

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

## HARIDWAR KA NASHTA

0700 hrs - 1030 hrs

		*	•		
	ALOO CHANA POORI 276 Kcal   380 Grams   Black gram and potato curry served with deep-fried whole-wheat breads	825		DOSA 607 Kcal   425 Grams   (Plain / Onion / Masala) South Indian crispy pancake, sambhar and assortment of chutneys	825
*	KACHORI WITH ALOO RASSA 680 Kcal   380 Grams Deep fried Indian patty, potato curry	825		IDLI 383 Kcal   380 Grams   South Indian steamed rice cake, sambhar and	825
	CHOLE BHATURE 733 Kcal   380 Grams   Chickpea curry served with deep-fried refined fluffy brea	<b>825</b> ds		assortment of chutneys  VADA  420 Kcal   380 Grams   South Indian	825
	CHOLE KULCHE 658 Kcal   380 Grams   Chickpea curry served with baked fluffy breads	825		crispy dumplings, sambhar and assortment of chutneys  SABUDANA KHICHDI	750
	STUFFED PARATHA 641 Kcal   380 Grams   (Plain / potato cottage cheese / cauliflower)	825		289 Kcal   350 Grams   Tapioca pearls, peanuts	750
	Pan-grilled flat bread with natural yogurt,	pickle	VEZAM	FRESHLY CUT FRUITS  105 Kcal   280 Grams   Platter of freshly cut seasonal fruits	625
	INT	ERNATI	ION.	AL CHOICES	
	OATMEAL PORRIDGE  146 Kcal   240 Grams   Dates, banana	825		BAKER'S BASKET  243 Kcal   60 Grams   Croissants  227 Kcal   60 Grams   Danish	625
	BIRCHER MUESLI 254 Kcal   220 Grams   Apple, carrot, rais	<b>825</b> in		173 Kcal   60 Grams   Muffin 259 Kcal   60 Grams   Doughnut 104 Kcal   60 Grams   Whole wheat and 105 Kcal   60 Grams   White bread toast	
	WAFFLE 170 Kcal   120 Grams   Seasonal fruits	725		with homemade preserves, butter and ho  Geographic Street	ney <b>625</b>
	PANCAKE  129 Kcal   120 Grams   Toppings - Choco	725	_	124 Kcal   40 Grams   Cornflakes 301 Kcal   40 Grams   Wheat flakes 293 Kcal   40 Grams   Chocos	

**○ ● ●** 

302 Kcal | 40 Grams | Dry muesli 301 Kcal | 40 Grams | Honey loops served with hot or cold milk

chips / banana

## **SOUPS**

MOONG DAL KA RAS  396 Kcal   225 ml   Lentil, coconut extractions and pasta  MINESTRONE  107 Kcal   225 ml   Thick Italian soup with vegetables and pasta  HOT & SOUR  121 Kcal   225 ml   Famous from Schezwan	650 650		MANCHOW  135 Kcal   225 ml   Umami flavoured mix vegetables soup served with fried noodles  BROCCOLI & WALNUT  244 Kcal   225 ml   With crostini  BHUNE BHUTTE KA SHORBA  149 Kcal   225 ml   Spiced corn flavoured	650 650
	SAL	ADS		
QUINOA SALAD 326 Kcal   220 Grams   Lettuce roasted pumpkin seeds, pomegranate	750		INSALATA CAPRESE 439 Kcal   220 Grams   Tomatoes, soft mozzarella balsamic reduction	750
<b>5/5 SALAD</b> 86 Kcal   220 Grams   Chef's special sala	<b>750</b> d		GREEK SALAD 268 Kcal   220 Grams   Cucumber, pepper	<b>750</b>
CAESAR SALAD  188 Kcal   220 Grams   Garlic-olive dressing, parmesan	750		tomato, olives, feta cheese, lime, oregano dressing	
SHARING	PLATES	8	APPETISERS	
KEBAB PLATTER 656 Kcal   380 Grams   Served with mint relish	1295		THAI SPRING ROLL  238 Kcal   280 Grams   Crispy fried, spiced shredded vegetables	825
TIL TULSI PANEER TIKKA 379 Kcal   320 Grams   Basil marinated cottage cheese cooked in clay oven	850		CRISPY CORN KERNELS 410 Kcal   280 Grams   Crispy fried corn, honey, dry red chili	825
ANGOORI BHARWAN ALOO 584 Kcal   320 Grams   Stuffed barrels of potato cooked in clay oven	825		VEGETABLE SALT & PEPPER 313 Kcal   280 Grams   Crispy fried vegetables tossed in ginger garlic	825
DAHI ANJEER TIKIYA  678 Kcal   280 Grams   Served with mint relish	825		CHEESE CHILLI TOAST  149 Kcal   280 Grams   All time favourite	825
PILIBHIT HOUSE CHAAT 290 Kcal   320 Grams   Chef's special cha	<b>825</b> aat		BRUSCHETTA CAPRESE 211 Kcal   280 Grams   An Italian antipast	<b>825</b>

