

THE DINING PHILOSOPHY AT

*The Roseate Ganges, Rishikesh
is provenance indeed- authentic, sensorial & magical*

A repository of fresh, seasonal, local millets, grains, fruits
herbs & pulses from the cusp of nature in the foothills
of Kumaon & Garhwal.



DEHYDRATED BURANSH

(Rhododendron Arboreum)

Antioxidant and anti-inflammatory
Boosts immunity, aids digestion, helps control blood
sugar levels and supports heart health

*The refreshing welcome drink served on arrival at
The Roseate Ganges is exclusively made with Buransh flowers.*



THE
ROSEATE
GANGES

RISHIKESH



PUFFED AMARANTH

(Rajgira/Cholai)

A gluten-free superfood which is also rich in protein,
fiber and antioxidants.

Aids digestion, weight management, supports bone health,
reduces inflammation and is known to lower cholesterol.

Best enjoyed as a snack or added to breakfast cereals & other wholesome foods.



THE
ROSEATE
GANGES

RISHIKESH



JUMBO or JAMBU HERB

(Allium Stracheyi)

A Himalayan herb often dried and used in its powdered form used in Indian and Nepali cuisine,
Aids digestion, reduces cramps, helps control blood sugar levels
and supports heart health.

Best enjoyed in lentils, soups, pickles & traditional Nepali bread (roti).



THE
ROSEATE
GANGES

RISHIKESH



GAHAT DAL

(Kulthi or Horse Gram)

Rich source of plant-based protein & fiber
Aids in weight management, improving digestion,
helps with kidney stones and regulating blood sugar levels.

Best enjoyed in soups, parathas, fritters & salads.



THE
ROSEATE
GANGES

RISHIKESH



PAHADI RAJMA

(Himalayan kidney Beans)

A good source of protein, fiber, antioxidants & essential minerals

Aids heart health, digestion and overall well-being.

Known to protect cells from damage & reduce the risk of certain cancers.

Best enjoyed with rice, curries, salads and stews.



THE
ROSEATE
GANGES

RISHIKESH



JAKHIA

(Wild Mustard/ Cleome Viscosa)

Offers both culinary & medicinal benefits,
Used as a spice, a carminative and for treating ailments like
fever, inflammation and digestive disorders.

*Best enjoyed in traditional Garhwali &
Kumaoni cuisine owing to its unique earthy flavour.*



THE
ROSEATE
GANGES

RISHIKESH



JHANGORA

(Barnyard Millet)

Powerhouse of minerals like iron, calcium, magnesium & phosphorus, and rich in fiber, protein and mineral content
Excellent for gluten-free diets, bone health, diabetes management
Protects the body from damage caused by free radicals.

Best enjoyed in dishes like porridge, pilafs, baked goods, soups, khichdi, dosas, idlis & kheer.



THE
ROSEATE
GANGES

RISHIKESH



PAHADI BHATTI KI DAL

(Black Soybean)

Rich in phytoestrogens, daidzein and genesten effective in preventing prostate and breast cancer

Rich in Vitamins B, B1, B2, B3, B5 and B6 that aid in strong bones, healthy liver, reducing sugar levels & boosts immunity.

Best enjoyed with rice & roti.



THE
ROSEATE
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RISHIKESH



PAHADI TOOR DAL (LOCAL)

(Pigeon Peas)

Grown in the pristine Himalayan valley, it is rich in vitamins & minerals. Aids in muscle growth, improving digestion, boosting energy levels and build a strong immune system.

Best enjoyed with rice & roti.



THE
ROSEATE
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RISHIKESH



HIMALAYAN RED RICE

(Pahadi Laal Charwal)

Good source of fiber, aids digestion. High in antioxidants, combats free radicals. Known to help prevent chronic diseases like heart disease & cancer. Good for managing blood sugar levels

Best enjoyed as steamed rice, pilafs, salads & puddings.



THE
ROSEATE
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RISHIKESH



RAGI

(Finger Millet)

Good source of calcium, iron, protein, and fiber.
Builds strong bones, prevents osteoporosis, helps
with digestion & lowering bad cholesterol levels.

Helps in weight management.

Best enjoyed in breakfast cereals, rotis, salads, shakes, pancakes and cookies.



THE
ROSEATE
GANGES

RISHIKESH



BAJRA

(Pearl Millet)

Excellent source of energy, dietary fibre & essential nutrients such as iron, magnesium, and phosphorus. Helps in weight loss, improved diabetes management, healthy hair, nails & skin.

Best enjoyed in porridge, soups & salads, pilafs, rotis & desserts.



THE
ROSEATE
GANGES

RISHIKESH



MALTA MAGIC

(the 'King of Fruits' in Uttarakhand)

Powerhouse of nutrients, boosts immunity, promotes healthy digestion.
Supports heart health, lowers blood pressure & cholesterol.

Best enjoyed in refreshing juices, squashes & mocktails.



THE
ROSEATE
GANGES

RISHIKESH