REGION PUNJAB

MENU

HISTORY & CULTURE

PUNJAB HAS ONE OF THE OLDEST AND RICHEST CULTURES OF THE WORLD. ITS DIVERSITY AND UNIQUENESS IS EVIDENT IN THE PUNJABI POETRY, PHILOSOPHY, SPIRITUALITY, EDUCATION, ARTISTRY, MUSIC, CUISINE, SCIENCE, TECHNOLOGY, MILITARY WARFARE, ARCHITECTURE, TRADITIONS, VALUES AND HISTORY

THE FIVE RIVERS NAMELY BEAS, CHENAB, JHELUM, RAVI AND SUTLEJ RAN THROUGH PRE-INDEPENDENCE PUNJAB, AND ARE NOW DIVIDED BETWEEN INDIA AND PAKISTAN. THE PRESENCE OF FIVE RIVERS IS THE REASON WHY PUNJAB'S SOIL IS CONDUCIVE FOR WHEAT CULTIVATION, AND HENCE IT IS ALSO CALLED THE WHEAT BOWL OF INDIA.

PUNJABIS ARE KNOWN TO BE VERY HELPFUL, WELCOMING AND PROUD PEOPLE. THEY WELCOME EVERYONE WITH OPEN HEARTS (AND OF COURSE A GLASS OF LASSI AND TYPICAL PUNJABI FOOD). THEY CELEBRATE THEIR FESTIVALS WITH GREAT ZEAL AND ZEST, WITH GREAT FOOD, MUSIC, DANCES AND REVELRY. THE BEAUTY OF PUNJAB IS AS MAGICAL AS IT BECOMES.

SHORBA VEGETERIAN

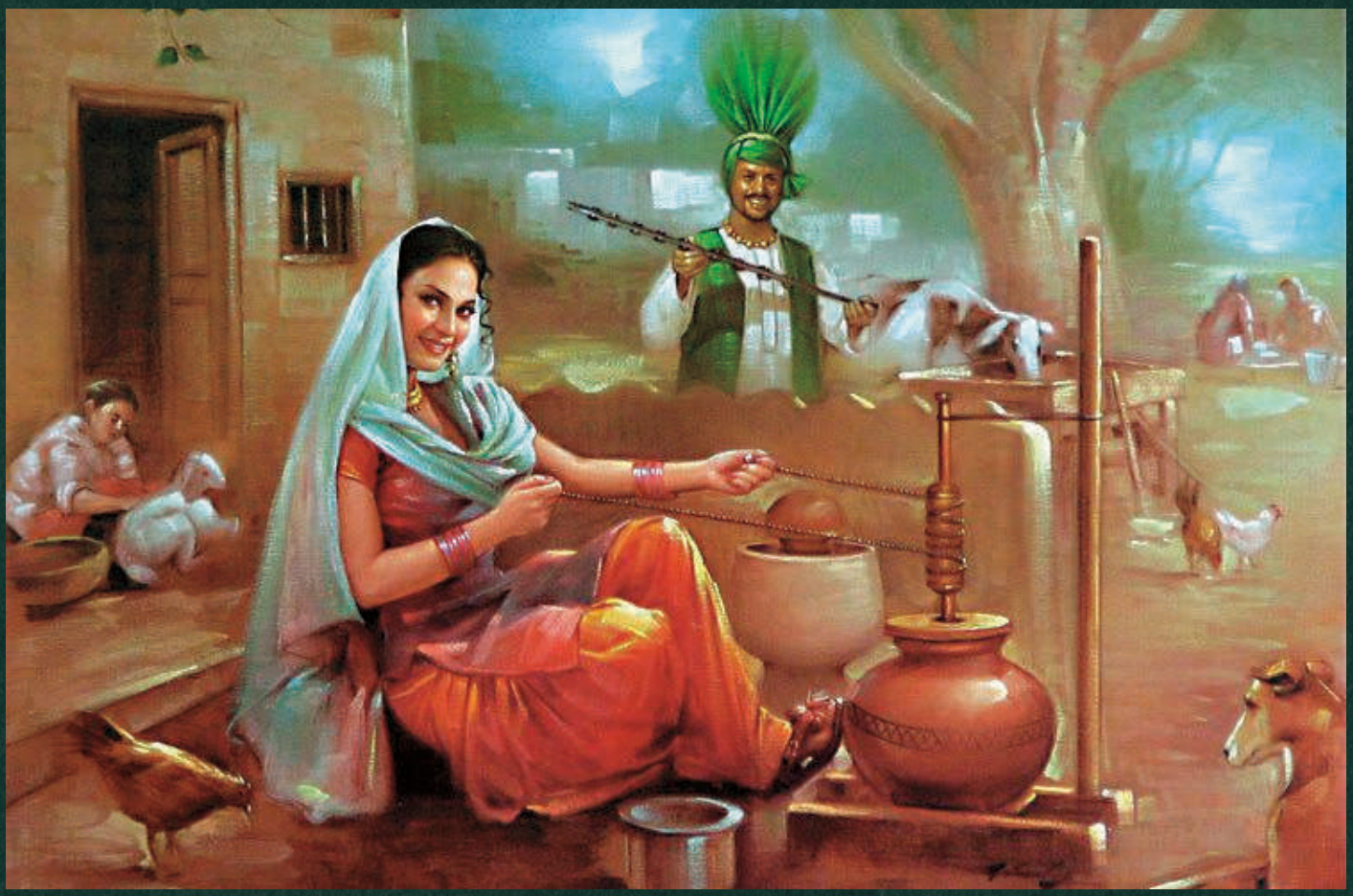
TOMATO DHANIYA KA SHORBA	160/-
MAKAI SHORBA	180/-
PALAK SHORBA	180/-

