

In compliance with COVID-19 safety protocols as per guidelines by MoHFW, Govt. of India













"There is no love of food" than the love of G.B. SHAW

THE FOUNDING HEAD OF MY ALMA-MATER,
SIR GEORGE BERNARD SHAW APTLY QUOTES
UPON WHAT IS CONSIDERED TO BE THE GREATEST
COMMON HUMAN EXPERIENCE OF ALL TIME,
ALONGSIDE LOVE OF COURSE.

AT URVASHI'S RETREAT, FOOD IS MUCH MORE THAN FUEL FOR ONE'S MIND AND BODY.
HERE, FOOD IS A DIRECT INLET INTO THE SOUL.
EVERY CULINARY EXPERIENCE CARRIES A STORY OF ITS OWN, IF ONLY ONE CARES TO LISTEN.
THUS, WE PREPARE EACH ONE OF OUR RECIPES WITH LOVE AND THE INTENTION OF NOURISHING OUR DINERS.

I HAVE PERSONALLY CURATED THIS MENU USING AN ASSORTMENT OF RECIPES FROM AROUND INDIA AND THE WORLD, AND DERIVE INSPIRATION FROM GLOBAL FUSIONS, FOR THEY BIND THE WORLD INTO ONE UNITED FAMILY. WHETHER IT IS THE HIKING ENTHUSIAST OR THE SEDENTARY DREAMER, WE OFFER FOOD THAT COMFORTS THE SENSES WHILE ALSO INVIGORATING THEM.

IN OUR DINING SPACES, NO PALETTE IS CONSIDERED TO BE TOO SOPHISTICATED OR NAIVE. BOTH, FOOD AND HOSPITALITY ARE RENOWNED FOR TRANSVERSING LANGUAGE AND CULTURE TO FORM ONE OF THEIR OWN. ALL ONE NEEDS IS THE WILLINGNESS TO OPEN UP A MENU AS THEY DO A MAP. EVERY BECKONING CUE IS A DISCOVERY THAT AWAITS US, AND LIKE TRAVELS, NO TWO CULINARY EXPERIENCES WILL EVER BE THE SAME.

AS YOU UNFURL YET ANOTHER CULINARY ADVENTURE, I WELCOME YOU TO MY HUMBLE RETREAT AND WISH YOU WELLNESS, JOY AND A SOUL SATISFYING MEAL.

**BON APETIT!!** 

Frankly speaking, trekking is just an active excuse to fit in some extra pancakes in that flat belly without it turning into jelly.





"All happiness depends on a leisurely breakfast." -John Gunther

"I love sleep because it is like a time machine to breakfast". - Anon

# lesi / laashtas

PARATHAS INR 300 Aloo | Gobhi | Paneer | Cheese \* Butter, dahi & pickles

POORI BHAJI.. INR 300

+ Pickles

BHURJI... INR 300

Paneer | Eggs + Paranthas & pickles

> POHA **INR 300**

UPMA..... - Vegan & dairy-free (ghee-free) options available upon request



PANCAKES. INR 300 WAFFLES. INR 300 FRENCH TOAST. INR 250

> ALL SPECIAL TREATS ARE SERVED WITH YOUR CHOICE OF: -Nutella | Caramel Syrup | Maple syrup | Honey

Jams | Peanut butter | Sliced bananas | Ice cream

#### BAKER'S BASKET

Toasted | Soft + Butter & preserves INR 200

#### SIDDU

Maida | Atta + Chutney & ghee **INR 200** 



#### EGGS TO ORDER INR 300

Omelette | Scrambled | Sunny side up | Boiled + one accompaniment, toast, butter & condiments

ADD ONS......INR 50 | INR 100

Baked beans | Hash potatoes | Grilled tomato Cheese | Bacon | Sausages | Ham

### MINDFUL EATING

#### URVASHI'S OATS PANCAKES......INR 300

+Ice cream, almond slivers & your choice of : -Honey | Maple Syrup | Nutella | Caramel Syrup

- Eggless variant available

- Dairy-free option (milk replaced with coconut milk, sans ice-cream) available upon request

 Vegan option (eggless + dairy-free) available upon request



#### FRUIT PLATTER INR 200 CINNAMON WELLNESS APPLES..... INR 150

Poached and skinned slices of Himalayan apples, sprinkled with cinnamon dust

#### THE BREAKFAST CLUB BURRITOS INR 350 | 450

Urvashi's favourite comfort food as a student in London, these fusion burritos are a must-have at London's Breakfast Club.

