



Hotel Hrishikesh High

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Something about "**The Gene Diet**". It's a nutrition n health consultancy clinic with head office in New Delhi run by Dt. Sonal Anand, a Nutrigenomic expert.

A new concept involving Nutrigenomics in the field of nutrition is applied and diet based on food n gene interactions is suggested. The optimum nutrition for your body is prescribed on findings based on DNA.

The meals on this menu with a symbol ❤ are crafted specifically to satiate the taste buds and to complement your healthy well-being.

Bon appetite!

# *the* GENE DIET

## Continental Breakfast

■ Bread Toast	<b>110</b>
■ Maggie With Veg.	<b>110</b>
♥ ■ Plain Porridge (Oats)	<b>150</b>
■ Veg. Oats	<b>130</b>
■ Cold Sandwiches (Veg, Cheese, Coleslaw)	<b>150</b>
■ Crepes	<b>160</b>
■ Pancake Banana/Apple	<b>160</b>
■ Waffle	<b>180</b>
♥ ■ Fresh Fruit Curd Honey	<b>200</b>

## North Indian Breakfast

■ Sweet Daliya	<b>100</b>
■ Sweet / Salty Vermicelli	<b>120</b>
■ Poori Bhaji	<b>140</b>
■ Chole Bhature	<b>160</b>
■ Stuffed Paratha With Curd	<b>150</b>
■ Paneer Paratha With Curd	<b>160</b>
♥ ■ Besan Chilla	<b>140</b>
■ Assorted Pakoda	<b>150</b>
■ Paneer Pakoda	<b>200</b>

## Salad

■	Green Salad	<b>150</b>
■	Kachumbar Salad	<b>140</b>
♥ ■	Veg. Kimchi Salad	<b>160</b>
♥ ■	Sprout Salad	<b>130</b>
■	The Rusky Salad	<b>150</b>
■	Tossed Salad	<b>100</b>
■	Classic Caesar Salad	<b>120</b>
♥ ■	Quinoa Salad	<b>120</b>

## South Indian

■	Upma	<b>120</b>
■	Lemon Rice	<b>150</b>
■	Curd Rice	<b>150</b>
■	Lemon Poha	<b>150</b>
■	Vada Pav	<b>150</b>
■	Aloo Bonda	<b>150</b>
■	Pav Bhaji	<b>200</b>
■	Sabudana Khichadi	<b>200</b>

## Burger And Sandwich

■ Veg. Burger	<b>150</b>
■ Veg. Grilled Sandwich	<b>160</b>
■ Bombay Grilled Sandwich	<b>170</b>
■ Aloo Tikki Burger	<b>180</b>
■ Peri Peri Veg. Burger	<b>200</b>
■ Cheese Grill Sandwich	<b>200</b>
■ Veg. Peri Peri Sandwich	<b>200</b>
■ Club Sandwich	<b>270</b>

## Dim Sum

■ Veg. Dim Sum (Steamed)	<b>100</b>
■ Paneer Dim Sum (Steamed)	<b>150</b>
■ Veg. Dim Sum (Butter Garlic, Chilly Gravy)	<b>200</b>
■ Paneer Dim Sum (Butter Garlic, Chilly Gravy)	<b>250</b>
■ Veg. Dim Sum (Kurkure)	<b>200</b>
■ Paneer Dim Sum (Kurkure)	<b>250</b>
■ Veg. Dim Sum (Tandoori)	<b>200</b>
■ Paneer Dim Sum (Tandoori)	<b>250</b>

## Kathi Rolls

■ Veg Kathi Roll	<b>200</b>
■ Soya Kathi Roll	<b>220</b>
■ Paneer Kathi Roll	<b>250</b>

## Pizza

- Classic Margherita Pizza **200**
- Paneer Tikka Pizza **240**
- Malai Chaap Pizza **240**
- Chef Special Pizza **300**

## Choice Of Pasta & Sauce

( Penne | Fusilli | Spaghetti | Macaroni )

- Arrabiata Sauce **300**
- Alfredo Sauce **310**
- Alla Norma Sauce **320**
- Pesto Sauce **330**

## Continental Appetizer

- Nachos Salsa **180**
- French Fries **180**
- Peanut Masala **180**
- Crunchy Munchy Platter **300**
- Masala Papad **125**
- ♥ ■ Chana Chaat **180**
- Veg. Quesadilla **250**
- ♥ ■ Paneer Satay **300**
- Paneer Finger **320**

We levy 10% Service Charge | Government taxes extra as applicable | All prices in this menu are in (INR) Indian rupees ₹ | All product images shown are indicative and for illustration purpose only; the actual product may vary | Our foods contains nuts, dairy products and gluten. You are requested to inform the order taker if you are allergic to any food ingredient.

