

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

PARANDA

What makes Punjabi cuisine so robust and varied is that it has been richly influenced by all the invaders - from Alexander the Great to Babar the Mongol, Sher Shah the Afghan to Nadir Shah the Persian.

The menu at Paranda is a paean to this cuisine. It is fragrant with the flavours of Lahore; it celebrates the famed street treats of Amritsar and the Grand Trunk Road; it pays homage to culinary maestros like Beliram, Beera and Sucha Singh; and it is redolent with the embers of home fires from the kitchens of the Kaurs and the Singhs.

At Paranda, themes of soil, water, fire, charcoal and forest permeate the menu resulting in aromatic dishes that are rooted in the landscape from which they were drawn.

The food stays true to its old-world heritage with the chefs using regional Northern Indian cooking techniques and secrets to create small moments of surprise through the discovery and resurrection of long forgotten ingredients like paan ka jad, khus ka jad, cock comb flower, kachri, et al.

The Paranda kitchen has a philosophy of simple purity. Master Chef. Boer believes: “The kitchen is not a laboratory”. The menu features an abundance of robust, earthy dishes that have evolved from the province of Punj (five) Ab (water) - The Land Of Five Rivers. From the ingenuity of the ingredient to the flawlessness of the execution, every aspect of Paranda will lead to an emotive, intense, liberating way of eating with fingers unlike any other.

So, as they say in Punjab, chalo roti kha laiye.



SHORBA

ZAFRANI MURGH SHORBA — 650
488 kcal | 230 gm| Chicken broth infused with saffron, flavoured with Indian aromatic spices, served with braised chicken, methi matthi

GOSHT DALCHINI SHORBA — 650
290 kcal | 230 gm | Lamb broth finished with cinnamon, served with braised lamb meat and methi matthi

TAMATAR TULSI SHORBA — 625
249 kcal | 240 gm | Seasonal fresh tomato shorba with fresh basil, black pepper served with methi matthi

BHUNEE BHUTTE AUR ADRAK KA SHORBA — 625
515 kcal | 245 gm | Oven roasted corn with ginger, chef's special blend of spices served with methi matthi

Kindly inform our associates of any food allergies or dietary restrictions.

Vegetarian Non-Vegetarian

List of Allergens:

Milk Nuts Gluten Mustard Molluscs Eggs Fish Lupin
Soya Peanuts Crustaceans Sesame Celery Sulphites



TANDOOR AUR TAWE SE NON-VEGETARIAN

LAMB BURRA KEBAB — 2200
740 kcal | 250 gms | Lamb chops with chef's secret blend of spices and cooked to perfection

ACHARI JHINGA TANDOORI — 1900
358 Kcal | 190 gms | Prawns marinated in spicy achari blend, cooked in clay oven

KURKURE JHINGA AMRITSARI — 1750
342 kcal | 190 gms | Deep fried prawns marinated overnight in sharp Amritsari spices, served with coriander chutney

SARSON MAHI TIKKA — 1425
331 kcal | 215 gms | Boneless fish pieces in mustard marinade grilled in clay oven

AMRITSARI MACCHI — 1425
358 kcal | 210 gms | Sole marinated in sharp marinade with crushed spices, deep fried and served with coriander chutney

KUTTI MIRCH KI TAWA MACCHI — 1425
335 kcal | 205 gms| Sole marinated with mustard and crushed spices, cooked over griddle and shallow fried

ROGANI SEEKH KHAAS — 1400
601 kcal | 345 gms | Mutton skewers chargrilled to perfection finished with butter, chat masala and fresh coriander leaves

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- GOSHT KI GALAWAT — 1400
  601 kcal | 345 gms | Galouti kebab with paratha
- HIGHWAY MURGH TIKKA — 1375
  641 kcal | 345 gms | Chicken morsels in sharp marinade cooked in clay oven finished with butter, cream and fresh coriander
- LEHSOONI MURGH TIKKA — 1375
  635 kcal | 345 gms | Chicken morsels in sharp marinade flavoured with garlic, cooked in clay oven, finished with butter, cream and chat masala
- SHAHI MAKHMALI MURGH TIKKA — 1375
  464 kcal | 245 gms | Chicken morsels marinated with cream, cheese, nuts and spices
- BHATTI DA MURGH — 1350
  750 kcal | 410 gms | Half spring chicken marinated overnight with sharp marinade, cooked to perfection in clay oven