Soft tortilla filled with milk scrambled eggs, molten cheese & beans. Finished with salsa & sour cream.

 Non-vegetarian option with chicken sausages/ bacon available

POWER BOWL.

Cereal | Porridge + Milk & honey

**INR 200** 

Join Urvashi in promoting mindful eating habits & spreading auto-immune awareness by supporting -RUN FOR LUPUS





VEGETARIAN



NON-VEGETARIAN















# BEVERAGES





MASALA CHAI **INR 100** 





MINT & HONEY TEA **INR 100** 





ASSORTMENT OF TEAS Choose your pick from our premium tea box **INR 100** 





APPLE TODDY **INR 200** 

HOT CHOCOLATE **INR 200** 





# BEVERAGES



#### MILKSHAKE

Vanilla | Chocolate | Banana | Strawberry **INR 200** 

#### **FRUIT JUICE**

Choose from a range of freshly squeezed/ tetra-packed fruit juices **INR 150** 



#### LEMONADE

Sweet | Salted | Mixed Still water / Soda **INR 100** 



#### BURANSH KA SHERBET

Still water / Soda **INR 150** 



#### LASSI

Sweet | Salted **INR 150** 



#### BUTTERMILK

Sweet | Salted **INR 150** 

#### SOFT DRINKS

Choose from a variety of sodas **INR 150** 

> **BOTTLED WATER INR 200**







DAIRY-FREE











#### ESPRESSO INR 150

30 ml coffee shot

#### AMERICANO INR 150

30 ml coffee shot + hot water

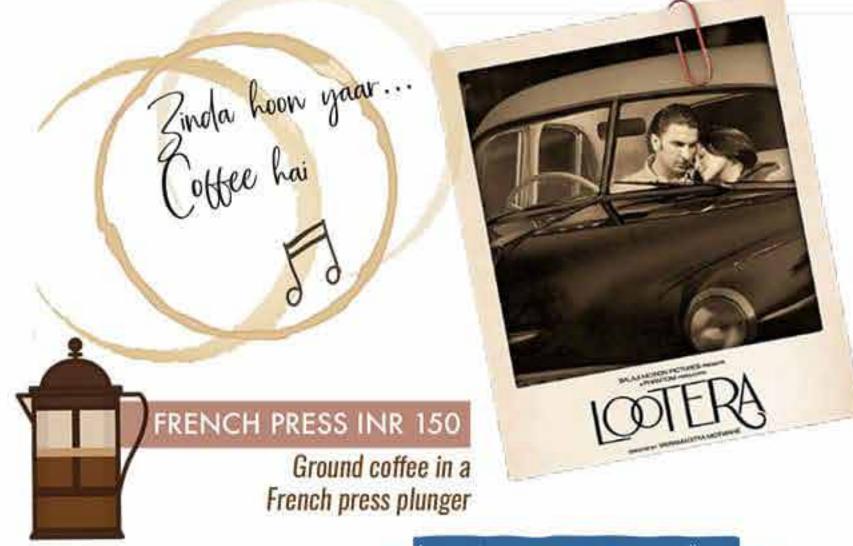


#### **CAPPUCCINO INR 250**

30 ml coffee shot + frothed milk

#### CAFE MOCHA INR 300

30 ml coffee shot + dark chocolate syrup + frothed milk + chocolate shavings





#### ICED AMERICANO INR 200

30 ml coffee shot + water + ice

#### CINNAMON ICED AMERICANO INR 250

30 ml coffee shot + ground cinnamon + water + ice

#### CARAMEL ICED AMERICANO INR 250

30 ml coffee shot + caramel syrup + water + ice





#### DESI MILK COFFEE INR 200

Pheta coffee + hot milk



#### EXTRA SHOT INR 100

30 ml coffee shot



DAIRY-FREE VARIANTS OF SOY MILK / COCONUT MILK AVAILABLE AT A PREMIUM OF INR 100

#### CLASSIC COLD COFFEE INR 300

60 ml coffee shot + frozen milk + sugar

#### **CHOCOLATE COLD COFFEE INR 350**

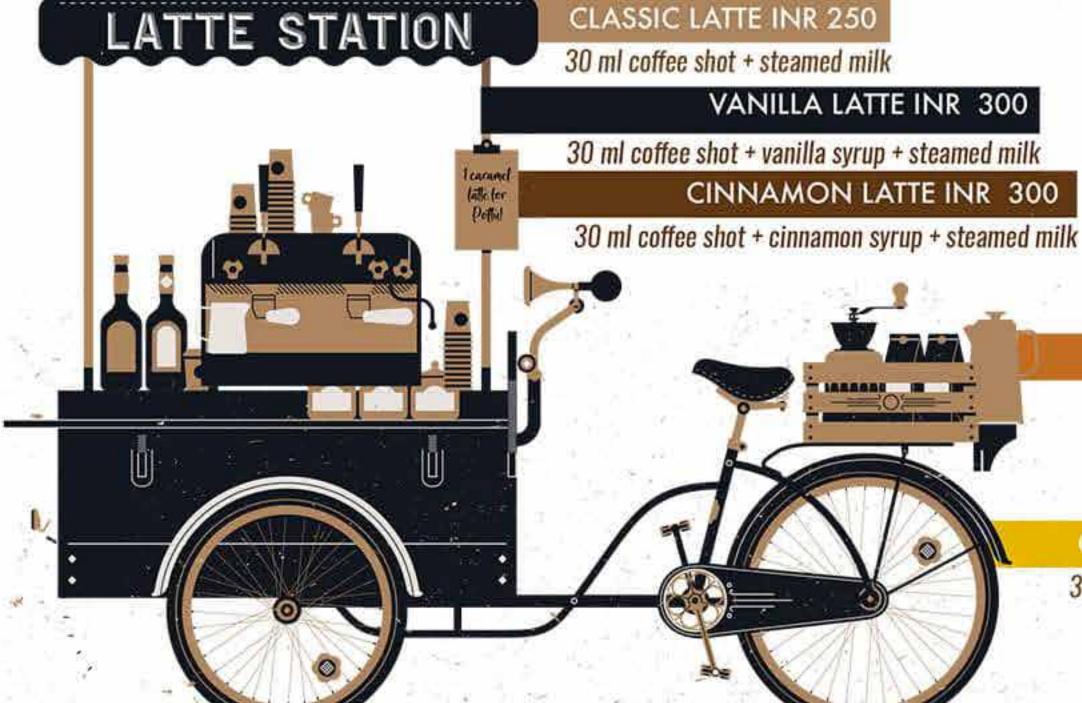
60 ml coffee shot + frozen milk + chocolate syrup