## Tandoori Appetizer

- |   |            |
|---|------------|
| ■ Paneer Tikka Shashlik<br>(Hariyali   Achari   Malai   Peri Peri   Angara   Peshawari) | <b>320</b> |
| ■ Stuffed Mushroom Tikka  | <b>300</b> |
| ■ Tandoori Gobhi Tikka  | <b>250</b> |
| ■ Tandoori Aloo Nazakat   | <b>300</b> |
| ■ Dahi Ke Sholey  | <b>250</b> |
| ■ Veg. Seek Kebab   | <b>280</b> |
| ■ Malai Seek Kebab  | <b>320</b> |
| ■ Soya Chaap<br>(Hariyali   Malai   Achari)   | <b>280</b> |
| ■ Veg. Tandoori Mix Platter   | <b>400</b> |
| ■ Hara Bhara Kebab  | <b>250</b> |
| ■ Malai Broccoli  | <b>320</b> |
| ■ Tandoori Fruit Kebab  | <b>300</b> |
| ■ Papadum / Plain Dahi Kebab  | <b>320</b> |

## Soup

♥	■	Lemon Coriander Soup	<b>120</b>
	■	Veg. Clear Soup	<b>120</b>
♥	■	Tomato Dhaniya Ka Shorba	<b>120</b>
	■	Cream of Tomato Soup	<b>130</b>
	■	Cream of Broccoli Soup	<b>150</b>
	■	Sweet corn Soup	<b>150</b>
	■	Hot & Sour Soup	<b>150</b>
	■	Manchow Soup	<b>150</b>
	■	Mushroom Veloute Soup	<b>160</b>
	■	Minestrone Soup	<b>180</b>

## Chinese

■ Veg. Manchurian (D,G)	<b>210</b>
■ Chilly Gobhi Dry	<b>210</b>
■ Chinese Bhel	<b>220</b>
■ Veg. Spring Roll	<b>250</b>
■ Chilly Potato	<b>260</b>
■ Honey Chilli Potato	<b>260</b>
■ Chilly Soyabean	<b>260</b>
■ Crispy Veg.	<b>270</b>
■ Veg. Hot Garlic Sauce (D,G)	<b>290</b>
■ Chilly Chaap	<b>290</b>
■ Mushroom Kabana	<b>290</b>
■ Chilly Mushroom (D,G)	<b>300</b>
■ Chilly Paneer (D,G)	<b>320</b>
■ Paneer 65	<b>350</b>
■ Veg. Noodles	<b>200</b>
■ Chilly Garlic Noodle	<b>250</b>
■ Veg. Hakka Noodles	<b>250</b>
■ Veg. Fried Rice	<b>250</b>
■ Chilly Garlic Fried Rice	<b>270</b>
■ Spicy Paneer Fried Rce	<b>300</b>
■ Mushroom Fried Rice	<b>300</b>

## Indian Main Course

■ Paneer Tikka Masala	<b>380</b>
■ Paneer Butter Masala	<b>350</b>
■ Paneer Pasanda	<b>350</b>
■ Paneer Bhurji	<b>350</b>
■ Kadhai Paneer	<b>320</b>
■ Paneer Makhani	<b>300</b>
■ Paneer Do Pyaaza	<b>300</b>
■ Shahi Paneer	<b>300</b>
■ Paneer Lababdar	<b>300</b>
■ Palak Paneer	<b>300</b>
■ Matar Paneer Makhmali	<b>300</b>
■ Matar Methi Malai	<b>300</b>
■ Matar Mushroom	<b>300</b>
■ Mushroom Masala	<b>300</b>
■ Vegetable Kofta	<b>300</b>
■ Chef Sp Sikampuri Kofta	<b>350</b>
■ Mix. Veg	<b>300</b>
■ Gobhi Masala	<b>250</b>

