



# WelcomHeritage

Palaces • Forts • Havelis • Resorts



RISHIKESH

———— A WelcomHeritage Resort ————

**Dear Guest,**

Welcome to WelcomHeritage Arka Resort & Spa.

I would like to take this opportunity to extend a warm welcome to all our discerning guests, and assure you that our team is going to make every effort to ensure your stay is as memorable as possible.

Food is an integral part of anyone's travel plan, which is why we have spent a lot of time curating this menu, designed to be responsibly indulgent. A large part of our menu consists of dishes sourced from farms and markets nearby, with fresh and wholesome ingredients. We are aware that global citizens on a vacation want a spectrum of options, as the world is their canvas. Both vegetarians and meat eaters can choose from a wide selection of dishes. Potential allergens are indicated for the benefit of our guests who are affected by common food allergies.

Want to eat what the locals eat? The 'FLAVOURS OF UTTARAKHAND' section is for you! On offer are authentic regional specials like Gahat Ka Shorba, Phaanu, Pahadi Chicken, Mandua Ki Roti and more. These dishes are curated after extensive research on the culture and heritage of the region. We highly recommend giving them a try. Your server will happily explain the nuances of the regional items and their heritage.

Want to balance the familiar with the new? The 'GLOBAL FLAVOURS' and 'INDIAN FOOD' sections are your go-to sections! We offer a selection of dishes that are a part of our lives. Crisp Dosa, Buttery Paratha, Thick-cut Fries, Succulent Tikka, Smoky Dal, Cheesy Pasta and much more await you, so you don't miss out on your favourites when you stay with us. Finally, if you are the type who likes to eat healthy, we invite you to select your favourites from a selection of 'WELLNESS'.

I, and the members of my team wish you a memorable stay and hope you enjoy your visit to WelcomHeritage ARKA RESORT & SPA.

With best wishes,  
GENERAL MANAGER

## HYGIENE & SAFETY MEASURES



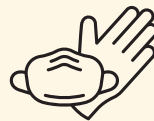
Regular  
temperature  
checks & control



Hygienically  
prepared  
fresh food



Regular  
sanitization  
& cleaning



Use of masks,  
gloves & other  
safety equipment



Contains  
Nuts



Gluten  
Free



Contains  
Egg



Contains  
seafood

While ordering, please inform our associate in case you are allergic to any of the following ingredients:

Cereals containing gluten- i.e., wheat, rye, barley, oats, spelt or their hybridized strains & products of these/crustaceans & their products/milk & milk products/egg & egg products/fish & fish products/peanuts, tree nuts & their products/soybeans & their products.

Our chef would be delighted to design your meal without them.

We use Olive Oil, Refined Oil, Mustard Oil, Butter, and Ghee as mediums of cooking.

An average adult requires 2000 kcal energy per day; however, calorie needs may vary.



# FLAVOURS OF UTTARAKHAND

## SOUP

- Vegetarian

■

Non-Vegetarian

Gahat Ka Shorba

🌱

(210-gms, 254-kcal)

A warm, light, and wholesome vegan soup crafted from gahat dal, infused with subtle Himalayan spices for a comforting start to your meal.

₹250
- ▲

Non-Vegetarian

Paya Soup

🌶️🌶️🌶️

(220-gms, 333-kcal)

A rich and spicy broth made from slow-cooked lamb trotters, simmered with aromatic spices and herbs, offering a soul-warming Uttarakhand specialty.

₹400

## MAIN COURSE

- Vegetarian

■

Non-Vegetarian

Dal Chainsu

🌱

(350-gms, 514-kcal)

A hearty, vegan lentil curry made from urad dal, slow-cooked with traditional spices to create a thick, flavorful Pahadi dish.

₹350
- Vegetarian

Bhatwani

🌱

(350-gms, 529-kcal)

A unique vegan curry crafted from ground soybeans, simmered with authentic Uttarakhand spices for a wholesome and distinctive flavor.