SHORBA NON VEGETERIAN

MURG DHANIYA KA SHORBA	210/-
MURG ZAFFRANI SHORBA	230/-
KHARODE KA PAYA	290/-

STARTERS

ALOO CHAAT	160/-
TIKKI CHAAT	180/-
PEANUT MASALA	160/-
CHANNA MASALA	160/-
DAHI BHALLA	180/-
CHAAT PAPDI	180/-



MADHANI IS A TRADITIONAL AT STILL USED REGULARLY IN ALL VILLAGE HOMES OF PUNJAB. PUNJABI WOMEN ARE SUPPOSED CHURN THE MADHANI.

MADHANI IS A MATKA IN WHICH A THICK STIK IS THERE AND A ROPE IS TIED AROUND IN SUCH A WAY THAT WHEN D ROPE ENDS ARE PULLED SUBSEQUENTLY IT CAN CHURN WHATEVER IS PUT IN THE MATKA, BASICALLY THE MADHANI IS USED TO MAKE LASSI, BUTTER & CHACH.

FRESH MILK IS PUT IN THE MATKA AND CHURNED, THE FIRST EXTRACT IS LASSI AND WHEN CHURNED MORE FORCEFULLY THE BUTTER IS MADE AND THE RESIDUE LEFT IS CALLED CHACH.

TANDOOR - VEG

PANEER MAKHMALI TIKKA **340/-**
Cube Of Cottage Cheese Marinated With Cream, Cheese And Cashew Paste Cooked In Tandoor.

PANEER JALWA **330/-**
Fresh Cottage Cheese Marinated With Tandoori Red Masala and Stuffed with Amul Cheese Finished In Clay Oven.

ACHARI PANEER TIKKA **330/-**
Cubes Of Cottage Cheese Added With Tandoori Achari Masala.

AJWAINI PANEER TIKKA **330/-**
Fresh Cottage Cheese Marinated In yogurt, Red Chilly Paste, Spices Topped With Carom Seeds And Grilled

PAHADI PANEER TIKKA **330/-**
Cubes Of Cottage Cheese Marinated In Mint Coriander Paste Finished In Tandoor

KALI MIRCH PANEER TIKKA **330/-**
Cubes Of Cottage Cheese Marinated With Cashew Paste & Black Paper Cooked In Tandoor.