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## Indian Main Course

■ Aloo Gobhi Adaraki	<b>250</b>
■ Aloo Jeera	<b>250</b>
■ Aloo Dum	<b>250</b>
■ Soya Chaap Masala	<b>300</b>
■ Chaap Rogan Josh	<b>300</b>
■ Soya Keema Matar	<b>300</b>
■ Bhindi Masala (Seasonal)	<b>320</b>
■ Bhindi Do Pyaaza (Seasonal)	<b>280</b>
■ Dal Makhani	<b>300</b>
■ Dal Tadka Fry	<b>280</b>
♥ ■ Sprouted Dal	<b>330</b>
■ Rajma Raseela	<b>280</b>
■ Pindi Chana	<b>300</b>

## Vegan Food

🌱 ■ Dal Fry	<b>280</b>
🌱 ■ Dal Makhani	<b>370</b>
🌱 ■ Thai Curry (Red, Green)	<b>410</b>
🌱 ■ Veg. Korma	<b>300</b>

## Indian Breads

■ Tawa Roti	<b>40</b>
■ Tandoori Roti	<b>40</b>
■ Tandoori Butter Roti	<b>50</b>
■ Missi Roti	<b>70</b>
■ Mandwa Roti	<b>70</b>
■ Millet Roti ( Jowar, Bajra, Ragi, Oats )	<b>70</b>
■ Mint Parantha	<b>60</b>
■ Lachha Parantha	<b>60</b>
■ Plain Naan	<b>70</b>
■ Butter Naan	<b>90</b>
■ Garlic Naan	<b>90</b>
■ Peshawari Naan	<b>110</b>
■ Cheese Garlic Naan	<b>110</b>
■ Masala Stuff Kulcha	<b>110</b>
■ Paneer Kulcha	<b>120</b>

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## Papad &amp; Raita

■ Papad Roasted   Fry	<b>40</b>
■ Masala Papad	<b>80</b>
■ Plain Curd	<b>90</b>
■ Boondi Tadka Raita	<b>100</b>
■ Cucumber Tadka Raita	<b>120</b>
■ Mix. Veg. Raita	<b>140</b>
■ Dahi Bhalla	<b>150</b>
■ Pineapple Raita	<b>160</b>
■ Mix. Fruit Raita	<b>170</b>

## Rice

■ Steam Rice	<b>200</b>
■ Jeera Rice	<b>250</b>
■ Peas Pulao	<b>260</b>
■ Veg. Pulao	<b>280</b>
■ Kashmiri Pulao	<b>280</b>
■ Paneer Pulao	<b>300</b>

## Biryani

■ Veg. Biryani	<b>320</b>
■ Soya Chaap Biryani	<b>320</b>
■ Paneer Tikka Biryani	<b>350</b>

## Desserts

- |   |            |
|---|------------|
| ■ Gulab Jamun   | <b>120</b> |
| ■ Rasgulla  | <b>140</b> |
| ■ Kesar Fhirni  | <b>150</b> |
| ■ Dry Fruit Kheer   | <b>150</b> |
| ■ Chocolate Fondue  | <b>200</b> |
| ■ Banana Split  | <b>200</b> |
| ■ Waffle<br>(Serve With Ice Cream, Maple Syrup & Nuts)      | <b>300</b> |
| ■ Choice Of Ice Cream<br>(Vanilla   Strawberry   Chocolate) | <b>150</b> |
| ■ Pancake<br>(Serve With Maple Syrup Nuts & Syrup)          | <b>300</b> |

## Hot Beverages

♥ Masala Tea	60
♥ Black Tea   Mint Tea   Tulsi Tea   Lemon Tea   Green Tea   Lemon Grass Tea	60
♥ Hibiscus Flower Tea ( Red Tea )	100
♥ Butterfly Pea Flower Tea ( Blue Tea)	100
Coffee Black Or With Milk	100
Hot Lemon Honey Tea	80
Hot Lemon Ginger Honey Tea	120
Hot Milk	100
Golden Milk	120
Hot Chocolate	150

## Cold Beverages

Mineral Water	<b>30</b>
Soft Drink	<b>50</b>
Fresh Lemon Water	<b>80</b>
Fresh Lime Soda	<b>90</b>
Mojito	<b>150</b>
Butter Milk	<b>90</b>
Sweet / Salty Lassi	<b>120</b>
Lassi Banana Or Papaya	<b>150</b>
Mix Fruit Lassi	<b>200</b>
Oreo Shake	<b>140</b>
Vanila Shake	<b>150</b>
Strawberry Shake	<b>150</b>
Chocolate Shake	<b>150</b>
Cold Coffee With Icecream	<b>200</b>
Canned Juice	<b>100</b>
Fresh Juice (Orange/Sweet Lime)	<b>150</b>
Pomegranate Juice	<b>200</b>