


































































**CHIDYA GHAR**

चिड़ियाघर

## BREAKFAST 06:30 hrs - 10:30 hrs

	<b>Fruits (GF)</b>	490
	selection of sliced seasonal fruits calories 78 Kcal, carbohydrate 6g, protein 1g, fat 1g	
	<b>Cereal</b>  	450
	corn flakes, all bran, chocos, muesli, fruit loops served with hot/cold milk calories 280 Kcal, carbohydrate 36g, protein 4g, fat 4g	
	<b>Toast</b> 	250
	homemade white/brown bread, five grains bread, served with preserves calories 78 Kcal, carbohydrate 18g, protein 4g, fat 4g	
	<b>Gluten-free house baked</b> 	250
	Chef's special bread made of Himalayan millet calories 65 Kcal, carbohydrate 10g, protein 2g, fat 2g	
	<b>Eggs to order</b>  	400
	Omelette calories 238 Kcal, carbohydrate 10g, protein 45g, fat 20g Scrambled calories 260 Kcal, carbohydrate 10g, protein 45g, fat 30g Poached calories 160 Kcal, carbohydrate 8g, protein 20g, fat 4g	
	<b>Turkish eggs</b>   	500
	garlic labneh and lakhori chilli butter, served with choice of toast calories 186 Kcal, carbohydrate 10g, protein 35g, fat 10g	
	<b>Akoori</b>   	500
	Parsi style masala creamy scrambled egg, served with choice of toast calories 240 Kcal, carbohydrate 10g, protein 28g, fat 10g	
	<b>Bombay masala French toast</b>   	400
	pan-seared milk bread soaked in egg, onions, fresh coriander and spices calories 320 Kcal, carbohydrate 25g, protein 15g, fat 12g	
	<b>The signature Pahadi breakfast</b>   	800
	a selection of signature breakfast dishes from the Himalayas including: Siddu (steamed bread stuffed with green peas and potatoes) Gahat paratha (griddle cooked red lentil flat bread) Kumaoni bada (black lentil fritter) Kumaoni raita, silbatte ki chutney and homemade pickle calories 524 Kcal, carbohydrate 60g, protein 10g, fat 15g	
	<b>Idli (85kcal) (GF)</b>	400
	served with sambhar and chutney calories 188 Kcal, carbohydrate 20g, protein 10g, fat 10g	
	<b>Uttapam (GF)</b>	400
	served with sambhar and chutney calories 165 Kcal, carbohydrate 18g, protein 8g, fat 8g	
	<b>Zucchini bread</b>   	400
	grated zucchini and walnut bread, served with cream cheese calories 210 Kcal, carbohydrate 25g, protein 5g, fat 20g	
	<b>Vegan scramble</b> 	450
	tofu scramble with onion, mushrooms and peppers, served with choice of bread calories 186 Kcal, carbohydrate 10g, protein 35g, fat 10g	
	<b>Poha (GF)</b>	450
	flat rice flakes, tossed with green peas and spices calories 130 Kcal, carbohydrate 18g, protein 24g, fat 1g	

