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.

Scan QR to know nutritional value of each dish

*All prices are in Indian Rupees and exclusive of any applicable taxes
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REFRESHER

- **SHIKANJVI**
  - **28 kcal** Traditional Punjabi lemonade served sweet, salt or peppered

- **THANDAI**
  - **276 kcal** A cold beverage prepared with almonds, fennel seed, magaj tari seeds, rose petals, pepper, white poppy seeds, cardamom, saffron, milk and sugar

- **KESARWALI LASSI**
  - **173 kcal** Iced yogurt shake churned from freshly set yogurt, sugar and saffron

- **MASALA CHAAS**
  - **117 kcal** Iced buttermilk spices with freshly broiled cumin seeds, ginger, spice, coriander and green chillies

- **BHUNE AAM KA PANNA**
  - **28 kcal** Summer drink made of tropical unripe mangoes, smoked in the tandoor and infused with black pepper

CHAAT

- **PATIYALA KACHORI CHAAT**
  - **1153 kcal** Crispy puffed bowl filled with yogurt, tamarind chutney, potato and moong lentil

- **PALAK PATTA CHAAT**
  - **693 kcal** Batter fried crispy spinach served with chopped onion, tomato and tamarind chutney

- **KURKURE ALOO CHAAT**
  - **765 kcal** Crispy fried baby potato, tossed with tamarind chutney

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SOUP

- **BHUTTA KALI MIRCH KA SHORBA** 475
  - 217 kcal Corn, ginger garlic and black pepper

- **SUBJI BADAM KA SHORBA 🌶** 475
  - 249 kcal Mix vegetable soup with lemon, ginger and almonds

- **BADAM MURGH RASSA 🌶** 500
  - 554 kcal A flavourful soup of chicken simmered with fine spices, herbs and almonds

- **LOBSTER LAHSOON KA SHORBA 🍈** 550
  - 214 kcal Lobster broth with lemon and coriander, flavoured with garlic

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VEGETARIAN STARTERS

- **PALAK DAHI KEBAB**  
  263 kcal  
  Pan fried spinach patty filled with yogurt, prunes

- **BHARWAN ACHARI KHUMB**  
  464 kcal  
  Pickle filled mushrooms cooked in the clay oven

- **TAWA AJWAINI PANEER**  
  712 kcal  
  Cottage cheese slices marinated in carom seed, hung curd and exotic Indian spices, shallow fried

- **HARE PYAZ KA BAHRWAN PANEER TIKKA**  
  851 kcal  
  Spring onion filled with cottage cheese, cooked in the tandoor

- **AAM AUR KACCHE KELE KE CHAAMP**  
  392 kcal  
  A traditional mother’s recipe made with raw banana and mango

- **AKHROT AUR PARWAL KI SEEKH**  
  478 kcal  
  A delicate kebab made by infusing pointed gourd and walnut

- **SURKH LAL BADAMI ALOO**  
  1387 kcal  
  Bell pepper, cheese filled baby potato marinated with chilli, yogurt cooked in tandoor

- **BHUTTE KE KEBAB**  
  547 kcal  
  Crispy fried marinated corn

- **VEGETARIAN KEBAB PLATTER**  
  Bhutte ke kebab, hare pyaaz ka paneer tikka, surkh lal badami aloo, palak dahi kebab

  1793 kcal Small platter 2pcs each 1750  
  2987 kcal Big platter 4pcs each 3500

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NON-VEGETARIAN STARTERS

- **MULTANI SEEKH KEBAB**
  - 935 kcal
  - Minced Indian lamb seasoned with Indian spices and cooked on skewers

- **CHAAMP LUDHIYANVI**
  - 861 kcal
  - Char grilled Indian lamb chops flavoured with nutmeg

- **LAHSOONI JHEENGA**
  - 352 kcal
  - Garlic, yogurt and cream marinated tiger prawns cooked in the tandoor

- **HARE MASALE KE TAWA MACCHI**
  - 641 kcal
  - Bhetki fish slices marinated in coriander, mint leaf paste and Indian spices, cooked on tawa