₹350
- Vegetarian

Phaanu

🌱

(350-gms, 450-kcal)

A protein-rich vegan curry made from gahat dal, slow-cooked to perfection with regional spices, offering a rustic Himalayan taste.

₹350
- Vegetarian

Aloo Tamatar Ka Jhol

🌱

(350-gms, 520-kcal)

Tender steamed potatoes enveloped in a tangy tomato-based gravy, a comforting and flavorful Uttarakhand home-style dish.

₹300
- Vegetarian

Jakhiya Aloo

🌱

(350-gms, 288-kcal)

Golden potatoes stir-fried with jakhiya, a distinctive Pahadi spice, delivering a fragrant and mildly spiced regional delight.

₹350
- ▲

Non-Vegetarian

Pahadi Chicken

🌶️🌶️🌶️

(380-gms, 883-kcal)

Succulent chicken cooked in a thick, spicy yogurt-based gravy, infused with Himalayan spices for an authentic Pahadi culinary experience.

₹600

■ Vegetarian ▲ Non-Vegetarian 🌱 Gluten Free ❤️ Heart Healthy 🍤 Contains Shellfish  
🌱 Vegan 🥜 Contains Nuts 🌶️🌶️🌶️ Spicy 🥚 Contains Egg 🐷 Contains Pork

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## RICE

- Laal Bhaat

🌱

(350-gms, 529-kcal)

Nutritious Himalayan red rice, naturally flavorful and wholesome, perfect as a healthy and aromatic side.

₹300
- Jhangora Bhaat

(350-gms, 546-kcal)

A wholesome dish of Himalayan barnyard millet, offering a nutty flavor and a healthy alternative to traditional rice.

₹300
- Vegetarian Tehri

(420-gms, 874-kcal)

Fragrant basmati rice cooked with fresh vegetables and aromatic Indian spices, a vibrant Uttarakhand one-pot dish.

₹350
- ▲

Mass Tehri

(420-gms, 1133-kcal)

Aromatic basmati rice cooked with tender mutton, potatoes, and Indian spices, creating a rich and flavorful Pahadi feast.

₹550

## BREADS/RAITA

- Mandua Ki Roti

🌱

(100-gms, 116-kcal)

Rustic gluten-free bread made from finger millet flour, baked in a tandoor for a wholesome and earthy flavor.

₹100
- Pahadi Raita

(350-gms, 196-kcal)

A refreshing blend of yogurt, mustard, and dried dates, offering a tangy and traditional Uttarakhand accompaniment.

₹150

## DESSERT

- Jhangore Ki Kheer

(350-gms, 383-kcal)

Creamy barnyard millet kheer, slow-cooked with milk and reduced to a rich, comforting dessert with a Pahadi touch.

₹250

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# BREAKFAST

Time 07.30 a.m. to 10.30 a.m.

- Continental Breakfast

♥🌱

(450-gms, 952-kcal)

A wholesome breakfast featuring fresh juice, seasonal cut fruits, a baker's basket, eggs cooked to order, and your choice of tea or coffee.

₹500
- North Indian Breakfast

♥🌱

(450-gms, 709-kcal)

A hearty spread with two stuffed parathas, fresh cut fruits, puri with bhaji, pickle, curd, and your choice of tea or coffee.

₹600
- South Indian Breakfast

🌶️

(450-gms, 957-kcal)

A flavorful South Indian platter with dosa or uttapam, sambar, chutney, poha, fresh cut fruits, and tea or coffee.

₹600
- Choice of Paratha

(240-gms, 375-kcal)

Flaky parathas stuffed with your choice of potato/cauliflower/onion/cottage cheese, served with yogurt and pickle.

₹350
- Puri Bhaji

(375-gms, 744-kcal)

Crispy deep-fried puris paired with a cumin-spiced potato curry, a classic Indian breakfast favorite.

₹350
- ▲

Eggs to Order

🥚

(100-gms, 587-kcal)

Eggs prepared to your preference (fried/poached/scrambled/boiled/omelette), served with white or brown bread (toasted or plain), grilled tomato, and hash brown.

