

A LA CARTE BREAKFAST (Served from 0730 Hours till 1030 Hours)

<p>SEASONAL FRUITS JUICE Watermelon, Orange, Apple Kcal – 51 120 156 per 250 ml</p>	375
<p>VEGETABLES JUICE Cucumber, tomato, beetroot Kcal – 44 49 89 per 250 ml</p>	375
<p>CHOICE OF SMOOTHIE Banana Chocolate Vanilla Kcal – 204 434 224 per 250 ml</p>	400
<p>CUT FRUITS Seasonal Fruits Kcal – 141 per 400 g</p>	600
<p>CORN FLAKES, CHOCO FLAKES, WHEAT FLAKES, MUESLI Served with hot or cold milk Kcal – 234 235 225 248- per 200 g</p>	675
<p>OAT MEAL PORRIDGE Served with hot or cold milk Kcal – 1496 per 400 g</p>	550
<p>HOMEMADE MUESLI Served with plain yoghurt, poached fruits Kcal – 895 per 250 g</p>	700
<p>PANCAKES Thick pancake, chocolate syrup, maple syrup Kcal – 389 per 150 g</p>	600
<p>BAKER'S BASKET Assortment of croissant, muffin and Doughnuts Kcal - 422 per 250 g</p>	600
<p>TWO EGGS ANY STYLE Boiled, fried, poached, scrambled Kcal – 180 362 276 389 per 180 g</p>	775
<p>OMELETTE Choice of fillings- masala, mushroom, cheese, tomato, onion, ham Kcal – 290 per 180 g</p>	775
<p>CHOICE OF PARATHA Aloo Paneer Gobi Mix vegetables Plain Indian pickle, in-house made natural yoghurt Kcal – 785 per 360g 968 per 380g 670 per 355g 776 per 360g 570 per 250 g</p>	725
<p>STEAMED IDLI Rice and lentil steamed cakes, Sambar, coconut chutney, milagai podi and ghee Kcal – 997 per 300 g</p>	600
<p>DOSA - PLAIN MASALA Thin pancake of rice and lentil, coconut chutney and Sambar Kcal – 948 per 250g 1066 per 300 g</p>	600
NAGGAR KA NASHTA	
<p>SIDDU Local stuffed steamed bread served with chutneys and ghee Kcal 805 per 200 g</p>	600
<p>BHARWAN BHATURU AUR KALE CHANE KA KHATTA Traditionally stuffed bread served with black Bengal gram curry Kcal 582 per 200 g Kala Chana – Kcal 491 per 200 g</p>	600
SOUPS	
<p>ROASTED TOMATO AND BASIL SOUP Kcal 77 per 200 g</p>	475
<p>KULTH DAL KA SHORBA Horse gram lentil, thin soup with Indian spices Kcal 251 per 200 g</p>	475
<p>VEGETABLE HOT AND SOUR SOUP Kcal 64 per 200 g</p>	475
<p>KUKRU KA SHORBA Chicken broth with Indian spices and coriander Kcal - 165 per 200 g</p>	575
<p>CHICKEN MANCHOW SOUP Crispy fried noodles Kcal – 412 per 200 g</p>	575
<p>VEGETABLE THUKPA Tibetan noodle soup with vegetables Kcal- 365 per 400 g</p>	850
<p>CHICKEN THUKPA Tibetan noodle soup with chicken and vegetables Kcal- 467 per 400 g</p>	950

TENTU

Nestled in amongst mesmerizing views, TENTU boasts of its truly soul pampering delicacies ready to satiate those cravings for some genuine regional and global cuisine with a twist.

SALADS

<p>CEASAR SALAD Chicken, Lettuce, Parmesan, Croutons Kcal 470 per 225 g</p>	875
<p>GREEK SALAD Pieces of tomatoes, cucumbers, onion, feta cheese and olives Kcal – 434 per 225 g</p>	875
<p>DAHI PAPDI CHAAT Crisp papdi, Indian sauces and sweet yoghurt Kcal – 610 per 250 g</p>	875
<p>APPLE AND BEETROOT SALAD Mint and yoghurt dressing Kcal 199 per 225 g</p>	875

