



YOG NIKETAN

BY SANSKRITI

Menu

A Warm Welcome to

YOG NIKETAN BY SANSKRITI

(A Riverside Boutique Retreat)

Indulge in a Culinary Journey at where **Organic, Vegan Delicacies** await to **Nourish Your Body & Soul**. Our thoughtfully Crafted Menu Blends Ayurvedic Principles with Modern Tastes, Offering Vibrant Salads, Wholesome Grain Bowls, and Rejuvenating Herbal Teas. Embrace **The Flavors of Rishikesh** Amidst Serene Surroundings as you Dine on Nutritious, Flavorful Cuisine Aimed at Enhancing Your well-being. Immerse Yourself in a Holistic Retreat **Experience that Supports Your Journey toward Inner Peace and Rejuvenation.**

NOURISHING FOOD

Waldorf Salad	359
Cellery fresh apples walnuts & grapes dressed in mayonnaise	
Barnyard Millet Khichdi	359
Chef Garden Salad	359
Seasonable vegetables lemon honey dressing	
Mashed Potato with Grilled Vegetables	395
Lemon Coriander Cous Cous	419
Watermelon Feta Salad with Honey Mint Dressing	419
Quinoa Tabbouleh	419
A mediterranean healthy gluten free salad. where quinoa packed with vegetables herbs seasoned with olive oil lemon juice & salt served with pesto coconut sauce.	
Beetroot Red Rice Risotto	449

SOUPS

Dhaniya Tamatar ka Shorba	252
Manchow / Hot & Sour	252
Lemon Coriander Soup	262
Cream of Onion / Tomato / Mushroom	319
Almond Soup	335
Roasted Cauliflower	335
Duo of Pumpkin Parmesan	359

In our endeavour to serve you the best, we take special care of everything we do. Please inform our associates before placing your order if you or anyone in your group is allergic to any of the mentioned common food allergens.

COMMON FOOD ALLERGENS



ALL GOVERNMENT TAXES EXCLUSIVE

TEMPTING BITES

Stuffed Garlic Bread	239
Aloo Pakora / Mix Pakora / Paneer Pakora	239/275/299
Cold Sandwich	262
Stuffing with coleslaw, fries & dip	
Cheese Chili Toast	319
Topping with vegetable salsa, mozzarella, cheese	
Pesto Cheese Sandwich	335
Fresh coriander pesto	
Sun Dried Tomato Pesto Sandwich	335
A grilled sandwich with cheese sundried tomato & pesto served with fries & pesto dip	
Mushroom Salt & Pepper	449

CHAAT SPECIAL

Peanut Chaat	239
Aloo Ki Chaat	263
Served with sweet & sour chutney & curd	
Corn Chaat	275
Toasted corn mixed with vegetable salsa	
Fruit Chaat	335
Palak Patta Chaat (Signature)	335
A crispy spinach fritters with spicy green chutney, tangy and sweet tamrind chutney with curd & spice mixes	

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MILK



PEANUT



TREENUT



SOY



GLUTEN



CELERY



RYE, BARLEY, WHEAT



MONOSODIUM GLUTAMATE



SULPHUR



SESAME SEED



MUSTARD

ALL GOVERNMENT TAXES EXCLUSIVE

APPETITES

Haryali Kebab Fried patty made with spinach, peas & potato	299
Paneer 65 Crispy fried paneer tossed with spicy masala	359
BBQ Tamarind Stuffed Potatto Charcoal grill potatto stuffed with cottage cheese & coated in a tangy spices tamrind sauce	359
Bhatti Ka Khumb (Mushroom Tikka) A classic mushroom tikka	359
Chilli Basil Paneer Tikka Paneer infused with fresh basil & chef secret spices	395
Stuffed Zafrani Paneer Tikka Saffron & spices infused with paneer & stuffed with capsicum tomato onion	418
Signature Platter Chilli basil, paneer tikka, chat pate hare matar ki tikki, vilayti gobhi, bbq tamarind potato, stuffed kumbh, zafrani paneer tikka	779
Mustard Paneer Tikka with Smoked Relish Paneer infused with mustard & chef secret spices	429

PASTAS

Choose Your Pasta Style : Penne/Spaghetti/Farfalle

Napoletana (Red Sauce)	394
Aglio – E – Olio	394
Spinach Mushroom	394
Creamy Alfredo (White Sauce)	418
Basil Coconut (Vegan)	418

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ORIENTAL SIDES

Veg Noodles Wok tossed noodles with stir fry vegetables	275
Peri-Peri Noodles Fiery & Tangy flavour wok tossed noodles	335
Schezwan Noodles Spicy & hot noodles made with schezwan sauce	335
Gobhi Manchurian	358
Vegetables Fried Rice Wok tossed rice with chopped vegetables	358
Schezwan Crispy Potatoes	358
Pan fried Noodles	359
Manchurian Pop Fried veg manchurian ball in a spicy tangy sauce	359
Sweet & Spicy Sesame Potatoes Crispy fried potatoes tossed with sweet & spicy sauce	370
Chili Paneer Cubes of fried crispy paneer tossed in a spicy sauce	418
Crispy Veg with Hot Garlic Sauce	418