₹300

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## QUICK BITES

- **French Fries**  
(300-gms, 200-kcal)  
Crispy, golden potato fries, lightly salted and fried to perfection for a classic snack.

₹350
- **Veg Club Sandwich (Plain/Toasted/Grilled)**  
(400-gms, 824-kcal)  
A triple-decker sandwich filled with layers of fresh vegetables, creamy spreads, and paneer or potatoes, offering a satisfying and quick vegetarian delight.

₹450
- **Vegetable Pakoda** 🍷  
(390-gms, 200-kcal)  
Gluten-free assorted vegetables and cottage cheese coated in gram flour batter, deep-fried, and served with sweet tamarind and mint chutney.

₹450
- **Paneer Kathi Roll**  
(390-gms, 989-kcal)  
Whole wheat wraps filled with marinated paneer tikka masala, offering a flavorful and portable Indian street food delight.

₹600
- ▲

**Chicken Club Sandwich (Plain/Toasted/Grilled)**  
(430-gms, 520-kcal)  
A classic triple-decker sandwich layered with cooked chicken, crispy bacon, fresh vegetables, and mayonnaise between slices of toasted bread.

₹500
- ▲

**Chicken Nuggets**  
(150-gms, 400-kcal)  
Crispy, golden-brown bite-sized pieces of tender chicken, perfect for a quick and savory snack.

₹500
- ▲

**Chicken Kathi Roll**  
(390-gms, 869-kcal)  
Whole wheat wraps filled with succulent chicken tikka masala, offering a spicy and satisfying street-style roll.

₹650

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## SOUP

- Cream of Soup

(305-gms, 270-kcal)

A velvety soup in your choice of tomato/mushroom/broccoli, delivering a creamy and comforting experience.

₹300
- ▲

Cream of Chicken Soup

(305-gms, 310-kcal)

A rich and creamy chicken soup, thickened with a roux and infused with savory chicken broth for a warming delight.

₹400
- ▲

Choice of Oriental Soup (Veg/Chicken)

(350-gms, 310-kcal)

A flavorful oriental soup in your choice of sweet corn/manchow/hot & sour/lemon coriander/tom yum, available in vegetarian or chicken variants.

₹300/₹400

## SALAD

- Waldorf Salad 🥗

(260-gms, 390-kcal)

A classic mix of apples, celery, grapes, and walnuts in a creamy mayonnaise dressing, offering a sweet and nutty delight.

₹300
- Garden Green Salad 🍏

(260-gms, 100-kcal)

A crisp and vibrant selection of seasonal garden greens, served with your choice of dressing for a refreshing start.

₹300
- Quinoa Salad 🌾🍏

(260-gms, 184-kcal)

A light, gluten-free, and protein-rich quinoa salad, ideal for a healthy and wholesome dining experience.

₹300
- Tossed Salad 🍏

(260-gms, 200-kcal)

Freshly diced garden greens tossed in a zesty lime dressing, offering a light and tangy delight.

₹300
- ▲

Chicken Pasta Salad 🍝🍏

(300-gms, 240-kcal)

Tender chicken and pasta marinated in an Indo-continental dressing, offering a hearty and flavourful fusion salad.

₹400
- ▲

Caesar Salad (Chicken) 🍗🍏

(340-gms, 419-kcal)

Crisp lettuce tossed in creamy Caesar dressing with grilled chicken, delivering a classic and satisfying salad experience.

₹400

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## APPETIZERS

- Garlic Bread

(150-gms, 250-kcal)

Toasted bread slices infused with garlic butter and herbs, offering a crispy and aromatic starter perfect for dipping.

₹200
- Corn Salt & Pepper

(505-gms, 205-kcal)

Crispy American corn tossed with a tangy blend of salt and pepper, offering a delightful crunch.