LIGHT BITE

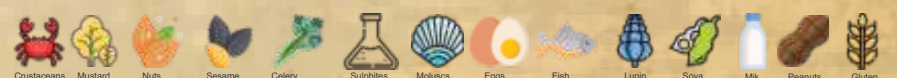
<p>CHEESE CHILI TOAST Melted cheese and chopped chili topped on toast Kcal – 561 per 250 g</p>	850
<p>SIGNATURE PANEER WRAP Kcal- 741 per 350 g</p>	1150
<p>FRENCH FRIES Kcal – 372 per 260 g</p>	650
<p>VEGETABLE CLUB SANDWICH Coleslaw, grilled peppers, grilled zucchini, tomato, lettuce, cheese and paneer Kcal – 691 per 380 g</p>	1150
<p>FISH-N-CHIPS Crumb fried fish, tartar sauce Kcal 1295 per 400 g</p>	1550
<p>SIGNATURE CHICKEN WRAP Kcal 683 per 350 g</p>	1250
<p>CHICKEN CLUB SANDWICH Onion, tomato, lettuce, cheese, chicken, eggs, ham Kcal – 733 per 380 g</p>	1250
<p>TIBETAN VEGETABLE DUMPLING Steamed dumplings served with dips Kcal- 598 per 400 g</p>	850
<p>TIBETAN CHICKEN DUMPLING Steamed dumplings served with dips Kcal- 825 per 400 g</p>	1050

STARTERS

<p>KUTTI MIRCH KA PANEER TIKKA Cottage cheese and red chili Kcal- 511 per 300 g</p>	1050
<p>CHUKANDER KE KEBAB Beetroot and spices Kcal 579 per 300 g</p>	1050
<p>SARSON KE PHOOL Mustard flavored tandoor cooked cauliflower Kcal – 204 per 300 g</p>	1050
<p>FISH ACHARI TIKKA Tandoor cooked Pickled flavored fish Kcal- 506 per 300 g</p>	1275
<p>MURGH TIKKA Angara Malai Kcal – 690 per 300 g</p>	1095
<p>WOK TOSSED CHILI PANEER Batter fried paneer tossed in sweet, spicy chili sauce Kcal – 680 per 400 g</p>	995
<p>WOK TOSSED CHILI CHICKEN A sweet, spicy & slightly sour chicken Kcal – 891 per 400 g Crustaceans</p>	1150

■ Vegetarian ■ Non - Vegetarian

List of Allergens:



As per guidelines issued by Food & Safety Standards Authority Of India (FSSAI), an average active adult required 2000 Kcals of energy per day. However, the actual calories needed may vary from person to person | Kindly inform us if you are allergic to any food ingredients | All prices are in Indian Rupees. Government taxes as applicable.

MAIN COURSE

☐ PANEER AAP KI PASAND 🥬🥕🥑 Makhni Mutter Kadhai Kcal – 633 722 834 per 400 g	950
☐ PALAK KE SATH 🥬🥕 Lasooni Paneer Makai Kcal – 326 728 370 per 400 g	950
☐ GOBI KI JUGALBANDI 🥬🥕🥑 Adraki Mutter Aloo Kcal – 495 478 417 per 400 g	950
▢ PRAWN CURRY 🦐🥑🥕🥑 Home style Kcal - 506 per 400 g	1550
▢ MURGH KE ANEK PRAKAR 🥕🥑🥑 Masala Makhni Lababdar Kcal – 1160 994 1160 per 400 g	1250
☐ MAA KI DAL 🥕 Black lentils, slow cooked with spices Kcal – 715 per 400 g	850
☐ YELLOW DAL 🥕 Tadka Lasooni Kcal – 859 915 per 400 g	650
☐ VEGETABLES THAI CURRY WITH STEAMED RICE 🥕🥑 Green curry Kcal 849 per 400 g Steamed rice Kcal 356 per 200 g	1250
▢ CHICKEN THAI CURRY WITH STEAMED RICE 🥕🥑 Red curry Kcal -1094 per 400 g Steamed rice Kcal 356 per 200 g	1450
☐ STIR FRIED VEGETABLES 🥕🥑 Kcal – 319 per 400 g	1250
▢ STIR FRIED CHICKEN 🥕🥑 Kcal – 655 per 400 g	1450
☐ GRILLED COTTAGE CHEESE WITH TOMATO & BASIL SAUCE 🥕🥑 Served with mashed potato and sauté vegetable Kcal – 1075 per 400 g	1250
☐ VEGETABLE RISOTTO 🥕🥑 Mushroom vegetable Kcal – 1254 1195 per 400 g	1150
▢ CHICKEN RISOTTO 🥕🥑 Kcal- 1618 per 400 g	1250
☐ PENNE WITH VEGETABLES 🥕🥑🥑 Arrabbiata Alfredo Aglio Olio Kcal - 670 925 1035 per 400 g	1050
▢ PENNE WITH CHICKEN 🥕🥑🥑 Arrabbiata Alfredo Aglio Olio Kcal 798 1090 1417 per 400 g	1250
▢ GRILLED TROUT 🐟🥑 Lemon butter sauce Kcal – 786 per 400 g	2095
▢ GRILLED CHICKEN BREAST 🥕🥑 Espagnole sauce (Brown sauce) Kcal – 943 per 450 g	1450
PIZZA	
☐ VEGETABLES PIZZA 🥕🥑 Onion Bell pepper Corn Mushroom Kcal 593 per 500 g	1250
▢ CHICKEN PIZZA 🥕🥑 Chicken tikka Chicken sausages Kcal - 877 per 500 g	1450
RICE, NOODLES & BREADS	
☐ WOK TOSSED VEGETABLES HAKKA NOODLES 🥕🥑 Kcal – 791 per 400g	750
▢ WOK TOSSED CHICKEN HAKKA NOODLES 🥕🥑 Kcal – 874 per 400 g	850
☐ STIR FRIED VEGETABLES RICE 🥕🥑 Kcal – 708 per 400 g	750
▢ STIR FRIED CHICKEN RICE 🥕🥑 Kcal – 992 per 400 g	850
☐ STEAMED RICE JEERA RICE 🥕🥑 Kcal- 713 243 per 400 g	500
☐ LAL BHAAT Himalayan red rice Kcal - 285 per 400 g	550
☐ SUBZ BIRYANI 🥕🥑 Kcal – 1645 per 630 g	1250
▢ MURGH BIRYANI 🥕🥑 Kcal – 1582 per 630 g	1450
▢ GOSHT BIRYANI 🥕🥑 Kcal – 1572 per 630 g	1650

