

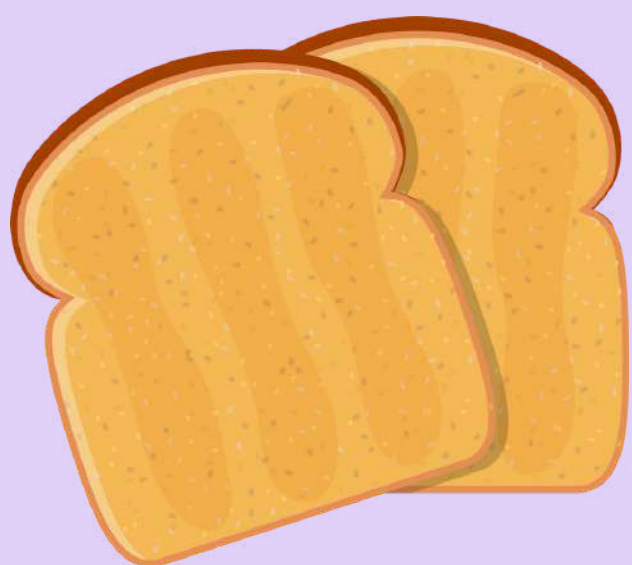
# Menu

# Hridayam

*Serving from the heart*



**CANTEEN AREA INSIDE  
PARMARTH NIKETAN ASHRAM,  
SWARG ASHRAM 249304**



# BREAKFAST

8:00 AM - 10:30 AM



## INDIAN NON FRIED

POHA	90
UPMA (WITH COCONUT CHUTNEY)	90



## SOUTH INDIAN

VADA SAMBHAR	90
IDLI SAMBHAR	90

## INDIAN FRIED

CHOLE BHATURE	100
POORI ALOO (WITH KADDU LAUNJI)	100
EXTRAS	
ALOO / CHOLE	20 / 30

## PARANTHA (2PCS.WITH CURD/ PICKLE)

ALOO PARANTHA	100
PANEER PARANTHA	130
EXTRA CURD	30

## SOUTH INDIAN COMBO

SPL. POHA+UPMA+IDLI+VADA (SAMBHAR AND CHUTNEY)	190
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## ENGLISH COMBO

(CORN FLAKES/MUESLI) WITH CUT BANANA + BREAD BUTTER + 2 CUTLET STRAWBERRY CRUNCH + (MILK/CURD)	170/200
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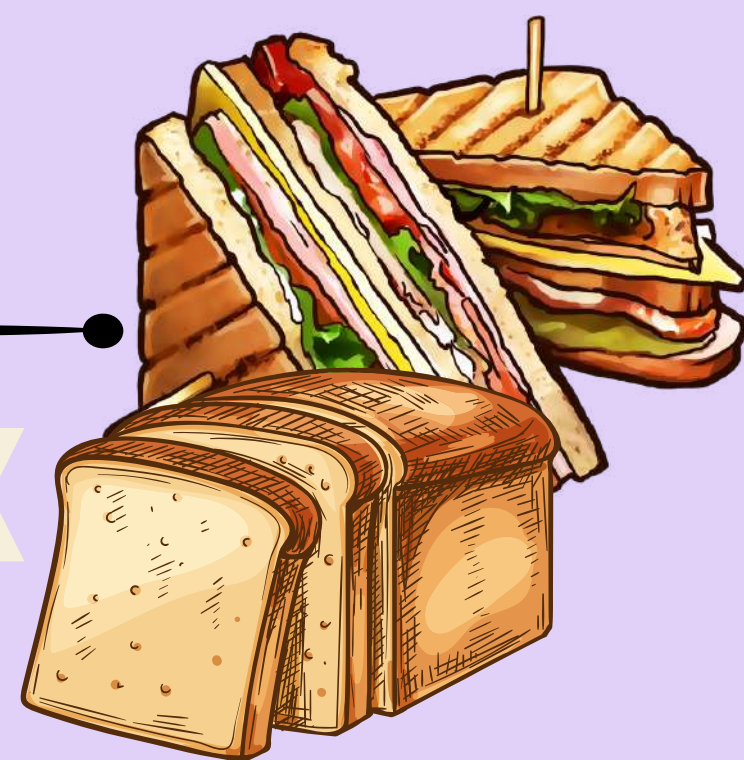






**ALL DAY**

**6:15 AM - 10:00 PM**



## TOAST

(AMUL BUTTER / JAM)

WHITE / BROWN BREAD 40/50

MULTIGRAIN BREAD 60

GRILLED BUN MASKA 70

PEANUT BUTT. (BB/MB) 80/100

## FRENCH FRIES

SALTED 90

PERI PERI 100

CHEESY 120

**MIX PAKODA @ 70**

## PIZZA

MARGHERITA

TOMATO/CAPSICUM

TOMATO & CAPSICUM

GARDEN FRESH

HRIDAYAM SPECIAL

*Special* **CHINESE SAMOSA @ 50**

**VADA PAV @60**



## BURGER (WITH CHIPS)

VEG BURGER /(CHEESE) 100/120

GRILLED PANEER BURGER 150

SPL. MAHARAJA BURGER 170  
(DOUBLE PATTY WITH CHEESE)

