





Ada e Handdi has been pioneer in the catering business since 1998 With 20 years of perfection, steady growth, mouth watering cuisine and success in building its own set of clientele, this restaurant has come up a long way to reach epitome in serving the best.

With the vast experience of 20 years in catering, this restaurant has gained expertise in providing qualitative and quantitative service.

Ada e Haandi has been very focused in building customer relationship, it is because of these values and traditional approach our success speaks its own story.

Team of Ada e Haandi is very professional and motivated. The chefs associated are in possession of highest culinary skills.



## YOUR GUIDE TO NOURISHMENT

Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as well as variety of nutritious ingredients to enjoy and savor.

### VITAMINS

Best sourced through the foods we eat, vitamins are the building blocks of a healthy lifestyle.

#### Foods rich in Vitamins B

MUSHROOMS | MILK | WHOLE GRAINS  
PISTACHIO | NUTS | SUNFLOWER SEEDS

#### Foods rich in Vitamins C

CITRUS | KIWI | STRAWBERRIES  
MANGOES | PAPAYA | BROCCOLI  
DARK LEAFY VEGETABLES

#### Foods rich in Vitamins A & D

MILK | FISH | EGGS

#### Foods rich in Vitamins E & K

WHEATGERM | SUNFLOWER SEEDS  
SOME NUTS | PEANUT BUTTER DARK GREEN  
LEAFY VEGETABLES KALE | SPINACH

### MINERALS

Minerals keep your bones strong and your body balanced.

**Calcium** is important for strong healthy bones and teeth.

KALE | YOGURT | BROCCOLI  
WATERCRESS | CHEESE | BOK CHOY  
OKRA | ALMONDS

**Potassium** is an electrolyte that regulates the flow of nutrients going in and out of cells.

POTATOES | SUN-DRIED TOMATOES  
KIDNEY BEANS | DRIED FRUITS |  
BANANA | AVOCADOS | FISH

**Iron** is an essential element for blood production.

RED MEAT | PORK & POULTRY | SEAFOOD  
BEANS | KALE & DARK GREEN LEAF SPINACH

**Antioxidants** are beneficial in preventing diseases by prohibit the oxidation of harmful molecules in the body.

EXTRA-VIRGIN OLIVE OIL | GOJI BERRIES  
WILD BLUEBERRIES | DARK CHOCOLATE  
PECANS | ARTICHOKES | KIDNEY BEANS  
CRANBERRIES | CLOVE | CINNAMON |  
OREGANO | TURMERIC | COCOA | CUMIN |  
PARSLEY | BASIL | THYME | WILD HONEY

### HEALTHY FATS & FIBER

Healthy fats and fiber stabilize blood sugar and cholesterol levels.

**Fibers** slow the rate that sugar is absorbed into the blood stream, which keeps your blood glucose levels.

PEAS | LENTILS | BEANS |  
ARTICHOKES | BROCCOLI | BRUSSELS  
SPROUTS | AVOCADOS | OATS &  
WHOLE GRAINS

**Unsaturated fats**, including poly-and mono-unsaturated fats, have positive effects on cholesterol levels.

OLIVE OIL | WALNUTS | PINE NUTS |  
PECANS | AVOCADOS | PUMPKIN  
SEEDS | SPIRULINA

**Omega-3 fatty acids** are needed for many functions, form building healthy cells to maintaining brain and nerve function.

FLAXSEED OIL | FISH OIL NUTS & SEEDS  
CHIA SEEDS | SALMON & COLD WATER FISH  
SOYBEANS | AVOCADOS | COOKED  
SPINACH



## SEA FOOD (SEASONAL)

TIKKA (6 PCS) FULL	400	FISH CURRY	450
FISH MASALA	450	FISH POMFRET	600



## TANDOOR SE

### NON-VEG

TANDOORI CHICKEN FULL	360	CHICKEN RESHMI KEBAB	390
TANDOORI CHICKEN HALF	190	CHICKEN GARLIC KEBAB	380
AFGHANI CHICKEN FULL	420	CHICKEN TIKKA	320
AFGHANI CHICKEN HALF	220	CHICKEN SEEKH KEBAB	220
CHILLY KEBAB	390	CHICKEN BARRA F / H	450/250
CHICKEN HARYALI KEBAB	390	MUTTON SEEKH KEBAB	240
TANGRI KEBAB	350	BARRA KEBAB	500
CHICKEN MALAI TIKKA	360	BOTI KEBAB	500