	<b>Parathas</b>  	400
	Griddle cooked whole wheat flatbread, served with yoghurt, chutneys and homemade pickles Namak, ajwain, rock salt and carom seeds calories 180 Kcal, carbohydrate 10g, protein 35g, fat 10g Gahat (local brown lentil) calories 220 Kcal, carbohydrate 30g, protein 10g, fat 10g Aloo (spiced potato) calories 320 Kcal, carbohydrate 40g, protein 5g, fat 15g Paneer (spiced cottage cheese) calories 330 Kcal, carbohydrate 25g, protein 10g, fat 10g Pahadi lumach (stone ground chili, garlic & spices) calories 190 Kcal, carbohydrate 20g, protein 1g, fat 10g	
	<b>Bada (GF)</b>	400
	Kumaoni black lentil (fermented) fritters, served with tomato chutney calories 309 Kcal, carbohydrate 20g, protein 15g, fat 10g	
	<b>Chilla (GF)</b> 	400
	savoury lentil crepe stuffed with: Spiced potato calories 341 Kcal, carbohydrate 25g, protein 20g, fat 10g Onion calories 210 Kcal, carbohydrate 15g, protein 10g, fat 5g Paneer calories 410 Kcal, carbohydrate 30g, protein 20g, fat 5g	
	<b>Poori</b>  	400
	unleavened deep fried bread with Pahadi aloo aur tamatar jhol calories 440 Kcal, carbohydrate 30g, protein 10g, fat 10g	
	<b>Granola</b>   	600
	homemade toasted oats granola, sweet yoghurt with fresh seasonal fruits, nuts and seeds calories 471 Kcal, carbohydrate 34g, protein 10g, fat 25g	
	<b>Ayurvedic breakfast bowl</b>  	600
	stone mill ground porridge with stewed fruits, cinnamon sugar, nuts and seeds calories 78 Kcal, carbohydrate 8g, protein 5g, fat 4g	
	<b>Chia seed pudding (GF)</b>	550
	coconut milk soaked chia seeds with organic honey & soaked almonds, topped with fresh seasonal fruits calories 115 Kcal, carbohydrate 3g, protein 20g, fat 1g	
	<b>Tasting of sustainable cheese</b>  	600
	selection of artisanal cheese from Kumaon region of Uttarakhand calories 412 Kcal, carbohydrate 30g, protein 20g, fat 10g	
	<b>Ragi pancakes (GF)</b> 	500
	finger millet pancakes with banana and honey sourced from the local farms calories 220 Kcal, carbohydrate 20g, protein 100g, fat 5g	
	<b>Selection of breakfast patisserie delights</b>	600
	please ask for a freshly baked selection from our in-house patisserie, served with tea or coffee Choose from: Banana walnut millet bread (GF) calories 180 Kcal, carbohydrate 20g, protein 3g, fat 15g Muffins   calories 120 Kcal, carbohydrate 15g, protein 3g, fat 20g Doughnut   calories 180 Kcal, carbohydrate 15g, protein 3g, fat 20g	
	<b>Chef's special of the day</b>	450
	kindly ask your server to assist you with the special dish of the day	

(VE) = Vegan (GF) = Gluten Free

 Vegetarian  Non Vegetarian

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

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## 24 HOUR BREAKFAST

☒ Seasonal fruit platter

☒ Choice of fresh juices

☒ Assorted basket of toast

☒ Choice of cereals

☐ Eggs to order

Choice of: Omelette / Scrambled / Poached  
(please ask for egg white options)

☐ Akoori

Parsi style masala creamy scrambled eggs served with choice of toast

☒ Parathas

griddle cooked whole wheat flatbread, served with yoghurt chutneys and home-made pickles

choose of:

namak ajwain (rock salt and carom seeds)

gahat (a local brown lentil)

aloo (spiced mashed potatoes)

kheema (spiced minced mutton)

☒ Poori

unleavened deep fried bread served with Pahadi aloo ka jhol and Kumaoni raita

☒ Ayurvedic breakfast bowl

stone mill ground Himalayan barley porridge with stewed fruits, cinnamon sugar, nuts and seeds

☒ Ragi pancakes

finger millet pancakes with seasonal fruits and organic honey

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Vegetarian



Non Vegetarian

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LUNCH & DINNER		
SOUP	<div><div></div><div>Tomato &amp; dhania shorba (GF)</div><div>roasted tomato and coriander broth</div><div>calories 129 Kcal, carbohydrate 16g, protein 4g, fat 4g</div></div>	750
	<div><div></div><div>Tomato basil soup</div><div>tomato and fresh basil, garlic bread</div><div>calories 183 Kcal, carbohydrate 15g, protein 7g, fat 9g</div></div>	750
	<div><div></div><div>Himalayan thukpa</div><div>seasonal vegetables, buckwheat noodles, soy</div><div>calories 276 Kcal, carbohydrate 12g protein 6g, fat 20g</div></div>	750
	<div><div></div><div>Coconut spinach soup (GF)</div><div>spinach puree, lemongrass</div><div>calories 300 Kcal, carbohydrate 20g, protein 25g, fat 23g</div></div>	750
	<div><div></div><div>Miso vegetable &amp; chicken soup</div><div>exotic vegetables, Asian herbs</div><div>calories 175 Kcal, carbohydrate 15g, protein 16g, fat 5g</div></div>	850
SALAD	<div><div></div><div>The bounties of Rishikesh</div><div>Chef's special salad prepared with fresh garden greens, sesame dressing</div><div>calories 160 Kcal, carbohydrate 10g, protein 9g, fat 8g</div></div>	950
	<div><div></div><div>High fiber salad</div><div>local beans, red rice, nuts, seeds and ginger honey emulsion</div><div>calories 183 Kcal, carbohydrate 15g, protein 7g, fat 9g</div></div>	950
	<div><div></div><div>Pahadi caprese</div><div>local organic tomato, melon and Darima farm cheese with coriander pesto</div><div>calories 279 Kcal, carbohydrate 11g, protein 15g, fat 18g</div></div>	950
	<div><div></div><div>Truffle parmesan artichoke</div><div>truffle essence, parmesan fondue</div><div>energy 394 kcal, carbohydrate 30g, protein 24g, fat 27g</div></div>	1150
	<div><div></div><div>Dahi ke kebab</div><div>hung curd, raisin, chilli</div><div>energy 252 kcal, carbohydrate 21g, protein 13g, fat 12g</div></div>	1100
SMALL PLATES	<div><div></div><div>Pahadi mezze platter</div><div>a creative fusion concept where Middle Eastern mezze is made with locally grown ingredients</div><div>pahadi rajma hummus, coriander and jhangora tabbouleh, garlic labneh, bajra falafal with ragi pita</div><div>energy 726 kcal, carbohydrate 15g, protein 7g, fat 9g</div></div>	950
	<div><div></div><div>Aloo tuk chaat (GF)</div><div>twice cooked crispy smashed potatoes, tossed with tangy spices, tomato, onion, coriander, green chilli and chutney</div><div>energy 624Kcal, carbohydrate 62g, protein 11g, fat 33g</div></div>	800
	<div><div></div><div>Nimona ki tikka</div><div>spiced green pea galettes served with silbatte ki chutney</div><div>energy 572 kcal, carbohydrate 92g, protein 22g, fat 11g</div></div>	900

