused in South Indian spices
Calories 140-180, Carbohydrate 16-19 g,
Fat 12-13 g, Protein 13-14 g, Fiber 8 mg
- KACHORI WITH ALOO RASSA 380 Grams 750**
Deep fried Indian patty, potato curry
Calories 390-410, Carbohydrate 11-13 g, Fat 22-30 g,
Protein 13-14 g, Fiber 2 mg
- BHARWAN PARATHA 380Grams 750**
Plain/Potato/Cottage Cheese/Cauliflower, Pan-grilled flat
bread, natural yogurt, pickle, Calories 260-310, Carbohydrate
11-13 g, Fat 22-30 g, Protein 23-30 g, Fiber 2 mg

"We levy 10% service charges"







An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.













HEALTHY INDIAN CHOICES

- | | |
|---|---|
|  POHA 380 Grams 450 |  SABUDANA KHICHI 350 Grams 450 |
| Millet/Flatrice, spiced tempering
Calories 230–240, Carbohydrate 20–25 g,
Fat 12–13 g, Protein 13–14 g, Fiber 6 mg | Tapioca pearls, spicy, peanuts
Calories 390–410, Carbohydrate 35–40 g,
Fat 20–25 g, Protein 20–25 g, Fiber 10 mg |
|  BIRCHER MUESLI 380 Grams 350 |  MULTI GRAIN DOSA 320 Grams 450 |
| Swiss-style yogurt, orange macerated oats, almond, honey.
Calories 255–280, Carbohydrate 25–28 g,
Fat 18–13 g, Protein 13–14 g, Fiber 12 mg | Served with sambhar & chutney/s
Calories 160–203, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 8 mg |
|  SEASONAL FRESH FRUITS 350 |  MOONG DAL KA CHILLA 320 Grams 450 |
| Platter off rashly cut seasonal fruits.
Calories 110–140 Carbohydrate 11–13 g,
Fat 2–3 g, Protein 10–12g, Fiber 9 mg | Served with local Mango chutney.
Calories 135–140, Carbohydrate 19–24 g,
Fat 15–18 g, Protein 13–14 g, Fiber 4 mg |

ALL DAY DINING

12:30PM to 10:30PM

ALL TIME FAVOURITES

- | | |
|---|--|
|  FRIED POTATO 380 Grams 450 |  BUN SAMOSA 380 Grams 750 |
| Fries / wedges /smiley
Calories 390–410, Carbohydrate 30–35 g,
Fat 22–30 g, Protein 13–14 g, Fiber 9 mg | (Our special)
Calories 169–203, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg |
|  VEGETABLE PAKODA 380 Grams 450 |  VEGETABLE TOASTI 280 Grams 750 |
| Assorted vegetables spiced golden fried dumplings.
Calories 320–335, Carbohydrate 40–45 g,
Fat 30–35 g, Protein 13–14 g, Fiber 8 mg | Stuffed with spiced potato, cheese & masala fries.
Calorie 150- 170, carbohydrate 10-11g,
Fat 12-13 g, protein 8_10 g fibre 5 mg |
|  THAI SPRING ROLL 280 Grams 550 |  VEGETABLE BURGER 380 Grams 750 |
| Crispy fried, spiced shredded vegetables.
Calories 160–180 Carbohydrate 20–25 g,
Fat 30–35 g, Protein 13–14 g, Fiber 6 mg | Masala spicy patty, coleslaw & French fries
Calorie 150- 170, carbohydrate 10-11g,
Fat 12-13 g, protein 8_10 g fibre 5 mg |
|  CRISPY CORN KERNELS 550 |  BHUNA PANEER ROLL 380 Grams 650 |
| Crispy fried corn, honey, dry red chili
Calories 165–180 Carbohydrate 20–35 g,
Fat 30–45 g, Protein 13–14 g, Fiber 8 mg | Spit-roast Paneer tikka, mint chutney
Calorie 120- 270, carbohydrate 12-15g,
Fat 13-14 g, protein 12_114 g fibre 7 mg |
|  VEGETABLE SALT N PEPPER 550 | |
| Crispy fried vegetable tossed in zinger garlic.
Calories 169–203, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg | |
|  THE PILIBHIT CLUB 380 Grams 750 | |
| Masala spicy patty, coleslaw & French fries
Calories 169–203, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg | |

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.