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VEGETARIAN

- BHATTI PANEER TIKKA SHASHLIK — 1125
  580 kcal | 280 gms | Cottage cheese, bell pepper, marinated overnight in sharp marinade and cooked in clay oven
- SAUNFIYA PANEER MALAI TIKKA — 1125
  610 kcal | 280 gms | Cottage cheese marinated with curd, cheese, chillies. cooked in clay oven flavoured with cardamom and fennel
- DAHI MAKHANE KE KEBAB — 1125
  574 kcal | 275 gms | Deep fried hung curd patties along with foxnuts, spices and served with house salad
- SUBZ GALAWAT — 1100
  315 kcal | 250 gms | Minced vegetable patties cooked on tawa and served with saffron paratha
- ALOO DILNAAZ — 1100
  558 kcal | 210 gms | Stuffed potato barrels with nuts, khoya, sesame seeds, finished with cream, butter and fresh coriander
- ACHARI SOYA CHAAP — 1075
  716 kcal | 275 gms | Soya chunks marinated in special achari masala, cooked in clay oven, finished with cream and butter
- MAKKAI METHI KAJU KEBAB — 1075
  527 kcal | 210 gms | Fenugreek, corn kernel and cashew nuts patties shallow fried over griddle
- HING MATTAR TIKKI — 1075
  338 kcal | 250 gms | Pan seared-shallow fried green peas and potato patties, stuffed with cheese and chilies

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MAINS
NON-VEGETARIAN CURRIES

TAWA JHINGA SIRKA PYAZ — 1975
592 kcal | 330 gms | Pan seared prawn cooked with onion, tomato masala and chef's blend of spices

BALTI MEAT — 1625
687 kcal | 335 gms | Lamb shanks cooked in classic blend of spices to perfection and finished with fresh coriander leaves

LAGAN WALA RARA GOSHT — 1625
978 kcal | 465 gms | Boneless lamb morsels & minced meat cooked in lagan's traditional way with home crushed spices

SARSON MAHI CURRY — 1575
587 kcal | 400 gms | Sole simmered with Indian spices finished with grounded mustard, fresh coriander and ginger

MURGH MAKHANWALA — 1550
651 kcal | 355 gms | A luxurious north Indian delicacy featuring succulent boneless pieces of chicken simmered in a velvety tomato-based gravy enriched with butter and cream

BHUNA MURGH MASALEDAR — 1550
530 kcal | 250 gms | A robust and flavourful chicken preparation where succulent pieces of chicken are slow-cooked and sautéed in a thick, spiced masala

SEETI WALA KUKKAD — 1550
356 kcal | 250 gms | A rustic Punjabi home-style chicken curry prepared in a pressure cooker along with onion and tomato gravy

KEEMA KALEJI — 1500
710 kcal | 250 gms | Minced mutton and liver slow cooked in robust spices blend with onion and tomatoes

TANDOORI KUKKAD MAKHANI — 1495
678 kcal | 350 gms | A luxurious north Indian delicacy featuring succulent chicken on bone simmered in a velvety tomato-based gravy enriched with butter and cream

ANDA CURRY — 1200
228 kcal | 250 gms | A classic Indian comfort dish featuring boiled eggs simmered in a spiced onion-tomato gravy finished with kasoori methi, fresh coriander and ginger

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VEGETARIAN CURRIES

- MEWE MAWE KA MALAI KOFTA — 1225
  678 kcal | 250 gms | Cottage cheese dumplings stuffed with nuts in creamy tomato cashew gravy
- LEHSOONI PALAK PANEER — 1175
  558 kcal | 250 gms | Cottage cheese, spinach tempered with fried garlic and Indian spices
- PANEER MAKHAN WALA — 1175
  610 kcal | 250 gms | Cottage cheese in creamy tomato gravy, kasoori methi and finished with butter
- PANEER MATTAR BHURJEE — 1150
  404 kcal | 250 gms | Scrambled cottage cheese, green peas with spicy onion, tomato and crushed spices
- AMRITSARI CHOLEY — 1095
  685 kcal | 250 gms | A signature Punjabi delicacy featuring tender chickpeas simmered in a rich, spiced curry, finished with fenugreek, fresh coriander and ginger
- SHAHI KHUMB MAKKAI HARA PYAZ — 1095
  435 kcal | 250 gms | A royal vegetarian delicacy that brings together fresh mushrooms, sweet corn and fresh spring onions in a rich creamy gravy with chef's blend of secret spices
- DAL PARANDA — 1050
  558 kcal | 320 gms | Traditionally cooked black lentil & kidney beans simmered overnight with spices, finished with rich cream and butter