KHUMB KI SEEKH **340/-**
Chopped Mushroom Mashed With Gram Flour, Garlic, SpicesThinly Wrapped Around A Skewer And Grilled , Usally In Tandoor

BHARWAN MUSHROOM **330/-**
Cottage Cheese Stuffed In Mushroom Roasted In Tandoor With Tandoori Red Masala

MULTANI MUSHROOM **340/-**
Mushroom Marinated In Heavy Yoghurt Cream And Cashew Stuffed With Garlic And Cheese

ALOO NAZAKAT **320/-**
Roasted Patato Stuffed With Mixture Of Paneer And Mushroom

AMRITSARI SOYA CHAAP **280/-**
Medium Spicy Tangy Chaap Marinated With Yogurt, Tandoori Red Masala and Cooked In Tandoor.

MALAI SOYA CHAAP **300/-**
Malai Soya Chaap Made With Fresh Crab Cashew Paste and Flavoured With Spices, Slightly Sweet In Taste

ACHARI SOYA CHAAP **300/-**
Soya Chaap Marinated With Tandoori Achari Masala and Finish In Tandoor

HARA BHARA KEBAB (FRIED) **260/-**
Vegetable Patties Infused With Indian Spices And Shallow Fried

VEG SEEKH KEBAB **260/-**
Mixture of Chopped Vegetable And Gram Powder Cooked in Tandoor

HARI BHARI BROCOLLI **320/-**
Brocolli Marinated With Spinach,Coriander,Mint Paste Roasted In Tandoor

MAKAI KEBAB **300/-**
Mixture Of Corn Cheese Vegetable With Indian Herbs And Spices, Deep Fried With BreadCrums

DAHI KE KEBAB **340/-**
Pan Fried Patties Of Hung Curd Flavoured With Green Chillies And Fresh Coriander

TANDOORI TARKARI (PLATTER) **480/-**
Mixture Of Vegetables Cauliflower / Babycorn / Potato / Mushroom

GIDDHA IS SAID TO BE ORIGINATED FROM THE ANCIENT RING DANCE WHICH WAS DOMINANT IN PUNJAB IN THE OLDEN DAYS. WOMEN SHOW THE SAME LEVEL OF ENERGY WHICH THE MEN SHOW WHILE PERFORMING BHANGRA. GIDDHA DISPLAYS A TRADITIONAL MODE OF PERFORMING PUNJABI FEMININITY, AS SEEN THROUGH DRESS, CHOREOGRAPHY, AND LANGUAGE.

BHANGRA IS AN AMALGAMATION OF VARIOUS FOLK DANCES FROM ALL ACROSS THE REGION OF PUNJAB, MANY OF WHICH CAN TRACE THEIR ROOTS FAR BACK BEFORE THE EXISTENCE OF THE TERM BHANGRA IN THE LATE 1800S.

TANDOOR - CHICKEN

MURG BANJARA 360/-
Fresh Boneless Chicken Marinated With Tandoori Banjara Masala

BHATI DA MURG ..... 280 / 500/-
Young Chicken Marinated With Indian Spices and Yogurt Cooked In Tandoor Served With Masala Onion

MURG -E- AFGHAN ..... 300 / 550/-
With Bone Fresh Chicken Roasted In Tandoor With Cashew nuts Paste & Amul cream

MURG PAHADI TIKKA 360/-
Boneless Chicken Marinated With Mint and Coriander Paste Finished In Tandoor

MURG ACHARI TIKKA 360/-
Boneless Chicken Marinated With Tandoori Achari Masala and Finished In Clay Oven

MURG JALWA 400/-
Boneless Chicken Marinated With Tandoori Red Masala and Stuffed with Cheese

MURG KALI MIRCH 360/-
Boneless Chicken Cooked With Tandoori Masala & Black Paper

MURG KASOORI TIKKA 360/-
Boneless Chicken Marinated With Tandoori Red Masala & Kasoori Methi Finished In Clay Oven