## SANDWICHES

COLESLAW /GRILLED 40 / 50

ALOO MASALA / CHEESE 60 / 80

PEANUT BUTTER BANANA 90

VEGETABLE SANDWICH 80

CHEESY CAPSICUM 80

TOMATO CUCUMBER 70

PANEER TOMATO CUCUMBER 90

PANEER MASALA 120

SPL. BOMBAY MASALA CLUB 130

**CONTI PLATTER @ 220**

VEGGIE IN WHITE SAUCE , FRENCH FRIES

VEG.CUTLET (2 PCS ) , TOAST BUTTER

## SALADS & MORE

180

190 FRUIT PLATTER 150

210 GREEK SALAD 150

250 SAUTEED VEGETABLES 150

290 MIX LEGUME SALAD 180

SPL. SAUTEED 190

VEGETABLE WITH PANEER





# LUNCH & DINNER

12:00 PM - 3:30 PM 6:45 PM - 10:00 PM

## SATVIK THALI

DAL, RICE, SABZI,  
ROTI, RAITA, SALAD

**100**

( EXTRAS )

DAL / SABZI / RICE / RAITA 20

PAPAD / BUTTERED TAWA 10

ROTI

## KHICHDI

( SERVED WITH CURD )

DAL KHICHDI 120

VEGETABLE DAL KHICHDI 140

SPICY VEG DAL KHICHDI 150

( EXTRAS )

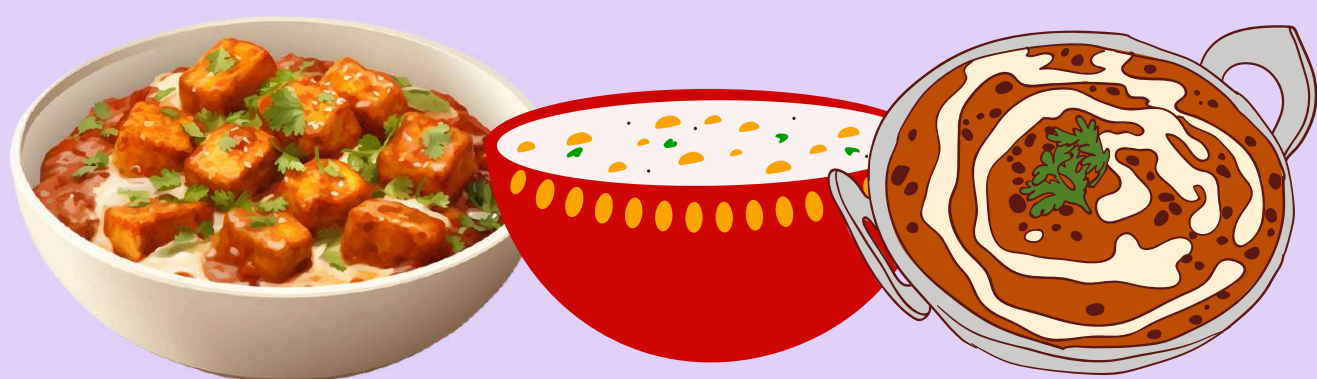
PAPAD / GHEE 10/ 30

## MAHARAJA THALI 260

DAL MAKHINI, PANEER SABZI,  
SEASONAL VEG, 1 LACHCHA PARATHA  
1 NAAN, RICE, SALAD, RAITA, PAPAD

( EXTRAS )

(DAL MAKHINI/ PANEER SABZI 80/ 90 )



GUJRATI KHICHDI KADI  
@150

## SPL. DESI GHEE THALI

( A 2 BILONA DESI GHEE )

