

Poha (VE) (GF)

vegetables, peanuts and spices

1	Fruits (VE) (GF) selection of seasonal sliced fruits	450		Paronthi (v) griddle cooked whole wheat flatbread, served with yoghurt chutneys and homemade pickles	400
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Cereal (V) served with hot/cold milk, stewed fruits and Garhwali monofloral honey	400	                 	choose from: namak ajwain (rock salt and carom seeds) gahat (a local brown lentil) aloo (spiced mashed potatoes) kheema (spiced minced mutton)	
1 1 1	Toast (V) homemade milk bread / millet bread, served with a choice of local preserves	250		Bada (V) 400 Kumaoni split black lentil fritters, served with silbatte ki chu	tney
1	(Please ask the server for gluten free options)		1 1 1 1	Chilla (v) 400 savoury lentil crepe stuffed with a choice of:	
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Eggs to order (Please ask the server for egg white options) Choice of Omelette / Scrambled / Poached	400	OURY	- spiced potato and onion - tofu scramble Poori (V)	
! ! ! ! !	Turkish eggs garlic yoghurt and lakhori chilli butter served with choice of toast	500	SAV	unleavened deep fried bread served with Pahadi aloo ka jho and Kumaoni raita	J.
1 1 1	Akoori Parsi style masala creamy scrambled eggs served with	400	1	Granola (V) toasted oat granola in sweetened yoghurt with fresh seasonal fruits, nuts and seeds	600
	Bombay masala French toast pan-seared milk bread soaked in egg, onion, spices	400	             	Ayurvedic breakfast bowl (GF) stone mill ground Himalayan barley porridge with stewed fruits, cinnamon sugar, nuts and seeds	600
	and fresh coriander  The full Pahadi breakfast	800	r 1 1 1	Chia seed pudding (VE) (GF) coconut milk soaked chia seeds with organic honey, topped with fresh seasonal fruits	550
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	a selection of breakfast dishes from the Himalayas with Siddu (steamed bread stuffed with potato and green peas) Gahat ka paratha (griddle cooked lentil flatbread) Bada (black lentil fritter)	000	                 	Banana bread (GF) finger millet and banana bread, served with homemade coffee butter	500
1 1 1 1	Kumaoni raita, local chutneys and pickles	600	S	Ragi pancakes finger millet pancakes with seasonal fruits and organic hone	500 ey
1	from Mukteshwar (Kumaon, Uttarakhand) selection of: Gouda, Gruyere, Zarai and Montasio		WEET	Selection of breakfast pastry Please ask for a freshly baked selection from the in house	600
1 1 1 1 1 1 1 1 1	<b>Zucchini bread</b> grated zucchini and walnut bread, served with butter and cream cheese	400	S	patisserie & boulangerie. Served with tea or coffee.	
	<b>Vegan scramble</b> (VE) silken tofu scramble with onions, mushrooms and peppers served with millet bread	450			
)	Deba (vs) (cs)				

beaten flakes of Himalayan rice, tossed with seasonal

400

## LUNCH & DINNER

1 1	Tomato & coriander shorba (v) roasted plum tomatoes & coriander both	65
1	Tomato and basil soup tomato, fresh basil	65
	Chicken clear soup Asian flavoured broth with seasonal vegetable and chicken	70
1	The bounties of Rishikesh (V) (GF) chef's special salad made with fresh green vegetables from our garden and seasonal local ingredients	70
	<b>Grain and bean salad</b> (GF) (V) an earthy salad with popped amaranth seeds, local red rice, white kidney beans, roasted seasonal vegetables, spiced Montasio cheese, nuts and seeds	70
	Pahadi caprese (GF) (V) local organic tomatoes, melon and 'darima farms' cheese with greens and coriander pesto	70
1 1 1	Aloo matar samosa (V) crisp samosa stuffed with potato, peas and cashews	80
1 1 1 1 1	Dahi ke kebab hung curd, raisin, black peppers, chilli	901
1 1 1 1 1 1 1	Kasundi Machhi (GF) house made mustard marinated fish cooked on griddle	110
1	Hariyali murg tikka (GF)	100

Aloo matar samosa (V) crisp samosa stuffed with potato, peas and cashews	800
Dahi ke kebab hung curd, raisin, black peppers, chilli	900
Kasundi Machhi (GF) house made mustard marinated fish cooked on griddle	1100
Hariyali murg tikka (GF) tandoor grilled chicken morsels flavoured with coriander and basil	1000
Pahadi mezze platter (V) our interpretation with organic rajma hummus, tomato yoghurt, coriander tabbouleh and beetroot falafel, served with multigrain pita and lavash	750
Karele ki chaat (V) bitter gourd chips and wheat crisps with spiced yoghurt, potatoes, chickpeas and chutneys	650
Aloo tuk chaat (V) Twice cooked crispy smashed potatoes, tossed in mango powder and chilli with onions, tomatoes, chutneys and pickled ginger	600
Nimona ki tikki (V) spiced green pea croquettes served with silbatte ki chutney	700
Tandoori broccoli (VE)	800

