As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kcal of energy per day. However, the actual calories needed may vary per person.
Lunch Timing 1230 hrs - 1500 hrs
Dinner Timing 1900 hrs - 2300 hrs

SHURUAAT

- BHUNE JEERE KI CHAACH 395
  123 kcal | 300 ml | Yoghurt, cumin, coriander

- GANNE KA RAS - SEASONAL 395
  791 kcal | 300 ml | Sugarcane, mint, ginger

- IMLI KA SHARBAT 395
  379 kcal | 300 ml | Tamarind, jaggery, black salt

- BENARASI THANDAI 395
  390 kcal | 300 ml | Milk, saffron, nuts

CHAAT FROM THE BY-LANES OF KASHI

- TAMATAR 550
  398 kcal | 180 gms | Tomato, yoghurt, spices

- DAHI PURI 550
  414 kcal | 180 gms | Spiced potato, yoghurt filled

- PALAK PATTA 550
  309 kcal | 180 gms | Gram flour, spinach, yoghurt

- SAMOSA 550
  609 kcal | 210 gms | Potato, raisin, spices

Vegetarian 🌿 Non-Vegetarian 🍗 Vegan 🌱

Kindly inform us if you are allergic to any food ingredients.

List of Allergens:
- Milk 🍰
- Nuts 🌒
- Gluten 🍭
- Mustard 🌿
- Molluscs 🍃
- Eggs 🐔
- Fish 🍽
- Lupin 🌾
- Soya 🌾
- Peanuts 🌸
- Crustaceans 🍨
- Sesame 🌱
- Celery 🌿
- Sulphites 🌸

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SOUPS

- **TAMATAR SAHJAN KA RAS**
  274 kcal | 220 ml | Tomatoes, drumstick, coriander

- **BHUNE MAKAI AUR NIMBU KA SHORBA**
  115 kcal | 220 ml | Golden corn, lemongrass

- **GOSHT PUDINA KA SHORBA**
  363 kcal | 220 ml | Goat, mint extract

- **MURGH BADAM KA SHORBA**
  107 kcal | 220 ml | Chicken, almond, coriander

KEBABS

- **KASOORI PANEER TIKKA**
  574 kcal | 220 gms | Cottage cheese, red chilli & yoghurt marinade

- **MALAI BROCCOLI**
  687 kcal | 220 gms | Broccoli, fresh cream, cashewnut

- **DAHI KE KEBAB**
  459 kcal | 220 gms | Hung yoghurt, cardamom, green chillies

- **KAMALKAKDI AUR ANJEER KI TIKKI**
  781 kcal | 220 gms | Lotus stem, fig, yoghurt

- **TANDOORI BHARWAN ALOO**
  401 kcal | 225 gms | Potatoes, nuts, cottage cheese

- **PALAK AUR CHILGOZE KI SHAMMI**
  436 kcal | 220 gms | Spinach, pinenut, yoghurt

- **VEGETARIAN KEBAB PLATTER**
  525 kcal | 320 gms | Tandoori bharwan aloo, palak chilgoze ki shammi, malai broccoli, kasoori paneer tikka

- **MURGH MALAI TIKKA**
  970 kcal | 250 gms | Chicken, fresh cream, cashewnut

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- Molluscs 🅭
- Eggs ✅
- Fish 🅭
- Lupin 🅭
- Soya 🅭
- Peanuts 🅭
- Crustaceans 🅭
- Sesame 🅭
- Celery 🅭
- Sulphites 🅭

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>GALOUTI KEBAB</td>
<td>1278</td>
<td>220</td>
<td>Fine goat mince, garam masala</td>
</tr>
<tr>
<td>MUTTON GILAFI SEEKH KEBAB</td>
<td>924</td>
<td>195</td>
<td>Goat mince, onion, spices</td>
</tr>
<tr>
<td>KASUNDI JHINGA</td>
<td>537</td>
<td>190</td>
<td>Prawns, kasundi mustard</td>
</tr>
<tr>
<td>AJWAINI TAWA MACCHI</td>
<td>691</td>
<td>200</td>
<td>River sole cooked on a griddle</td>
</tr>
<tr>
<td>TANDOORI FISH TIKKA</td>
<td>500</td>
<td>190</td>
<td>River sole, chilli, yoghurt marinade</td>
</tr>
<tr>
<td>NON-VEGETARIAN KEBAB PLATTER</td>
<td>780</td>
<td>320</td>
<td>Chicken tikka, mutton seekh, tawa macchi, kasundi jhinga</td>
</tr>
<tr>
<td>PANEER MASALA</td>
<td>1149</td>
<td>400</td>
<td>Cottage cheese, tomato, spring onion</td>
</tr>
<tr>
<td>SUBZ BAHAR</td>
<td>521</td>
<td>415</td>
<td>Seasonal vegetables</td>
</tr>
<tr>
<td>MEETHE NEEM WALI SALMON</td>
<td>955</td>
<td>380</td>
<td>Salmon, curry leaves</td>
</tr>
<tr>
<td>LUCKNOWI CHAAP</td>
<td>699</td>
<td>280</td>
<td>New Zealand lamb chops, brown onion, yoghurt</td>
</tr>
<tr>
<td>SIRKE WALA MURGH</td>
<td>1588</td>
<td>400</td>
<td>Barbecued chicken, pickled onion</td>
</tr>
</tbody>
</table>

