



THE
DINING
ROOM

BREAKFAST (7AM - 10:30AM)

WESTERN CHOICES

CHOICE OF CEREALS 40 Grams 350

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 350

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 350

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 350

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 350

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 350

Whipped cream, maple syrup, seasonal fruits
Calories 510 Carbohydrate 13 12-13g,
Fat Protein 13-14 g, Fiber 5 mg

INDIAN CHOICES

ALOO CHANA POORI 380Grams 450

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 450

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 450

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 450

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 450

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 450

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 450

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 450

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

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

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



HEALTHY INDIAN CHOICES

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

ALL DAY DINING

12:30PM to 10:30PM

ALL TIME FAVOURITES

FRIED POTATO 380 Grams Fries / wedges /smiley Calories 390–410, Carbohydrate 30–35 g, Fat 22–30 g, Protein 13–14 g, Fiber 9 mg	450	BUN SAMOSA 380 Grams (Our special) Calories 169–203, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	750
VEGETABLE PAKODA 380 Grams Assorted vegetables spiced golden fried dumplings. Calories 320–335, Carbohydrate 40–45 g, Fat 30–35 g, Protein 13–14 g, Fiber 8 mg	450	VEGETABLE TOASTI 280 Grams Stuffed with spiced potato, cheese & masala fries. Calorie 150- 170, carbohydrate 10–11g, Fat 12–13 g, protein 8_10 g fibre 5 mg	750
THAI SPRING ROLL 280 Grams Crispy fried, spiced shredded vegetables. Calories 160–180 Carbohydrate 20–25 g, Fat 30–35 g, Protein 13–14 g, Fiber 6 mg	550	VEGETABLE BURGER 380 Grams Masala spicy patty, coleslaw & French fries Calorie 150- 170, carbohydrate 12–15g, Fat 12–13 g, protein 8_10 g fibre 5 mg	750
CRISPY CORN KERNELS 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	550	BHUNA PANEER ROLL 380 Grams Spit-roast Paneer tikka, mint chutney Calorie 120- 270, carbohydrate 12–15g, Fat 13–14 g, protein 12_114 g fibre 7 mg	650
VEGETABLE SALT N PEPPER 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	550	SUBZ AKHROT KI TIKKI 320Grams Calories 165–180 Carbohydrate 20–35 g, Fat 30–45 g, Protein 13–14 g, Fiber 8 mg	550
THE PILIBHIT CLUB 380 Grams Masala spicy patty, coleslaw & French fries Calories 169–203, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	750	MALAI KESARI PHOOL 320Grams Cardamom, cheese, saffron Calorie 400, carbohydrate 15–16g, Fat 14–15 g, protein 12–114 g fibre 8 mg	550
		ARBI OR KHUMANI KI TIKKI 320 Grams Seasoned with Indian spices, ghee Calorie 500, carbohydrate 15–16g, Fat 13–16 g, protein 12–14 g fibre 9 mg	550