#### CARAMEL COLD COFFEE INR 350

60 ml coffee shot + frozen milk + caramel syrup

#### ICE CREAM BLENDED COLD COFFEE INR 350

60 ml coffee shot + vanilla ice cream + milk



# ENERGY = MILK X COFFEE 2

#### HAZLENUT LATTE INR 300

30 ml coffee shot+ hazlenut syrup + steamed milk

#### CARAMEL LATTE INR 300

30 ml coffee shot + caramel syrup + steamed milk

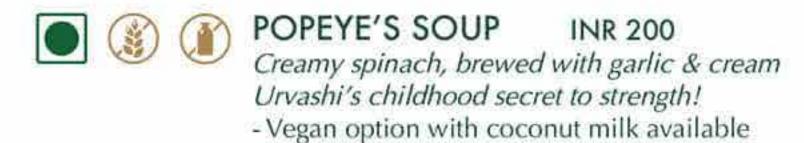
### SOUPS







- Vegan option with coconut milk available











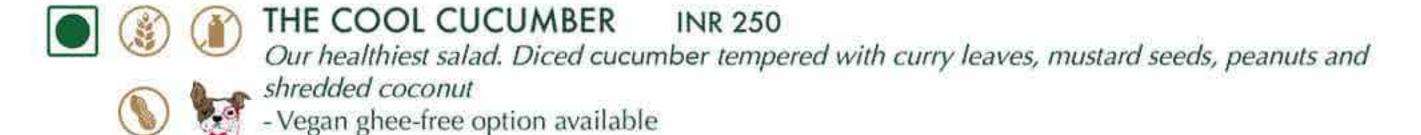
### SALADS

DIP SALAD INR 200

Carrot batons, peppers, cucumber sticks, zesty lemon, salt, black pepper & an assortment of dips

GREEK SALAD INR 250

Assorted capsicums, Iceberg lettuce, vinegar, virgin olive oil, herbs, Dijon mustard & feta cheese



KIMCHI SALAD INR 200
Cucumber shreds soaked in soy-chilli sauce, vinegar, garlic & ginger





### STARTERS





VEG SEEKH KEBAB | VEG CUTLETS INR 300
The classic grilled kebab | fried cutlets with a selection of dips



Crispy deep-fried fritters that are perfect for a rainy day ONION | PANEER | VEGETABLE | CHEESE - Vegan ghee-free option available

MASALA PAPAD | MASALA PEANUTS INR 200
Roasted or fried papad / peanuts topped with tomatoes, onions, green chillies & spiced lemon juice

CHILLY PANEER INR 300

Cottage cheese zinged with a Chinese twist

CHILLY CHEESE TOAST INR 250
Freshly toasted bread with stringy Mozzarella & tangy spices

HUM AAPKE HAIN CORN...? INR 250

Buttery golden corn with an added zing of either lemon chilli masala or Schezwan sauce

THE MAYO BUN-OMELETTE INR 300

Ajmer's famous station omelette bun, cheese & chilli ketchup with french fries & mashed potato

MAGGI MANIA INR 150 | INR 200

Make your own version of this old-school bowl of comfort food

- Masala | Vegetables | Cheese
- Egg | Chicken | Bacon | Sausages

PANEER | MURGH MALAI TIKKA INR 300

Yoghurt-marinated cottage cheese / chicken, grilled in the tandoor

CHICKEN NUGGETS INR 250

Corn-fed chicken, crusted & deep-fried. Served alongside mayon aise kei hup

GOSHT SHEEKH KEBAB INR 300

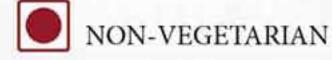
Minced cylinders of lamb, seasoned with ground spices

FISH FINGERS INR 300

Britain-inspired crispy fried batons of crumbed fish, served alongside tartar sauce











BULLDOG







### BURGERS & SANDWICHES







#### CLUB SANDWICH INR 300 | INR 350

Toasted / soft bread layered with crisp lettuce, fresh vegetables & cheese

- Vegan & dairy-free (cheese-free, butter-free) options available
- Non-vegetarian variant with chicken, ham/bacon and fried egg available







#### KEEMA BATLA INR 400

A grilled sandwich stuffed with minced & spiced mutton- Urvashi's childhood favourite!

- Dairy-free (cheese-free, butter-free) option available



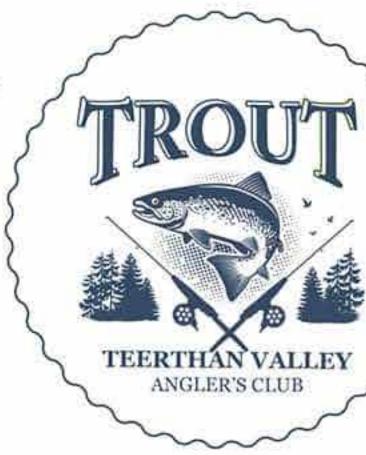




#### NO GARBAR BURGER INR 300 | INR 350

Your choice of vegetable or chicken patty served with tomato, onions & cheese

- Vegan (vegetarian, cheese-free & butter-free) option available
- Dairy-free (cheese-free & butter-free) option available



