



PALM BLISS - RISHIKESH

Aroma by Taste

FOOD MENU



ALLERGEN INFORMATION



GLUTEN



PEANUTS



TREE NUTS



CELERY



MUSTARD



LUPIN



EGGS



MILK



SESAME



SOYA



SULPHITES

An average adult requires 2000 kcal energy per day; however, energy needs may vary. The portion size and calorific calculation are indicative and may vary during production. We use olive oil, refined oil, mustard oil and vegetable oils as medium of cooking in our food preparations. Goods & Services Tax is applicable.

BREAKFAST

(7:30 am to 10:30 am)

- | | |
|--|-----|
|  Seasonal Cut Fruits
(Per Serve (~200gms) 67 kcal) | 255 |
|  Smoothies 
Pureed yoghurt with your choice of nutrient-rich fruits
(Per Serve (~200 ml) 142 kcal) - serves 1 | 160 |
|  Choice of Cereals 
Corn Flakes Wheat Flakes Chocó Flakes
(Per Serve (~200gms) 295 kcal) | 250 |
|  Seasonal Paratha 
Aloo, Paneer, Gobhi or Mixed (Choose Any) served with Pickle and Curd
(Per Serve (~300gms) 629 kcal) (2 pieces - serves 1) | 270 |
|  Egg to Order 
Poached Scrambled French Boiled
(Per Serve (~180gms) 249 kcal) | 250 |
|  Masala Omelette 
Fluffy Masala Omelette
Classic Masala Mushroom Bell Pepper
(Per Serve (~180gms) 265 kcal) | 250 |
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Flavours Of Dakshin

(7:30 am to 11:30 am)

- 
- Plain Dosa**  290
(Paper thin non-stuffed Dosa accompanied with all-time favorite Sambar)
(Per Serve (~250gms) 103 kcal)
 - Masala Dosa**  320
(Masala / Rava / Paneer stuffed as per your choice)
(Per Serve (~320gms) 548 kcal)
 - Choice of Idli**  270
(Masala or Steamed South Indian Style Cake Made of Ground Rice & Lentils)
(Per Serve (~300gms) 103 kcal) (4 pieces - serves 1)
 - Masala Uttapam**  330
(South Indian Style Pancake with Choice of Masala/Onion or Vegetables)
(Per Serve (~300gms) 594 kcal) (2 pieces - serves 1)
 - Vegetable Upma**   335
(A Thick Dry Delightful South Indian Porridge made from roasted Semolina & Rice Flour)
(Per Serve (~200gms) 440kcal)
 - Poha**  250
(Spiced Flattened Rice cooked in Indian style)
(Per Serve (~200gms) 400kcal)



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LUNCH AND DINNER

(12:30 pm to 3:30 pm & 7:30 pm to 10:30 pm)

Soups & Salads

-  **Tomato Dhania Shorba** 230
(All-time favorite Tomato & Coriander Stock infused with Herbed Spices)
(Per Serve (~200gms) 133 kcal)
-  **Vegetable Manchow Soup**  230
(Chinese Style Hot & Spicy Soup with finely chopped Minced Vegetables)
(Per Serve (~200gms) 34 kcal)
-  **Vegetable Sweet Corn Soup** 230
(Popular Chinese Delight Prepared from Sweet Corn and Vegetables)
(Per Serve (~180gms) 84 kcal)
-  **Cream Of Tomato Soup**  230
(Smooth Texture Tomato Soup Prepared with Tomatoes, Cream & Vegetable Stock)
(Per Serve (~200gms) 133 kcal)
-  **Russian Salad**   225
(peas, carrots, potatoes, capsicum, french beans and eggless mayonnaise)
(Per Serve (~250gms) 429 kcal)
-  **Greek Salad**  295
(Bell Pepper, Cucumbers and Feta Cheese, Olive Oil and Lemon Dressing)
(Per Serve (~200gms) 125 kcal)
-  **Garden Fresh Green Salad** 210
(Seasonal garden yield)
(Per Serve (~200gms) 125 kcal)