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SOUPS/ SALAD/APPETIZERS

TILL TULSI PANEER TIKKA 320 Grams 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	750	HONEY CHILLI LOTUS STEAM Calories 290-310 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	550
DAHI ANJEER TIKKIYA 280 Grams Served with khajure chutney Calories 120–180, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	650	THAI MONEY BAG Calories 275–310, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 8mg	650
ANGURI BHARWAN ALOO 320 Grams 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	650	DAL MUNGA KA RAS 220 ml Flavored with coconut extract. Calories 114 Carbohydrate 22–27 g, Fat 25–45 g, Protein 13–14 g, Fiber 9 mg	450
QUINOA SALAD 380 Grams Lettuce roasted pumpkin seeds, pomegranate. Calories 290-310 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	650	CARROT & CORIANDER 220 ml Carrot cream soup, naan crostini Calories 90 Carbohydrate 26–29 g, Fat 23-48 g, Protein 13–16 g, Fiber 10 mg	450
LIGHT CAESAR SALAD 320 Grams Garlic-olive dressing, parmesan, bread crostini Calories 290-310 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	550	SATVIK VEGETABLE BROTH 220 ml Seasonal vegetable soup Calories 60 Carbohydrate 21–31g, Fat 19-29 g, Protein 17–19 g, Fiber 6 mg	450
INSLATA CAPRESE Balsamic reduction Calories 90-110 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	650	HOT & SOUR SOUP 240 ml Famous from Sichuan Calories 52 Carbohydrate 20–25 g, Fat 20-35 g, Protein 13–14 g, Fiber 8 mg.	450
WARM SPROUTS & DATES SALAD Cumin & lime dressing Calories 80-90 Carbohydrate 20–25 g, Fat 20-35 g, Protein 13–14 g, Fiber 8 mg	550	MANCHOW SOUP 270 ml Fried noodles Calories 211 Carbohydrate 20–25 g, Fat 20-35 g, Protein 13–14 g, Fiber 12 mg	450
GREAK SALAD Calories 290-310 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	550	SWEET CORN SOUP 220 ml Asian vegetables Calories 65 Carbohydrate 22–26 g, Fat 21-36 g, Protein 13–15 g, Fiber 9 mg	450
HEARTY MELON SALAD Calories 90-110 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	550	MINESTRONI 240 ml Calories 52 Carbohydrate 20–25 g, Fat 20-35 g, Protein 13–14 g, Fiber 8 mg.	450
BRUSCHETTA PEPPERONATA Calories 290-310 Carbohydrate 20–25 g, Fat 30-35 g, Protein 13–14 g, Fiber 8 mg	550	BHUNE BHUTTE KA SHORBA Calories 90 Carbohydrate 26–29 g, Fat 23-48 g, Protein 13–16 g, Fiber 10 mg	450



WESTERN

PASTA & RISOTTO

PENNE AL FUNGI	380 Grams	850
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		
RISOT TO 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	850
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	850
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	850
Pesto cream & seasonel 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	850
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	850
Ginger chili sauce, Black bean sauce, Scheszwan 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		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	650
Calories 240, Carbohydrate 130g, Fat 45 g, Protein 25 g, Fiber 8 mg		
BURNT GARLIC RICE	380 Gram	650
Calories 250, Carbohydrate 120g, Fat 43 g, Protein 24 g, Fiber 7 mg		
SZECHWAN FRIED RICE	580 Gram	650
Calories 339, Carbohydrate 139g, Fat 42 g, Protein 27 g, Fiber 4 mg		
VEG HAKKA NOODLES	400 Gram	650
Calories 400, Carbohydrate 131g, Fat 43 g, Protein 23 g, Fiber 6 mg		
CHILLI GARLIC NOODLES	580 Gram	650
Calories 441, Carbohydrate 135g, Fat 46 g, Protein 26 g, Fiber 6 mg		
MANGOLIAN RICE NOODLES	480 Gram	750
Calories 336, Carbohydrate 131g, Fat 35–45 g, Protein 22–25 g, Fiber 8 mg		



PIZZA'S



MARGHERITA 380 Gram Tomato, mozzarella & basil Calories 690-720 Carbohydrate 90-100g, Fat 40-45 g, Protein 23-24 g, Fiber 8 mg	850	FIAMMA 380 Gram Onion, chilies, oregano and cheese Calories 690-720 Carbohydrate 90-100g, Fat 40-45 g, Protein 23-24 g, Fiber 8 mg	850
BARBEQUED COTTAGE CHEESE 380 Gram Paneer tikka, roasted peppers, onion, fresh chili Calories 720-760 Carbohydrate 110-120g, Fat 40-45 g, Protein 23-24 g, Fiber 8 mg	850	CREATE YOUR OWN PIZZA 380 Gram Choose any five toppings for your pizza: Homemade oven dried 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	850