MURG LASUNI TIKKA 370/-
Boneless Chicken Roasted With Tandoori Special Yellow Masala With Strong Garlic Flavour

MURG MALAI TIKKA 380/-
Diced Chicken Marinated With Cashew Nut Paste, Green Cardamom And Cooked in Tandoor

MURG SEEKH KABAB 400/-
Chicken Keema Cooked In Tandoor With Indian Spices And Herb

MURG MAKRANA 430/-
Chicken Leg Stuffed Chicken Keema Roasted In Tandoor With Tandoori Red Masala

MURG AMRITSARI 420/-
Chicken Marinated With Punjabi Homemade Masala,Deep Fried

KABAB PLATTER 600/-
Four Flavoured Of Kababs Served With Mint Chutney,Masala Onion Rings

CHARKHA WAS VERY IMPORTANT OBJECT IN THE LIFE OF THE OLD PUNJABI WOMEN. IT WAS THE ONLY ONE WHO HAD THE CAPACITY TO LISTEN THE INNER EMOTIONS OF WOMEN. IT WAS THE ONE WHICH HAD THIRD EYE. IT COVERS THE ENTIRE CONCEPT OF TIME IN THE UNIVERSE.

THE SPINNING WHEEL OR 'CHARKHA' WAS AN INTEGRAL PART OF ALMOST EVERY PUNJABI HOUSEHOLD. AFTER FINISHING THEIR DAILY CHORES, WOMEN WOULD GATHER IN THE AFTERNOON TO SOCIALISE WHILE SPINNING THE YARN THAT WOULD PROVIDE CLOTHING FOR THE WHOLE FAMILY

TANDOOR - MUTTON

MUTTON SEEKH KEBAB 480/-
Juicy Mince Mutton Cooked In Tandoor With Homemade Spices

MUTTON BHARRA 480/-
Mutton Chaap Marinated With Tandoori Red Masala Finished In Clay oven

MUTTON BOTI KEBAB 480/-
Boneless Fresh Mutton Marinated with Yogurt, Tandoori Spices and Cooked In Tandoor

TANDOOR - SEA FOOD

FISH TIKKA 460/-
Fish Marinated With Red Tandoori Masala Serve With Masala Onion

ACHARI FISH TIKKA 480/-
Boneless Fish Cooked With Tandoori Achari Masala.

AJWAINI FISH TIKKA 480/-
Boneless Fish Marinated In Red Chilly Paste, Spices and Topped With Carom Seeds, Grilled In Tandoor

TANDOORI JHINGA 600/-
Prawns Marinated in Red Tandoori Masala & Indian Spices Finished In Clay Oven

FISH AMRITSARI 520/-
Marinated With Punjabi Homemade Masala,Deep Fried

TAWA SURMAI 600/-
Surmai Fish Marinated With Indian Spices & Herbs Cooked On Pan

MAIN COURSE - LENTILS

DAL TADKA 200/-
Lentil Curry Enriched With A Tempering of Onion Tomato And Spices

DAL MAKHANI 250/-
A Black Lentil Delicacy Gently Cooked with Exotic Spices Over Slow Fire Finished with Butter and Desi Ghee.

AGRICULTURAL COMMUNITIES DEVELOPED APPROXIMATELY 10,000 YEARS AGO WHEN HUMANS BEGAN TO DOMESTICATE PLANTS AND ANIMALS. BY ESTABLISHING DOMESTICITY, FAMILIES AND LARGER GROUPS WERE ABLE TO BUILD COMMUNITIES AND TRANSITION FROM A NOMADIC HUNTER-GATHERER LIFESTYLE DEPENDENT ON FORAGING AND HUNTING FOR SURVIVAL.

THE TWO MAIN CROPS CULTIVATED IN PUNJAB AGRICULTURE ARE KHARIF AND RABI. THE KHARIF CROPS OF PUNJAB COMPRISE OF MAIZE, COTTON, RICE, SUGARCANE, PULSES (GRAMS EXCLUDED), BAJRA, PEAS, JOWAR, AND VEGETABLES SUCH AS GOURD, ONIONS, AND CHILLIES.