<b>Quinoa upma</b> (VE) (GF) quinoa cooked with southern spices and seasonal vegetab	750 les
Tandoori prawns prawns cooked in the tandoor with a citrus chilli marinade	1100
Himachali tawa murgh pan seared hung-curd chicken fillets flavoured with corian	1000 der
Daddim murg tikka Tandoor grilled chicken morsels flavoured with chilli, garlic pomegranate molasses and daddim, indigenous dried pomegranate seeds	1000
Shammi kebab pan fried lamb mince patties cooked with gram flour and fragrant masalas, served with a kohlrabi slaw	1100
<b>Dal tadka</b> (v) (GF) yellow lentils tempered with garlic and cumin	850
<b>Dal makhani</b> (GF) black lentil cooked to perfection finished with butter and cream	1000
Paneer makhani (GF) cottage cheese cooked in rich onion tomato masala finishe with cream & fenugreek powder	1000 ed
Aaj ki dal aur sabji (V) homestyle lentils tempered with indigenous Uttarakhand herbs, served with today's seasonal vegetable dish and choice of accompaniments	900
Kadhi aur kurkuri bhindi (V) Garhwali yoghurt curry cooked with jhangora & tempered with spices, served with crispy okra and Dehradun basmati rice	80
Rajma (V) spiced munshiyari rajma (kidney bean) curry, served with Dehradun basmati rice	80
Kachche kele ka malai kofta (V) creamy raw banana dumplings in a rich tomato curry	90
Kathal biryani (v) young jackfruit cooked with Dehradun basmati rice and seasonal vegetables, served with Kumaoni raita	100
Makki ki roti aur saag (v)	80

Channa madra aur Siddu (V) chickpeas cooked in a spiced yoghurt gravy, served with a homemade green pea stuffed bread	900
Garhwali Fannah, kafuli aur arbi (V) local brown lentils (gahat), cooked with ginger and garlic, sautéed taro and slow cooked spinach leaves, served with traditional accompaniments	1000
Kumaoni bhatt ki churkani, Aloo ke gutke (V) black soybean curry, slow cooked in an iron pan and tempered potatoes with dried local chillies, served with traditional accompaniments	1000
Nainital egg curry organic eggs cooked in a homestyle curry with onions and tomatoes	900
'Cashew butter' chicken chicken cooked with fresh tomatoes and homemade cashew butter	1100
Prawn ball curry and devil chutney prawn mince balls cooked in a mildly spiced coconut milk curry, devil chutney	1200
Pahadi chicken curry organic fed chicken cooked in a homestyle tomato curry wit tempered local spices	1000 th
<b>Garhwali bhuna mutton</b> slow-cooked spicy goat meat morsels	1200
Millet risotto (V) local, organic millets cooked with homemade stock and parmesan cheese. Choice of: Wild mushrooms	1100
Textures of tomato	900
Chicken and barley organic-fed grilled chicken breast with seasonal vegetables, chicken jus and pearl barley	1100
Pan-seared fish pan seared fillet of sustainably sourced fish fillet with Kerala vanilla and lemon butter sauce, minted mushy peas and garlic mash	1400
Pastas (v)	
Choice of penne/ spaghetti plesse ask your server for whole wheat and gluten free opti	ions
Aglio olio peperoncino garlic, fresh basil and chilli flakes	850
Arrabbiata tomato, garlic, dried chilli and fresh basil	850

black pepper	950
Coriander pesto coriander and basil pesto, cherry tomato and parmesan	950
<b>Gamberi e limone</b> prawns, lemon and chilli	1000
Lamb Bolognese lamb mince, tomato, basil	1000
Steamed Dehradun basmati rice (GF) (V)	350
Himalayan red rice (GF) (V)	400
Ragi phulka (GF) (V) griddle cooked finger millet flatbread	175
<b>Assorted tandoori bread</b> Tandoori roti / Tawa paratha/Phulka/Makki ki roti Naan Kulcha - Onion, Paneer, Mixed	175 200 250
A tasting of Uttarakhand cheeses From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of : Gouda, Gruyere, Zarai and Montasio	650
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From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of : Gouda, Gruyere, Zarai and Montasio Yoghurt cheesecake	
From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of: Gouda, Gruyere, Zarai and Montasio  Yoghurt cheesecake flavoured with cardamom, served with pistachio brittle  Flourless dark chocolate and espresso cake (GF)	650
From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of: Gouda, Gruyere, Zarai and Montasio  Yoghurt cheesecake flavoured with cardamom, served with pistachio brittle  Flourless dark chocolate and espresso cake (GF) ragi brittle, berry compote  Jhangore ki kheer (GF) (V) chilled pudding of milk and barnyard millet, topped with a	650
From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of: Gouda, Gruyere, Zarai and Montasio  Yoghurt cheesecake flavoured with cardamom, served with pistachio brittle  Flourless dark chocolate and espresso cake (GF) ragi brittle, berry compote  Jhangore ki kheer (GF) (V) chilled pudding of milk and barnyard millet, topped with a homemade salted caramel sauce and nuts  Chocolate mousse (V)	650  650  650
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tandoor grilled broccoli with cashew butter and spices