MAIN COURSE

<div><div></div><div>Multani broccoli</div><div>rich, creamy and earthy, mildly spiced broccoli cooked in clay oven</div><div>energy 326 kcal, carbohydrate 26g, protein 16g, fat 18g</div></div>	950
<div><div></div><div>Lakhori paneer tikka</div><div>cottage cheese marinated with local chilli and yoghurt</div><div>energy 696 kcal, carbohydrate 23g, protein 41g, fat 48g</div></div>	1050
<div><div></div><div>Patra ni Pahadi machhi</div><div>steamed river fish marinated with coriander and curry leaves</div><div>energy 301 kcal, carbohydrate 26g, protein 23g, fat 10g</div></div>	1450
<div><div></div><div>Kadi patte ka jhinga</div><div>curry leaves marinated pan-griddled prawn</div><div>energy 225 kcal, carbohydrate 07g, protein 38g, fat 4g</div></div>	1450
<div><div></div><div>Kacchi haldi wala murgh</div><div>chicken marinated with locally sourced fresh turmeric, chulu ki chutney</div><div>energy 527 kcal, carbohydrate 27g, protein 27g, fat 58g</div></div>	1250
<div><div></div><div>Daddim lehsuni chicken tikka</div><div>locally sourced pomegranate, pickled garlic</div><div>energy 560Kcal, carbohydrate 40g, protein 29g, fat 48g</div></div>	1250
<div><div></div><div>Gosht ki shami</div><div>slow roasted mutton and gram flour galettes, mint chutney</div><div>energy 576 kcal, carbohydrate 61g, protein 39g, fat 18g</div></div>	1350
<div><div></div><div>Dal tadka</div><div>yellow lentil tempered with garlic and cumin</div><div>energy 696 kcal, carbohydrate 28g, protein 11g, fat 34g</div></div>	1050
<div><div></div><div>Dal makhani</div><div>black lentil slow cooked for 36 hours, rich with cream and butter</div><div>energy 780 kcal, carbohydrate 23g, protein 41g, fat 108g</div></div>	1250
<div><div></div><div>Chef's special dal aur sabzi</div><div>lentil preparation tempered with indigenous Uttarakhand herbs, served with a signature dish prepared with seasonal vegetables, and accompaniments</div><div>energy 720 kcal, carbohydrate 23g, protein 28g, fat 40g</div></div>	1250
<div><div></div><div>Aloo pyaaz tawa sabzi</div><div>potatoes and onions cooked with local spices and coriander</div><div>energy 478 kcal, carbohydrate 49g, protein 11g, fat 24g</div></div>	950
<div><div></div><div>Dhingri matar malai</div><div>button mushrooms and green peas in a rich cashew gravy</div><div>energy 584 kcal, carbohydrate 39g, protein 20g, fat 37g</div></div>	1050
<div><div></div><div>Makai ki roti aur saag</div><div>mildly spiced &amp; tempered seasonal green curry served with cornbread and traditional accompaniments</div><div>energy 406 kcal carbohydrate 28g, protein 03g, fat 14g</div></div>	1100
<div><div></div><div>Paneer makhani</div><div>cottage cheese cooked in rich tomato gravy, finished with cream and butter</div><div>energy 690 kcal, carbohydrate 35g, protein 41g, fat 90g</div></div>	1250
<div><div></div><div>Moilee prawn polpotte</div><div>poached prawn dumplings with mustard, curry leaves and spiced coconut curry</div><div>energy 663Kcal, carbohydrate 24g, protein 14g, fat 34g</div></div>	1500
<div><div></div><div>'Cashew butter' chicken</div><div>charred chicken cooked with rich tomato and cashew gravy</div><div>energy 946 Kcal, carbohydrate 2g, protein 46g, fat 64g</div></div>	1450