**TAWA**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>PANEER MASALA</td>
<td>825</td>
<td></td>
<td>Cottage cheese, tomato, spring onion</td>
</tr>
<tr>
<td>SUBZ BAHAR</td>
<td>795</td>
<td></td>
<td>Seasonal vegetables</td>
</tr>
<tr>
<td>MEETHE NEEM WALI SALMON</td>
<td>2175</td>
<td></td>
<td>Salmon, curry leaves</td>
</tr>
<tr>
<td>LUCKNOWI CHAAP</td>
<td>2175</td>
<td></td>
<td>New Zealand lamb chops, brown onion, yoghurt</td>
</tr>
<tr>
<td>SIRKE WALA MURGH</td>
<td>975</td>
<td></td>
<td>Barbecued chicken, pickled onion</td>
</tr>
</tbody>
</table>

List of Allergens:
- Milk
- Nuts
- Gluten
- Mustard
- Molluscs
- Eggs
- Fish
- Lupin
- Soy a
- Peanuts
- Crustaceans
- Sesame
- Celery
- Sulphites

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## MAIN COURSE

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEEN MIRCH KA PANEER</td>
<td>694 kcal</td>
<td>400 gms</td>
<td>Cottage cheese, bell peppers</td>
</tr>
<tr>
<td>PANEER LAUNG LATA</td>
<td>1038 kcal</td>
<td>400 gms</td>
<td>Rolled cottage cheese, tomato, cream</td>
</tr>
<tr>
<td>BENARASI ACHAAR KE LATPATE ALOO</td>
<td>635 kcal</td>
<td>380 gms</td>
<td>Potatoes, stuffed red chilli pickle</td>
</tr>
<tr>
<td>KAALE CHANE KI KATLI</td>
<td>927 kcal</td>
<td>380 gms</td>
<td>Black gram, tomato, yoghurt</td>
</tr>
<tr>
<td>VILAYATI SUBZ KHADA MASALA</td>
<td>527 kcal</td>
<td>415 gms</td>
<td>Vegetables, tomato, whole spices</td>
</tr>
<tr>
<td>KHUMANI KE KOFTE</td>
<td>1799 kcal</td>
<td>400 gms</td>
<td>Cottage cheese, dried apricot, cashewnut</td>
</tr>
<tr>
<td>DAL VARUNA</td>
<td>1650 kcal</td>
<td>410 gms</td>
<td>Black lentil, butter &amp; cream</td>
</tr>
<tr>
<td>DAL TADKA</td>
<td>294 kcal</td>
<td>380 gms</td>
<td>Yellow lentil, onion, tomato</td>
</tr>
<tr>
<td>DAL DHUAAN</td>
<td>587 kcal</td>
<td>400 gms</td>
<td>Smoked green lentil</td>
</tr>
<tr>
<td>KHUMB MAKHANA LAZEEZ</td>
<td>706 kcal</td>
<td>380 gms</td>
<td>Mushroom, foxnut, yellow chilli</td>
</tr>
<tr>
<td>LAUKI ALOO BUKHARA KE KOFTE</td>
<td>1164 kcal</td>
<td>400 gms</td>
<td>Bottle gourd, prunes, tomato, onion</td>
</tr>
<tr>
<td>GOBHI MUSSALAM</td>
<td>1254 kcal</td>
<td>400 gms</td>
<td>Cauliflower, yoghurt, brown onion</td>
</tr>
<tr>
<td>LAHSUNI TADKA PALAK</td>
<td>391 kcal</td>
<td>380 gms</td>
<td>Spinach, garlic, whole red chillies</td>
</tr>
</tbody>
</table>