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Starters

- 
- **Veg Seekh Kebab** ⓘ 450
(Barrel Shape Molded Minced Vegetables Delight)
(Per Serve (~200gms) 306kcal)
 - **Achari Paneer Tikka** ⓘ 470
(Cottage Cheese Cubes Marinated with Pickled Spices, Cooked in Clay Oven)
(Per Serve (~250gms) 817kcal)
 - **Subz Kebab Platter** ⓘ 495
(Assorted Vegetable Kebab Platter)
(Per Serve (~300gms) 549kcal)
 - **Aloo Ki Farmaish** ⓘ 295
(Fried Potato Cubes Mingled with Spices, Sweet & Sour Sauce)
(Per Serve (~200gms) 208kcal)
 - **Dahi Ke Kebab** ⓘ 450
(Crumbed Fried Spiced Hung Yogurt Patties)
(Per Serve (~300gms) 533kcal)
 - **Hara Bhara Kebab** ⓘ 450
(Deep Fried Spicy Vegetable Patties with Mint Chutney)
(Per Serve (~240gms) 519 kcal)



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Indian Flavours

- | | | |
|---|--|-----|
| ■ | Paneer Makhni   | 415 |
| (All-time favourite Cottage Cheese Preparation with Cream, Tomatoes and Spices)
(Per Serve (~350gms) 962kcal) | | |
| ■ | Kadhai Paneer  | 415 |
| (Spicy delightful Blend of Cottage Cheese mingled with Bell Pepper and Onions)
(Per Serve (~350gms) 862kcal) | | |
| ■ | Paneer Butter Masala   | 415 |
| (An exotic preparation of Cottage Cheese with Rich Onion Tomato Gravy)
(Per Serve (~350gms) 967kcal) | | |
| ■ | Vegetable Kofta Curry   | 490 |
| (A royal blend of encased Cottage Cheese dumplings with Rich Creamy gravy)
(Per Serve (~300gms) 748kcal) | | |
| ■ | Vegetable Jalfrezi  | 415 |
| (Assorted Vegetables Tossed in Tomato Sauce)
(Per Serve (~280gms) 756kcal) | | |
| ■ | Aloo Gobhi Adraki | 385 |
| (Combination of two beloved Vegetables Cooked with Simple Spices Yet Rich in Taste)
(Per Serve (~300gms) 250kcal) | | |
| ■ | Aloo Jeera | 355 |
| (Invented from Mothers Kitchen, an all-time Favorite recipe of Potatoes tempered with Cumin Seeds)
(Per Serve (~300gms) 351kcal) | | |
| ■ | Bhindi Masala | 385 |
| (Home-style Okra Cooked with Onion, Tomato and ground spices)
(Per Serve (~250gms) 293kcal) | | |
| ■ | Rajma  | 395 |
| (Made with Red Kidney Beans cooked in Rich Gravy)
(Per Serve (~220gms) 441 kcal) | | |
| ▲ | Egg Curry | 395 |
| (Slow Cooked Boiled Eggs in Onion Tomato Curry)
(Per Serve (~300gms) 342 kcal)(2 eggs – serves 1) | | |



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- Aloo Dum** 355
(Renowned Preparation of Deep-Fried Potatoes Simmered in Spicy Yogurt Tomato Sauce)
(Per Serve (~250gms) 103 kcal)
- Dal Tadka** 350
(All-time favorite Yellow Lentil Tempered in Desi Ghee with Cumin, Dried Chilies and Garlic)
(Per Serve (~220gms) 512 kcal)
- Dal Makhani** 400
(Delicacy of Whole Urad Dal Simmered Overnight on the Tandoor Enriched with Cream)
(Per Serve (~300gms) 612 kcal)

Rishikesh Special

- Kafuli** 395
(Green Leafy Vegetable Blend and cooked in Local Spices)
(Per Serve (~250gms) 401 kcal)
- Bhatt ka Chaunsa** 395
(Slow Cooked Toasted Beans with Pahadi Flavour)
(Per Serve (~220gms) 441 kcal)
- Aloo ki Thechauni** 395
(Squashed Potato Tossed in Wild Mustard cooked in Tomato curry)
(Per Serve (~250gms) 639 kcal)
- Manduey ki Roti** 120
(Garhwali Bread made up of Ragi/Finger Millet Flour)
(Per Serve (~250gms) 639 kcal) (1 piece)



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Roti/Breads

- | | |
|--|-----|
|  Bharwan Kulcha  | 155 |
| <small>(Choice of Paneer, Amritsari or Onion)
(Per Serve (~180gms) 112 kcal)</small> | |
|  Naan  | 100 |
| <small>(Plain, Cheese, Garlic or Butter Naan)
(Per Serve (~120gms) 93 kcal)</small> | |
|  Laccha Paratha  | 110 |
| <small>(Plain, Methi, Mirchi)
(Per Serve (~85gms) 250 kcal)</small> | |
|  Tandoori Roti   | 100 |
| <small>(Plain Tandoori or Missi Roti with/without Butter)
(Per Serve (~80gms) 150 kcal)(1 piece)</small> | |
|  Tawa Roti   | 95 |
| <small>(Plain Phulka with/without Butter)
(Per Serve (~80gms) 150 kcal) (2 pieces)</small> | |