DAL MAKHINI, KAJU PANEER

VEG JALFREZI, DAHI BHALLA

LACHHA PARANTHA, SWEET,

RICE, ACHAR, PAPAD, SALAD

**350**

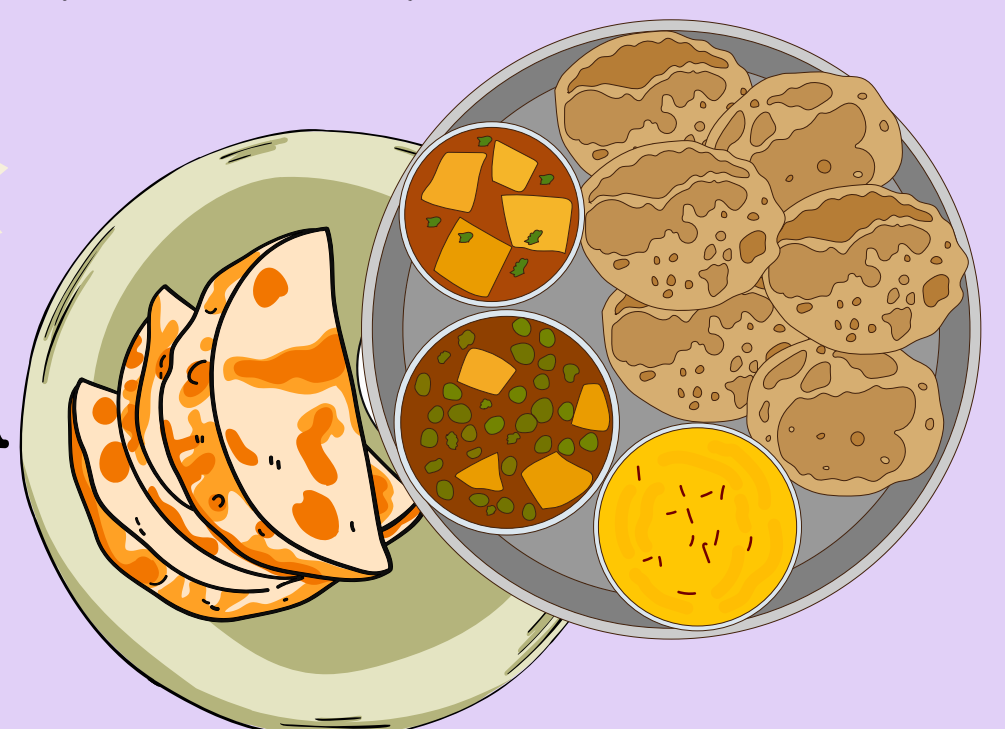
## DELUXE THALI

**250**

DAL TADKA, MATAR PANEER,

SEASONAL VEG, 1 LACHCHA PARANTHA

1 NAAN, RICE, SALAD, RAITA, PAPAD

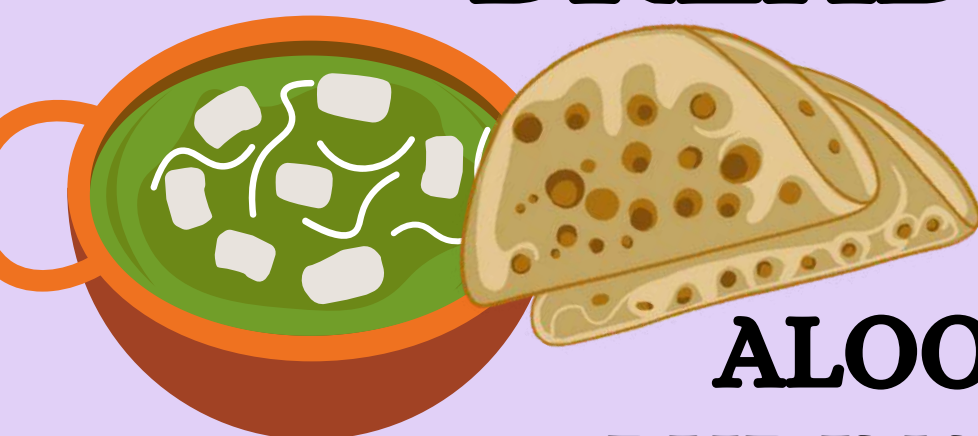




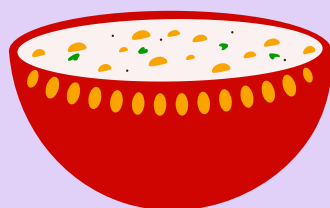
# LUNCH & DINNER

12:00 PM - 3:30 PM 6:45 PM - 10:00 PM

## BREAD COMBOS (2 PCS + 1 KATORI)



MISSI ROTI + PALAK PANEER	160
ALOO PARANTHA + PINDI CHOLE	160
PUDINA PARANTHA + DAL MAKHINI	170
PANEER PARANTHA + PINDI CHOLE	200



EXTRAS (RAITA @ 20/-, GHEE @ 30/- & CURD @ 30/-)