## **COMFORT FOOD**

	PANEER MAKHANWALA 801 Kcal   420 Grams   Cottage cheese cooked in rich tomato gravy	1050		PULAO 747 Kcal   300 Grams   Green peas, cumin seeds, mix vegetables	825
	KADHAI PANEER 757 Kcal   420 Grams Cottage cheese cooked with bellpepper and spices	1050	СН	BASMATI RICE 465 Kcal   280 Grams IOICE OF INDIAN BREADS	725
	ANJEER MALAI KOFTA 892 Kcal   420 Grams	1025		TANDORI ROTI 396 Kcal   90 Grams	195
	Overnight soaked figs, rich tomato gravy			LACCHA PARATHA 586 Kcal   90 Grams	195
	BHUTTE PALAK KA SAAG 647 Kcal   420 Grams   Golden corn	1025		(Pudina / hari mirch / lal mirch)	105
	tossed with garlic in spinach gravy	1025		NAAN 676 Kcal   90 Grams (Plain / butter / garlic)	195
	MIX TARKARI 370 Kcal   420 Grams   Seasonal vegetables cooked with Indian spices	1025		MISSI ROTI 545 Kcal   90 Grams	195
<ul><li>★</li></ul>	HING DHANIYA KE ALOO 697 Kcal   420 Grams   Potatoes	1025		Mix of whole wheat and gram flour  *  KHASTA ROTI	195
	tempered with asafoetida and coriander	1025		327 Kcal   90 Grams   Crisp and flaky bread made with semolina	133
	ALOO BHINDI BHAJI 449 Kcal  280 Grams Potato and okra cooked in mustard oil	1025		STUFFED KULCHA 609 Kcal   120 Grams	195
	KHUSHBOODAR TARKARI CHAWAL	1025		(Potato / cottage cheese)	
	756 Kcal   420 Grams   Basmati rice cooked with aromatics spices	1023		TAWA ROTI 369 Kcal   32 Grams	195
	DAL MAKHANI 731 Kcal   410 Grams   Over night cooked black lentil finshed with butter and cream	1025	*	MANDUE KI ROTI 353 kcal   32 Grams Indian bread of finger millet	195
	ARHAR DAL TADKA 621 Kcal   420 Grams   Lentil tempered with cumin and Indian spices	825			