## TANDOOR SE

### VEG

PANEER TIKKA	250	SOYA CHAAP	200
PANEER HARYALI TIKKA	260	MUSHROOM TIKKA	300
ALOO BHARWA	240	BROCCOLI TIKKA	300
VEGETABLE SEEKH KEBAB	210	DAHI KEBAB	240



## ROLLS

### NON-VEG

CHICKEN TIKKA ROLL	150	PANEER TIKKA ROLL	140
CHICKEN MALAI TIKKA ROLL	180	SOYA CHAAP ROLL	130
MUTTON SEEKH ROLL	180		



## NON VEGETARIAN CURRY

NON-VEG ☺	QTR	HALF	FULL
CHICKEN TIKKA MASALA (7pcs)			360
BUTTER CHICKEN	250	360	600
PUDINA CHICKEN	250	360	600
KADAI CHICKEN	250	360	600
CHICKEN LABABDAR	250	360	600
TAWA CHICKEN	250	360	600
CHICKEN CURRY	220	340	550
CHICKEN TANGRI MASALA			500
SAAG CHICKEN	250	360	600
CHICKEN RARA	250	380	650
DAHI CHICKEN	250	360	600
CHICKEN DO PYAZA	250	360	600
HANDI SPECIAL BHUNA CHICKEN		380	650
EGG CURRY			140
EGG BHURJI			150



## MUTTON CURRIES

NON-VEG ☺	HALF	FULL
ROGAN JOSH	220	360
MUTTON CURRY	220	360
SAAG MUTTON		360
MUTTON MASALA		360
MUTTON KEEMA		360
HAANDI SPECIAL BHUNA MUTTON		380
MUTTON SEEKH MASALA		300



  
**VEGETARIAN CURRIES**

**VEG **

KASHMIRI DUM ALOO	240	MATAR PANEER	240
METHI MALAI MATAR	270	MIXED VEGETABLE	240
METHI MALAI PANEER	270	ALOO GOBHI	240
PANEER LABABDAR	250	GOBHI MASALA	240
TOMATO BUTTER PANEER	240	DUM ALOO	240
KADAI PANEER	240	JEERA ALOO	200
SHAHI PANEER	240	ALOO MATAR	220
MALAI KOFTA (2PCS)	270	DAL MAKHANI	180
PALAK PANEER	240	YELLOW DAL	170
MUSHROOM MASALA	250	BLACK DAL	180
NAVRATAN KORMA	270	CHANA MASALA	170
MUSHROOM MATAR	240	PANEER BHURJI	300



  
**RICE / BIRYANI**

**NON-VEG **

MUTTON BIRYANI	350	VEGETABLE BIRYANI	250
CHICKEN BIRYANI	300	VEG PULAO	220
		MATAR PULAO	220
		PANEER PULAO	250
		STEAMED RICE	80
		JEERA RICE	90



  
**RAITA / SALAD**

**VEG **

PINEAPPLE RAITA	120	KHEERA RAITA	100
BOONDI RAITA	100	VEGETABLE RAITA	100
PLAIN RAITA	80	GREEN SALAD	70



## BREADS

### VEG

ROOMALI ROTI	15	MISSI ROTI	40
PLAIN ROTI	8	STUFFED PARATHA	60
BUTTER ROTI	12	STUFFED NAAN	60
PLAIN NAAN	20	MUTTON KEEMA	
BUTTER NAAN	30	PARATHA / NAAN	80
GARLIC NAAN	40	CHICKEN KEEMA	
PUDINA NAAN	40	PARATHA / NAAN	80
LACCHA PARATHA	30	PAPAD	15
PUDINA PARATHA	30		



## CHINESE (SOUPS)

### NON-VEG

SWEET CORN SOUP	180	SWEET CORN SOUP	140
HOT & SOUR SOUP	180	HOT & SOUR SOUP	140
CHILLY CHICKEN		TOMATO SOUP	160
DRY/ GRAVY	250	MANCHOW SOUP	160
CHICKEN MANCHURIAN		CHILLY PANEER	200
DRY/ GRAVY	250	VEG MANCHURIAN	200
		GOBHI MANCHURIAN	200



## CHINESE

### NON-VEG

CHICKEN FRIED RICE	200	VEG FRIED RICE	120
CHICKEN NOODLES	160	VEG NOODLES	120



## BEVERAGES / SWEET

SOFT DRINK, MINERAL WATER,		GULAB JAMUN (2PCS)	60
FRESH LIME SODA	80	GAJAR KA HALWA	250





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