- **HARI KE PATTAN DA MAHI TIKKA**
  - 519 kcal
  - Cubes of river Bhetki matured in a richly spiced marinade of carom seed and curd with a trace of Kashmiri chilli, inspired from “Hari ke Pattan” near Amritsar—where the river Beas and Sutlej meet

- **MURGH CHAPLI KEBAB**
  - 435 kcal
  - Chicken mince patty, griddle cooked. The word Chapli comes from Pashto word “Chaprikh” which means flat. Chapli is one of the popular barbeque meals in Pakistan and originates from the Mardan (Takht bhai) and Mansehra (Qalandarabad) region of the undivided India

- **BHATTI KA MURGH**
  - 1218 kcal
  - Chicken rested overnight in a non-yogurt marinade that is a veritable symphony of exotic spices

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**ZAFRANI MURGH TIKKA**  
**507 kcal** The house speciality, cubes of boneless chicken steeped in a marinade of royal cumin-enriched cream and hint of saffron glazed in the tandoor.

**BEERA DA MURGH TIKKA**  
**1018 kcal** A chicken kebab inspired from Beera’s chicken tikka. Amritsar is synonymous with milk, desi ghee, butter and delectable tandoori fare. The name that lives up to this expectation is Balbir Singh, also known as Beera. Established in 1972, Beera da chicken has lured every Amrisari’s taste buds with mouth-watering tikkas, kebabs and Tandoori chicken.

**NON-VEGETARIAN KEBAB PLATTER**
Lasooni jheenga, sunhare seekh kebab, zafrani murgh tikka, teekhe machali ka tikka

**1197 kcal** Small platter 2pcs each 2300  
**2394 kcal** Big platter 4pcs 4200

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### VEGETARIAN MAIN COURSE

<table>
<thead>
<tr>
<th>MenuItem</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PANEER BUTTER MASALA</td>
<td>1512 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Tempered cottage cheese tossed in onion and tomato gravy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KHADE MASALE KA PANEER</td>
<td>649 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Cottage cheese and bell pepper spiked with coarsely ground spices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PALAK PANEER HARA MASALA</td>
<td>435 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Spinach paste cooked in ginger, garlic and cumin with cottage cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAINGAN DA BHARTA</td>
<td>512 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Smoked and mashed eggplant laced with fresh Indian spices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SARSON DA SAAG TE MAKKI DI ROTI</td>
<td>595 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Traditional Punjabi delicacy of mustard leaves, served with maize flour bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LASOONI PALAK</td>
<td>369 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Burnt-garlic and fenugreek-flavoured spinach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KADHAI SUBZI</td>
<td>332 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Assorted vegetables tossed in onion tomato gravy flavoured with cream and fenugreek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PUNJABI CHOLEY</td>
<td>770 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Chickpeas cooked in traditional style with spices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALOO METHI GOBHI TUK</td>
<td>265 kcal</td>
<td>950</td>
</tr>
<tr>
<td>Potato and cauliflower florets flavoured with fenugreek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>METHI MAKHANA CHOUNKE MATAR</td>
<td>423 kcal</td>
<td>950</td>
</tr>
<tr>
<td>A combination of fenugreek, foxnuts and garden fresh peas</td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALOO WADI RASSA</td>
<td>368 kcal</td>
<td>A traditional potato and lentil dumpling delicacy from Punjab</td>
</tr>
<tr>
<td>KUMBH HARA PYAAZ</td>
<td>417 kcal</td>
<td>Button mushroom cooked in fresh onion and tomato, enhanced with spring onion</td>
</tr>
<tr>
<td>MILIJULI SUBZIYA</td>
<td>518 kcal</td>
<td>Carrot, green peas, cauliflower, beans – cooked in creamy tomato gravy</td>
</tr>
<tr>
<td>KADHAI BHINDI</td>
<td>278 kcal</td>
<td>Okra tempered with cumin seed, chat masala and coriander powder</td>
</tr>
<tr>
<td>DAL PARANDA</td>
<td>425 kcal</td>
<td>Traditional lentils simmered overnight on a clay oven</td>
</tr>
<tr>
<td>DAL TADKA</td>
<td>389 kcal</td>
<td>The Amritsar and Grand Trunck road default dhaba special</td>
</tr>
</tbody>
</table>

