



YOG NIKETAN

BY SANSKRITI

Menu

A Warm Welcome to

# YOG NIKETAN BY SANSKRITI

(A Riverside Boutique Retreat)

Indulge in a Culinary Journey at where **Organic, Vegan Delicacies** await to **Nourish Your Body & Soul**. Our thoughtfully Crafted Menu Blends Ayurvedic Principles with Modern Tastes, Offering Vibrant Salads, Wholesome Grain Bowls, and Rejuvenating Herbal Teas. Embrace **The Flavors of Rishikesh** Amidst Serene Surroundings as you Dine on Nutritious, Flavorful Cuisine Aimed at Enhancing Your well-being. Immerse Yourself in a Holistic Retreat **Experience that Supports Your Journey toward Inner Peace and Rejuvenation.**

# NOURISHING FOOD

<b>Waldorf Salad</b>	431
Cellery fresh apples walnuts & grapes dressed in mayonnaise	
<b>Barnyard Millet Khichdi</b>	431
<b>Chef Garden Salad</b>	431
Seasonable vegetables lemon honey dressing	
<b>Mashed Potato with Grilled Vegetables</b>	474
<b>Lemon Coriander Cous Cous</b>	503
<b>Watermelon Feta Salad with Honey Mint Dressing</b>	503
<b>Quinoa Tabbouleh</b>	503
A mediterranean healthy gluten free salad, where quinoa packed with vegetables herbs seasoned with olive oil lemon juice & salt served with pesto coconut sauce.	
<b>Beetroot Red Rice Risotto</b>	539

## SOUPS

<b>Cream Of Broccoli</b>	402
<b>Dhaniya Tamatar ka Shorba</b>	302
<b>Manchow / Hot &amp; Sour</b>	302
<b>Lemon Coriander Soup</b>	314
<b>Cream of Onion / Tomato / Mushroom</b>	383
<b>Almond Soup</b>	402
<b>Roasted Cauliflower</b>	431
<b>Duo of Pumpkin Parmesan</b>	431

In our endeavour to serve you the best, we take special care of everything we do. Please inform our associates before placing your order if you or anyone in your group is allergic to any of the mentioned common food allergens.

COMMON FOOD ALLERGENS



MILK



PEANUT



TREENUT



SOY



GLUTEN



CELERY



RYE, BARLEY, WHEAT



MONOSODIUM GLUTAMATE



SULPHUR



SESAME SEED



MUSTARD

ALL GOVERNMENT TAXES EXCLUSIVE

# TEMPTING BITES

French Fries	239
Vegetable Cheese Cold / Grilled Sandwich	311
Stuffed Garlic Bread	287
Aloo Pakora / Mix Pakora / Paneer Pakora	287
Cold Sandwich Stuffing with coleslaw, fries & dip	311
Cheese Chili Toast Topping with vegetable salsa, mozzarella, cheese	383
Pesto Cheese Sandwich Fresh coriander pesto	402
Sun Dried Tomato Pesto Sandwich A grilled sandwich with cheese sundried tomato & pesto served with fries & pesto dip	402
Mushroom Salt & Pepper	539

# CHAAT SPECIAL

Peanut Chaat	287
Aloo Ki Chaat Served with sweet & sour chutney & curd	316
Corn Chaat Toasted corn with curd mixed with vegetable salsa	330
Fruit Chaat	402
Palak Patta Chaat (Signature) A crispy spinach fritters with spicy green chutney, tangy and sweet tamarind chutney with curd & spice mixes	402