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- SUBZ DUM HANDI — 1025
  280kcal | 250 gms | Flavourful and aromatic vegetarian curry cooked on a slow heat
- BAINGAN BHARTA — 1025
  438 kcal | 250 gms | A classic fire-roasted eggplant mashed and cooked with onions, tomatoes, green chilies and aromatic spices
- HING DHANIYE KE CHATPATE ALOO — 995
  315 kcal | 250 gms | A vibrant north indian preparation featuring baby potatoes tossed in a tangy, spiced masala infused with the earthy aroma of asafoetida and the freshness of coriander
- ALOO AMRITSARI WADI — 995
  887 kcal | 250 gms | Sun-dried lentil dumplings with tender potatoes, cooked in a spiced onion-tomato gravy finished with fresh coriander and chillies
- DOUBLE DAL FRY — 995
  353 kcal | 420 gms | Slowly cooked yellow lentil tempered with asafoetida, cumin onion, garlic, tomatoes and green chillies

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RAS RANG THALI

▲ RAS RANG NON-VEGETARIAN THALI — 2400
550 kcal | 250 gms | A traditional complete Indian non-vegetarian meal served in thali

● RAS RANG VEGETARIAN THALI — 2200
440 kcal | 250 gms | A traditional complete Indian vegetarian meal served in thali

SAATH MEIN

▲ GOSHT BIRYANI — 1450
598 kcal | 250 gms | A classic aromatic rice preparation along with succulent pieces of mutton cooked with fragrant basmati rice and a medley of whole spices, finished with saffron and fried onions

▲ MURGH PULAO — 1350
468 kcal | 250 gms | A flavourful and aromatic rice dish prepared with tender marinated chicken, long-grain basmati rice, blend of whole spices, finished with saffron and fried onions

● SUBZ PULAO — 1250
280 kcal | 250 gms | A fragrant wholesome rice preparation made with long-grain basmati rice and an assortment of fresh seasonal vegetables, slow-cooked with blend of whole spices, finished with saffron and fried onions

● JEERA PULAO — 850
358 kcal | 250 gms | Aromatic rice preparation made with premium basmati rice, tempered with cumin seeds and lightly sautéed in ghee

● STEAMED BASMATI RICE — 800
289 kcal | 310 gms | A classic preparation of long-grain aromatic rice

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● Vegetarian ▲ Non-Vegetarian

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BREADS

RAGDA KEEMA KULCHA 395
338 kcal | 125 gms | Spiced keema stuffed kulcha

CHICKEN TIKKA MASALA KULCHA 395
929 kcal | 330 gms | Kulcha stuffed with chopped chicken, cheese, onion and fresh coriander

AMRITSARI KULCHA 350
554 kcal | 250 gms | Kulcha stuffed with potato, chili, crushed coriander and pomegranate seed

PARATHA 300
338 kcal | 125 gms | Mirchi | Green chilli | Laccha | Pudhina

NAAN 300
333 kcal | 135 gms | Plain | Butter | Garlic | Til kalonji

TANDOORI ROTI 275
164 kcal | 50 gms | Plain | Butter | Methi

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Soya Peanuts Crustaceans Sesame Celery Sulphites



MEETHE MEIN

- BADAM KA HALWA — 725
  423 kcal | 175 gms | Finely ground almonds, slow-cooked in ghee, milk, sugar delicately flavoured with saffron and cardamom
- KULFI — 725
  114 kcal | 50 gms | A traditional indian frozen dessert, often called the "Indian ice cream," known for its dense, creamy texture and intense flavour
- GULAB JAMUN — 695
  329 kcal | 150 gms | Fried milk dumpling stuffed with nuts and soaked in rose flavoured sugar syrup
- LYCHEE BADAM RABDI — 695
  586 kcal | 150 gms | A decadent fusion dessert that combines the creamy richness of traditional rabdi with the delicate sweetness of lychee
- GUD KI KHEER — 695
  240 kcal | 150 gms | A traditional indian dessert made by simmering rice in creamy milk and sweetened with jaggery which gives it a deep, earthy sweetness and a beautiful caramel hue
- SHAKORA PHIRNI — 695
  358 kcal | 150 gms | A luscious dessert made of coarsely ground basmati rice, milk, sugar, dry fruits and is flavoured with stunning saffron and cardamom

SOFT BEVERAGES

ENERGY DRINK	525
SEASONAL FRESH FRUIT JUICE 57 kcal | 100 ml	495
CHOICE OF TEA / COFFEE	495
AERATED BEVERAGE &SERVICES	425
CANNED JUICE	425
STILL WATER & SERVICES	325
SPARKLING WATER & SERVICES 330 ml | 750 ml	295/525

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