₹400
- Honey Chilli (Cauliflower/Potatoes) 🌶️

(505-gms, 300-kcal)

Fried cauliflower or potatoes tossed in a sweet and spicy sauce, sprinkled with sesame seeds for a bold flavour.

₹400
- Hara Bhara Kebab 🌱

(505-gms, 180-kcal)

A wholesome appetizer of spinach, potatoes, peas, and herbs, offering a crispy and vibrant green treat.

₹450
- Dahi Ke Kebab

(150-gms, 250-kcal)

Shallow-fried kebabs made from hung curd, gram flour, paneer, and spices, delivering a creamy and flavourful bite.

₹450
- Chilli Paneer 🌶️

(505-gms, 310-kcal)

Golden-fried paneer and vegetables tossed in a spicy hot garlic sauce, a perfect Indo-Chinese fusion appetizer.

₹500
- Paneer Tikka 🌱

(505-gms, 994-kcal)

Cottage cheese cubes marinated in classic, haryali, or badami flavours, char-grilled and served with mint chutney for a smoky delight.

₹500
- ▲

Choice of Chicken Tikka

(350-gms, 250-kcal)

Succulent chicken marinated in classic/lahsooni/malai/Afghani flavours, grilled in a tandoor for a smoky delight.

₹600
- ▲

Chilli Chicken 🌶️

(340-gms, 320-kcal)

Tender chicken chunks glazed with spicy schezwan sauce, offering a fiery Indo-Chinese treat.

₹600
- ▲

Mutton Seekh Kebab 🌶️

(320-gms, 1263-kcal)

Minced mutton blended with onions, ginger, and spices, skewered and grilled to perfection for a rich and spicy treat.

₹700
- ▲

Bhatti Ka Murgh 🌶️

(700-gms, 250-kcal)

Classic tandoori chicken marinated with bold spices and grilled to juicy perfection, a timeless favourite.

₹900

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▲ **Fish Tikka (Ajwaini/Sarson)** 🐟 ₹800  
(340-gms, 827-kcal)  
Fresh fish marinated with ajwain or sarson and mild Indian spices, cooked in a clay oven for a smoky and aromatic flavour.

▲ **Garlic Chilli Fish** 🐟 🌶️ 🌶️ 🌶️ ₹800  
(340-gms, 260-kcal)  
Battered and fried fish tossed in a spicy, tangy garlic sauce, delivering a bold and zesty seafood appetizer.

## INDIAN MAIN COURSE

■ **Choice of Dal** ❤️ ₹450  
(350-gms, 764-kcal)  
A comforting lentil dish in your choice of tadka/makhani/palak, slow-cooked for a wholesome and heart-healthy meal.

■ **Kadhai Vegetables** 🌶️ 🌶️ 🌶️ ₹500  
(350-gms, 350-kcal)  
A vibrant medley of vegetables stir-fried in a spicy kadhai gravy, bursting with bold and aromatic flavours.

■ **Malai Kofta** 🍲 ₹550  
(350-gms, 420-kcal)  
Soft cottage cheese dumplings simmered in a rich, creamy gravy, delivering a luxurious and indulgent flavour.

■ **Paneer Cooked with Choice of Gravy** 🌶️ 🌶️ 🌶️ 🍲 ₹600  
(350-gms, 873/1027/1081-kcal)  
Cottage cheese prepared in your choice of kadhai/palak/makhani/khurchan gravy, offering a rich and flavourful experience.

▲ **Egg Curry** 🍳 🍲 ₹600  
(380-gms, 380-kcal)  
Boiled eggs cooked in a rich tomato-onion gravy, offering a comforting and flavourful Indian classic.

▲ **Murgh Cooked with Choice of Gravy** ₹750  
(450-gms, 984-kcal)  
Tender chicken prepared in your choice of lababdar/palak/kadhai/makhan gravy, offering a rich and flavourful experience.

▲ **Punjabi Macchi Curry** 🐟 🌶️ 🌶️ 🌶️ ₹850  
(450-gms, 350-kcal)  
Roasted fish morsels simmered in a spicy Punjabi-style curry, infused with vibrant Indian spices.