MILLET RISOTTO - LARGE PLATES - FLAVOURS OF THE HILLS

<div><div></div><div>Pahadi rajma</div><div>spiced munshiyari rajma (Pahadi kidney beans) curry, served with Dehradun basmati rice</div><div>energy 673 kcal, carbohydrate 70g, protein 24g, fat 30g</div></div>	1050
<div><div></div><div>Garhwali fanna, kafuli aur arbi</div><div>local brown lentil (gahat), cooked with ginger and garlic sautéed taro and slow cooked spinach leaves, served with traditional accompaniments</div><div>energy 689 kcal, carbohydrate 43g, protein 14g, fat 49g</div></div>	1350
<div><div></div><div>Jumbo toor, aloo ke gutke</div><div>Himalayan herb tempered pigeon peas and wild mustard tempered potatoes with dried local chilli</div><div>energy 618 kcal, carbohydrate 67g, protein 17g, 29g fat</div></div>	1250
<div><div></div><div>Chana madra aur siddu</div><div>chickpea cooked in spiced yoghurt gravy, served with green pea and potato stuffed steamed bread</div><div>energy 694 kcal, carbohydrate 95g, protein 30g, fat 21g</div></div>	1250
<div><div></div><div>Kathal biryani</div><div>young jackfruit cooked with Dehradun basmati rice and spices, served with Kumaoni raita</div><div>energy 628 kcal, carbohydrate 69g, protein 15g, fat 19g</div></div>	1350
<div><div></div><div>Millet khichdi</div><div>locally sourced grain cooked with lentil and seasonal vegetables served with yoghurt</div><div>energy 980Kcal, carbohydrate 128g, protein 60g, fat 30g</div></div>	950
<div><div></div><div>Pahadi til wala murgh</div><div>slow cooked chicken curry with locally sourced black sesame and spices</div><div>energy 796 kcal, carbohydrate 24g, protein 62g, fat 89g</div></div>	1350
<div><div></div><div>Garhwali bhuna shikaar</div><div>slow cooked, wood smoked, spicy goat preparation</div><div>energy 984 kcal, carbohydrate 28g, protein 60g, fat 69g</div></div>	1650
<div><div></div><div>Steamed Dehradun basmati rice (52 Kcal)</div><div>prepared with sustainably sourced rice</div><div>energy 119 kcal, carbohydrate 24g, protein 2g, fat 37g</div></div>	500
<div><div></div><div>Himalayan red rice</div><div>high fiber, locally sourced rice</div><div>energy 329 kcal, carbohydrate 69g, protein 6g, fat 2g</div></div>	500
<div><div></div><div>Ragi phulka</div><div>grilled &amp; cooked finger millet bread</div><div>energy 212 kcal, carbohydrate 45g, protein 4g, fat 9g</div></div>	225
<div><div></div><div>Assorted tandoori breads</div><div>Roti/Naan/Lachha paratha</div><div>energy 251 kcal, carbohydrate 45g, protein 7g, fat 4g</div><div>energy 391 kcal, carbohydrate 50g, protein 7g, fat 17g</div><div>energy 445 kcal, carbohydrate 80g, protein 13g, fat 7g</div></div>	250/300/350
<div><div></div><div>Wild mushroom</div><div>barnyard millet, parmesan cream, button mushrooms</div><div>energy 860 kcal, carbohydrate 72g, protein 6g, fat 60g</div></div>	1350
<div><div></div><div>Tomato and basil</div><div>barnyard millet, parmesan cheese, plum tomato purée</div><div>energy 710 kcal, carbohydrate 56g, protein 14g, fat 46g</div></div>	1350