# PILIBHIT HOUSE DELICACIES (NO ONION, NO GARLIC)

	SATVIK THALI 537 Kcal   650 Grams   Palate combined of offering presented to various temples  SWAMI NARAYAN THALI 385 Kcal   650 Grams   Our specialty dedicated to Yogi Sahajanand Swami		*	VRINDAVAN STYLE LAUKI CHANA DAL 427 Kcal   420 Grams   From the land of Laddu Gopal KHATTA MITHA SITA PHAL 234 Kcal   420 Grams Jaggery, tamrind flavoured pumpkin	950 950
	POSTO WALE KACHCHE KELE 545 Kcal   420 Grams   Panch phoron tempered	1025 PECIALIT	*	HING WALI PEELI DAL 784 Kcal   420 Grams   Tempered with cow ghee	950
<ul><li>★</li></ul>		2250 1025		PAHADI KAFULI 712 Kcal   420 Grams A local delicacy of green leafy veggies in curried form served with white rice or Himalayan red rice	<b>1025</b>
	637 Kcal   420 Grams Fresh spinach tempered with local wild mustard seeds  A  JAKHIYA ALOO	1025		GAHAT KA PHANU 702 Kcal   220 Grams Horse gram lentil tempered with local wild mustard seeds	1025
	718 Kcal   260 Grams Tempered with local wild mustard seeds	5	VESLM	HIMALAYAN RED RICE Red rice from foothills of Himalayas 151 Kcal   220 Grams	825
	P	ASTA &	RISC	ОТТО	
	PENNE AL FUNGHI 590 Kcal   380 Grams Mushroom and truffle sauce	1025		RISOTTO PRIMAVERA 358 Kcal   380 Grams   Arborio rice cooked with tomato and cheese	1025
	SPAGHETTI AGLIO- OLIO PEPERONCINO 484 Kcal   380 Grams   Whole wheat spaghetti with olive oil, garlic and parmesan	1025		SPICED SPINACH & RICOTTA RAVIOLI 333 Kcal   380 Grams   Herbed butter sauce	1025
	WILD MUSHROOM RISOTTO 417 Kcal   380 Grams   Parmesan crisp	1025		FUSILLI AL PESTO 597 Kcal   380 Grams   Pesto cream and seasonal vegetables	1025

## **SANDWICH, BURGER & WRAP**

<ul><li>★</li></ul>	PILIBHIT CLUB SANDWICH 428 Kcal   380 Grams   Masala Spiced patty, coleslaw and French fries	1150		PANEER TIKKA BURGER 602 Kcal   380 Grams Spiced cottage cheese and French fries	995
	GRILLED SANDWICH 679 Kcal   380 Grams Vegetable cheese and masala fries	1050		VEGETABLE BURGER 523 Kcal   380 Grams   Masala spiced patty, cheese and French fries	995
	HARIDWAR MASALA TOASTIE 408 Kcal   280 Grams   Stuffed spiced potato, cheese and masala fries	995		BHUNA PANEER WRAP 232 Kcal   380 Grams   Cottage cheese ar veggies wrap, mint relish	<b>995</b> nd
	N	OODLE	AND	RICE	
	TRIO OF TOFU, MUSHROOM AND BROCCOLI 128 Kcal   380 Grams   With dried chilly and soya garlic sauce	1025		HAKKA NOODLES  686 Kcal   380 Grams  # Ø № № △  CHILLI GARLIC NOODLES	825 825
				493 Kcal   260 Grams	623
<u> </u>	WITH CHOICE OF SAUCES  428 Kcal   310 Grams   Ginger chili sauce Black bean sauce, Schezwan sauce, Black pepper sauce	<b>1025</b> e,		FRIED RICE 589 Kcal   320 Grams   Burnt garlic fried rice / Schezwan fried rice	825
	THAI CURRY (RED/GREEN)	1025			

Served with jasmine / steamed rice

## **COMBO MEAL (SOLO DINING)**

	HIGHWAY KA PARATHA 201 Kcal   380 Grams   Choor-choor paratha with dal makhani and lassi  W * A A  CHANDI PUL KE BHATURE 691 Kcal   380 Grams   From the street of Haridwar  * * * *	1250 1250		MAKHAN 449 Kcal   380 Grams   Smoked dal makhani and paneer makhanwala wit  UTTARKASHI KI CHURKANI 509 Kcal   380 Grams   Himalayan lentil stew and red rice with lassi	1250 th lassi 1250
	BRAHMAKUND KI POORI 531 Kcal   380 Grams   Whole wheat flour poori with aloo rassa, khatta meeth sita phal and lassi			KANKHAL KI CHAAT 353 Kcal   380 Grams   Kachori chaat and khatta mitha sita phal with lassi	1250
	<b>W</b>	/ELLNES	S M	ENU	
WEEN	SATVIK VEGETABLE BROTH  87 Kcal   220ml   Seasonal vegetable sou	<b>625</b> up		MULTIGRAIN KHICHDI 532 Kcal   310 Grams   Mix seeds, nuts and vegetables	750
WESH	WARM SPROUTS & DATES SALAD 155 Kcal   280 Grams   Cumin and lime dressing	750		DETOX VEGAN BOWL  133 Kcal   380 Grams   Assortment of veggies with seeds and nuts	750
	CURD RICE 439 Kcal   380 Grams   South Indian Deli	<b>750</b> icacy	VYEAM	FRESH CUT FRUITS  105 Kcal   280 Grams   Platter of freshly cut seasonal fruits	625
		KIDS N		U	
	LITTLE MARGARITA PIZZA 368 Kcal   360 Grams   Fresh tomato, cheese and basil	725		CHOICES OF MILK SHAKE 229 Kcal   300 ml   Chocolate vanilla / strawberry	450
	FRIED POTATO 774 Kcal   280 Grams   Fried wedges / smiley	625		HOT CHOCOLATE  139 Kcal   300 ml   Chocolate flavored milk	450