▲ **Mutton Rogan Josh** ₹850  
(450-gms, 878-kcal)  
Slow-cooked Kashmiri-style lamb curry, infused with aromatic spices for a rich and robust flavour.

▲ **Laal Maas** 🌶️ 🌶️ 🌶️ ₹850  
(450-gms, 878-kcal)  
A fiery Rajasthani mutton curry, known for its bold flavours and vibrant red hue, perfect for spice lovers.

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## RAITA

- **Mix Veg / Cucumber / Pineapple / Boondi Raita** ₹250  
(300-gms, 190/190/110/120-kcal)  
Creamy hand-blended yogurt in your choice of mix vegetable/cucumber, pineapple/boondi, offering a refreshing complement to any meal.

## GLOBAL FLAVORS

- ▲ **Wok-Tossed Fried Rice (Veg/Chicken)** ₹350/₹450  
(413-gms, 620-kcal)  
Fragrant fried rice tossed in a hot wok with burnt garlic/schezwan/hakka flavors, available with vegetables or chicken.
- ▲ **Wok-Tossed Noodles (Veg/Chicken)** ₹500/₹600  
(438-gms, 820-kcal)  
Sizzling noodles prepared in your choice of schezwan/hakka/chilli garlic flavors, available with vegetables or chicken.
- **Veg Thai Green Curry** ₹550  
(360-gms, 295-kcal)  
A fragrant Thai green curry with fresh vegetables, served with steamed rice for an aromatic and spicy delight.
- **Veg Manchurian (Gravy/Dry)** ₹550/₹450  
(345-gms, 235-kcal)  
Vegetable dumplings tossed in a mild, flavorful Indo-Chinese sauce, available in gravy or dry for a delightful fusion dish.
- ▲ **Chicken Thai Green Curry** ₹600  
(360-gms, 395-kcal)  
Tender chicken in a fragrant Thai green curry, served with steamed rice for a spicy and aromatic experience.

## PIZZA

- **Farm House Pizza** ₹700  
(568-gms, 1015-kcal)  
A vegetarian delight topped with fresh vegetables and cheese, baked to crispy perfection.
- ▲ **Chicken Pizza** ₹800  
(608-gms, 1203-kcal)  
A savory pizza loaded with tender chicken, cheese, and flavorful toppings, baked to golden perfection.

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PASTA

- Choice of Pasta (Veg/Non-Veg)

(345/350-gms, 365/869-kcal)

Your choice of penne/spaghetti/fusilli/macaroni, served with a selection of sauces including arrabbiata/alfredo/pesto/bolognese, available in vegetarian or non-vegetarian variants.

₹550/₹650

RICE & BIRYANI

- Plain Rice

(350-gms, 339-kcal)

Fluffy steamed basmati rice, perfect as a versatile side for any curry.

₹250
- Jeera Rice

(350-gms, 513-kcal)

Fragrant basmati rice tempered with cumin and ghee, offering a flavorful accompaniment.

₹300
- Subz Kesari Pulao

(350-gms, 300-kcal)

Saffron-infused basmati rice cooked with fresh vegetables, delivering a vibrant and aromatic dish.

₹400
- Green Peas Pulao

(350-gms, 250-kcal)

Basmati rice cooked with tender green peas and mild spices, offering a light and flavorful side.

₹350
- Dum Biryani

(590-gms, 874-kcal)

Fragrant basmati rice layered with saffron and slow-cooked vegetables, infused with authentic Hyderabad spices for a royal feast

₹700
- Chicken Dum Biryani

(590-gms, 1133-kcal)

Fragrant basmati rice layered with saffron and slow-cooked chicken, infused with authentic Hyderabad spices for a regal dining experience.