*MOLUSCS | EGGS | FISH | LUPIN | SOYA | MILK | PEANUTS | GLUTEN | CRUSTACEANS | MUSTARD | NUTS | SESAME | CELERY | SULPHITES*  

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NON-VEGETARIAN MAIN COURSE

**MURGH MAKHANWALA**

1528 kcal Charcoal grilled chicken cooked in an authentic Amritsari style

**KUKKAD TIKKA SIRKA PYAAZ**

1627 kcal Char grilled chicken tossed with bell peppers and onion relish

**MURGH TARIWALA**

774 kcal Home-style chicken cooked in brown onion gravy flavoured with cilantro

**SARSONWALI MACCHI**

523 kcal Fish cooked in delicate mustard-flavoured gravy

**RAGDA JHINGA**

458 kcal Prawn cooked on a griddle with pounded spices

**PARATI GOSHT**

854 kcal Seared lamb cooked in Indian spices

**MASALEWALI CHAAMP**

831 kcal Indian lamb chops cooked in its own juice (Does not contain any ghee or butter)

**MEAT BELIRAM**

851 kcal Created by Lahore’s Master Chef Beliram – The undisputed king of Punjabi cooking prior to partition. This Indian lamb shank delicacy was an integral part of every gathering. We are paying tribute to the legendary chef by reproducing it to the best of our abilities

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CHAWAL KE NAZRANE 600
308 kcal Green pea pulao, jeera pulao, steamed basmati rice

KHUSHKA KHUSHBUDDAAR 600
300 kcal Basmati steamed with a bouquet garni of cardamom, cinnamon, cloves and bay leaves

SUBZ BIRYANI 940
464 kcal The fragrant combination of aromatic basmati and garden fresh vegetables cooked on dum in sealed pots

MURGH LAHSOON KI TAHRI 1045
1057 kcal Steamed basmati rice cooked with chicken

GOSHT BIRYANI 1075
1163 kcal The plu-perfect rice delicacy of Indian lamb cooked with the finest basmati

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BREADS AND ACCOMPANIMENTS

- **380 kcal** AMRITSARI KULCHA
- **372 kcal** PANEER KULCHA
- **261 kcal** MISSI ROTI
- **267 kcal** LACHCHEDAAR CHOTI PARONTHI
- **226 kcal** MAKKI DI ROTI
- **LAHORI NAAN**
  - **268 kcal** Butter, garlic, plain
- **RAITA**
  - **119 kcal** Mixed vegetable and mint
- **GREEN SALAD**
  - **68 kcal** Cucumber, carrot, onion, tomato, lemon, green chilli

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PARANDA VEGETARIAN GOURMET MENU
OF THE DAY LIMITED

Chef’s choice of:
Two starters
Three main course
Bread
Rice
Raita
One dessert

INR. 1850 per person

PARANDA NON VEGETARIAN GOURMET MENU
OF THE DAY LIMITED WITHOUT PRAWN
AND LAMB CHOP

Chef’s choice of:
Two starters
Three main course
Bread
Rice
Raita
One dessert

INR. 2000 per person

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DESSERTS

- **PISTA KULFI** 🍦 600 kcal
  A popular Indian ice cream

- **GULAB JAMUN** 🍦 600 kcal
  Deep fried cottage cheese dumplings in hot syrup

- **GAJAR KA HALWA** 🍦 600 kcal
  Shredded carrot cooked in milk, finished with nuts and saffron

- **JALEBIYAN** 🍦 600 kcal
  Deep fried pretzels soaked in saffron flavoured syrup. Jalebi is popularly known as the celebration sweet of India and is widely distributed during national holidays like Independence Day and Republic day. It is one of the most popular sweets of the undivided India, and is often used as a remedy for headaches, where it is placed in hot milk and left to stand before eating. The earliest written references to the sweet are found in 13th century cookbook by Muhammad bin hassan Al-Baghdadi. In Iran, where it is known as Z’labia, the sweet was traditionally distributed during Ramadan. It is likely that it arrived in the Indian sub-continent during the Moghul rule, through cultural diffusion and trade, and came to be known as Jalebi, as Z is replaced by J in most Indian languages.

- **SELECTION OF ICE CREAM** 🍦 600 kcal
  Rose petal, fig and honey, butterscotch

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