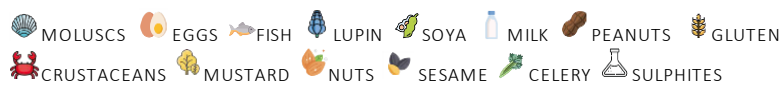


*As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires **2000 kcals** of energy per day.  
However, the actual calories needed may vary per person*



**Scan QR to know nutritional value of each dish**





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## REFRESHER

- SHIKANJVI 350  
28 kcal Traditional Punjabi lemonade served sweet, salt or peppered
- THANDAI 🍷 350  
276 kcal A cold beverage prepared with almonds, fennel seed, magaj tari seeds, rose petals, pepper, white poppy seeds, cardamom, saffron, milk and sugar
- KESARWALI LASSI 🍷 350  
173 kcal Iced yogurt shake churned from freshly set yogurt, sugar and saffron
- MASALA CHAAS 🍷 350  
117 kcal Iced buttermilk spices with freshly broiled cumin seeds, ginger, spice, coriander and green chillies
- BHUNE AAM KA PANNA 350  
28 kcal Summer drink made of tropical unripe mangoes, smoked in the tandoor and infused with black pepper

## CHAAT

- PATIYALA KACHORI CHAAT 🍷🌾 300  
1153 kcal Crispy puffed bowl filled with yogurt, tamarind chutney, potato and moong lentil
- PALAK PATTA CHAAT 🌾🍷 300  
693 kcal Batter fried crispy spinach served with chopped onion, tomato and tamarind chutney
- KURKURE ALOO CHAAT 300  
765 kcal Crispy fried baby potato, tossed with tamarind chutney















 MOLUSCS  EGGS  FISH  LUPIN  SOYA  MILK  PEANUTS  GLUTEN  
 CRUSTACEANS  MUSTARD  NUTS  SESAME  CELERY  SULPHITES

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## SOUP

- BHUTTA KALI MIRCH KA SHORBA 475  
217 kcal Corn, ginger garlic and black pepper
- SUBJI BADAM KA SHORBA 🍋 475  
249 kcal Mix vegetable soup with lemon, ginger and almonds
- ▲ BADAM MURGH RASSA 🍋 500  
554 kcal A flavourful soup of chicken simmered with fine spices, herbs and almonds
- ▲ LOBSTER LAHSOON KA SHORBA 🦞 550  
214 kcal Lobster broth with lemon and coriander, flavoured with garlic

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## VEGETARIAN STARTERS

- **PALAK DAHI KEBAB** 🥤 850  
263 kcal Pan fried spinach patty filled with yogurt, prunes
- **BHARWAN ACHARI KHUMB** 🥤 🍄 850  
464 kcal Pickle filled mushrooms cooked in the clay oven
- **TAWA AJWAINI PANEER** 🥤 🍄 850  
712 kcal Cottage cheese slices marinated in carom seed, hung curd and exotic Indian spices, shallow fried
- **HARE PYAZ KA BHRWAN PANEER TIKKA** 🥤 🍄 850  
851 kcal Spring onion filled with cottage cheese, cooked in the tandoor
- **AAM AUR KACCHE KELE KE CHAAMP** 🥤 850  
392 kcal A traditional mother's recipe made with raw banana and mango
- **AKHROT AUR PARWAL KI SEEKH** 🍌 850  
478 kcal A delicate kebab made by infusing pointed gourd and walnut
- **SURKH LAL BADAMI ALOO** 🥤 🍌 🍅 850  
1387 kcal Bell pepper, cheese filled baby potato marinated with chilli, yogurt cooked in tandoor
- **BHUTTE KE KEBAB** 🍌 850  
547 kcal Crispy fried marinated corn
- **VEGETARIAN KEBAB PLATTER** 🍌 🍄 🥤 850  
Bhutte ke kebab, hare pyaaz ka paneer tikka, surkh lal badami aloo, palak dahi kebab  
  