₹800

Vegetarian

Non-Vegetarian

Gluten Free

Heart Healthy

Contains Shellfish

Vegan

Contains Nuts

Spicy

Contains Egg

Contains Pork

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## BREADS

- **Tandoori Roti** ₹100  
(120-gms, 237-kcal)  
Whole wheat bread baked in a tandoor, offering a smoky and rustic flavor.
- **Hari Mirch Ki Missi Roti** ₹100  
(120-gms, 90-kcal)  
Spiced gram flour bread infused with green chilies, baked in a tandoor for a savory and spicy kick.
- **Laccha Paratha (Plain/Pudina/Mirchi)** ₹100  
(120-gms, 145-kcal)  
Flaky layered paratha, available in plain/mint/spicy chili variants, cooked to golden perfection.
- **Plain Naan / Butter Naan** ₹100  
(120-gms, 393-kcal)  
Soft and fluffy tandoori naan, available plain or brushed with butter for a rich taste.
- **Bharwan Kulcha (Potato/Onion/Paneer)** ₹150  
(150-gms, 290-kcal)  
Soft tandoori bread stuffed with your choice of potato/onion/paneer, bursting with flavor.
- **Chur-Chur Naan** ₹150  
(120-gms, 362-kcal)  
Crispy, flaky naan with a rich, buttery texture, perfect with curries.

## BEVERAGES

- **Choice of Coffee (Cappuccino/Latte/Americano/Espresso)** ₹200  
(140-gms, 480-ml)  
Freshly brewed coffee in your choice of style, offering a rich and invigorating sip.
- **Choice of Tea (Masala/Black/Lemon/Green)** ₹150  
(300-ml, 150-kcal)  
Aromatic tea brewed in your choice of masala/black/lemon/green variants, perfect for a refreshing break.
- **Choice of Milk Shakes (Butterscotch/Vanilla/Chocolate/Strawberry)** ₹250  
(300-ml, 170/300/127/235-kcal)  
Creamy and indulgent milkshakes, available in butterscotch/vanilla/chocolate/strawberry flavors.
- **Lassi / Buttermilk (Sweet/Salted)** ₹150  
(300-ml, 142-kcal)  
Refreshing yogurt-based lassi or buttermilk, available in sweet or salted variants for a cooling treat.

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-  **Hot Chocolate** ₹200  
(300-ml, 122-kcal)  
Rich and velvety hot chocolate, perfect for a warm and comforting indulgence.
-  **Cold Coffee** ₹250  
(300-ml, 150-kcal)  
Chilled and frothy coffee, blended to perfection for a refreshing pick-me-up.
-  **Hot Milk** ₹150  
(300-ml, 183-kcal)  
Warm and comforting milk, served plain for a simple and soothing beverage.
-  **Fresh Lime Soda / Water** ₹250/₹100  
(300-ml, 110-kcal)  
Zesty lime-infused soda or water, offering a refreshing and tangy hydration option.
-  **Seasonal Fresh Juice** ₹250  
(300-ml, 120-kcal)  
A selection of chilled seasonal fruit juices, perfect to complement your meal with natural freshness.
-  **Aerated Beverages** ₹250  
(330-ml, 134-kcal)  
A selection of chilled soft drinks, perfect to complement your meal.
-  **Mineral Water Bottle** ₹100  
(1-liter, 0-kcal)  
Pure and refreshing bottled mineral water, ideal for hydration.

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 Vegan  Contains Nuts  Spicy  Contains Egg  Contains Pork

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## DESSERTS

- Choice of Ice Cream (Vanilla/Chocolate/Strawberry/Butterscotch)

(100-gms, 150-kcal)

Creamy and refreshing ice cream, available in vanilla/chocolate/strawberry/butterscotch flavors.

₹300
- Fruit Custard

(165-gms, 350-kcal)

Creamy custard blended with fresh seasonal fruits, offering a delightful and refreshing dessert.

₹300
- Kesari Kheer

(145-gms, 315-kcal)

Saffron-infused rice kheer, slow-cooked to a rich and creamy consistency, a classic Indian sweet.