## SEASONAL GREEN SALAD @ 60



## RICE

PLAIN	100
JEERA	120
CURD	140
LEMON RICE	130
MATAR PULAO	130
VEG PULAO	150

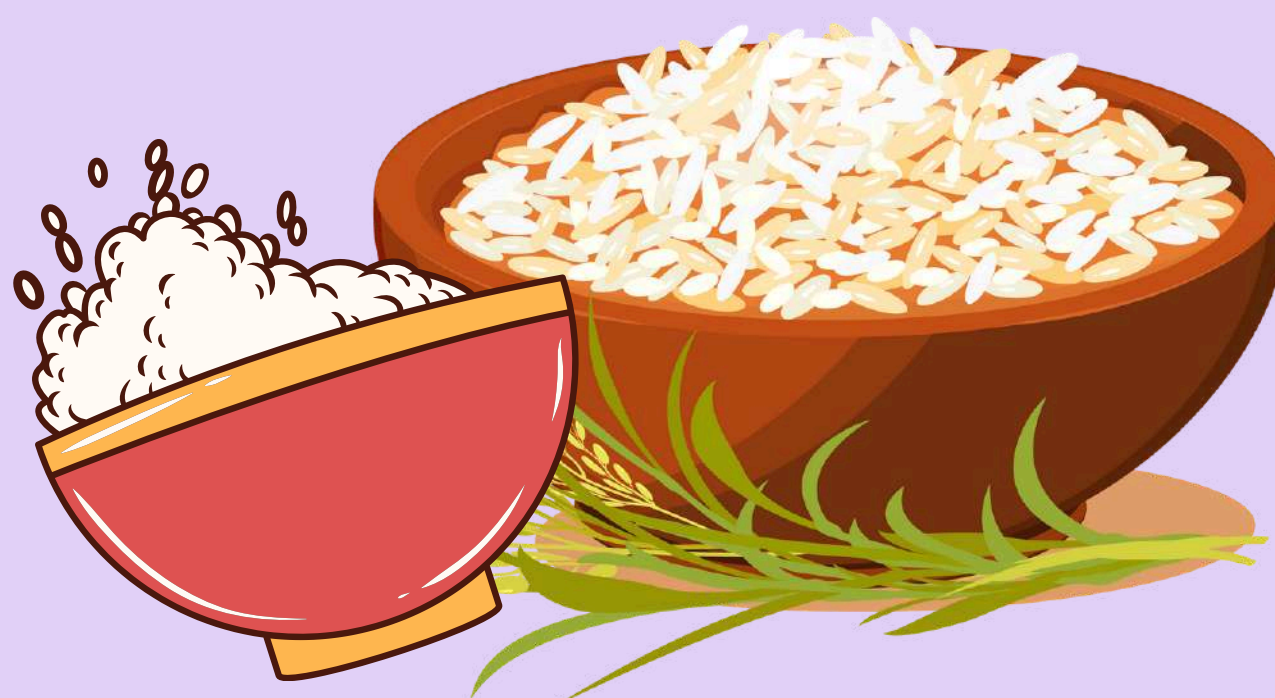
## RICE BOWL COMBOS

(SERVED IN SINGLE HANDI)

KADHI (PUNJABI)	120
CHOLE	130
DAL TADKA	140
RAJMA	140
DAL MAKHNI	170
SHAHI / KADAI PANEER	200

## GUJ. KADI WITH YELLOW RICE

180

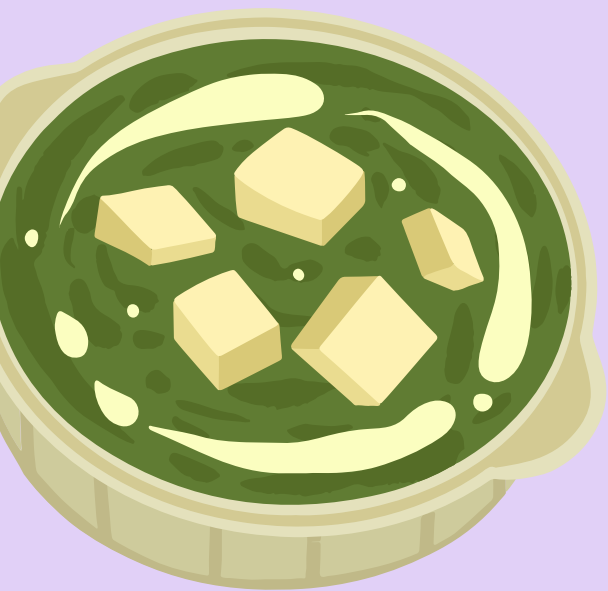




# LUNCH & DINNER

12:00 PM - 3:30 PM 6:45 PM - 10:00 PM

## ALA CARTE



DAL TADKA	180
DAL MAKHNI	240
RAJMA MASALA	180
PINDI CHANA	200
JEERA ALOO	120
MATAR ALOO ( GRAVY )	130
DUM ALOO	150
MIXED VEG.	200
VEG JALFREZI	240
SHAHI ALOO GOBHI	190
PUNJABI KADI PAKORA	150

NAVRATAN KORMA ( slightly sweet )	270
MALAI KOFTA ( slightly sweet )	300
MATAR PANEER	220
KADHAI PANEER	270
PANEER BUTTER MASALA	270
PALAK PANEER	270
SHAHI PANEER	300
KAJU PANEER	320



## TANDOORI

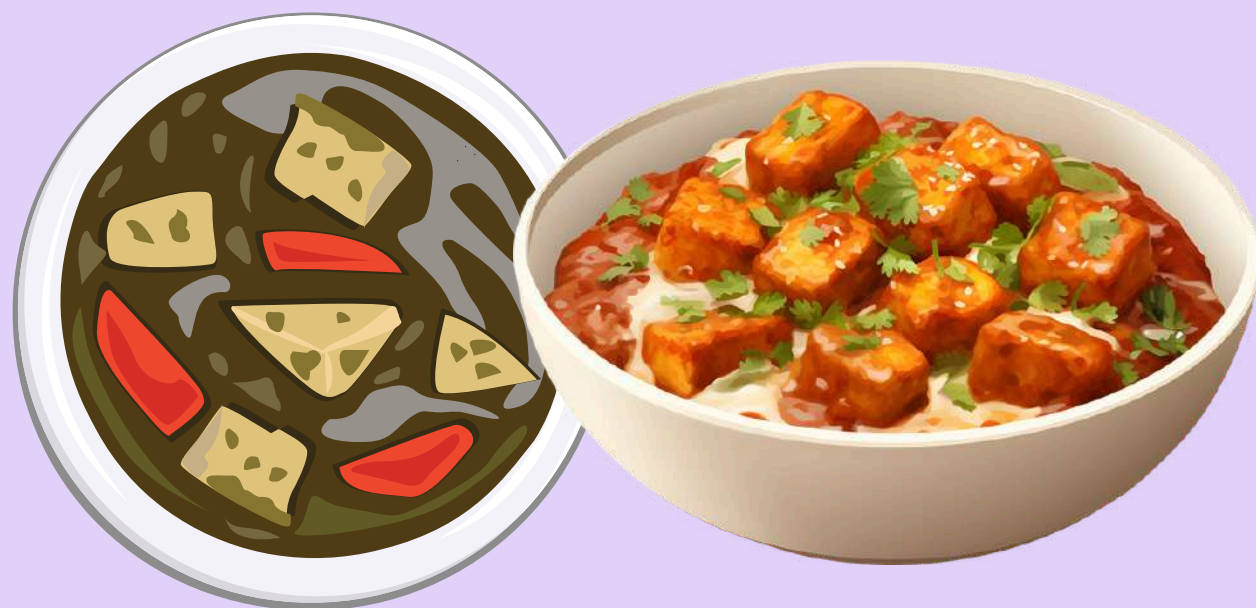
( Prep. Time - 20 min )