PANEER

SHAHI PANEER 380/-
Lentil Curry Enriched With A Tempering of Onion Tomato And Spices

PANEER LABABDAR 370/-
Cottage Cheese Cooked In Tomato Gravy with Onion And Capsicum.

KADAI PANEER 360/-
Cottage Cheese Cooked In Thick Onion & Tomatoes Based Gravy Stir-Fried With Diced Onion and Capsicum In Kadai

MATAR PANEER 340/-
A Creamy And Rich North Indian Curry Prepared From Panner Cubes And Green Peas.

PALAK PANEER 340/-
Puree Of Tender Spinach Leaves, Cooked, with Cubes Of Home Made Cottage Cheese, Enhance By Subtle Aroma Of Spices and Seasonings

PANEER MAKHANI 360/-
Cottage Cheese Cubes Cooked In Creamy Tomato Gravy

PANEER MUMTAAZ(SPL) 380/-
Cottage Cheese Cooked With Fine Chopped Onion, Capsicum Cooked In Cashew Gravy

PANEER SHIMLA (SIZZLER) 380/-
Cubes of Cottage Cheese, Capsicum,Onion Cooked In Tomato Based Gravy

THERE ARE MANY STYLES OF COOKING IN PUNJAB. IN THE VILLAGES MANY PEOPLE STILL EMPLOY THE TRADITIONAL METHODS AND EQUIPMENT FOR COOKING PURPOSES. THIS INCLUDES WOOD-FIRED AND MASONRY OVENS. MODERN METHODS INCLUDE COOKING ON GAS COOKERS. TANDOORI STYLE OF COOKING INVOLVES USE OF THE TANDOOR.[4] IN INDIA,

TANDOORI COOKING IS TRADITIONALLY ASSOCIATED WITH PUNJAB[5] AS PUNJABIS EMBRACED THE TANDOOR ON A REGIONAL LEVEL.THIS STYLE OF COOKING BECAME POPULAR THROUGHOUT INDIA AFTER THE 1947 PARTITION WHEN PUNJABIS RESETTLED IN PLACES SUCH AS DELHI.

VEGETABLE

METHI MATAR MALAI 340/-
Peas Cooked In White Gravy With Fenugreek, Cream And Butter

KHUMB MATAR MASALA 340/-
Mushroom Cooked With Peas And Mild Spices.

TAWA KHUMB 340/-
Cubes Of Mushroom, Onion, Tomato, Capsicum, Green Chilli, Coriander Seeds With Tangy Tomato Onion Masala.

KHUMB KADAI 340/-
Mushroom Cooked In Thick Onion & Tomatoes Based Gravy Stir-Fried In Kadhai Served With Ginger Julienne And Coriander.

KHUMB DO PYAZA 330/-
Fresh Button Mushroom Cooked With Dice Onion, Tomato and Cashew Gravy

PALAK KOFTA 340/-
Cottage Cheese Balls Cooked In Spinach Gravy

MALAI KOFTA 340/-
Cottage Cheese Balls In Yellow Creamy Gravy

SUBZ KOFTA CURRY 310/-
Vegetables Balls Cooked In Tomato & Onion Based Gravy.

SUBZ KADAI 310/-
Mixed Vegetables Cooked with Coriander Seeds & Red Gravy Flavoured With Butter And Cream

JEERA ALOO 230/-
Potato Cooked With Flavoured Fenugreek Stir-Fried With Mustard And Cumin Seeds

KASHMIRI DUM ALOO 290/-
A Delicious Dish Of Stuffed Potatoes Cooked In A Spicy Gravy.

KASOORI GOBHI 260/-
Fresh Fried Cauliflower Cooked With Dried Fenugreek Leaves

PINDI CHOLEY 280/-
Boiled Chickpeas Cooked In Chopped Masala

BAINGAN BHARTA 300/-
Roasted Brinjal Mashed And sautéed With Onion Tomatoes, Ginger, Garlic & Indian Spices

SOYA CHAAP MASALA 300/-
Fried Soya Chaap Cooked With Tomato & Onion Based Gravy.