₹300
- Hot Gulab Jamun

(145-gms, 250-kcal)

Warm, syrup-soaked milk dumplings, offering a melt-in-the-mouth Indian dessert experience.

₹300
- Shahi Tukda

(145-gms, 350-kcal)

Rich, fried bread soaked in sweetened milk and garnished with nuts, a royal Indian dessert.

₹300
- Moong Dal Halwa

(145-gms, 350-kcal)

A rich, traditional Indian dessert made from yellow moong lentils, slow-cooked in ghee with milk, sugar, and nuts.

₹350
- Spongy Rasgulla

(145-gms, 300-kcal)

Soft chhena dumplings cooked in a light sugar syrup, offering a spongy and sweet Indian classic.

₹300

 Vegetarian  Non-Vegetarian  Gluten Free  Heart Healthy  Contains Shellfish  
 Vegan  Contains Nuts  Spicy  Contains Egg  Contains Pork

All prices are in INR, exclusive of taxes. A 5% service charge applies.  
Kindly inform our associate of any potential allergies you may experience.

## WELLNESS

### JUICES

- **Watermelon, Sweet Lime & Mint** ❤️ ₹300  
(0-gms, 64-kcal)  
A refreshing blend of watermelon, sweet lime, and mint, packed with vitamins and perfect for heart and eye health.
- **Papaya, Coconut Water & Mint** ❤️ ₹300  
(0-gms, 130-kcal)  
A tropical mix of papaya, coconut water, and mint, rich in antioxidants and vitamins A, C, and E.
- **Sweet Lime, Cucumber & Mint** ❤️ ₹300  
(0-gms, 64-kcal)  
A hydrating blend of sweet lime, cucumber, and mint, supporting healthy skin and strong bones.
- **Apple, Orange & Carrot Juice** ❤️ ₹130  
(0-gms, 300-kcal)  
A nutrient-packed juice blend of apple, orange, and carrot, great for skin, hair, and overall wellness.

### BREAKFAST

- **Hummus and Pita** 🌾 ₹350  
(240-gms, 383-kcal)  
Creamy hummus made with chickpeas, served with gluten-free pita bread for a wholesome and flavorful start.
- **Ragi Pancake with Banana** 🌾 ₹350  
(240-gms, 269-kcal)  
Gluten-free ragi pancakes with natural banana sweetness, offering a soft, spongy, and healthy breakfast.
- **Moong Dal Chilla** 🌾 ₹350  
(240-gms, 225-kcal)  
Savory gluten-free Indian pancakes made with ground split lentils, perfect for a light and nutritious meal.

■ Vegetarian ■ Non-Vegetarian 🌾 Gluten Free ❤️ Heart Healthy 🐚 Contains Shellfish  
🌱 Vegan 🥜 Contains Nuts 🌶️ Spicy 🥚 Contains Egg 🐖 Contains Pork

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SOUP

- Cumin Lentil Soup with Garlic Bread



(350-gms, 545-kcal)

A hearty gluten-free lentil soup infused with cumin, served with garlic bread for a wholesome and flavorful experience.

₹250
- Corn Soup



(350-gms, 132-kcal)

A light and gluten-free corn soup, rich in fiber, vitamins, and minerals for a nourishing start.

₹250

SALAD

- Sprouts Salad



(260-gms, 160-kcal)

A heart-healthy mix of green moong and black gram sprouts, offering a fresh and protein-packed salad.

₹300
- Green Salad



(260-gms, 78-kcal)

A crisp and heart-healthy blend of cucumber, carrot, tomato, and onion, perfect for a light and refreshing meal.