1793 kcal Small platter 2pcs each 1750  
2987 kcal Big platter 4pcs each 3500



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## NON-VEGETARIAN STARTERS

-  **MULTANI SEEKH KEBAB**  **1085**  
**935 kcal** Minced Indian lamb seasoned with Indian spices and cooked on skewers
-  **CHAAMP LUDHIYANVI**   **1600**  
**861 kcal** Char grilled Indian lamb chops flavoured with nutmeg
-  **LAHSOONI JHEENGA**   **1750**  
**352 kcal** Garlic, yogurt and cream marinated tiger prawns cooked in the tandoor
-  **HARE MASALE KE TAWA MACCHI**   **1085**  
**641 kcal** Bhetki fish slices marinated in coriander, mint leaf paste and Indian spices, cooked on tawa
-  **HARI KE PATTAN DA MAHI TIKKA**    **1085**  
**519 kcal** Cubes of river Bhetki matured in a richly spiced marinade of carom seed and curd with a trace of Kashmiri chilly, inspired from “Hari ke Pattan” near Amritsar- where the river Beas and Sutlej meet
-  **MURGH CHAPLI KEBAB**  **1085**  
**435 kcal** Chicken mince patty, griddle cooked.  
The word Chapli comes from Pashto word “Chaprikh” which means flat. Chapli is one of the popular barbeque meals in Pakistan and originates from the Mardan (Takht bhai) and Mansehra (Qalandarabad) region of the undivided India
-  **BHATTI KA MURGH**   **1085**  
**1218 kcal** Chicken rested overnight in a non-yogurt marinade that is a veritable symphony of exotic spices

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 **ZAFRANI MURGH TIKKA**  **1085**

**507 kcal** The house speciality, cubes of boneless chicken steeped in a marinade of royal cumin-enriched cream and hint of saffron glazed in the tandoor

 **BEERA DA MURGH TIKKA**  **1085**










**1018 kcal** A chicken kebab inspired from Beera's chicken tikka. Amritsar is synonymous with milk, desi ghee, butter and delectable tandoori fare. The name that lives up to this expectation is Balbir Singh, also known as Beera. Established in 1972, Beera da chicken has lured every Amritsari's taste buds with mouth-watering tikkas, kebabs and Tandoori chicken.

 **NON-VEGETARIAN KEBAB PLATTER**   

Lasooni jheenga, sunhare seekh kebab, zafrani murgh tikka, teekhe machali ka tikka

**1197 kcal Small platter 2pcs each 2300**

**2394 kcal Big platter 4pcs 4200**

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## VEGETARIAN MAIN COURSE

-  **PANEER BUTTER MASALA**   950  
**1512 kcal** Tempered cottage cheese tossed in onion and tomato gravy
-  **KHADE MASALE KA PANEER**   950  
**649 kcal** Cottage cheese and bell pepper spiked with coarsely ground spices
-  **PALAK PANEER HARA MASALA**  950  
**435 kcal** Spinach paste cooked in ginger, garlic and cumin with cottage cheese
-  **BAINGAN DA BHARTA**  950  
**512 kcal** Smoked and mashed eggplant laced with fresh Indian spices
-  **SARSON DA SAAG TE MAKKI DI ROTI**   950  
**595 kcal** Traditional Punjabi delicacy of mustard leaves, served with maize flour bread
-  **LASOONI PALAK**  950  
**369 kcal** Burnt-garlic and fenugreek-flavoured spinach
-  **KADHAI SUBZI**  950  
**332 kcal** Assorted vegetables tossed in onion tomato gravy flavoured with cream and fenugreek
-  **PUNJABI CHOLEY**  950  
**770 kcal** Chickpeas cooked in traditional style with spices
-  **ALOO METHI GOBHI TUK**  950  
**265 kcal** Potato and cauliflower florets flavoured with fenugreek
-  **METHI MAKHANA CHOUNKE MATAR**   950  
**423 kcal** A combination of fenugreek, foxnuts and garden fresh peas


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-  **ALOO WADI RASSA** 


**368 kcal** A traditional potato and lentil dumpling delicacy from Punjab

950
-  **KUMBH HARA PYAAZ**  


**417 kcal** Button mushroom cooked in fresh onion and tomato, enhanced with spring onion

950
-  **MILIJULI SUBZIYA**  



**518 kcal** Carrot, green peas, cauliflower, beans – cooked in creamy tomato gravy

950
-  **KADHAI BHINDI**

**278 kcal** Okra tempered with cumin seed, chat masala and coriander powder

950
-  **DAL PARANDA** 

**425 kcal** Traditional lentils simmered overnight on a clay oven

850
-  **DAL TADKA** 

**389 kcal** The Amritsar and Grand Trunck road default dhaba special

850












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  SOYA
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## NON-VEGETARIAN MAIN COURSE