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<tbody>
<tr>
<td><strong>KADHAI JHINGA</strong></td>
<td>764 kcal</td>
<td>400 gms</td>
<td>Prawns, onion, tomato, bell pepper</td>
</tr>
<tr>
<td><strong>ANDE AUR ALOO KA SALAN</strong></td>
<td>697 kcal</td>
<td>380 gms</td>
<td>Shallow fried eggs, potato, tomato</td>
</tr>
<tr>
<td><strong>MURGH MAKHAN PALAK</strong></td>
<td>723 kcal</td>
<td>425 gms</td>
<td>Chicken, tomato, butter, spinach</td>
</tr>
<tr>
<td><strong>MURGH LABABDAR</strong></td>
<td>740 kcal</td>
<td>425 gms</td>
<td>Chicken, onion, tomato, cream</td>
</tr>
<tr>
<td><strong>DUM KA MURGH</strong></td>
<td>1444 kcal</td>
<td>425 gms</td>
<td>Chicken, yoghurt, yellow chilli</td>
</tr>
<tr>
<td><strong>LATPATE GOSHT KI SEEKH</strong></td>
<td>881 kcal</td>
<td>400 gms</td>
<td>Goat meat, onion, tomato, ginger</td>
</tr>
<tr>
<td><strong>GOSHT NIHARI</strong></td>
<td>1795 kcal</td>
<td>480 gms</td>
<td>Goat shanks, onion, whole spices</td>
</tr>
<tr>
<td><strong>PURVANCHAL FISH CURRY</strong></td>
<td>350 kcal</td>
<td>480 gms</td>
<td>River sole, tomato, mustard</td>
</tr>
<tr>
<td><strong>PANCHPHORAN KI MACCHI</strong></td>
<td>350 kcal</td>
<td>400 gms</td>
<td>River sole, tomato, panchphoran masala</td>
</tr>
<tr>
<td><strong>ALOO DUM BENARASI</strong></td>
<td>1160 kcal</td>
<td>380 gms</td>
<td>Potatoes, tomato, cottage cheese</td>
</tr>
<tr>
<td><strong>NIMONA</strong></td>
<td>758 kcal</td>
<td>400 gms</td>
<td>Green peas, lentil dumplings, potato</td>
</tr>
<tr>
<td><strong>BHANTA KALOUNJI</strong></td>
<td>761 kcal</td>
<td>220 gms</td>
<td>Stir fried baby brinjal</td>
</tr>
<tr>
<td><strong>SATTU PARATHA WITH CHOKHA</strong></td>
<td>1094 kcal</td>
<td>300 gms</td>
<td>Roasted gram flour stuffed &amp; mashed potato on side</td>
</tr>
</tbody>
</table>

**BENARASI DELICACIES**

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BENARASI MEAL EXPERIENCE

**BENARASI SATVIK THALI**  
1264 kcal | 850 gms | Pure vegetarian food prepared without onion, garlic, using minimal spices

**BENARASI MUGHAL GHARANA THALI**  
1553 kcal | 900 gms | Home-Style cooking influenced by Awadhi, Benarasi, Bengali flavours

RICE AND BREADS

**BIRYANI**  
Saffron flavoured basmati rice cooked on dum, served with raita

- 721 kcal | 380 gms | Vegetables  
- 1177 kcal | 430 gms | Mutton  
- 1015 kcal | 430 gms | Chicken

**STEAMED RICE**  
384 kcal | 300 gms | Aged basmati rice

**PULAO**  
493 kcal | 300 gms | Green peas / cumin / mix vegetables

**SIDES**  
258 kcal | 200 gms | Plain curd / raita  
170 kcal | 135 gms | Masala papad

BREADS

**NAAN**  
525 kcal | 140 gms | Plain, butter, garlic, cheese

**ROTI**  
351 kcal | 140 gms | Plain, khasta, multigrain, roomali

**PARATHA**  
599 kcal | 140 gms  
Laccha / pudina / ulta tawa / warqui

**KULCHA**  
589 kcal | 235 gms | Paneer, aloo, masala

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- Vegan

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### DESSERTS

- **KESARI RASMALAI**
  - 338 kcal | 165 gms | Cottage cheese dumplings, saffron milk
- **BADAM KA HALWA**
  - 896 kcal | 180 gms | Topped with raisins
- **SHEER KHURMA**
  - 495 kcal | 160 gms | Vermicelli, milk, dates
- **SHAHI TUkDA**
  - 632 kcal | 180 gms | Bread, reduced milk, pistachio
- **THANDAI KULFI**
  - 273 kcal | 120 gms | Milk, saffron, nuts
- **KESARI PHIRNI (SUGAR FREE)**
  - 441 kcal | 180 gms | Saffron, coconut milk

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BEVERAGES

- **CHOICE OF COFFEE**
  - 90 kcal | 150 ml | Cappuccino 325
  - 90 kcal | 150 ml | Cafe latte 325

- **CHOICE OF TEA**
  - 11 kcal | 150 ml | Readymade tea 325

- **GREEN TEA | 150 ml** 325
  - 115 kcal | ENERGY DRINK & SERVICES 325

- **SPARKLING WATER & SERVICES** 325
  - 90 kcal | 300 ml | FRESH LIME SODA / WATER & SERVICES 295
  - 100 kcal | AERATED BEVERAGE & SERVICES 295
  - PACKAGED DRINKING WATER & SERVICES 295

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