SOUPS/ SALAD/APPETIZERS

- | | |
|---|--|
| <p> ■ TILL TULSI PANEER TIKKA 320 Grams 750
 Basil marinated cottage cheese cooked in tandoor
 Calories 280-130, Carbohydrate 18-25 g,
 Fat 12-13 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ HONEY CHILLI LOTUS STEAM 750
 Calories 290-310 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> |
| <p> ■ DAHI ANJEER TIKKIYA 280 Grams 750
 Served with khajure chutney
 Calories 120-180, Carbohydrate 11-13 g,
 Fat 12-13 g, Protein 13-14 g, Fiber 5 mg </p> | <p> ■ THAI MONEY BAG 750
 Calories 275-310, Carbohydrate 11-13 g,
 Fat 12-13 g, Protein 13-14 g, Fiber 8mg </p> |
| <p> ■ ANGURI BHARWAN ALOO 320 Grams 750
 Stuffed barrels of potato cooked in clay oven
 Calories 275-310, Carbohydrate 11-13 g,
 Fat 12-13 g, Protein 13-14 g, Fiber 8mg </p> | <p> ■ DAL MUNGA KA RAS 220 ml 650
 Flavored with coconut extract.
 Calories 114 Carbohydrate 22-27 g,
 Fat 25-45 g, Protein 13-14 g, Fiber 9 mg </p> |
| <p> ■ QUINOA SALAD 380 Grams 750
 Lettuce roasted pumpkin seeds, pomegranate.
 Calories 290-310 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ CARROT & CORIANDER 220 ml 650
 Carrot cream soup, naan crostini
 Calories 90 Carbohydrate 26-29 g,
 Fat 23-48 g, Protein 13-16 g, Fiber 10 mg </p> |
| <p> ■ LIGHT CAESAR SALAD 320 Grams 750
 Garlic-olive dressing, parmesan, bread crostini
 Calories 290-310 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ SATVIK VEGETABLE BROTH 220 ml 650
 Seasonal vegetable soup
 Calories 60 Carbohydrate 21-31g,
 Fat 19-29 g, Protein 17-19 g, Fiber 6 mg </p> |
| <p> ■ INSLATA CAPRESE 750
 Balsamic reduction
 Calories 90-110 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ HOT & SOUR SOUP 240 ml 650
 Famous from Sichuan
 Calories 52 Carbohydrate 20-25 g,
 Fat 20-35 g, Protein 13-14 g, Fiber 8 mg. </p> |
| <p> ■ WARM SPROUTS & DATES SALAD 750
 Cumin & lime dressing
 Calories 80-90 Carbohydrate 20-25 g,
 Fat 20-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ MANCHOW SOUP 270 ml 650
 Fried noodles
 Calories 211 Carbohydrate 20-25 g,
 Fat 20-35 g, Protein 13-14 g, Fiber 12 mg </p> |
| <p> ■ GREAK SALAD 750
 Calories 290-310 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ SWEET CORN SOUP 220 ml 650
 Asian vegetables
 Calories 65 Carbohydrate 22-26 g,
 Fat 21-36 g, Protein 13-15 g, Fiber 9 mg </p> |
| <p> ■ HEARTY MELON SALAD 750
 Calories 90-110 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ MINESTRONI 240 ml 650
 Calories 52 Carbohydrate 20-25 g,
 Fat 20-35 g, Protein 13-14 g, Fiber 8 mg. </p> |
| <p> ■ BRUSCHETTA PEPPERONATA 750
 Calories 290-310 Carbohydrate 20-25 g,
 Fat 30-35 g, Protein 13-14 g, Fiber 8 mg </p> | <p> ■ BHUNE BHUTTE KA SHORBA 650
 Calories 90 Carbohydrate 26-29 g,
 Fat 23-48 g, Protein 13-16 g, Fiber 10 mg </p> |
| | <p> ■ SUBZ AKHROT KI TIKKI 320Grams 750
 Calories 165-180 Carbohydrate 20-35 g,
 Fat 30-45 g, Protein 13-14 g, Fiber 8 mg </p> |
| | <p> ■ MALAI KESARI PHOOL 320Grams 750
 Cardamom, cheese, saffron
 Calorie 400, carbohydrate 15-16g,
 Fat 14-15 g, protein 12-14 g fibre 8 mg </p> |
| | <p> ■ ARBI OR KHUMANI KI TIKKI 320 Grams 750
 Seasoned with Indian spices, ghee
 Calorie 500, carbohydrate 15-16g,
 Fat 13-16 g, protein 12-14 g fibre 9 mg </p> |

