



RESTAURANT MENU

Hotel The 7 Seas, Main, AIIMS Barrage Road, Aam Bag, IDPL
Colony, Rishikesh, Uttarakhand 249201

‘शुभ आहार हेतु प्रार्थना ‘

"ओउम् अन्नपतेऽन्नस्य नो देह्यनमीवस्य शुष्मिणः ।
प्र प्रदातारं तारिष ऊर्ज नो धेहि द्विपदे चतुष्पदे ॥"

- यजुर्वेद 11/83

"भिन्न-भिन्न भोजों के स्वामी अमृत भोग हमें दीजे
रोग, कलेश चिंता मिट जाये, पुष्टि-ओज-अन्न दीजे ।"

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Breakfast

Aloo Parantha

Whole wheat bread stuffed with spiced potatoes. **70**

Gobhi Parantha

Whole wheat bread stuffed with spiced cauliflower. **70**

Paneer Parantha

Whole wheat bread stuffed with spiced paneer. **100**

Mix Parantha

Whole wheat bread with mixed vegetable stuffing. **100**

Aloo Puri

Deep-fried puri served with aloo sabzi. **120**

Chole Puri

Deep-fried puri served with chole. **120**

Chole Bhature

Spicy chole served with fluffy bhature. **120**

Assorted Pakoda

Variety of deep-fried vegetable fritters. **130**

Paneer Pakoda

Deep-fried fritters stuffed with paneer. **170**

Poha

Flattened rice cooked with onions, peanuts and flavorful dish. **80**

Flavor of South

Veg Upma

Savory semolina with mixed vegetables.

100

Uttapam

Thick rice pancake topped with veggies.

100

Plain Dosa

Crisp rice crepe served with chutney

149

Masala Dosa

Crisp rice crepe with spiced potato filling

169

Paneer Dosa

Crisp rice crepe with spiced paneer filling.

199

Idli

Steamed rice cakes served with sambar.

119

Special Thali

Deluxe Thali

Mix Veg, Dal, Rice, Plain Roti x3, Roasted Papad and Salad

180

Premium Thali

Mix Veg, Paneer Sabzi, Dal, Rice, Plain Roti x3, Roasted Papad, Raita, Salad and Gulab Jamun

280

Indian Flavor

Dal Fry

Spiced lentils tempered with ghee.

180

Dal Tadka

Lentils cooked with aromatic tempering.

200

Dal Makhni

Creamy black lentils with butter.

220

Mix Vegetable

Assorted vegetables cooked with spices.

220

Sub'z Kolhapuri

Spicy mixed vegetables in Kolhapuri gravy.

220

Aloo Jeera

Potatoes sautéed with cumin seeds.

160

Aloo Gobhi Adraki

Potatoes and cauliflower with ginger

220

Soya Chaap Masala

Soya chaap cooked in rich gravy.

220

Mushroom Masala

Mushrooms cooked in spicy masala.

230

Mushroom Mutter

Mushrooms and peas in spiced gravy.

240

Mushroom Do Pyaja

Mushrooms and peas in spiced gravy.

220

Paneer Butter Masalla

Paneer in creamy tomato gravy.

280

Kadhai Paneer

Paneer with bell peppers in masala.

280

Shahi Paneer

Paneer in rich, creamy gravy.

280

Paneer Lababdar

Paneer in a creamy tomato sauce.

280

Paneer Hara Pyaj

Paneer with spring onions in masala.

Chef Special 320

Tandoori Starters

Paneer Tikka

Achari / Haryali / Malai

280/280/300

Soya chaap

Achari / Malai

260/280

Tandoori Mushroom

Mushrooms marinated in spices, tandoor grilled.

280

Hara Bara Kebab

Mushrooms marinated in spices, tandoor grilled.

190

Chinese

Chilli Potato/Honey Chilli Potato

Spicy fried potatoes in tangy sauce / Sweet and spicy **160/180**

Fried Rice/Schezwan Fried Rice

Stir-fried rice with mixed vegetables / Schezwan sauce. **160/200**

Veg Manchurian Gravy/Dry

Vegetable balls in spicy gravy/ Sauce **200/220**

Corn Crispy

Crispy fried corn kernels in spices. **230**

Mushroom Chilli Gravy/Dry

Spicy stir-fried mushrooms / tangy gravy **240/260**

Paneer Chilli Gravy/Dry

Stir-fried paneer in spicy sauce / tangy gravy **260/280**

Noodles

Veg / Hakka / Schezwan / Singapuri **99/119/129/169**

Briyani & Pulao

Steam Rice/Jeera Rice

Plain steamed rice / Rice with cumin seeds **140/160**

Veg Pulao/Veg Briyani

Spiced rice with mixed vegetables / Aromatic rice with vegetables. **170/270**

Bread

Tawa Roti

Plain / Butter

15/20

Tandoori Roti

Plain / Butter

25/30

Lachha Parantha

Flaky, layered atta bread.

40

Plain Kulcha

Soft, leavened maida bread.

