What makes Punjabi cuisine so robust and varied is that it has been richly influenced by all the invaders - from Alexander the Greek to Babar the Mughal to Sher Shah the Afghan to Nadir Shah the Persian.

The menu at Paranda is a paean to this cuisine. It is fragrant with the flavours of Lahore; it celebrates the famed street treats of Amritsar and the Grand Trunk Road; it pays homage to culinary maestros like Beliram, Beera and Sucha Singh; and it is redolent with the embers of home fires from the kitchens of the Kours and the Singh.

At Paranda, themes of soil, water, fire, charcoal and forest permeate the menu resulting in aromatic dishes that are rooted in the landscape from which they were drawn. The food stays true to its old-world heritage with the chefs using regional Northern Indian cooking techniques and secrets to create small moments of surprise.

The Paranda kitchen has a philosophy of simple purity. Master Chef, Boer believes; “The kitchen is not a laboratory”. The menu features an abundance of robust, earthy dishes that have evolved from the province of Punj(five)Ab(water)- The Land Of Five Rivers. From the ingenuity of the ingredient to the flawlessness of the execution, every aspect of Paranda will lead to an emotive, intense, liberating way of eating with fingers unlike any other.

So, as they say in Punjab, chalo roti kha laiye.

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.
SHURUAAT

- KASHMIRI MURGH YAKHANI  
  488 kcal | 230 gms | saffron flavored chicken soup

- TAMATAR DHANIYA SHORBA  
  249 kcal | 240 gms | tomato soup with whole spices and fresh coriander

- MAKKAI BADAM KA SHORBA  
  515 kcal | 245 gms | roasted corn and almond soup with aromatic herbs

TO REINVIGORATE

- KESAR MALAI LASSI  
  284 kcal | 320 ml | blend of churned yogurt and sugar

- MATTHA  
  96 kcal | 320 ml | traditional Indian spiced yogurt drink

- SHIKANJVI  
  175 kcal | 320 ml | Indian lemonade preparation with black salt and cumin powder seeds

- AMBI PANNA  
  275 kcal | 320 ml | sweet and sour, green mango drink with hint of cardamom and black salt

List of Allergens:
- Molts
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Mussels
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS.
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.
Vegetarian [✓] Non-Vegetarian
PARANDA DI BHATTI

**TANDOORI JHEENGA**
342 kcal | 190 gms | clay oven cooked prawns with chef’s special marinade

**AMRITSARI TALI MACHCHI**
358 kcal | 210 gms | fried fish with garlic mint chutney

**AJWAINI FISH TIKKA**
331 kcal | 215 gms | fish marinated with hand pounded spices and cooked in clay oven

**TANDOORI MURGH**
1269 kcal | 410 gms | clay pot roasted half spring chicken, served with mint chutney

**MUTTON SEEKH KEBAB**
601 kcal | 255 gms | minced mutton skewers mixed with pounded spices

**DOODHIYA MURGH TIKKA**
464 kcal | 245 gms | chicken morsels marinated with cream, cheese and Indian spices

**HIGHWAY MURGH TIKKA**
641 kcal | 345 gm | authentic Indian chicken kebab with traditional mix of spices

**TANDOORI PANEER SHASHLIK**
580 kcal | 280 gms | cottage cheese cubes marinated with curd, capsicum, onion and grounded spices

**DAHI KE KEBAB**
574 kcal | 275 gms | deep fried hung curd patties with spiced onion and fresh herbs

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List of Allergens:
- Milk
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

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[Vegetarian] [Non-Vegetarian]
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**List of Allergens:**
- Eggs
- Fish
- Lupin
- Milk
- Peanuts
- Sesame
- Sulphites

**PIND DA SWAD**

**ACHAARI SOYA CHAAP** 795 kcal | 275 gms  
Soya chunks marinated in special achaari masala, finished in tandoor

**MAKKAI AUR METHI KI TIKKI** 795 kcal | 210 gms  
Fenugreek and corn kernel cakes cooked on tawa

**BHARWAN ALOO** 795 kcal | 210 gms  
Cottage cheese, khoya and nuts

**ACHAARI SOYA CHAAP** 795
716 kcal | 275 gms  
Soya chunks marinated in special achaari masala, finished in tandoor

**MAKKAI AUR METHI KI TIKKI** 795 kcal | 210 gms  
Fenugreek and corn kernel cakes cooked on tawa

**BHARWAN ALOO** 795 kcal | 210 gms  
Cottage cheese, khoya and nuts

**TAWA JHEENGA ANARDANA** 1699 kcal | 330 gms  
Griddled prawns cooked with onion, tomato masala and pomegranate.

**BALTI MEAT** 1395 kcal | 335 gms  
Paranda specialty of tender lamb cooked in brown onion and spicy tomato gravy

**TAWE WALA RARA MEAT** 1395 kcal | 465 gms  
Boneless lamb morsels and minced meat cooked with special tawa masala and hint of black pepper