(PLAIN / MALAI / PUDINA)

CHAAP TIKKA ( 6 PCS )	220
PANEER TIKKA ( 5 PCS )	260

ALOO NAZAKAT 220

MIXED TANDOORI PLATTER @ 360



## BREADS

BUTTERED TAWA ROTI	10
MISSI ROTI	40
BUTTERED TANDOORI ROTI	20
LACHCHA / PUDINA PARANTHA	50 / 60
BUTTER NAAN	60
(SPECIFY IF NO BUTTER IS REQUIRED)	



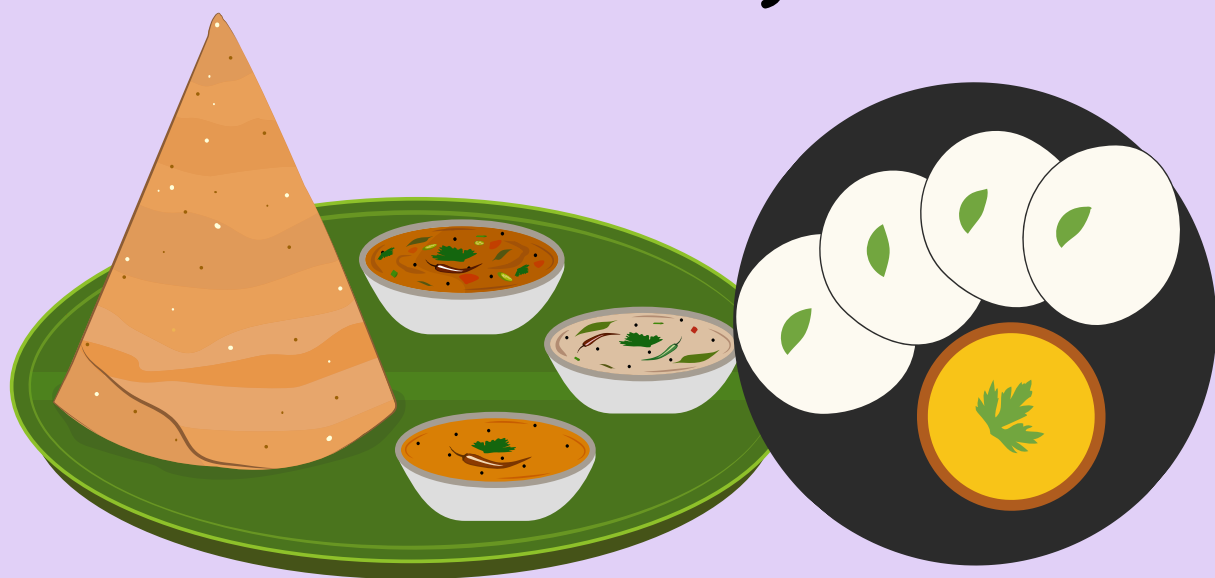


12:00 PM ONWARDS



## CHAAT

GOLGAPPE ( 6 PCS )	50
KACHORI ALOO	50
BHEL PURI	70
PAPDI	80
DAHI BHALLA	90
BHALLA PAPDI	90
DAHI GOLGAPPE ( 5 PCS )	100
SPL. PAV BHAJI ( AMUL BUTTER )	90