Raita

- | | |
|--|-----|
|  Vegetable Raita  | 170 |
| <small>(Per serve (~180gms) 116kcal)</small> | |
|  Raita Ananaas  | 185 |
| <small>(Per serve (~180gms) 126kcal)</small> | |

Pulao and Biryani

- | | |
|---|-----|
|  From the Biryani Pot  | 430 |
| <small>(Seasonal Vegetables Cooked with Basmati Rice On 'Dum' Flavored with Fresh Mint served with Raita)
(Per Serve (~350gms) 877 kcal)</small> | |
|  Subz Pulao | 295 |
| <small>(Vegetable, Corn and Dry Fruits, Jeera and Dhaniyaserved with Raita)
(Per Serve (~300gms) 475kcal)</small> | |
|  Steamed Rice / Jeera Rice | 250 |
| <small>(Plain Steamed or Cumin TemperedFragrant Basmati Rice)
(Per Serve (~300gms) 346 kcal)</small> | |



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From The Wok (Starters)

- **Honey Chili Potato**  415
 (Fried Potato Fingers Tossed with Sweet 'N Sour Sauce)
 (Per Serve (~200gms) 184 kcal)
- **Chili Paneer Schezwan Style** 415
 (Fried Cottage Cheese Cubes Tossed with Sichuan Pepper Sauce)
 (Per Serve (~200gms) 310 kcal)
- **Salt 'N Pepper** 450
 (Corn Flour Dusted Fried Vegetables Tossed with Fragrant Spices, Garlic & Onion)
 (Per Serve (~250gms) 380 kcal)
- **Crispy Chilly Babycorn** 495
 (Baby corn, Mushroom, Chilly Flavored with Soya and White Pepper Powder)
 (Per Serve (~280gms) 285 kcal)
- **Vegetables Spring Roll**  350
 (Shredded Vegetable Wrapped in Thin Pancake and Deep Fried)
 (Per Serve (~240gms) 289 kcal)

From the Wok (Main Course)

- **Mushroom Pepper Fry**  435
 (Crispy Button Mushroom Tossed with Black Pepper Sauce)
 (Per Serve (~350gms) 195 kcal)
- ▲ **Veg Hakka Noodles / Egg Noodle**   335/ 375
 (Wok Tossed Noodles with Shredded Greens)
 (Per Serve (~320gms) 136 kcal)
- ▲ **Vegetable Fried Rice / Egg Fried Rice**  335/ 375
 (Wok Tossed Rice with Vegetables, Garlic and Chinese Herbs)
 (Per Serve (~300gms) 382 kcal)
- **Diced Vegetables in Hot Garlic Sauce**  475
 (Assorted Vegetables Cooked with Garlic and Spices)
 (Per Serve (~300gms) 354 kcal)
- **Vegetable Manchurian**  465
 (Grated Mix Vegetable Fried Dumplings in Manchurian Sauce)
 (Per Serve (~300gms) 544 kcal)



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Rishikesh Diners

- | | |
|---|------------|
| <p>'Aroma' Classic Burger  </p> <p>(Crispy Fried Vegetable Patty Topped with Cheese, Tomato, Cucumber & Lettuce)
(Per Serve (~300gms) 680 kcal)</p> | 350 |
| <p>Palm Plant Burger  </p> <p>(Spinach, Tender Green Peas Patty Topped with Cream and Cheese)
(Per Serve (~300gms) 761 kcal)</p> | 350 |
| <p>Coleslaw Sandwich  </p> <p>(Three Layered Authentic Preparation with Mélange of Coleslaw, Cucumber, Tomato & Cheese)
(Per Serve (~300gms) 791 kcal)</p> | 350 |
| <p>Garden Fresh Sandwich  </p> <p>(Grilled, Toasted, Plain or Finger Style with Garden Vegetables)
(Per Serve (~300gms) 834 kcal)</p> | 350 |
| <p>Veg Club Sandwich  </p> <p>(Fusion Style Sliced Paneer Clubbed Together with Indian Herbs & Spices)
(Per Serve (~250gms) 817 kcal)</p> | 375 |
| <p>Chilli Cheese Toast  </p> <p>(Finely Chopped Bell Pepper Rubbed with Cheese Toasted Over Bread Slice -Cheesy-licious!!)
(Per Serve (~250gms) 802 kcal)</p> | 315 |
| <p>French Fries Crispy</p> <p>(Per Serve (~150gms) 381 kcal)</p> | 185 |
| <p>Paneer Kathi Roll </p> <p>(Barrel Shape Refined Flour Dough Sheets Stuffed with Tempered Vegetables & Cottage Cheese)
(Per Serve (~240gms) 289kcal)(serves 1)</p> | 375 |
| <p>Vegetable Pakora Assorted </p> <p>(Marinated Chunks of Vegetables, Cottage Cheese & Spinach Deep Fried)
(Per Serve (~200gms) 435kcal)</p> | 295 |
| <p>Roasted Peanuts (Salted)  (Per serve (~150gms) 116kcal)</p> | 150 |
| <p>Masala Peanuts  (Per serve (~150gms) 756 kcal)</p> | 165 |