MAIN COURSE

Jeera Aloo Work tossed potatoes with cumin seeds	250
Heeng Jeera Ki Daal Yellow dal prepared with aroma of wholesome spices	298
Ghar Jesi Mix Daal Mix lentils	298

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Pindi Chana Boiled chickpeas blend with indian spices	298
Curry Pakoda Tangy & falvoured gram flour curry serve with deep fry pakora's	298
Chatpati Harshil Ki Rajma Red kidney Beans in thick gravy blend with Indian spices	298
Aloo Gobhi Adaraki Cauliflower & potatoes blend with Indian spices	298
Baingan Ka Bharta Roasted egg plant mashed & cooked in Indian spices	298
Bhindi Do Pyaza Okhra cooked in spices & herbs and full of caramelized onion	298
Mix Veg Handi Combination of vegetables cooked with Indian spices	298
Navratan Mix Vegetables Rich creamy dish which got it name from nine traditional ingredients	346
Dal Makhani Creamy & buttery black lentil dal	358
Matar Mushroom Made with green peas mushrooms, onion, tomato & spices	358
Paneer Butter Masala Smooth silk curry made with paneer, butter & Indian spices	370
Paneer Lababdar Indian cottage cheese cooked in spicy cashew tomato gravy	370
Stuffed Capsicum	370
Kadhai Paneer Paneer bell pepper and onion cooked in spicy masala	394
Kacche Kele Ke Kofte Raw bananas kofta curry	394
Malai Kofta Made with potato paneer balls served with flavored creamy gravy	418
Sasro ka Mushroom	418
Shahi Paneer Paneer cubes cooked in creamy cashew gravy	454

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INDIAN BREADS

Plain Phulka / Butter Phulka	34/46
Tandoori Roti Plain / Tandoori Roti Butter	34/46
Manduwa Ki Roti	58
Bajra Ki Roti	58
Makkai Ki Roti	58
Chur Chur Naan	118
Plain Naan / Butter Naan / Garlic Naan	94/118/130
STUFFED NAAN (Choose Your Stuffing) :	142/178/190/214
Aloo / Mix / Paneer / Cheese Basil	

RICE

Plain Rice	178
Jeera Rice	202
Peas Pulao	238
Paan Subz Ki Biryani (Signature) Biryani with betel leaf flavour	478
Kofta Handi Biryani (Signature) Layers of fragrant rice with deep fried balls & potato & paneer	598

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CURD

Plain Curd	118
Boondi Raita / Veg Raita	154
Tulsi Anardana Raita	166

GARHWAL SPECIAL

STARTER :

Daalo Ka Raila	418
Three types of lentils kebab served with garlic tomato chutney	
Junglee Masala Paneer Tikka	418
Spicy preparation	

GARHWAL SPECIAL MAIN COURSE :

Kheere Ka Railu	154
Grated cucumber with curd in pahadi style	
Bhuta Hua Chawal	238
Fried rice tempered with grown turmeric & jakhia	
Pahadi Dal Ke Swaley	238
Stuffed with pahadi dal	
Aloo Tamatar Ko Jhol	334
Spicy potato stew	
Chainsoo	334
Kali urad dal paste with a strong taste of coriander & garlic	
Grahwali Thali (Signature)	958
Pahadi dal, Kaflu, Aloo jakhia ke gutka, Bhatt ka phaanu, Kheer ka railu, Jhangore ki kheer, Pahadi salad, Manduwe ki roti, Pahadi pallar (chaach), Bhuta hua chawal	

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DESSERT

Gulab Jamun Fried dough balls soaked in sugar	178
Ice Cream (2Scoops) For flavors – ask the server	178
Seasonal Halwa Ask the server	238
Rabri (Signature) Indian cheese balls cooked & smeared in milk & saffron	238
Apple Pie with Vanilla Ice-Cream	249
Truffle with Icecream / Hot Chocolate Sauce	249

SIGNATURE REFRESHMENTS

Virgin Masala Chai Sour (Served Hot) Packed with inviting flavors of cinnamon, cardamom, ginger & honey with dash of lime zest	229
Watermelon Lemonade Fresh watermelon juice blend with mint lemon juice & rock salt	329
Guava Marry Refreshing spicy drink served with guava juice, lime juice & hint of tabasco rimmed by rock salt	339
Rishikesh Sunrise Fresh diced of orange muddle with basil leaf & brown sugar	349

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HOT- BEVERAGES

Herbal Tea	119
Hot Milk	119
Americano	119
Monte Cristo	131
Desi Masala Tea	131
Cappuccino	179
Hot Chocolate Drop of Marshmallow	179
Turmeric Latte	299
(Served with almond milk, brown turmeric, black pepper, & cinnamon)	

COLD - BEVERAGES

Aerated Drink	119
Masala Chaach	179
Pahadi Pallar (Garwal Special)	199
ABC (Apple Beetroot Carrot)	219
Cucumber, Watermelon, Apple, & Celery	219
Fresh Watermelon Juice	239
Fresh Pineapple Juice	239
Fresh Orange Juice	239
Punjabi Sweet Lassi	239
Classic Cold Coffee	275
Chocolate Dream	290
Cookies Monster / Dark fantasy	
P B & J (Peanut Butter/Banana & Jam)	299
Green Dream	300
Baby spinach mango pulp & yogurt	

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