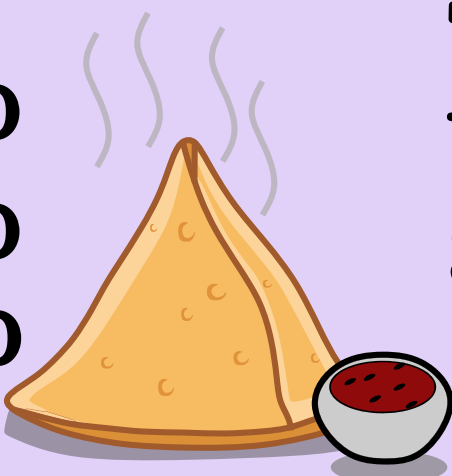


## SOUTH INDIAN

PLAIN DOSA	110
MASALA DOSA	140
SPL. BUTTER PANEER MASALA DOSA	160
TOMATO UTTAPAM	130
VEGGY UTTAPAM	140

## FROM 4 :00 PM

SAMOSA - ( 1 PC )	20
BREAD PAKORA - ( 1 PC )	20
SAMOSA CHOLE CHAAT	60



## CONTINENTAL

RED SAUCE PASTA	170
SPL. WHITE SAUCE PASTA	180
MIX SAUCE PASTA	180
SPL. SIZZLER	300



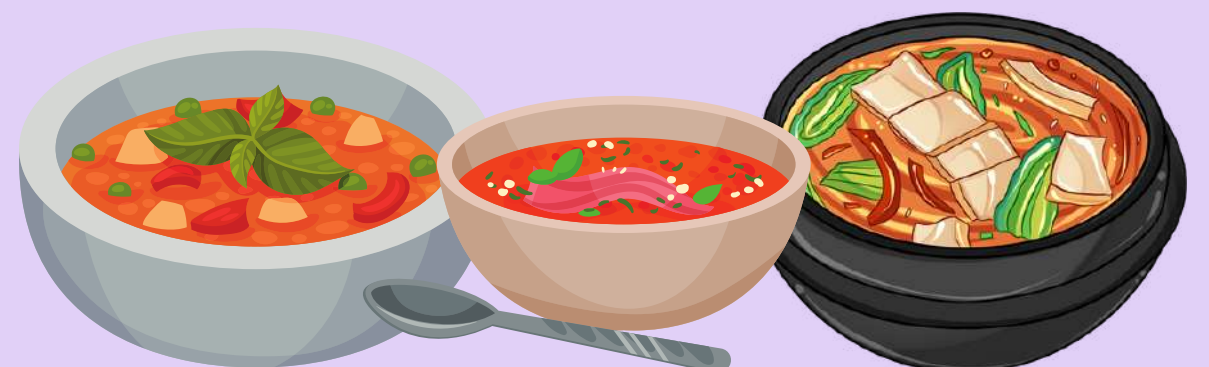
## CHINESE

SPL. VEG. NOODLES	120
VEG. FRIED RICE	120
VEG. MANCHURIAN	180
CHILLI PANEER	220

## CHINESE COMBOS

NOODLES / FRIED RICE

WITH MANCHURIAN	160
WITH CHILLI PANEER	180



## SOUPS

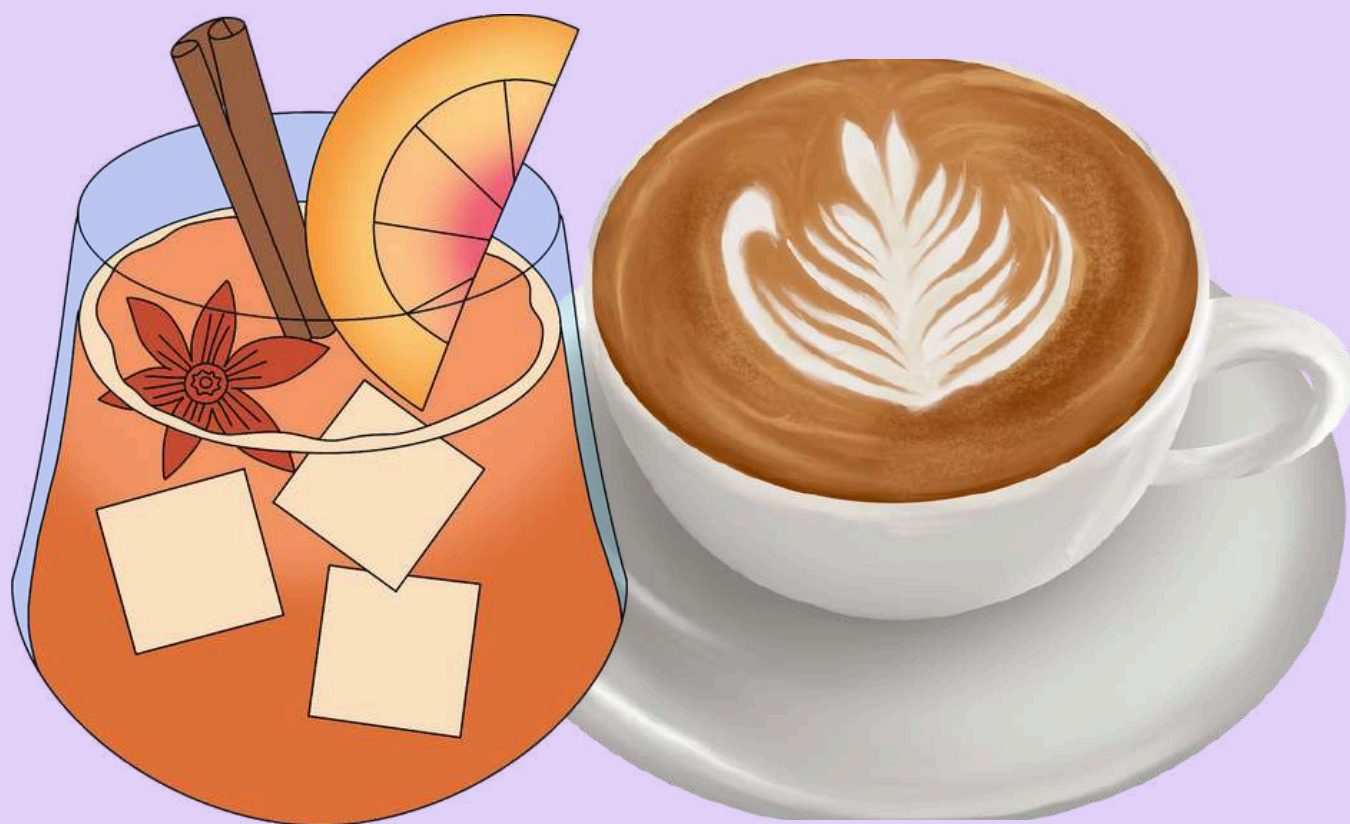
TOMATO SOUP	90
VEGETABLE SOUP	100
SWEET CORN SOUP	100
HOT AND SOUR SOUP	100



# HOT BEVERAGES

## TEA

SMALL TEA	20
KULLAD TEA / BLACK TEA	30
SPL. ( MASALA / ELAICHI )	50
MILK TEA	60
GINGER HONEY LEMON BLACK TEA	60