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Pizza

- Pizza Margherita**    515
 (Concoction of Tomatoes and Mozzarella Cheese with Basil)
 (Per Serve (~320gms) 560 kcal)
- Peppy Paneer Pizza**    555
 (Indo Italian Mélange of Cottage Cheese, Capsicum and Spicy Red Pepper)
 (Per Serve (~350gms) 650 kcal)
- Greek Pizza**    525
 (Combination Of Bell Pepper, Olives and Feta Cheese Enhancing Your Taste Buds)
 (Per Serve (~300gms) 580 kcal)
- Burn Garlic & Feta Cheese Pizza**    525
 (Feta Cheese and Roasted Garlic Married with Fresh Basil)
 (Per Serve (~300gms) 560 kcal)
- Mexican Pizza**    550
 (Onion, Tri Capsicum, Jalapeno & Olives)
 (Per Serve (~350gms) 650 kcal)
- California Pizza**    535
 (An English delight poured with Onion, Tomatoes and Black Olives)
 (Per Serve (~350gms) 432 kcal)
- Deluxe Vegetable Pizza**    535
 (Simplicity at its best with combination of Vegetables in four different ways)
 (Per Serve (~350gms) 650 kcal)

Tacos

- Veggie Tacos**  385
 (Grilled Zucchini, Mushrooms)
 (Per Serve (~200gms) 190 kcal)
- Tacos Salad Style**  385
 (Crunchy Vegetables with Garlic Mayonnaise)
 (Per Serve (~200Gms) 520 kcal)
- Mexican Jalapeno Style Tacos**  385
 (Pickle Jalapeno, Carrot, Onion and Salsa)
 (Per Serve (~200Gms) 459 kcal)
- Paneer Tacos**  395
 (Grilled Cottage Cheese, Bell Pepper)
 (Per Serve (~200gms) 592 kcal)



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Pastas

Choice of Pasta: - (Penne, Spaghetti, Macaroni or Fusilli)
Choice of Add On: (Mushrooms, Broccoli, Olives)

- | | |
|---|-----|
| <p> Arrabbiata  </p> <p>(Roman delight Pasta spiced with Peppers, Garlic and Tomato Sauce)
(Per Serve (~250gms) 365 kcal)</p> | 425 |
| <p> Alfredo </p> <p>(Mouthwatering Blend of Pasta with Creamy Cheese Sauce)
(Per Serve (~250gms) 410 kcal)</p> | 425 |
| <p> Pomodoro  </p> <p>(A Sweet N Sour Concoction of Basil Tomato Sauce)
(Per Serve (~250gms) 478 kcal)</p> | 450 |
| <p> Creamy Mushroom Pasta </p> <p>(An all-time favorite Pasta Mingled with Mushrooms and Creamy Sauce)
(Per Serve (~300gms) 825 kcal)</p> | 515 |
| <p> Tomato And Basil Risotto </p> <p>(Arborio Rice Tossed with Tomato Sauce, Basil and Herbs)
(Per Serve (~300gms) 750kcal)</p> | 450 |
| <p> Cheesy Vegetable Risotto </p> <p>(Perfect Blend of Arborio Rice, Vegetables and Parmesan Cheese)
(Per Serve (~300gms) 611kcal)</p> | 435 |
| <p> Vegetable Lasagna </p> <p>(A Brave Meal of Vegetables loaded with Cheese and Tomato Sauce)
(Per Serve (~300gms) 645kcal)</p> | 450 |
| <p> Creamy Spinach & Mushroom Lasagna </p> <p>(Mélange of Spinach and Mushroom with layered Cheese)
(Per Serve (~300gms) 710kcal)</p> | 465 |
| <p> Creamy Potato Lasagna </p> <p>(Delightful Blend of Potatoes with Cheese)
(Per Serve (~300gms) 550kcal)</p> | 415 |