**SARSON WALI FISH CURRY** 1395 kcal | 400 gms  
River sole morsels simmered with Indian spices finished with grounded mustard

**PUNJABI BUTTER CHICKEN** 1250 kcal | 355 gms  
Tandoori chicken tikka simmered in satin smooth tomato gravy, with kasoori methi

**BHUNA MURG MASALEDAR** 1250 kcal | 500 gms  
Chef’s special chicken curry with a special flavour of shahi jeera

**PANEER MAKHAN MASALA** 875 kcal | 430 gms  
Cottage cheese in creamy tomato gravy with kasoori methi
<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PUNJABI SAAG PANEER</strong></td>
<td>875</td>
<td>1280 kcal</td>
<td>450 gms</td>
</tr>
<tr>
<td>Cottage cheese and spinach tempered with fried garlic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MEWE MAWE KA MALAI KOFTA</strong></td>
<td>875</td>
<td>1332 kcal</td>
<td>460 gms</td>
</tr>
<tr>
<td>Cottage cheese dumplings in creamy tomato cashew gravy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SHAHI KHUMB MAKKAI HARA PYAAZ</strong></td>
<td>875</td>
<td>576 kcal</td>
<td>480 gms</td>
</tr>
<tr>
<td>Diced mushroom and sweet corn in onion tomato gravy, with spring onions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BAINGAN BHARTA</strong></td>
<td>875</td>
<td>510 kcal</td>
<td>470 gms</td>
</tr>
<tr>
<td>Charcoal roasted eggplant concasse cooked with onion and tomatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ALOO JEERA MIRCHI</strong></td>
<td>875</td>
<td>544 kcal</td>
<td>440 gms</td>
</tr>
<tr>
<td>Stir fried potatoes with black cumin and chili flakes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAL PARANDA</strong></td>
<td>795</td>
<td>558 kcal</td>
<td>320 gms</td>
</tr>
<tr>
<td>Black lentil and kidney beans, simmered overnight with tomatoes and butter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DHABA DAL FRY</strong></td>
<td>795</td>
<td>353 kcal</td>
<td>420 gms</td>
</tr>
<tr>
<td>Slowly cooked yellow lentil tempered with brown garlic, onion and green chillies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AMRITSARI CHOLEY</strong></td>
<td>795</td>
<td>1374 kcal</td>
<td>520 gms</td>
</tr>
<tr>
<td>Whole white gram cooked to perfection with aniseed</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TO ACCOMPANY**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TAWA MEAT PULAO</strong></td>
<td>1250</td>
<td>672 kcal</td>
<td>385 gms</td>
</tr>
<tr>
<td>Lamb cubes cooked with flavored basmati rice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Price</td>
<td>Calories</td>
<td>Weight</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td><strong>MASALA MURGH PULAO</strong></td>
<td>1095</td>
<td>588 kcal</td>
<td>355 gms</td>
</tr>
<tr>
<td>588 kcal</td>
<td>355 gms</td>
<td>marinated chicken morsels cooked with basmati rice</td>
<td></td>
</tr>
<tr>
<td><strong>JEERA PYAAZ PULAO</strong></td>
<td>650</td>
<td>368 kcal</td>
<td>270 gms</td>
</tr>
<tr>
<td>368 kcal</td>
<td>270 gms</td>
<td>rice preparation, with fried onions and cumin seeds</td>
<td></td>
</tr>
<tr>
<td><strong>SAADA CHAWAL</strong></td>
<td>375</td>
<td>289 kcal</td>
<td>310 gms</td>
</tr>
<tr>
<td><strong>DAHI BHALLA</strong></td>
<td>425</td>
<td>593 kcal</td>
<td>350 gms</td>
</tr>
<tr>
<td>593 kcal</td>
<td>350 gms</td>
<td>lentil dumplings with raisin soaked in sweet and sour yogurt</td>
<td></td>
</tr>
<tr>
<td><strong>BOONDI RAITA</strong></td>
<td>275</td>
<td>153 kcal</td>
<td>245 gms</td>
</tr>
<tr>
<td><strong>FRESH GREEN SALAD</strong></td>
<td>245</td>
<td>289 kcal</td>
<td>310 gms</td>
</tr>
</tbody>
</table>