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.



WESTERN

PASTA & RISOTTO

- PENNE AL FUNGI 380 Grams 950**
Truffle oil essence
Calories 169–203, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg
- WILD MUSHROOM RISOTTO 380 Grams 950**
Parmesan crisp
Calories 220, Carbohydrate 11–19 g,
Fat 12–15 g, Protein 13–14 g, Fiber 4 mg
- RISOTTO PRIMAVERA 380 Grams 950**
Cooked with seasonal vegetable.
Calories 380, Carbohydrate 13–19 g,
Fat 12–15 g, Protein 13–14 g, Fiber 4 mg

- SPAGHETTI ALIO OLIO PEPPERONCINO 420 Grams 950**
Whole wheat spaghetti with olive oil & garlic
Calories 640–680 Carbohydrate 40–45 g,
Fat 25–30 g, Protein 23–24 g, Fiber 8 mg
- SPICED CASHEW & RICOTTA RAVIOLLI 380 Grams 950**
Herb butter sauce
Calories 390–410, Carbohydrate 40–53 g,
Fat 22–30 g, Protein 25–30 g, Fiber 11 mg
- FUSSILI AL PESTO 380 Grams 950**
Pesto cream & seasonal vegetables
Calories 310–325 Carbohydrate 35–40 g,
Fat 20–25 g, Protein 15–20 g, Fiber 12 mg

ASIAN

- TRIO OF TOFU, MUSHROOM AND BROCCOLI 420 Grams 950**
With dried chilly and soya garlic sauce
Calories 310–330 Carbohydrate 14–16 g,
Fat 12–13 g, Protein 13–14 g, Fiber 8 mg
- STIR FRIED CHINESE GREENS WITH CHOICE OF SAUCES 420 Grams 950**
Ginger chili sauce, Black bean sauce, Schezwan sauce, Black pepper sauce
Calorie 140–160 Carbohydrate 10–12 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg
- THAI RED / GREEN CURRY 400 Grams 950**
Served with steam rice
Calories 210 Carbohydrate 14–15 g,
Fat 12–16 g, Protein 13–16 g, Fiber 7 mg

NOODLES OR RICE

- VEGETABLE FRIED RICE 380 Gram 950**
Calories 240, Carbohydrate 130g,
Fat 45 g, Protein 25 g, Fiber 8 mg
- BURNT GARLIC RICE 380 Gram 950**
Calories 250, Carbohydrate 120g,
Fat 43 g, Protein 24 g, Fiber 7 mg
- SZECHWAN FRIED RICE 580 Gram 950**
Calories 339, Carbohydrate 139g,
Fat 42 g, Protein 27 g, Fiber 4 mg
- VEG HAKKA NOODLES 400 Gram 950**
Calories 400, Carbohydrate 131g,
Fat 43 g, Protein 23 g, Fiber 6 mg
- CHILLI GARLIC NOODLES 580 Gram 950**
Calories 441, Carbohydrate 135g,
Fat 46 g, Protein 26 g, Fiber 6 mg
- MANGOLIAN RICE NOODLES 480 Gram 950**
Calories 336, Carbohydrate 131g,
Fat 35–45 g, Protein 22–25 g, Fiber 8 mg

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.