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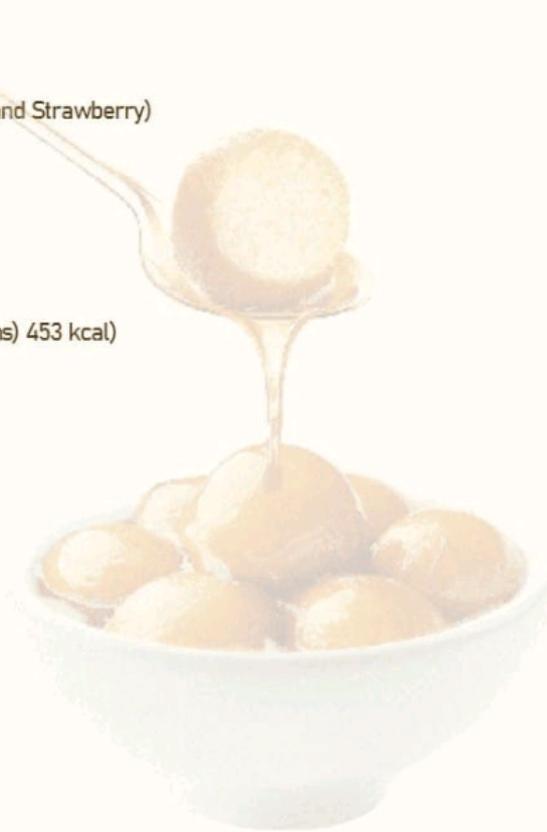
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Aroma Sweet Buds

-  **Moong Dal Ka Halwa**   225
(Per Serve (~150gms) 312 kcal)
-  **Chocolate Brownie with Ice Cream**   225
(Per Serve (~240gms) 549 kcal)
-  **Selection of Ice Cream**  200
(Choice Of Chocolate, Vanilla, Butterscotch and Strawberry)
(Per Serve (~120gms) 166 kcal) (2 scoops)
-  **Gulab Jamun**  195
(Per Serve (~140gms) 345 kcal) (2 pieces)
-  **Fresh Fruit Salad** (Per serve (~300gms) 453 kcal) 250



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Mocktails

Water Melon Fizz

225

Aerated Watermelon Juice
(Per Serve (~230ml) 96 Kcal)

Dark Surprise

225

Coke, Ginger Syrup, Lemon Chunks
(Per Serve (~230ml) 96 Kcal)

Flavored Lemonade

225

Plain Lemon | Green Apple | Peach | Watermelon | Herbs Spices
(Per Serve (~230ml) 159 Kcal)

Watermelon Slush

225

Watermelon, Ice
(Per Serve (~180ml) 84 Kcal)

Pineapple Cooler

225

Pineapple, Tamarind Extract, Orange Juice
(Per Serve (~230ml) 221 Kcal)

Ice Tea

225

Peach And Lemon
(Per Serve (~230ml) 95 Kcal)



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Beverages

Aerated Beverages	150
Lassi ⓘ Sweet Salted Masala (Per Serve (~350ml) 108 Kcal)	200
Butter Milk ⓘ Plain Salted Masala (Per Serve (~350ml) 101 Kcal)	200
Choice of Milkshakes ⓘ Vanilla Strawberry Chocolate (Per Serve (~350ml) 212 Kcal)	225
Cold Coffee ⓘ (Per Serve (~250ml) 133 Kcal)	250
Fresh Juice Orange Watermelon Mix Fruit (Per Serve (~200ml) 97Kcal)	200
Packaged Drinking Water	99

Hot Beverages

Tea Readymade ⓘ Masala Ginger Elaichi (Per Serve (~180ml) 101 Kcal) (A pot of tea served with cookies - 1 cup - serves 1)	155
Coffee Readymade ⓘ (Per Serve (~200ml) 150Kcal) (A pot of coffee served with cookies - 1 cup - serves 1)	175
Cappuccino / Café Latte / Americano ⓘ (Per Serve (~200ml) 150 Kcal)(1 cup - serves 1)	195
Espresso (Per Serve (~30ml) 3 Kcal)(1 shot - serves 1)	175
Choice of Bournvita / Horlicks ⓘ (Per Serve (~200ml) 160 Kcal)(1 cup - serves 1)	195



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