## COFFEE

REGULAR COFFEE	40
BLACK COFFEE	50
SPECIAL COFFEE	80
COFFEE DOUBLE SHOT	100
SPECIAL CAPPUCINO	140

## GREEN TEA & OTHERS

GREEN TEA	40
FLAVOURED GREEN TEA	50
SPL. GINGER HONEY LEMON	50
WATER	
CHAMOMILE / LAVENDER / PEPPERMINT	60



## MILK

PLAIN	50
TURMERIC	60
ELAICHI	70
HOT CHOCOLATE	130





# COLD BEVERAGES

## SHAKES

BANANA / MANGO	100
COLD COFFEE	100
STRAWBERRY / BUTTERSCOTCH	100
CHOCOLATE SHAKE	110
PEANUT BUTTER BANANA	110
BLACK CURRENT / MIXED BERRY	140
BLUE BERRY / OREO	

FOR SOYA MILK ADD RS. 50/- EXTRA

SP. BADAM THANDAI @100

## CURD BASED

SALTED BUTTER MILK	40
JEERA BUTTER MILK	50
HOT & SPICY BUTTER MILK	60
LASSI SWEET / SALTED	70
SPL. MANGO LASSI	100

## COOLERS

LEMON WATER	40
LEMON SODA ( SWEET/SALTY )	60
FIZZY LEMON ROSE ( ROOHAFZA )	70
VIRJIN MOJITO	90
BLUE LAGOON MOJITO	100
WATERMELON MOJITO	120
FRUIT BEER	120