₹300
- Quinoa Salad



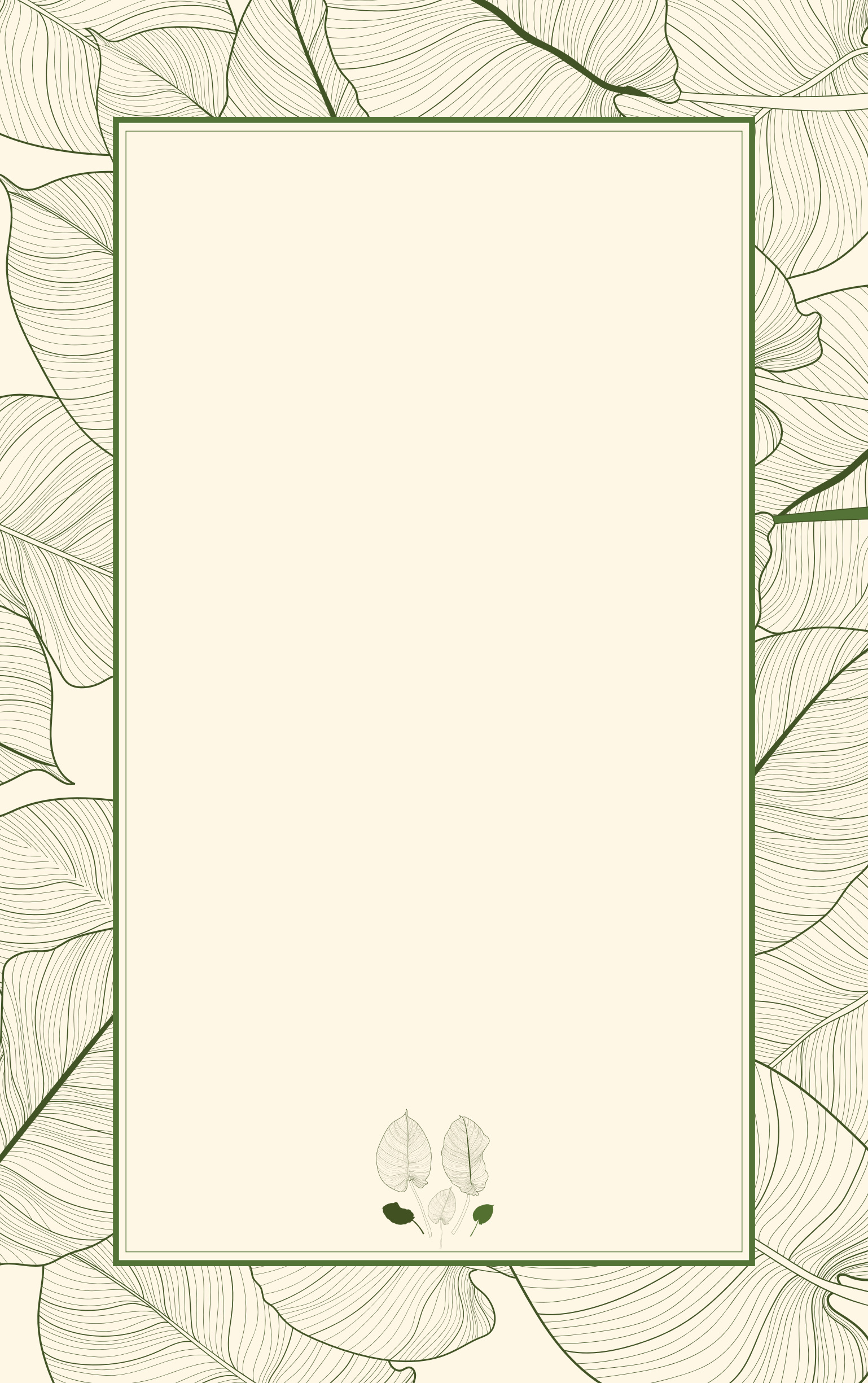
(260-gms, 184-kcal)

A light, gluten-free, and protein-rich quinoa salad, ideal for a healthy and wholesome dining experience.

₹300

■ Vegetarian ■ Non-Vegetarian  Gluten Free  Heart Healthy  Contains Shellfish  
 Vegan  Contains Nuts  Spicy  Contains Egg  Contains Pork

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RISHIKESH

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