INDIAN CURRIES & MORE



PANEER MAKHANWALA 420 Gram 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	850	ARHAR DAL TADKA 420 Gram Lentil tempered with cumin & Indian spices. Lentil temp Calories 180-220, Carbohydrate 11-13 g, Fat 6-8g, Protein 8-9g, Fiber 10mg	750
ANJEER MAWA KE KOFTA 420 Gram Overnight Soaked fig, rich tomato gravy Calories 380-390, Carbohydrate 25-30g, Fat 12-13 g, Protein 20-20 g, Fiber 8 mg	850	BASMATI RICE 280 Gram Calories 210-220 Carbohydrate 40-45 g, Fat 12-13 g, Protein 6-9 g, Fiber 5 mg	550
BHUTTE PALAK KA SAAG 420 Gram 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	850	KHUSBHU DAAR TARKARI CHAWAL 420 Gram Basmati rice cooked with aromatics spices. Calories 310-320 Carbohydrate 55-64 g, Fat 12-13 g, Protein 6-8g, Fiber 5 mg	850
BHINDI NAINTRA 420 Gram 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	850	PULAO 300 Gram Green pea cumin seed mix vegetable Calories 210-320 Carbohydrate 57-64 g, Fat 14-15 g, Protein 6-8g, Fiber 5 mg	650
MIX TARKARI 420 Gram Seasonal vegetables cooked with Indian spices. Calories 90-125, Carbohydrate 11-16 g, Fat 12-13 g, Protein .01 g, Fiber 5 mg	850	MALAI SOYA CHAAP Calories 550-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg	850
HING DHANIYA KE ALOO 420 Gram Potatoes tempered with hing & coriander. Calories 185-194 Carbohydrate 11-12g fat 10-11 g protein 13-14 Fiber 5 mg	850	KUNG PAO PANEER Calories 240-260 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg	650
GOBHI MUTTER 420 Gram Cauliflower cooked with garlic & tomato gravy. Calories 220-250 Carbohydrate 11-13 g, Fat 12-13 g, Protein .02g, Fiber 10mg	750	TANDOORI ALOO PAPAD DUM Calories 250-260 Carbohydrate 35-40 g, Fat 12-13 g, Protein 6-8 g, Fiber 10mg	850
KHADI URAD KI DAL 420 Gram 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	850	KAMAL KAKDI KE KOFTE Calories 310-340 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5mg	850
		PANEER GULDUSTA Calories 270-290 Carbohydrate 40-45 g, Fat 10-12 g, Protein 3-4 g, Fiber 8.5mg	950
		NAZAKAT KE MUSHROOM Calories 550-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg	850

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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

800

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

850

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

800

BHAGWAN KE PAKWAN



ALOO BHINDI BHAJI

Cooked in mustard oil

Calories 160-170 Carbohydrate 14-16 g,

Fat 12-13 g, Protein 1-2g, Fiber 5 mg

750

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

150

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

750

BREADS FROM THE TAWA 60 Gram

Phulka, Aiwaini 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

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

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.
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DESSERTS



APPLE CINNAMON PIE 180 Gram Fruit stew Calories 400 Carbohydrate 19 g, Fat 18 g, Protein 1-2g, Fiber 6 mg	550	PISTA GULAB JAMUN 140 Gram Golden fried dumplings in sugar syrup Calories 355 Carbohydrate 19 g, Fat 16 g, Protein 11-12g, Fiber 6 mg	550
HOT CHOCOLATE BROWNIE 120 Gram Served with vanilla ice-cream Calories 420 , Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	550	SHRIKHAND 160 Gram Dessert for land of Krishna Calories 310 Carbohydrate 19-20 g, Fat 15 g, Protein 11-12g, Fiber 7 mg	550
KESAR PISTA KULFI 180 Gram Served with falooda and melon seeds Calories 180, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	550	ICE CREAM 140 Gram Flavors of the day Calories 310 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 6 mg	550
KESAR RASMALAI 160 Gram Cottage cheese dumplings, saffron milk Calories 335, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg	550	FRUITS 220 Gram Seasonal fresh fruit platter Calories 210 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 8 mg	450
KESARI PHIRNI 160 Gram Saffron nuts rice cold pudding Calories 345, Carbohydrate 19-20 g, Fat 16 g, Protein 1-2g, Fiber 6 mg	550	GAJAR KA HALWA (SEASONAL) Calories 310 Carbohydrate 19 g, Fat 16 g, Protein 1-2g, Fiber 6 mg	550
MAKHANA KHEER 160 Gram Indian milk pudding made with fox nuts and dry fruits Calories 388, Carbohydrate 22 g, Fat 10 g, Protein 11-12g, Fiber 5 mg	550	MOONG DAL HALWA Calories 355 Carbohydrate 19 g, Fat 16 g, Protein 11-12g, Fiber 6 mg	550

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