# SWEETS

## SWEETS ( PER PIECE / KG )

BESAN LADOO ( DESI GHEE ) 30/480

PEDA 30/500

BAL MITHAI( KUMAUNI SPECIAL ) 30/520

NARIYAL LADOO 30/520

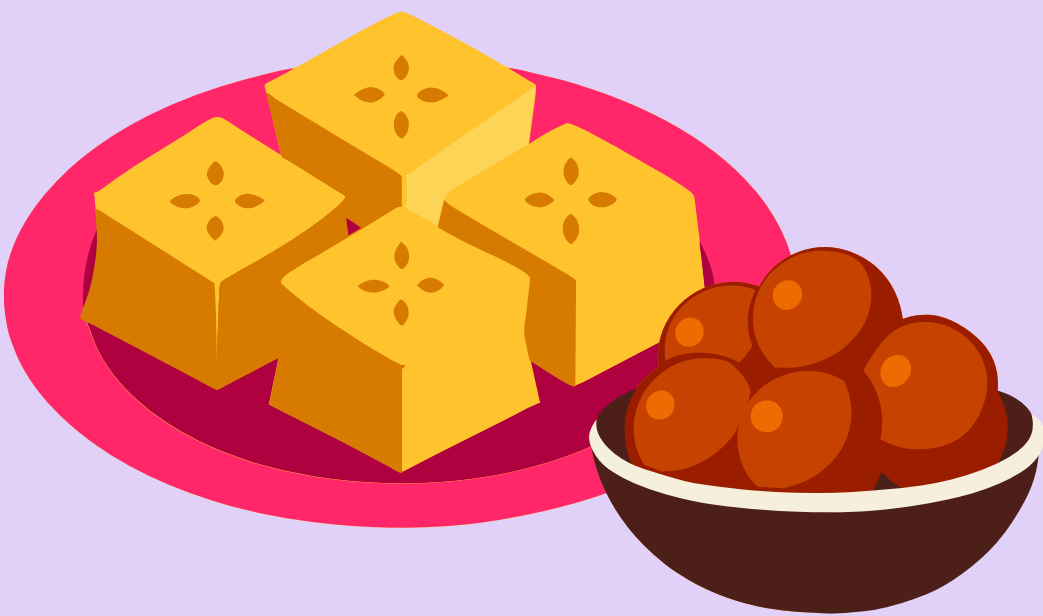
MILK CAKE 40/550



CHAM CHAM 40/550

GULAB JAMUN (5PCS SMALL) 50/450

RASGULLA (5PCS SMALL) 50/450



MALPUA

30/-

GULAB JAMUN

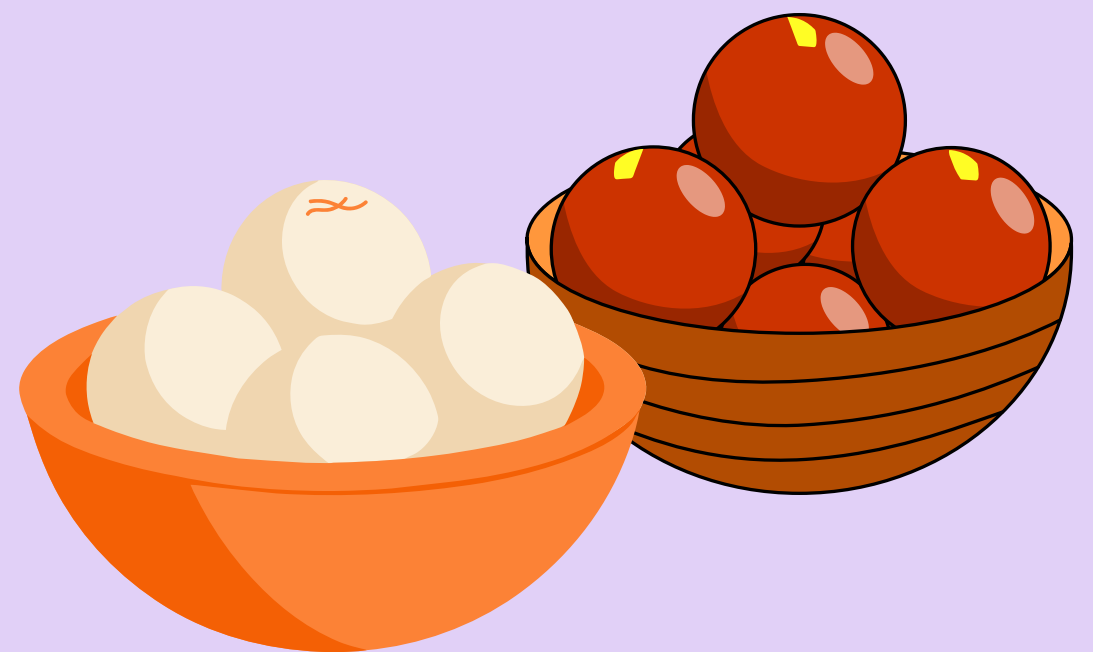
30/-

RASGULLA

30/-

RASMALAI

50/-



RAJ HALWA 60/-

LAUKI HALWA 60/-

MOONG DAL HALWA 60/-

RABRI 80/-

( PER SERVING 100 GRAMS)



RABRI WITH GULAB JAMUN 70/-

RABRI WITH MALPUA (1PC) 80/-

SPECIAL KULLAD KULFI @100

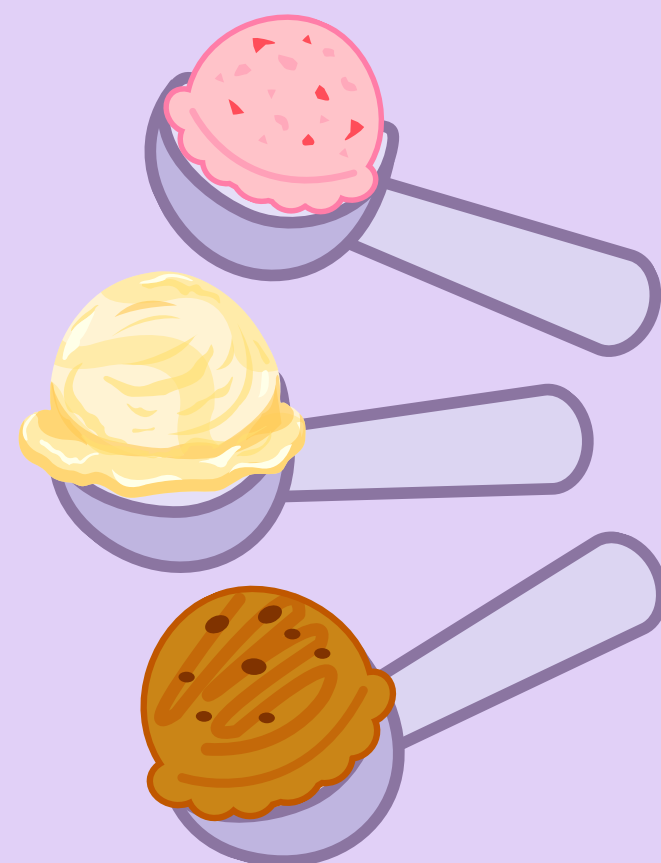




# ICE CREAMS

## ICE CREAM ( PER SCOOP )

VANILLA	50
CHOCOLATE	50
COFFEE	50
STRAWBERRY	50
VANILLA GULAB JAMUN	80



## ICE CREAM COMBOS

HOT GULAB JAMUN & VANILLA	100
BROWNIE WITH VANILLA	100



## ICE CREAM SUNDAE

BANANA SPLIT	250
TRAFFIC JAM	250
CHOCOLATE OVERLOAD	250



## EXTRA SAUCES@20

PINEAPPLE / CARAMEL / CHOCOLATE / STRAWBERRY

## EXTRA TOPPINGS@30

ROASTED NUTS / CHOCO CHIPS / PINEAPPLE CRUSH