-  **MURGH MAKHANWALA**   **1150**  
**1528 kcal** Charcoal grilled chicken cooked in an authentic Amritsari style
-  **KUKKAD TIKKA SIRKA PYAAZ**   **1150**  
**1627 kcal** Char grilled chicken tossed with bell peppers and onion relish
-  **MURGH TARIWALA**   **1150**  
**774 kcal** Home-style chicken cooked in brown onion gravy flavoured with cilantro
-  **SARSONWALI MACCHI**    **1150**  
**523 kcal** Fish cooked in delicate mustard-flavoured gravy
-  **RAGDA JHINGA**   **1265**  
**458 kcal** Prawn cooked on a griddle with pounded spices
-  **PARATI GOSHT**  **1265**  
**854 kcal** Seared lamb cooked in Indian spices
-  **MASALEWALI CHAAMP**  **1265**  
**831 kcal** Indian lamb chops cooked in its own juice (Does not contain any ghee or butter)
-  **MEAT BELIRAM**   **1265**  
**851 kcal** Created by Lahore's Master Chef Beliram – The undisputed king of Punjabi cooking prior to partition. This Indian lamb shank delicacy was an integral part of every gathering. We are paying tribute to the legendary chef by reproducing it to the best of our abilities






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- |  |             |
|--|-------------|
| <p>  CHAWAL KE NAZRANE         </p> <p> <b>308 kcal</b> Green pea pulao, jeera pulao, steamed basmati rice         </p>   | <p>600</p>  |
| <p>  KHUSHKA KHUSHBUDAAR         </p> <p> <b>300 kcal</b> Basmati steamed with a bouquet garni of cardamom, cinnamon, cloves and bay leaves         </p>  | <p>600</p>  |
| <p>  SUBZ BIRYANI  </p> <p> <b>464 kcal</b> The fragrant combination of aromatic basmati and garden fresh vegetables cooked on dum in sealed pots         </p> | <p>940</p>  |
| <p>  MURGH LAHSOON KI TAHRI  </p> <p> <b>1057 kcal</b> Steamed basmati rice cooked with chicken         </p>   | <p>1045</p> |
| <p>  GOSHT BIRYANI  </p> <p> <b>1163 kcal</b> The plu-perfect rice delicacy of Indian lamb cooked with the finest basmati         </p>                         | <p>1075</p> |












 MOLUSCS
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  FISH
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  SOYA
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## BREADS AND ACCOMPANIMENTS

 380 kcal AMRITSARI KULCHA  	350
 372 kcal PANEER KULCHA  	325
 261 kcal MISSI ROTI  	230
 267 kcal LACHCHEDAAR CHOTI PARONTHI  	230
 226 kcal MAKKI DI ROTI  	230
 LAHORI NAAN   268 kcal Butter, garlic, plain	230
 RAITA  119 kcal Mixed vegetable and mint	300
 GREEN SALAD 68 kcal Cucumber, carrot, onion, tomato, lemon, green chilli	300

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 **PARANDA VEGETARIAN GOURMET MENU  
OF THE DAY LIMITED**

Chef's choice of: Two starters  
Three main course  
Bread  
Rice  
Raita  
One dessert

INR. 1850 per person

 **PARANDA NON VEGETARIAN GOURMET MENU  
OF THE DAY LIMITED WITHOUT PRAWN  
AND LAMB CHOP**

Chef's choice of: Two starters  
Three main course  
Bread  
Rice  
Raita  
One dessert

INR. 2000 per person

 MOLUSCS  EGGS  FISH  LUPIN  SOYA  MILK  PEANUTS  GLUTEN  
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## DESSERTS

- PISTA KULFI 🥛 🍌 600  
386 kcal A popular Indian ice cream
- GULAB JAMUN 🥛 🍌 600  
903 kcal Deep fried cottage cheese dumplings in hot syrup
- GAJAR KA HALWA 🥛 🍌 600  
706 kcal Shredded carrot cooked in milk, finished with nuts and saffron
- JALEBIYAN 🥛 🍌 600  
2492 kcal Deep fried pretzels soaked in saffron flavoured syrup. Jalebi is popularly known as the celebration sweet of India and is widely distributed during national holidays like Independence Day and Republic day. It is one of the most popular sweets of the undivided India, and is often used as a remedy for headaches, where it is placed in hot milk and left to stand before eating. The earliest written references to the sweet are found in 13<sup>th</sup> century cookbook by Muhammad bin hassan Al-Baghdadi. In Iran, where it is known as Z'labia, the sweet was traditionally distributed during Ramadan. It is likely that it arrived in the Indian sub-continent during the Moghul rule, through cultural diffusion and trade, and came to be known as Jalebi, as Z is replaced by J in most Indian languages.
- SELECTION OF ICE CREAM 🥛 🍌 600  
325 kcal Rose petal, fig and honey, butterscotch

 MOLUSCS  EGGS  FISH  LUPIN  SOYA  MILK  PEANUTS  GLUTEN  
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