## **DESSERTS**

	APPLE CINNAMON PIE 790 Kcal   180 Grams   Fruit stew	750	MAKHANA KHEER  442 Kcal   160 Grams   Milk pudding made with fox nuts and dry fruits	<b>725</b>
	HOT CHOCOLATE BROWNIE 394 Kcal   120 Grams   Serve with vanilla ice cream	750	JHANGORA KHEER 439 Kcal   160 Grams Barnyard millet pudding	725
WEENS	COCONUT MILK PANNA COTTA 529 Kcal   120 Grams Cocont milk custard		PISTA GULAB JAMUN 799 Kcal   140 Grams   Golden fried dumplings in sugar syrup	725
	BAKED YOGHURT  345 Kcal   160 Grams   Cardamom flavou  W # A  KESARI PHIRNI ( SUGAR FREE)	<b>725</b> r <b>725</b>	MOONG DAL HALWA 669 Kcal   140 Grams   Fried ground lentil pudding	725
	440 Kcal   160 Grams   Saffron nuts rice cold pudding,		CHOICE OF ICE CREAM 217 Kcal   120 Grams	625

## **BEVERAGES**

CHOICE OF COFFEE 72 Kcal   150 ml   Cappuccino	425	HOT CHOCOLATE 188 Kcal   150 ml	450
82 Kcal   150 ml   Café Latte  6 Kcal   150 ml   Americano		CHOICE OF MILKSHAKE 229 Kcal   300 ml   Chocolate 225 Kcal   300 ml   Strawberry 228 Kcal   300 ml   Vanilla	450
8 Kcal   30 ml   Espresso  324 Kcal   300 ml   Cold Coffee		CHOICE OF LASSI 300 Kcal   300 ml	450
CHOICE OF TEA  106 Kcal   150 ml   Ready made tea	425	ENERGY DRINK AND SERVICES 115 Kcal	450
40 Kcal   150 ml   English Breakfast tea 40 Kcal   150 ml   Earl Grey tea		SPARKLING WATER AND SERVICES	375
49 Kcal   150 ml   Assam tea 388 Kcal   150 ml   Jasmine tea 40 Kcal   150 ml   Green tea		HIMALAYAN MINERAL WATER AND SERVICES	275
0	450	FRESH LIME SODA / WATER AND SERVICES	375
288 Kcal   300 ml   Banana 148 Kcal   300 ml   Papaya		183 Kcal   300 ml	
254 Kcal   300 ml   Prune		AERATED BEVERAGE AND SERVICES 100 Kcal	375

## **BEVERAGES**

375

375

375

MOCKTAILS THE EASY WAY 190 Kcal   300 ml   Lime,mint, cranberry and bitter lemon	550	•	WELLNESS JUICES Fresh fruits and vegetables-seasonal WATERMELON PARSLEY GINGER
TROPICAL TEMPTATION  245 Kcal   300 ml   Banana, coconut, pineapple  ORANGE MINT MOJITO  152 Kcal   300 ml  Orange chunks, demerara sugar, lime juice, mint leaves, lemonade	550 550		297 Kcal   300 ml  BEETROOT TOMATO BASIL  92 Kcal   300 ml   Pineapple, pomegranate, ginger  CHOICE OF SEASONAL FRESH FRUIT JUICE  110 Kcal   300 ml
INDIAN SUMMER 232 Kcal   300 ml   Guava, chillies, lime secret spices	550		
PERFECT PINK  186 Kcal   300 ml   Strawberry, yoghurt, cranberry juice , honey	550		
GINGER BREEZE	550		

188 Kcal | 300 ml | Apple, pineapple, ginger