40

Stuffed Kulcha

Aloo / Paneer / Mix

80/100/120

Naan

Plain / Butter / Garlic

40/45/50

Sandwiches

Bread Butter

Plain / Toast

40/50

Grilled Sandwich

Toasted sandwich with mixed veggies.

150

Club Sandwich

Triple-layer sandwich with veggies.

170



Soup

Lemon Corriander

Tangy soup with lemon and dhaniya.

80

Hot & Sour

Spicy and tangy veggie soup.

80

Manchow Soup

Spicy veggie soup with crispy noodles.

80

Sweet Corn Soup

Creamy soup with sweet corn.

100

Tomato Soup

Classic soup made with tomato.

130

Papad & Peanuts

Roasted Papad

Crispy roasted papad.

40

Masala Papad

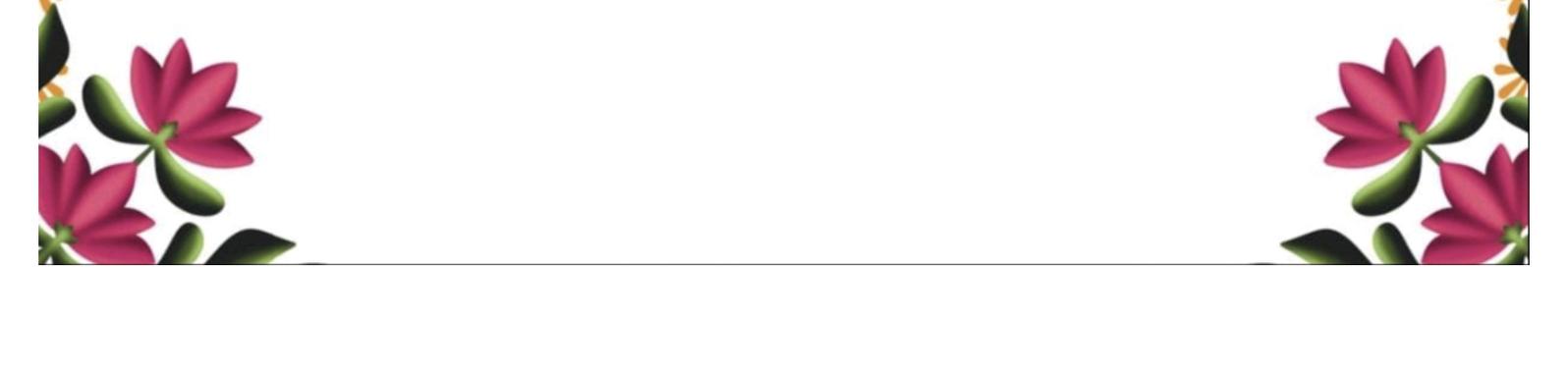
Papad topped with spiced veggies.

80

Peanut Masala

Spicy roasted peanuts with onions and tomatoes.

80



Pasta

Arabiata Pasta

Spicy red sauce pasta.

180

Alfredo Pasta

Creamy white sauce pasta.

180

Beverages

Mineral Water

1 ltr water bottle

Mrp

Aerated Drinks

Fanta / Coca Cola / Thumsup / Sprite / Soda

Mrp

Jal Jeera

Tangy, spiced jeera drink.

30

Nimbu Pani/Nimbu Soda

Lemonade with water / Soda

50/60

Mix Fruit Juice

Real assorted fruit canned juice

60

Tea

Black / Masala / Honey Lemon Tea

25/30/60

Hot Coffee

Black / Milk

40/50

Cold Coffee/ with ice cream

Chilled Instant coffee with milk and ice / ice cream

70/100

Lassi

Sweet / Salted

70

Hot Milk

Plain / Bournvita

60/70

Shakes

Vanilla / Strawberry / Chocolate / Kit-Kat / Oreo

110/110/120/
120/120

Mocktails

Mint Mojito

Refreshing blend of mint and lime

99

Watermelon Mojito

Sweet watermelon with a hint of mint

99

Blue Curacao Mojito

Vibrant blue Curacao with mint and lime

99

Passion fruit

Tangy passion fruit with mint

99

Salad & Curd

Raita

Plain Curd / Boondi Raita / Mix Raita

60/80/90

Cucumber Salad

cucumber salad with mint and lemon

50

Garden Green

Mixed fresh vegetables, crunchy and healthy

80

Fattu Salad

Spicy and tangy mixed vegetable salad with a unique flavor.

100

Rainbow Salad

Vibrant mix of colorful vegetables.

120

Desserts

Ice Cream

Vanilla / Strawberry / Chocolate

80

Gulab Jamun/with ice cream

Fried milk dough balls soaked in sweet rose syrup / with ice cream

100/140

Rasmalai

Soft dumplings soaked in creamy milk with cardamom

120

Brownie/with ice cream

Rich and fudgy chocolate dessert / with ice cream

100/140

Note:

- * Please allow us 25- 30 Minutes to prepare full course meal.
- * Eatables brought from outside are not permissible in the restaurant.
- * Cooking in the room is strictly prohibited.
- * Please ask your server about the availability of the out menu dishes.