

PARANDA

What makes Punjabi cuisine so robust and varied is that it has been richly influenced by all the invaders - from Alexander the Greek to Babar the Mughal to Sher Shah the Afghan to Nadir Shah the Persian.

The menu at Paranda is a paean to this cuisine. It is fragrant with the flavours of Lahore; It celebrates the famed street treats of Amritsar and the Grand Trunk Road; it pays homage to culinary maestros like Beliram, Beera and Sucha Singh; and it is redolent with the embers of home fires from the kitchens of the Kauras and the Singhs.

At Paranda, themes of soil, water, fire, charcoal and forest permeate the menu resulting in aromatic dishes that are rooted in the landscape from which they were drawn. The food stays true to its old-world heritage with the chefs using regional Northern Indian cooking techniques and secrets to create small moments of surprise.

The Paranda kitchen has a philosophy of simple purity. Master Chef, Boer believes; "The kitchen is not a laboratory". The menu features an abundance of robust, earthy dishes that have evolved from the province of Punj(five)Ab(water)- The Land Of Five Rivers. From the ingenuity of the ingredient to the flawlessness of the execution, every aspect of Paranda will lead to an emotive, intense, liberating way of eating with fingers unlike any other.

So, as they say in Punjab, chalo roti kha laiye.

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

SHURUAAT

- ▲ **KASHMIRI MURGH YAKHANI** **520**
488 kcal | 230 gms | saffron flavored chicken soup

- **TAMATAR DHANIYA SHORBA** **495**
249 kcal | 240 gms | tomato soup with whole spices and fresh coriander

- **MAKKAI BADAM KA SHORBA** **495**
515 kcal | 245 gms | roasted corn and almond soup with aromatic herbs


TO REINVIGORATE

- **KESAR MALAI LASSI** **275**
284 kcal | 320 ml | blend of churned yogurt and sugar

- **MATTHA** **275**
96 kcal | 320 ml | traditional Indian spiced yogurt drink

- **SHIKANJVI** **275**
175 kcal | 320 ml | Indian lemonade preparation with black salt and cumin powder seeds
- **AMBI PANNA** **275**
275 kcal | 320 ml | sweet and sour ,green mango drink with hint of cardamom and black salt

List of Allergens:

       
Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten

     
Crustaceans Mustard Nuts Sesame Celery Sulphites

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.

● Vegetarian ▲ Non-Vegetarian

PARANDA DI BHATTI

- ▲ **TANDOORI JHEENGA** **1599**
342 kcal | 190 gms | clay oven cooked prawns with chef's special marinade

- ▲ **AMRITSARI TALI MACHCHI** **1225**
358 kcal | 210 gms | fried fish with garlic mint chutney

- ▲ **AJWAINI FISH TIKKA** **1225**
331 kcal | 215 gms | fish marinated with hand pounded spices and cooked in clay oven

- ▲ **TANDOORI MURGH** **1155**
1269 kcal | 410 gms | clay pot roasted half spring chicken, served with mint chutney

- ▲ **MUTTON SEEKH KEBAB** **1155**
601 kcal | 255 gms | minced mutton skewers mixed with pounded spices

- ▲ **DOODHIYA MURGH TIKKA** **1125**
464 kcal | 245 gms | chicken morsels marinated with cream, cheese and Indian spices

- ▲ **HIGHWAY MURGH TIKKA** **1125**
641 kcal | 345 gm | authentic Indian chicken kebab with traditional mix of spices

- **TANDOORI PANEER SHASHLIK** **795**
580 kcal | 280 gms | cottage cheese cubes marinated with curd, capsicum, onion and grounded spices

- **DAHI KE KEBAB** **795**
574 kcal | 275 gms | deep fried hung curd patties with spiced onion and fresh herbs


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- **ACHAARI SOYA CHAAP** **795**
716 kcal | 275 gms | soya chunks marinated in special achaari masala, finished in tandoor

- **MAKKAI AUR METHI KI TIKKI** **795**
524 kcal | 210 gms | fenugreek and corn kernel cakes cooked on tawa

- **BHARWAN ALOO** **795**
558 kcal | 210 gms | cottage cheese, khoya and nuts


PIND DA SWAD

- ▲ **TAWA JHEENGA ANARDANA** **1699**
592 kcal | 330 gms | griddled prawns cooked with onion, tomato masala and pomegranate.