SARSO DA SAAG (SEASONAL) 300/-
Mustard Leaves Paste Cooked With Green Chillies, Onion, Tomato, Base Prepation & Tampered With Desi Tadka

IN PUNJAB, A 'KHOOH' OR WELL IS NOT DEFINED AS JUST A SOURCE OF DRINKING AND IRRIGATION WATER, IT REFERS TO A COMPLETE SETTLEMENT, INCLUDING BIG TREES, CATTLE SHEDS, FIELDS AND RESIDENCE IN SOME CASES. WELLS HAVE ALWAYS BEEN A PART OF PUNJAB'S CULTURE, LITERATURE AND FOLKLORE.

PUNJAB IS OCCUPIED BY QUATERNARY ALLUVIAL DEPOSITS OF INDUS RIVER BASIN. IN MAJOR PART OF THE STATE, GROUND WATER LEVELS ARE IN THE RANGE OF 10 TO 20 METERS. HOWEVER AROUND MAJOR CITIES LIKE JALANDHAR, LUDHIANA, PATIALA, AMRITSAR AND SANGRUR.

CHICKEN

EGG CURRY 260/-
Boiled Egg Cooked Homemade Gravy

MURG MAKHANI ..... 340 / 400/-
Chicken Cooked With Rich Cashew and Tomato Gravy

MURG RARHA 380/-
Bone Chicken Cooked With Minced Chicken In Tomato & Onion Based Gravy

MURG KADAI ..... 340 / 400/-
Dice Of Chicken Cooked In Thick Onion & Tomatoes Based Gravy, Stir-Fried With Diced Capsicum and Onion In Kadhai

MURG TIKKA MASALA 390/-
The Taste Of Slow Cooked Chicken Curry Prepared In True Punjabi Style

MURG MUMTAAZ ..... 380 / 420/-
Fresh Chicken Cooked With Fine Chopped Onion and Capsicum, Cooked In Cashew Gravy

TAWA MURG ..... 340 / 400/-
Chicken Cooked In Thick Dry Tomato Gravy Flavoured With Black Pepper and Garam Masala

PUNJABI HOME STYLE MURG 360/-
Home Style Chicken Cooked In Homemade Masala

MURG NAZAKAT ..... 360 / 410/-
Chicken Cooked With Rich Almond Yogurt Based Gravy

MURG TANGRI MASALA 430/-
Tandoori Rosted Tangri Cooked With Tomato,Onion Masala

MURG METHI 380/-
Cube Of Chicken, Cooked With Kasoori Methi

MUTTON

MUTTON MASALA 500/-
Mutton Cooked In Tomato and Onion Gravy With Various Spices That Is Simmered Until Smooth

KEEMA MUTTON 520/-
Minced Meat And Green Peas Cooked And Served In Brown Gravy

MUTTON ROGAN JOSH 500/-
Tendered Mutton Cooked In Its Own Juice With Indian Spices Finished With Kashmiri Rogan

KADAI GHOST 500/-
Spicy Mutton Cooked With Sauteed Capsicum And Onion In An Indian Kadai

PUNJABI ARCHITECTURE IS A DISTINCTIVE STYLE THAT HAS EVOLVED OVER CENTURIES, REFLECTING THE INFLUENCE OF VARIOUS CIVILIZATIONS OCCUPYING THE REGION. IT IS CHARACTERIZED BY A UNIQUE BLEND OF HINDU AND ISLAMIC STYLES AND INCLUDES BUILDINGS RANGING FROM FORTS AND PALACES TO RELIGIOUS TEMPLES AND MODERN STRUCTURES.

A TRADITIONAL PUNJABI KOTHI OR HAVELI IS A HOUSE BUILT WITH A BLEND OF PUNJABI VERNACULAR AND COLONIAL DESIGN ELEMENTS. THE TYPICAL CONSTRUCTION MATERIALS FOR A SMALL HOUSE DESIGN IN PUNJAB VILLAGES WERE BRICKS, LIME, MUD, SURKHI (POWDERED BROKEN BRICK) AND TIMBER.