☐ ROTI 🥕🥑 Plain Butter Kcal – 226 per 80 g	300
☐ NAAN 🥕🥑 Plain Butter Garlic Kcal – 296 373 358 per 100g	300
☐ KULCHA 🥕🥑 Potato Paneer Kcal – 218 255 per 100 g	400

FROM REGIONAL KITCHEN

☐ SEPUVADI KA MADRA 🥕🥑 Urad dal dumplings cooked in spinach and yoghurt gravy Kcal- 979 per 400 g	1250
☐ GOBHI KA PALDA 🥕🥑 Yoghurt curry with cauliflower Kcal - 583 per 400 g	850
▢ TROUT FISH CURRY 🐟🥕🥑 Local style Kcal- 1032 per 400 g	2250
▢ PAHADI MURGH ANARDANA 🥕🥑 Mix of cloves, coriander seeds, onion, cinnamon sticks & dry pomegranate seed Kcal - 1078 per 400 g	1450
▢ KANGRI KHATTA MEAT 🥕🥑 Pahadi special mutton curry with hand ground spices, charred walnut ink Kcal - 833 per 400 g	1650
☐ VEGETARIAN HIMACHALI THALI 🥕🥑 Chaaas Chukandar ke kebab Sepu vadi ka madra Aloo Channa ka madra Teliya mah Kadi Lal Bhaat Kaddu ka mettha Ajwani paratha Makki ki roti	2300
▢ NON – VEGETARIAN HIMACHALI THALI 🥕🥑 Chaaas Chicken tikka Pahadi bhuna gosht Pahadi murgh anardana Sepu vadi ka madra Teliya Mah Lal Bhaat Kaddu ka mettha Ajwani paratha Makki ki roti	2500

DESSERTS

☐ BAKED YOGHURT 🥕 Fruits, hung curd and condensed milk Kcal - 269 per 150 g	650
▢ CHOCOLATE BROWNIE 🍫🥕 Rich and dense pastry Kcal- 606 per 150 g	650
☐ CHUKANDER KA HALWA 🥕 Beetroot pudding Kcal - 474 per 200 g	625
☐ HIMACHALI APPLE PIE 🍏🥕 Kcal - 387 per 150 g	650
☐ GULAB JAMUN 🍯🥕 Kcal - 832 per 150 g	625
SCOOPS OF ICE CREAM 🍦 Vanilla, Butter Scotch and Strawberry Kcal - 115 per 150 g	650

BEVERAGES

COLD BEVERAGES

COLD COFFEE 🥕 Kcal – 453 per 250 ml	400
ICED TEA Lemon Mint Orange Kcal- 74 per 250 ml	375
BUTTER MILK 🥕 Plain Masala Kcal – 108 per 250 ml	400
LASSI 🥕 Sweet Salty Kcal – 153 334 per 250 ml	400

HOT BEVERAGES

CHOICE OF TEA 🥕 English breakfast Darjeeling Assam Chamomile Earl Grey Mint Masala	400
SIGNATURE FRESH LEAF TEA Green Darjeeling Assam	550
CHOICE OF COFFEE 🥕 Espresso Cappuccino Latte Americano	400

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