### HEARTY MAINS









#### ZOODLES INR 350 | INR 400

Your healthy pasta dream come true! Zucchini noodles tossed in a garlic & herb dressing and arabiatta sauce and Parmesan shavings

- Non-vegetarian variant with chicken available







#### THE PALEO CURRY INR 350 | INR 400

An anti-inflammatory recipe comprising of garden fresh vegetables cooked in a garlic, turmeric and



coconut milk reduction with steamed rice

- Non-vegetarian variant with chicken available





#### COLONEL'S CHICKEN **INR 400**

Char-grilled pieces of chicken cooked in an onion-based gravy and baby potatoes



FISH 'N' CHIPS **INR 400** 

Batter-fried fillets of Singara, served with potato fries and tartar sauce. A British favourite!





#### HIMALAYAN RAINBOW TROUT **INR 600**

Whole trout or fillet in your choice of sauce : -

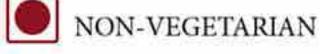
GARLIC BUTTER & HERBS | LEMON BUTTER & HERBS | TOMATO AND ONION | MASALA

- Dairy-free (olive oil replacement for butter) available



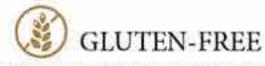


VEGETARIAN







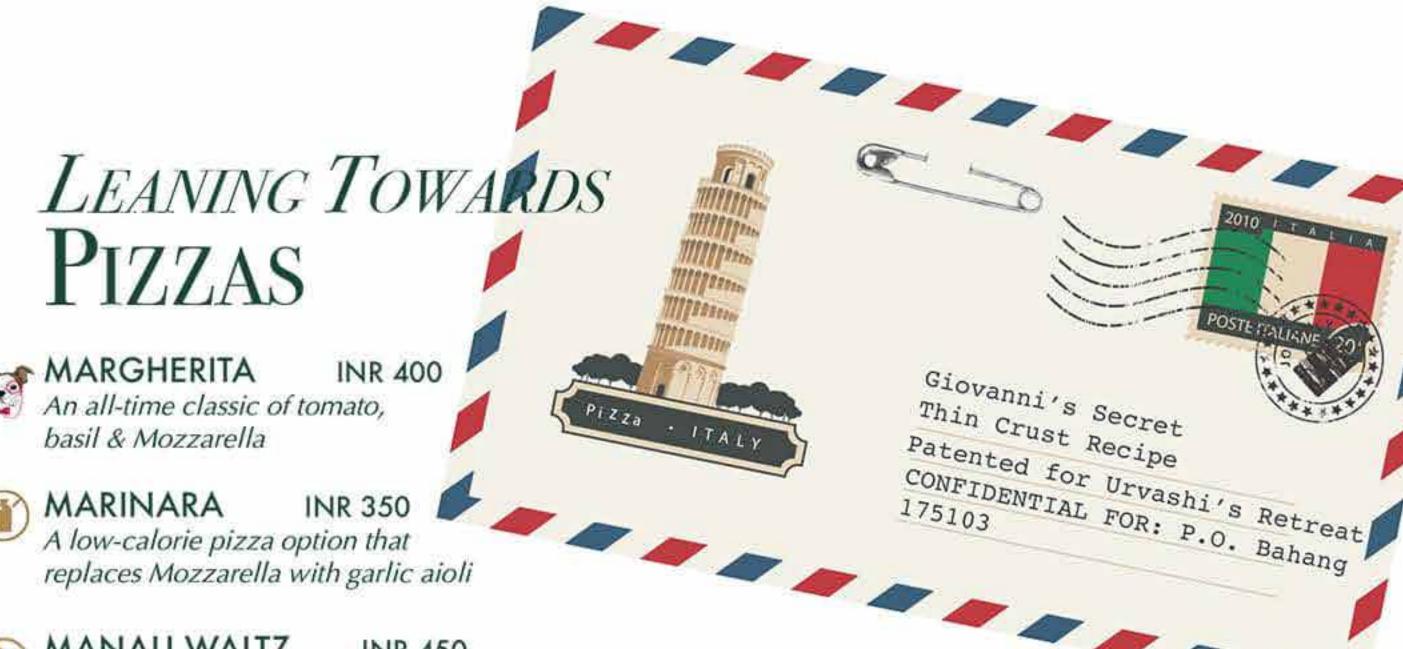




DAIRY-FREE









onions & Mozzarella MEAT-O-CLOCK **INR 500** 

Tomato sauce, ham, sausages & Mozzarella



PENNE ARABIATTA **INR 300** 