PIZZA'S

Thin crust pizza is also available

- | | |
|---|---|
| MARGHERITA 380 Gram 1150
Tomato, mozzarella & basil
Calories 690-720 Carbohydrate 90-100g,
Fat 40-45 g, Protein 23-24 g, Fiber 8 mg | FIAMMA 380 Gram 1150
Onion, chillies, oregano and cheese
Calories 690-720 Carbohydrate 90-100g,
Fat 40-45 g, Protein 23-24 g, Fiber 8 mg |
| BARBEQUED COTTAGE CHEESE 380 Gram 1150
Paneer tikka, roasted peppers, onion, fresh chili
Calories 720-760 Carbohydrate 110-120g,
Fat 40-45 g, Protein 23-24 g, Fiber 8 mg | CREATE YOUR OWN PIZZA 380 Gram 1150
Choose any five toppings for your pizza: Homemade
ovendried tomato, zucchini, bell pepper, baby corn,
onion, olives, mushroom, jalapeños, american corn ,
spinach, Calories 720-760 Carbohydrate 80-90g,
Fat 40-45 g, Protein 23-24 g, Fiber 8 mg |

INDIAN CURRIES & MORE

- | | |
|--|--|
| PANEER MAKHANWALA 420 Gram 950
Cottage cheese cooked in rich tomato gravy.
Calories 490-520 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 5 mg | ARHAR DAL TADKA 420 Gram 950
Lentil tempered with cumin & Indian spices.
Lentiltemp Calories 180-220, Carbohydrate 11-13 g,
Fat 6-8g, Protein 8-9g, Fiber 10mg |
| ANJEER MAWA KE KOFTA 420 Gram 950
Overnight Soaked fig, rich tomato gravy
Calories 380-390, Carbohydrate 25-30g,
Fat 12-13 g, Protein 20-20 g, Fiber 8 mg | BASMATI RICE 280 Gram 950
Calories 210-220 Carbohydrate 40-45 g,
Fat 12-13 g, Protein 6- 9 g, Fiber 5 mg |
| BHUTTE PALAK KA SAAG 420 Gram 950
Golden corn tossed with garlic in spinach gravy.
Calories 180-220, Carbohydrate 14-16 g,
Fat 12-13 g, Protein 5-6g, Fiber 5 mg | KHUSBHU DAAR TARKARI CHAWAL 420 Gram 950
Basmati rice cooked with aromatics spices.
Calories 310-320 Carbohydrate 55-64 g,
Fat 12-13 g, Protein 6-8g, Fiber 5 mg |
| BHINDI NAINTARA 420 Gram 950
Shallow Fried okra tossed in onion, tomato gravy.
Calories 90-110, Carbohydrate 11-13 g,
Fat 12-13 g, Protein 0-.05g, Fiber 20 mg | PULAO 300 Gram 950
Green pea cumin seed mix vegetable
Calories 210-320 Carbohydrate 57-64 g,
Fat 14-15 g, Protein 6-8g, Fiber 5 mg |
| MIX TARKARI 420 Gram 950
Seasonal vegetables cooked with Indian spices.
Calories 90-125, Carbohydrate 11-16 g,
Fat 12-13 g, Protein .01 g, Fiber 5 mg | MALAI SOYA CHAAP 950
Calories 550-620 Carbohydrate 45-60 g,
Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg |
| HING DHANIYA KE ALOO 420 Gram 950
Potatoes tempered with hing & coriander.
Calories 185-194 Carbohydrate 11-12g
fat 10-11 g protein 13-14 Fiber 5 mg | KUNG PAO PANEER 950
Calories 240-260 Carbohydrate 15-20 g,
Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg |
| GOBHI MUTTER 420 Gram 950
Cauliflower cooked with garlic & tomato gravy.
Calories 220-250 Carbohydrate 11-13 g,
Fat 12-13 g, Protein .02g, Fiber 10mg | TANDOORI ALOO PAPAD DUM 950
Calories 250-260 Carbohydrate 35-40 g,
Fat 12-13 g, Protein 6-8 g, Fiber 10mg |
| KHADI URAD KI DAL 420 Gram 950
Overnight cooked black lentil finish with white butter
and cream Calories 430-450, Carbohydrate 11-13 g,
Fat 16-19 g, Protein 13-16 g, Fiber 5 mg | KAMAL KAKDI KE KOFTE 950
Calories 310-340 Carbohydrate 15-20 g,
Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg |
| | PANEER GULDUSTA 950
Calories 270-290 Carbohydrate 40-45 g,
Fat 10-12 g, Protein 3-4 g, Fiber 8.5mg |
| | NAZAKAT KE MUSHROOM 950
Calories 550-620 Carbohydrate 45-60 g,
Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg |

"We levy 10% service charges"












An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.



BHAGWAN KE PAKWAN

 VRINDAVAN STYLE LAUKI CHANA 420 Gram (From the land of laddu gopal) Calories 250-260 Carbohydrate 35-40 g, Fat 12-13 g, Protein 6-8 g, Fiber 10mg	950	 BREADS FROM THE CLAY OVEN 90 Gram Roti Laccha Parantha besan ki roti Calories 310-340 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg	150
 KHATTA METHA SITHA PAL 420 Gram (Raja nal` s recipe) Calories 110-112 Carbohydrate 15-20 g, Fat 10-12 g, Protein 1-2 g, Fiber 0.5mg	950	 POSTO WALLE KACCHE KELE 420 Gram Panchporen tempered Calories 90-110 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3.2-4.6 g, Fiber 4mg	950
 ALOO BHINDI BHAJI Cooked in mustard oil Calories 160-170 Carbohydrate 14-16 g, Fat 12-13 g, Protein 1-2g, Fiber 5 mg	950	 STUFFED PARANTHA 160 Gram Choice of filling, Potatoes, cottage cheese, mix Calories 270-290 Carbohydrate 40-45 g, Fat 10-12 g, Protein 3-4 g, Fiber 8.5mg	350
 HING WALI PEELI DAL 420 Gram Tempered with cow ghee Calories 250-260 Carbohydrate 35-40 g, Fat 12-13 g, Protein 6-8 g, Fiber 10mg	950	 BREADS FROM THE TAWA 60 Gram Phulka, Ajwaini Tikona Paratha, Khasta roti Calories 240-260 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg	150
 SWAMI NARAYAN KHICHDI 1200Gram Our specialty dedicated to yogi sahan and swami. Calories 600-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg	1750	 SATVIK THALI 1200 Gram Calories 550-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg	2000
		 GARHWALI THALI 1200 Gram Calories 850-750 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg	2000

All orders will be delivered within 35 to 40 minutes of ordering.
Please inform us in case of any allergies.

"We levy 10% service charges"












An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient..







DESSERTS






 APPLE CINNAMON PIE 180 Gram 650 Fruit stew Calories 400 Carbohydrate 19 g, Fat 18 g, Protein 1-2g, Fiber 6 mg	 PISTA GULAB JAMUN 140 Gram 650 Golden fried dumplings in sugar syrup Calories 355 Carbohydrate 19 g, Fat 16 g, Protein 11-12g, Fiber 6 mg
 HOT CHOCOLATE BROWNIE 120 Gram 650 Served with vanilla ice-cream Calories 420 , Carbohydrate 11-13 g, Fat 12-13 g, Protein 13-14 g, Fiber 5 mg	 SHRIKHAND 160 Gram 650 Dessert for land of Krishna Calories 310 Carbohydrate 19-20 g, Fat 15 g, Protein 11-12g, Fiber 7 mg
 KESAR RASMALAI 160 Gram 650 Cottage cheese dumplings, saffron milk Calories 335, Carbohydrate 11-13 g, Fat 12-13 g, Protein 13-14 g, Fiber 5 mg	 ICE CREAM 140 Gram 650 Flavors of the day Calories 310 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 6 mg
 KESARI PHIRNI 160 Gram 650 Saffron nuts rice cold pudding Calories 345, Carbohydrate 19-20 g, Fat 16 g, Protein 1-2g, Fiber 6 mg	 FRUITS 220 Gram 650 Seasonal fresh fruit platter Calories 210 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 8 mg
 MAKHANA KHEER 160 Gram 650 Indian milk pudding made with fox nuts and dry fruits Calories 388, Carbohydrate 22 g, Fat 10 g, Protein 11-12g, Fiber 5 mg	 GAJAR KA HALWA (SEASONAL) 650 Calories 310 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 6 mg
	 MOONG DAL HALWA 650 Calories 355 Carbohydrate 19 g, Fat 16 g, Protein 11-12g, Fiber 6 mg