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# APPETITES

<b>Harissa Paneer Tikka</b>	502
<b>Haryali Kebab</b> Fried patty made with spinach, peas & potato	359
<b>Paneer 65</b> Crispy fried paneer tossed with spicy masala	502
<b>BBQ Tamarind Stuffed Potatto</b> Charcoal grill potatto stuffed with cottage cheese & coated in a tangy spices tamarind sauce	431
<b>Bhatti Ka Khumb (Mushroom Tikka)</b> A classic mushroom tikka	431
<b>Chilli Basil Paneer Tikka</b> Paneer infused with fresh basil & chef secret spices	474
<b>Stuffed Zafrani Paneer Tikka</b> Saffron & spices infused with paneer & stuffed with capsicum tomato onion	502
<b>Signature Platter</b> Chilli basil, paneer tikka, chat pate hare matar ki tikki, vilayti gobhi, bbq tamarind potato, stuffed kumbh, zafrani paneer tikka	935
<b>Musturd Paneer Tikka with Smoked Relish</b> Paneer infused with mustard &	515

## PASTAS

chef secret spices

Choose Your Pasta Style : Penne/Spaghetti/Farfalle

<b>Napoletana (Red Sauce)</b>	473
<b>Aglio – E – Olio</b>	473
<b>Spinach Mushroom</b>	473
<b>Creamy Alfredo (White Sauce)</b>	502
<b>Basil Coconut (Vegan)</b>	502

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# ORIENTAL SIDES

<b>Cauliflower &amp; Broccoli Manchurian</b>	430
<b>Veg Noodles</b> Wok tossed noodles with stir fry vegetables	330
<b>Peri-Peri Noodles</b> Fiery & Tangy flavour wok tossed noodles	402
<b>Schezwan Noodles</b> Spicy & hot noodles made with schezwan sauce	402
<b>Gobhi Manchurian</b>	430
<b>Vegetables Fried Rice</b> Wok tossed rice with chopped vegetables	430
<b>Schezwan Crispy Potatoes</b>	430
<b>Pan fried Noodles</b>	431
<b>Manchurian Pop</b> Fried veg manchurian ball in a spicy tangy sauce	431
<b>Sweet &amp; Spicy Sesame Potatoes</b> Crispy fried potatoes tossed with sweet & spicy sauce	444
<b>Chili Paneer</b> Cubes of fried crispy paneer tossed in a spicy sauce	502
<b>Crispy Veg with Hot Garlic Sauce</b>	502

# MAIN COURSE

<b>Jeera Aloo</b> Wok tossed potatoes with cumin seeds	300
<b>Heeng Jeera Ki Daal</b> Yellow dal prepared with aroma of wholesome spices	358
<b>Ghar Jesi Mix Daal</b> Mix lentils	358

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<b>Pindi Chana</b> Boiled chickpeas blend with indian spices	358
<b>Curry Pakoda</b> Tangy & flavoured gram flour curry serve with deep fry pakora's	358
<b>Chatpati Harshil Ki Rajma</b> Red kidney Beans in thick gravy blend with Indian spices	358
<b>Aloo Gobhi Adaraki</b> Cauliflower & potatoes blend with Indian spices	358
<b>Baigan Ka Bharta</b> Roasted egg plant mashed & cooked in Indian spices	358
<b>Bhindi Do Pyaza</b> Okhra cooked in spices & herbs and full of caramelized onion	358
<b>Mix Veg Handi</b> Combination of vegetables cooked with Indian spices	358
<b>Navratna Mix Vegetables</b> Rich creamy dish which got it name from nine traditional ingredients	415
<b>Dal Makhani</b> Creamy & buttery black lentil dal	430
<b>Matar Mushroom</b> Made with green peas mushrooms, onion, tomato & spices	430
<b>Paneer Butter Masala</b> Smooth silk curry made with paneer, butter & Indian spices	444
<b>Paneer Lababdar</b> Indian cottage cheese cooked in spicy cashew tomato gravy	444
<b>Stuffed Capsicum</b>	444
<b>Kadhai Paneer</b> Paneer bell pepper and onion cooked in spicy masala	473
<b>Kacche Kele Ke Kofte</b> Raw bananas kofta curry	473
<b>Malai Kofta</b> Made with potato paneer balls served with flavored creamy gravy	502
<b>Sasro ka Mushroom</b>	502
<b>Shahi Paneer</b> Paneer cubes cooked in creamy cashew gravy	479