Tomato simmered in basil & chilli flakes and topped with Parmesan shavings - Vegan (cheese-free) option available

SPAGHETTI AGLIO OLIO PEPPERONCINO Olive oil, garlic slivers, chilli flakes, olives & parsley

- Vegan (cheese-free) option available

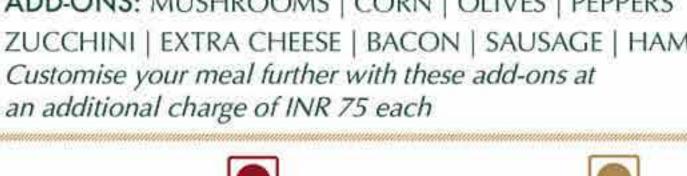
with Parmesan shavings

PENNE CARBONARA INR 350 | INR 400

A rich & creamy pasta made of egg yolks, onions & black pepper Add some bacon to enjoy it the Roman way.

SIMBA'S SPAGHETTI **INR 400** The Indian rendition of the famed spaghetti Bolognaise, comprising of a tangy sauce made of minced mutton

ADD-ONS: MUSHROOMS | CORN | OLIVES | PEPPERS ZUCCHINI | EXTRA CHEESE | BACON | SAUSAGE | HAM Customise your meal further with these add-ons at





**INR 300** 







DAIRY-FREE









HAKKA NOODLES INR 400 | INR 450

Stir-fried noodles in a succulent Indo-Chinese sauce - Non-vegetarian option with chicken chunks available





Savour these juicy vegetable dumplings that were once invented in Mumbai's Kemps Corner.



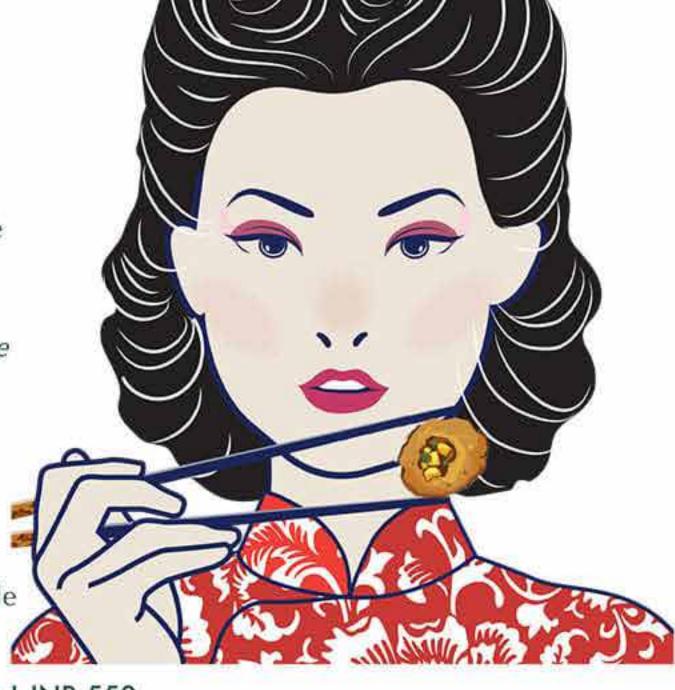




PAN-FRIED RICE INR 350 | INR 400

Considered by many as soul food, the classic bowl can convert anyone into a rice-eater

- Vegan options available
- Non-vegetarian variant with chicken and egg available