BEVERAGE MENU

JUICES

 Seasonal Fruits and Vegetable 450
 Watermelon, Parsley Ginger 450
 Beetroot Tomato ,basil 450
 Pineapple , Pomegranate Ginger 450

SMOOTHIES AND LASSI

 Banana and Cinnamon 450
 Papaya and Basil 450
 Prune 450
 Lassi - Sweet/ Salted 450
 Buttermilk 450

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient.



ICED TEA



■ Assam Iced Tea – Ginger , Lemon , Mint with Brown Sugar, Honey	350
■ Chamomile Iced Tea- Ginger ,Lemongrass , Mint with Brown Sugar , Honey	350

Mocktail & Teas/Coffee



■ Frsesh lime still/ soda - sweet/ salted	450
■ Seleqtions of tea and coffee	450
■ Himalayan mineral water	225
■ Perrier	450
■ Cold coffee	450
■ The easy way (Lime , Mint , Cranberry and Bitter lemon)	450
■ Tropical Temptation (Banana , Coconut , Pineapple , Blue Curacao)	450
■ Orange mint mojito (Orange chunks, brown sugar , lime juice , mint leaves sprite)	450
■ Indian summer (Gauva, chillies, lime secret spices)	450

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient..



COMBO MEAL @1400 PLUS GOVERNMENT APPLICABLE TAXES
IS SERVED TO 3:00 PM TO 7:00 PM



HIGHWAY KA PARATHA

Choorchoor Paratha with Dal Makhani
Calories 260-310, Carbohydrate 11-13g, Fat 22-30 g,
Protein 23-30 g, Fiber 2 mg

CHANDHIPUL KE BHATURE

Haridwar Ke Bhature Aur Chole
Calories 390-410, Carbohydrate 11-13 g,
Fat 22-30 g, Protein 13-14 g, Fiber 2 mg

BRAHMAKUND KE POORI

Stone Grinded Whole Wheat Flour
Poori Aloo and Khaata Meetha Sita Phal
Calories 460-480 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 12-15 g Fiber 8 mg

HOSHIARPUR KE PATAKHA PANEER

Panjabi Style Paneer and Paratha
Calories 490-520 Carbohydrate 11-13 g,
Fat 12-13 g, Protein 13-14 g, Fiber 5 mg

KACHHE CHULHE KI MAKHANI

Smoked Dal Makhani and Pine Man
Calores 430-450, Carbonds 11-13
Fat 16-19 g Protein 13-15g, Fber 5mg

UTTARKASHI KI CHUTKANI

Parari Lentil Stew and Himalayan Red Plice
Calories 290-320 Carbohydrate 11-13
Fat 6-8g, Protein 8-9g Fiber 10mg

KANKHAL KI CHAAT

Kachori Chaat and Khattameetha Sita Pha
Calories 390-410, Carbohydrate 11-13 g
Fat 22-30 g, Protein 13-14 g Fiber 2mg

"We levy 10% service charges"

An average active adult require 2000 calorie energy per day , however calorie needs may vary

All prices are in indian rupees, subject to applicable government taxes

Please inform our associate if you are allergic to any ingredient..