**INDIAN BREADS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RAGDA KEEMA KULCHA</strong></td>
<td>295</td>
<td>973 kcal</td>
<td>355 gms</td>
</tr>
<tr>
<td>973 kcal</td>
<td>355 gms</td>
<td>spicy minced lamb stuffed tandoori bread</td>
<td></td>
</tr>
<tr>
<td><strong>CHICKEN TIKKA MASALA KULCHA</strong></td>
<td>295</td>
<td>929 kcal</td>
<td>330 gms</td>
</tr>
<tr>
<td>929 kcal</td>
<td>330 gms</td>
<td>chopped chicken, cheese, onion and fresh coriander</td>
<td></td>
</tr>
<tr>
<td><strong>PYAZ PANEER KA KULCHA</strong></td>
<td>245</td>
<td>949 kcal</td>
<td>350 gms</td>
</tr>
<tr>
<td>949 kcal</td>
<td>350 gms</td>
<td>leavened bread with onion and cottage cheese</td>
<td></td>
</tr>
<tr>
<td><strong>AMRITSARI KULCHA</strong></td>
<td>245</td>
<td>1047 kcal</td>
<td>405 gms</td>
</tr>
<tr>
<td>1047 kcal</td>
<td>405 gms</td>
<td>potato, chili, crushed coriander and pomegranate seed</td>
<td></td>
</tr>
<tr>
<td><strong>LASOONI, TIL, KALONJI NAAN</strong></td>
<td>185</td>
<td>333 kcal</td>
<td>135 gms</td>
</tr>
<tr>
<td><strong>PLAIN TANDOORI RotI</strong></td>
<td>185</td>
<td>164 kcal</td>
<td>50 gms</td>
</tr>
</tbody>
</table>

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

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FROM OUR HALWAI CHEF

- **LYCHEE BADAM KI KHEER**  595
  - 423 kcal | 175 gms | almond and lychee flavored rice pudding

- **KESARI RASMALAI**  595
  - 674 kcal | 150 gms | cheese dumplings in condensed saffron milk

- **GULAB JAMUN**  595
  - 329 kcal | 150 gms | cottage cheese dumplings dipped in rose flavored sugar syrup

- **MOONG DAL HALWA**  595
  - 568 kcal | 200 gms | split yellow lentils prepared with butter and sugar

- **GAJAR KA HALWA (SEASONAL)**  595
  - 483 kcal | 180 gms | grated carrot cooked with condensed milk and sugar

- **PAAN KULFI**  595
  - 114 kcal | 48 gms | paan flavored frozen milk

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List of Allergens:

- **Milk**
- **Eggs**
- **Fish**
- **Lupin**
- **Soya**
- **Milk**
- **Peanuts**
- **Gluten**
- **Mustard**
- **Nuts**
- **Sesame**
- **Celery**
- **Sulphites**

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[Vegetarian] [Non-Vegetarian]
# Beverages

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange Mint Mojito</td>
<td>345 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Pineapple Punch</td>
<td>345 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Masala Cola</td>
<td>345 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Sparkling Water</td>
<td>345 kcal</td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit Juice</td>
<td>275 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Shakes - Chocolate / Vanilla</td>
<td>275 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Cold Coffee</td>
<td>275 kcal</td>
<td>320 ml</td>
</tr>
<tr>
<td>Coffee</td>
<td>275 kcal</td>
<td></td>
</tr>
<tr>
<td>Tea</td>
<td>275 kcal</td>
<td></td>
</tr>
<tr>
<td>Aerated Beverages</td>
<td>275 kcal</td>
<td></td>
</tr>
<tr>
<td>Canned Juice</td>
<td>215 kcal</td>
<td></td>
</tr>
<tr>
<td>Mineral Water</td>
<td>165 kcal</td>
<td></td>
</tr>
</tbody>
</table>

**List of Allergens:**

- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

**KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS.**

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- Vegetarian
- Non-Vegetarian