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# INDIAN BREADS

Laccha Paratha	142
Plain Phulka / Butter Phulka	41/55
Tandoori Roti Plain / Tandoori Roti Butter	48/62
Manduwa Ki Roti	70
Bajra Ki Roti	70
Makkai Ki Roti	70
Chur Chur Naan	142
Plain Naan / Butter Naan / Garlic Naan	113/142/156
STUFFED NAAN (Choose Your Stuffing) :	142/178/190/257
Aloo / Mix / Paneer / Cheese Basil	

# RICE

Plain Rice	214
Jeera Rice	242
Peas Pulao	286
Paan Subz Ki Biryani (Signature) Biryani with betel leaf flavour	574
Kofta Handi Biryani (Signature) Layers of fragment rice with deep fried balls & potato & paneer	718

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# CURD

Plain Curd	142
Boondi Raita / Veg Raita	185
Tulsi Anardana Raita	199

# GARHWAL SPECIAL

## STARTER :

Kaflu	401
Daalo Ka Raila Three types of lentils kebab served with garlic tomato chutney	502
Junglee Masala Paneer Tikka Spicy preparation	502

## GARHWAL SPECIAL MAIN COURSE :

Kheere Ka Railu Grated cucumber with curd in pahadi style	
Bhuta Hua Chawal Fried rice tempered with grown turmeric & jakhia	286
Pahadi Dal Ke Swaley Stuffed with pahadi dal	286
Aloo Tamatar Ko Jhol Spicy potato stew	401
Chainsoo Kali urad dal paste with a strong taste of coriander & garlic	401
Grahwali Thali (Signature) Pahadi dal, Kaflu, Aloo jakhia ke gutka, Bhatt ka phaanu, Kheer ka railu, Jhangore ki kheer, Pahadi salad, Manduwe ki roti, Pahadi pallar (chaach), Bhuta hua chawal	1150

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# DESSERT

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<b>Brownie</b> Choice Of Cream	299
<b>Gulab Jamun</b> Fried dough balls soaked in sugar	238
<b>Ice Cream (2Scoops)</b> For flavors – ask the server	299
<b>Seasonal Halwa</b> Ask the server	286
<b>Rabri (Signature)</b> Indian cheese balls cooked & smeared in milk & saffron	286
<b>Apple Pie with Vanilla Ice-Cream</b>	299
<b>Truffle with Icecream / Hot Chocolate Sauce</b>	299

# SIGNATURE REFRESHMENTS

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<b>Virgin Masala Chai Sour</b> (Served Hot) Packed with inviting flavors of cinnamon, cardamom, ginger & honey with dash of lime zest	275
<b>Watermelon Lemonade</b> Fresh watermelon juice blend with mint lemon juice & rock salt	395
<b>Guava Marry</b> Refreshing spicy drink served with guava juice, lime juice & hint of tabasco rimmed by rock salt	407
<b>Rishikesh Sunrise</b> Fresh diced of orange muddle with basil leaf & brown sugar	419

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# HOT- BEVERAGES

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Herbal Tea	143
Hot Milk	143
Americano	143
Monte Cristo	157
Desi Masala Tea	157
Cappuccino	215
Hot Chocolate Drop of Marshmallow	215
Turmeric Latte	359
(Served with almond milk, brown turmeric, black pepper, & cinnamon)	

# COLD - BEVERAGES

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Aerated Drink	143
Fresh Watermelon Juice	251
Fresh Pineapple Juice	287
Masala Chaach	215
Pahadi Pallar (Garwal Special)	239
ABC (Apple Beetroot Carrot)	287
Cucumber, Watermelon, Apple, & Celery	287
Fresh Orange Juice	287
Punjabi Sweet Lassi	287
Classic Cold Coffee	330
Chocolate Dream	348
Cookies Monster / Dark fantasy	
P B & J ( Peanut Butter/Banana & Jam)	359
Green Dream	360
Baby spinach mango pulp & yogurt	

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