SEA FOOD

FISH TIKKA MASALA 450/540
Charcoal Grilled Fish Tikka In Our Special Masala Gravy

LEMON FISH CURRY 450/540
DBasa Fish Cooked In Lemon, Coriander & Tomatoes Based Gravy

KADAI JHINGA 560/-
Fresh Prawn Cooked With Sautéed capsicum & Onion Stir-Fried In Kadai

BREADS

TANDOORI ROTI 30/-
TANDOORI BUTTER ROTI 35/-
PLAIN NAAN / BUTTER NAAN ..... 60 / 70/-
LACHHA PARANTHA 60/-
GARLIC BUTTER NAAN 110/-
PANEER NAAN 150/-
CHEESE GARLIC NAAN 180/-
KEEMA NAAN 220/-
MISSI ROTI 60/-
KHASTA ROTI 60/-
MAKKI DI ROTI 70/-

RICE

STEAM RICE 170/-
JEERA RICE 210/-
VEG PALAO 240/-
Yellow Rice Blended With Mixed Vegetables

VEG BIRYANI 260/-
Aromatic Rice Dish Made By Cooking Basmati Rice With Mix Vegetables, Herbs And Biryani Spices

ANDA BIRYANI 260/-
Aromatic Rice Dish Made By Cooking Basmati Rice With Boiled Eggs, Herbs And Biryani Spices

MURG DUM BIRYANI 380/-
Marinated Chicken Cooked Along With Secret Spices And Basmati Rice In Slow Fire Served With Raita

MUTTON DUM BIRYANI 500/-
Marinated Chicken Cooked Along With Secret Spices And Basmati Rice In Slow Fire Served With Raita

NOTHING IS MORE QUINTESSENTIALLY PUNJAB THAN SARSON KA SAAG AND MAKKAI KI ROTI, IT'S AN EARTHY HEARTY FOOD ABUNDANT IN FLAVOUR, NUTRIENTS AND COLOUR; MUCH LIKE THE LAND AND THE PEOPLE IT BELONGS TO. PICTURE FIELDS OF GOLDEN YELLOW FLOWERS ON THE FOOTHILLS OF THE MAGNIFICENT HIMALAYAS, THE REGION SARSON HAS BEEN INDIGENOUS TO FOR MORE THAN 5 MILLENNIUMS. SARSON IS A WINTER AND SPRING FARE AND ITS SEASONAL ABUNDANCE IN PUNJAB, ON BOTH SIDES OF THE WAGAH, MAKES IT A PUNJABI FAVOURITE FOR THE RUSTICS AND THE URBANITES ALIKE.

ACCOMPANIMENTS

GREEN SALAD	120/-
RAITA (VEG, BOONDI, PINEAPPLE)	140/-
MASALA PAPAD	80/-

DESSERTS

GULAB JAMUN	110/-
RABRI	180/-
GAJRELA	160/-
SHAHI TUKDA	160/-
MALAI PHIRNI	180-
KULFI	180/-
DASTAN-E-GUL	250/-

BEVERAGES

CHAI	40/-
MINERAL WATER (500ML/1LTR)	20/- / 30/-
SOFT DRINKS	60/-
SWEET LASSI	120/-
MANGO LASSI	120/-
CHAAS / BUTTER MILK	60/- / 80/-

MOCKTAILS

FRESH LIME SODA 100/-
Lime Juice, Sugar Syrup, Soda,

MOJITO 150/-
Lime Juice, Soda, Mint leave, Mint Syrup

PINA COLADA 200/-
Lime Pineapple Juice,Coconut milk

SHIRLEY TEMPLE 200/-
Ginger Ale Strawberry juice

EVOLUTION 220/-
Mix. Pineapple Juice,Strawberry Juice

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REGION PUNJAB

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THANKS FOR GIVING US A CHANCE TO SERVE YOU.