**ORIENTAL CURRIES** 

INR 450 | INR 450 | INR 550

VEGETARIAN | CHICKEN | FISH Choose from the Chef's selection of pan-Asian curry styles : -SCHEZWAN | HOT AND SOUR | CHILLI GARLIC | SWEET CHILLI SOY GARLIC | THAI RED CURRY | THAI GREEN CURRY

- Dairy-free options (with coconut milk substitutes) available

### BIRYANIS & WRAPS







SHAHI PULAO **INR 400** 

Assorted vegetables indulged in aromatic, spice-infused basmati rice Served with raita & kachumbar

- Vegan / dairy-free (cream-free and butter-free; without raita) options available









Succulent pieces of chicken/ mutton indulged in aromatic, spice-infused rice. Served with raita & kachumbar

- Dairy-free (cream-free and butter-free; without raita) options available







K2K KATHI ROLLS INR 350 | INR 450

Originating first in Kolkata and travelling all the way up to our Kullu valley, here's a no-fuss meal of paneer bhurji or tandoori murgh hand-rolled into a soft wrap Served with mint chutney.

- Egg wash on wrap option available



PREMIUM QUALITY CHINESE FOOD









#### THE BREAKFAST CLUB BURRITOS

INR 350 | INR 450

Urvashi's favourite comfort food as a student in London, these fusion burritos are a must-have at London's Breakfast Club. Soft tortilla filled with milk scrambled eggs, molten cheese & beans. Finished with salsa & sour cream.

- Non-vegetarian option with chicken sausages/ bacon available





NON-VEGETARIAN



CONTAINS EGGS



CONTAINS NUTS

SOHO



GLUTEN-FREE



DAIRY-FREE



NO ADDED SUGAR





### MADE IN INDIA



SABZ PANCHMEL **INR 350** 

Mélange of seasonal vegetables tempered with a dash of asafoetida





KER SANGRI **INR 400** 

An exotic preparation of seasonal berries & stems from the Thar desert





KADI PAKODA **INR 350** 

Fritters of Bengal gram in a yoghurt-based gravy, tempered with mustard, red chillies & curry leaves





HING DHANIYE KE CHATPATE ALOO **INR 350** Potatoes that offer the earthy flavours of coriander & asafoetida





GATTA RAJASTHANI **INR 350** 

A classical Rajasthani preparation of spiced gram flour dumplings





KHATTE MEETHE BAINGAN **INR 350** 

Urvashi's maternal grandmother's recipe. Mustard-infused brinjal with a tamarind twist





AAJ KI DAAL **INR 350** 

Enjoy the Chef's daily lentil preparation, or state your choice for him to prepare





KHICHDI

Steamed rice, lentils, boiled vegetables and immune-boosting spices



### THE PANEER SQUAD





PANEER BHURJI **INR 300** 

Scrambled paneer pan-tossed in onions, bell peppers & cumin seeds. An all-time favourite!





PALAK PANEER

**INR 350** 

Fresh cottage cheese cubes cooked in a creamy spinach gravy





PANEER LABAABDAR **INR 350** 

A Punjabi preparation of squared paneer in a spiced gravy





of tomatoes and cashew nuts



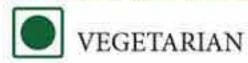


SHAHI PANEER **INR 350** 

The preferred choice of comfort food for travellers, this is a legendary recipe of paneer with sweet & tangy tomato puree, silkened with fresh cream. Makes for a delicious meal with lachha paranthas or some jeera chawal.

Vegan/ dairy-free option is available for all dishes except kadi pakoda & paneer. Kindly specify your preference for oil in place of ghee/ butter/ cream while placing your order.







