

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		r 1 1 1	Chia seed pudding (VE) (GF) 550 coconut milk soaked chia seeds with organic honey, topped with fresh seasonal fruits		
	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)		                 	Banana bread (GF) finger millet and banana bread, served with homemade coffee butter	500	
	Kumaoni raita, local chutneys and pickles	600	S	Ragi pancakes 5 finger millet pancakes with seasonal fruits and organic honey		
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 .

•		-
	Tomato and basil soup tomato, fresh basil	
•	Chinese Noodle Soup Asian soup broth with rice noodles and vegetables	
•	Sweet Corn Soup Tender corn kernels, herbs and spices	
<u> </u>	Chicken clear soup Asian flavoured broth with seasonal vegetable and chicken	-
•	The bounties of Rishikesh chef's special salad made with fresh green vegetables from our garden and seasonal local ingredients	
•	Grain and bean salad (GF) an earthy salad with popped amaranth seeds, local red rice, white kidney beans, roasted seasonal vegetables, spiced Montasio cheese, nuts and seeds	
•	Pahadi caprese (GF) local organic tomatoes, melon and 'darima farms' cheese with greens and coriander pesto	
•	Aloo matar samosa crisp samosa stuffed with potato, peas and cashews	
•	Dahi ke kebab hung curd, raisin, black peppers, chilli	1
<u></u>	Kasundi Machhi (GF) house made mustard marinated fish cooked on griddle	1
<b>A</b>	Hariyali murg tikka (GF) tandoor grilled chicken morsels flavoured with coriander and basil	
•	Pahadi mezze platter our interpretation with organic rajma hummus, tomato yoghurt, coriander tabbouleh and beetroot falafel, served with multigrain pita and lavash	-
•	Karele ki chaat bitter gourd chips and wheat crisps with spiced yoghurt, potatoes, chickpeas and chutneys	
	bitter gourd chips and wheat crisps with spiced yoghurt,	

•	Lakhori paneer tikka (GF) homemade cottage cheese marinated in lakhori chillies, brownions and cashew, cooked in tandoor	95 vn
•	Quinoa upma (VE) (GF) quinoa cooked with southern spices and seasonal vegetable	85
	Tandoori prawns prawns cooked in the tandoor with a citrus chilli marinade	125
<b>A</b>	Himachali tawa murgh pan seared hung-curd chicken fillets flavoured with coriande	115 r
	Daddim murg tikka Tandoor grilled chicken morsels flavoured with chilli, garlic, pomegranate molasses and daddim, indigenous dried pomegranate seeds	115
<b>A</b>	Shammi kebab pan fried lamb mince patties cooked with gram flour and fragrant masalas, served with a kohlrabi slaw	115
•	<b>Dal tadka</b> (GF) yellow lentils tempered with garlic and cumin	95
•	<b>Dal makhani</b> (GF) black lentil cooked to perfection finished with butter and cre	115 am
•	Paneer makhani (GF) cottage cheese cooked in rich onion tomato masala finished with cream & fenugreek powder	115
•	Aaj ki dal aur sabji homestyle lentils tempered with indigenous Uttarakhand herbs, served with today's seasonal vegetable dish and choice of accompaniments	105
•	Kadhi aur kurkuri bhindi Garhwali yoghurt curry cooked with jhangora & tempered wit spices, served with crispy okra and Dehradun basmati rice	95 h
•	Rajma spiced munshiyari rajma (kidney bean) curry, served with Dehradun basmati rice	95
•	Kathal biryani young jackfruit cooked with Dehradun basmati rice and seasonal vegetables, served with Kumaoni raita	115
•	Makki ki roti aur saag mildly spiced tempered seasonal greens served with cornbread and traditional accompaniments	95
•	Garhwali Fannah, kafuli aur arbi local brown lentils (gahat), cooked with ginger and garlic, sautéed taro and slow cooked spinach leaves, served with traditional accompaniments	115
•	Kumaoni bhatt ki churkani, Aloo ke gutke black soybean curry, slow cooked in an iron pan and tempered potatoes with dried local chillies, served with traditional accompaniments	115

•	Channa madra aur Siddu chickpeas cooked in a spiced yoghurt gravy, served with a	1050
	homemade green pea stuffed bread	
	Nainital egg curry organic eggs cooked in a homestyle curry with onions and tomatoes	1000
	'Cashew butter' chicken chicken cooked with fresh tomatoes and homemade cashew butter	1250
<b>A</b>	Prawn ball curry and devil chutney prawn mince balls cooked in a mildly spiced coconut milk curry, devil chutney	1350
<b>A</b>	Pahadi chicken curry organic fed chicken cooked in a homestyle tomato curry with tempered local spices	1150
	Garhwali bhuna mutton slow-cooked spicy goat meat morsels	1350
•	Panang Curry A Thai style curry with coconut milk and peanuts, sesame	1150
•	Chilli Garlic Noodles Asian Chinese style garlic noodles cooked with garlic and dry red chillies	1000
•	Vegetable Manchurian Fried mixed veg balls in sweet, sour and hot sauce	1100
	Fried Rice	
	Choice of Rice Vegetable Egg Chicken	1000 1100 1200
	Millet risotto	
	local, organic millets cooked with homemade stock and parmesan cheese. Choice of:	
	Wild mushrooms Textures of tomato	1250
	Chicken and barley organic-fed grilled chicken breast with seasonal vegetables, chicken jus and pearl barley	1250
	Pan-seared fish pan seared fillet of sustainably sourced fish fillet with Kerala vanilla and lemon butter sauce, minted mushy peas and garlic mash	1550
•	Pastas Choice of penne/ spaghetti	
•	plesse ask your server for whole wheat and gluten free option <b>Aglio olio peperoncino</b> garlic, fresh basil and chilli flakes	ns 1000

!		<b>Arrabbiata</b> tomato, garlic, dried chilli and fresh basil	1000
	•	Alfredo con funghi wild mushrooms, parmesan cheese, butter and crushed black pepper	1050
		Coriander pesto coriander and basil pesto, cherry tomato and parmesan	1050
		Gamberi e limone	1200
		prawns, lemon and chilli  Lamb Bolognese lamb mince, tomato, basil	1200
	•	Steamed Dehradun basmati rice (GF) (V)	450
TS	•	Himalayan red rice (GF) (V)	500
ANIMEN	•	Ragi phulka (GF) (V) griddle cooked finger millet flatbread	200
ACCOMPANIME		Assorted tandoori bread Tandoori roti / Tawa paratha/Phulka/Makki ki roti Naan Kulcha - Onion, Paneer, Mixed	200 250 300
		Red Velvet Brownies Fudgy brownies with vanilla ice-cream	850
			850  850
	•	Fudgy brownies with vanilla ice-cream  Ice-cream Sundaes	
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	•	Fudgy brownies with vanilla ice-cream  Ice-cream Sundaes Choice of ice-creams topped with syrup and fruit  A tasting of Uttarakhand cheeses From 'Darima Farms, Mukteshwar' (Kumaon, Uttarakhand) Selection of : Gouda, Gruyere, Zarai and Montasio  Yoghurt cheesecake	850  750
TES	•	Ice-cream Sundaes Choice of ice-creams topped with syrup and fruit  A tasting of Uttarakhand cheeses 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)	850 750 750
SWEET PLATES	•	Ice-cream Sundaes Choice of ice-creams topped with syrup and fruit  A tasting of Uttarakhand cheeses 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) chilled pudding of milk and barnyard millet, topped with a	850 - 750 - 750 - 750

1000