- Fish

Nuts

Peanuts

Gluten

Crustaceans

Mustard

Milk

Soya

Sesame

Eggs

Lupin

Celery

Molluscs

Sulphite

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PENNE   SPAGHETTI		
<div><div></div><div>Aglio olio pepperoncino</div><div>garlic, EVOO, seasonal herbs</div><div>energy 720 kcal, carbohydrate 70g, protein 25g, fat 42g</div></div>		1050
<div><div></div><div>Arabiatta</div><div>plum tomato sauce, chilli flakes, basil</div><div>energy 554 kcal, carbohydrate 43g, protein 16g, fat 34g</div></div>		1050
<div><div></div><div>Alfredo con funghi</div><div>parmesan cream, wild mushroom</div><div>energy 820 kcal, carbohydrate 70g, protein 20g, fat 55g</div></div>		1150
<div><div></div><div>Coriander basil pesto</div><div>confit tomato, parmesan, EVOO</div><div>energy 760 kcal, carbohydrate 30g, protein 20g, fat 70g</div></div>		1150
<div><div></div><div>Mutton ragù</div><div>slow cooked mutton, basil, parmesan cheese</div><div>energy 817 kcal, carbohydrate 36g, protein 27g, fat 61g</div></div>		1350
<div><div></div><div>Black garlic gnocchi</div><div>parmesan cream, caramelized garlic</div><div>energy 896 kcal, carbohydrate 47g, protein 17g, fat 70g</div></div>		1250
PASTA		
<div><div></div><div>Seasonal vegetable manchurian</div><div>seasonal vegetable dumpling in chilli and soya sauce</div><div>energy 316 kcal, carbohydrate 40g, protein 8g, fat 10g</div></div>		1250
<div><div></div><div>Malaysian coconut curry with steamed rice</div><div>vegetables and spiced coconut curry</div><div>energy 890 kcal, carbohydrate 50g, protein 10g, fat 65g</div></div>		1450
<div><div></div><div>Stir fried veg noodles</div><div>stir fried noodles with chilli, garlic and seasonal vegetables</div><div>energy 757 kcal, carbohydrate 80g, protein 17g, fat 43g</div></div>		1050
<div><div></div><div>Ginger soya steamed fish</div><div>tangy fish preparation with coriander, soya, ginger and a hint of chilli</div><div>energy 284 kcal, carbohydrate 27g, protein 28g, fat 6g</div></div>		1800
<div><div></div><div>Chicken quinoa medley</div><div>pan-seared chicken with seasonal vegetables and quinoa</div><div>energy 405 kcal, carbohydrate 20g, protein 40g, fat 17g</div></div>		1450
INTERNATIONAL FLAVOURS		
<div><div></div><div>Vegetable</div><div>energy 644 kcal, carbohydrate 70g, protein 10g, fat 11g</div></div>		1150
<div><div></div><div>Eggs</div><div>energy 908 kcal, carbohydrate 85g, protein 31g, fat 46g</div></div>		1250
<div><div></div><div>Chicken</div><div>energy 985 kcal, carbohydrate 118g, protein 41g, fat 31g</div></div>		1350
FRIED RICE		

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Vegetarian








Non vegetarian

# DESSERTS

	<b>Millet beetroot brownie</b>   	950
fudgy brownie with seasonal ice-cream energy 430 kcal, carbohydrate 49g, protein 5.6g, fat 23g		
	<b>Yogurt cheese cake</b>  	950
flavoured with cinnamon, served with pistachio brittle energy 528 kcal, carbohydrate 46g, protein 13g, fat 30g		
	<b>Flourless dark chocolate espresso cake</b> 	950
ragi brittles, berry compote energy 770 kcal, carbohydrate 59g, protein 10g, fat 55g		
	<b>Red rice gur kheer</b>  	850
Himalayan red rice pudding, locally sourced dry fruits energy 261 kcal, carbohydrate 37g, protein 6g, fat 9g		
	<b>Tasting of chocolates</b>  	950
chocolate mousse, spicy caramel bon-bon, cinnamon chocolate ice cream energy 1230 kcal, carbohydrate 102 g, protein 8g, fat 80g		

# CHOICE OF ICE CREAM

	<b>Paan gulkand</b> 	850
betel leaves, rose petal preserve energy 331 kcal, carbohydrate 42g, protein 4g, fat 15g		
	<b>Buransh akhrot</b>  	850
floral essence of rhododendron, earthy crunch of walnut energy 407 kcal, carbohydrate 44g, protein 05g, fat 22g		
	<b>Preserved spiced malta</b> 	850
preserved orange native of Himalayan valley, with a hint of stone ground spice energy 283 kcal, carbohydrate 40g, protein 8g, fat 15g		
	<b>Vanilla/Strawberry/Chocolate</b>	800
energy 263 kcal, carbohydrate 35g, protein 8g, fat 12g		

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

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