- ▲ **BALTI MEAT** **1395**
687 kcal | 335 gms | Paranda specialty of tender lamb cooked in brown onion and spicy tomato gravy

- ▲ **TAWA WALA RARA MEAT** **1395**
978 kcal | 465 gms | boneless lamb morsels and minced meat cooked with special tawa masala and hint of black pepper

- ▲ **SARSON WALI FISH CURRY** **1395**
587 kcal | 400 gms | river sole morsels simmered with Indian spices finished with grounded mustard

- ▲ **PUNJABI BUTTER CHICKEN** **1250**
651 kcal | 355 gms | tandoori chicken tikka simmered in satin smooth tomato gravy, with kasoori methi

- ▲ **BHUNA MURG MASALENDAR** **1250**
1061 kcal | 500gms | chef's special chicken curry with a special flavour of shahi jeera

- **PANEER MAKHAN MASALA** **875**
1301 kcal | 430 gms | cottage cheese in creamy tomato gravy with kasoori methi


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- **PUNJABI SAAG PANEER** **875**

1280 kcal | 450 gms | cottage cheese and spinach tempered with fried garlic


- **MEWE MAWE KA MALAI KOFTA** **875**

1332 kcal | 460 gms | cottage cheese dumplings in creamy tomato cashew gravy


- **SHAHI KHUMB MAKKAI HARA PYAAZ** **875**

576 kcal | 480 gms | diced mushroom and sweet corn in onion tomato gravy, with spring onions


- **BAINGAN BHARTA** **875**

510 kcal | 470 gms | charcoal roasted eggplant concasse cooked with onion and tomatoes


- **ALOO JEERA MIRCHI** **875**

544 kcal | 440 gms | stir fried potatoes with black cumin and chili flakes


- **DAL PARANDA** **795**

558 kcal | 320 gms | black lentil and kidney beans, simmered overnight with tomatoes and butter


- **DHABA DAL FRY** **795**

353 kcal | 420 gms | slowly cooked yellow lentil tempered with brown garlic, onion and green chillies


- **AMRITSARI CHOLEY** **795**

1374 kcal | 520 gms | whole white gram cooked to perfection with aniseed



TO ACCOMPANY

- ▲ **TAWA MEAT PULAO** **1250**

672 kcal | 385 gms | lamb cubes cooked with flavored basmati rice



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	MASALA MURGH PULAO 588 kcal 355 gms marinated chicken morsels cooked with basmati rice 	1095
	JEERA PYAAZ PULAO 368 kcal 270 gms rice preparation, with fried onions and cumin seeds 	650
	SAADA CHAWAL 289 kcal 310 gms	375
	DAHI BHALLA 593 kcal 350 gms lentil dumplings with raisin soaked in sweet and sour yogurt 	425
	BOONDI RAITA 153 kcal 245 gms 	275
	FRESH GREEN SALAD 289 kcal 310 gms	245

INDIAN BREADS

	RAGDA KEEMA KULCHA 973 kcal 355 gms spicy minced lamb stuffed tandoori bread 	295
	CHICKEN TIKKA MASALA KULCHA 929 kcal 330 gms chopped chicken, cheese, onion and fresh coriander 	295
	PYAZ PANEER KA KULCHA 949 kcal 350 gms leavened bread with onion and cottage cheese 	245
	AMRITSARI KULCHA 1047 kcal 405 gms potato, chili, crushed coriander and pomegranate seed 	245
	LASSOONI, TIL, KALONJI NAAN 333 kcal 135 gms 	185
	PLAIN TANDOORI ROTI 164 kcal 50 gms 	185

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FROM OUR HALWAI CHEF

- 🟢 **LYCHEE BADAM KI KHEER** **595**
423 kcal | 175 gms | almond and lychee flavored rice pudding

- 🟢 **KESARI RASMALAI** **595**
674 kcal | 150 gms | cheese dumplings in condensed saffron milk

- 🟢 **GULAB JAMUN** **595**
329 kcal | 150 gms | cottage cheese dumplings dipped in rose flavored sugar syrup

- 🟢 **MOONG DAL HALWA** **595**
568 kcal | 200 gms | split yellow lentils prepared with butter and sugar

- 🟢 **GAJAR KA HALWA (SEASONAL)** **595**
483 kcal | 180 gms | grated carrot cooked with condensed milk and sugar

- 🟢 **PAAN KULFI** **595**
114 kcal | 48 gms | paan flavored frozen milk


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BEVERAGES

ORANGE MINT MOJITO 177 kcal 320 ml	345
PINEAPPLE PUNCH 129 kcal 320 ml	345
MASALA COLA 99 kcal 320 ml	345
SPARKLING WATER	345
FRESH FRUIT JUICE 320 ML	275
SHAKES - CHOCOLATE / VANILLA 570 kcal 320 ml 	275
COLD COFFEE 386 kcal 320 ml 	275
COFFEE	275
TEA	275
AERATED BEVERAGES	275
CANNED JUICE	215
MINERAL WATER	165

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