NON-VEGETARIAN



CONTAINS EGGS















### ALSO MADE IN INDIA

#### ANDA CURRY INR 300

A protein-packed curry of sliced boiled eggs in a tangy & flavourful gravy





Juicy pieces of chicken cooked with dried red chillies & Rajasthani garam masala









Basa fillets cooked in a succulent gravy of tomatoes, coconut milk & mustard seeds





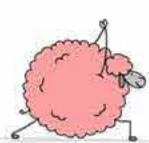


LAAL MAAS INR 400

Tender mutton cooked in Rajasthan's most renowned style Dairy-free (ghee substituted with oil) option available















### ACCOMPANIMENTS

BASMATI / BROWN RICE INR 100 | INR 150 Aromatic Basmati rice / fibre-rich grains of unpolished brown rice



JEERA / MATAR PULAO INR 150 | INR 200 Basmati rice tempered with cumin seeds / steamed peas

PHULKA / CHAPATI **INR 100** 

Classic Indian flatbreads made of wholewheat flour

TANDOORI ROTI / NAAN INR 100 | INR 150 Choose between plain, butter, garlic & cheese naans



LACCHA PARANTHA **INR 100** 

Layers of whole wheat flour, leavened & brushed w

KULCHA **INR 150** 

Choose between onion, potato and paneer kulchas

BAKER'S BASKET **INR 150** 

Today's selection of breads from the local bakery, served with butter & olive oil



BURRANI RAITA

**INR 150** 

A creamy Hyderabadi raita tempered with garlic & red chillies.

All Indian entrées are accompanied by papadums, a mini salad & our in-house selection of pickles

 Vegan & dairy-free (ghee-free, cheese-free & butter-free) options available for all rice & roti variants



VEGETARIAN



NON-VEGETARIAN



**CONTAINS EGGS** 



CONTAINS NUTS



GLUTEN-FREE



DAIRY-FREE



NO ADDED SUGAR



URVASHI RECOMMENDS









#### HOME-MADE CHOCOLATE FUDGE BROWNIES

**INR 250** Decadent chocolate fudge brownies & vanilla ice cream, poured over by molten chocolate





BISCUIT PUDDING **INR 200** 

A minimalistic recipe passed on by Urvashi's mother, this is a divine blend of biscuit crumble, rich cocoa, cashew brittle and condensed milk, served chilled.





An eggless, butter-free indulgence prepared & served in a coffee mug





ICE CREAM SUNDAE **INR 300** 

Choose any two scoops from our daily selection of ice creams with toasted nuts & your choice of either Nutella, caramel syrup or berry jam

Nut-free variants available upon request





BANANA SPLIT **INR 300** 

Hot banana fritters paired with assorted scoops of ice cream, toasted nuts, Nutella & caramel syrup

- Nut-free variants available upon request





URVASHI'S OATS PANCAKES **INR 300** 

Fibre-rich oats pancakes fresh off the griddle alongside a scoop of vanilla ice cream.

Sprinkled with almond slivers & drizzled with the syrup of your choice Honey | Maple Syrup | Nutella | Caramel Syrup





- Eggless variant available

Dairy-free option (milk replaced with coconut milk, sans ice-cream) available upon request

- Vegan option (eggless + dairy-free) available upon request





CINNAMON WELLNESS APPLES **INR 150** 

Poached and skinned slices of Himalayan apples, sprinkled with cinnamon dust





**GRANOLA PARFAIT INR 200** 

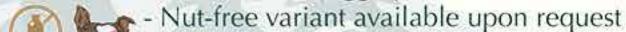
Power-packed granola & yoghurt with layers of your choice Berry compote | Banana & Himalayan honey





LAPSI **INR 300** 

Broken wheat, jaggery, shredded coconut, cashews, raisins & fennel. A Rajasthani favourite!



Vegan & dairy-free options (ghee replaced with vegetable oil) available upon request







HALWA KA JALWA **INR 200** 

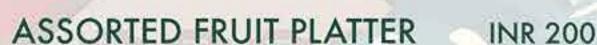
Allow the Chef to immerse you into today's special preparation of desi halwa such as : w Gajar | Moong Dal | Sooji | Atta | Besan | Lauki / Doodhi

- Nut-free variants available upon request



DESI MITHAAI **INR 200** Gulab Jamun | Roshogolla | Kheer





A selection of freshly cut seasonal fruits









NON-VEGETARIAN



**CONTAINS EGGS** 















- Additional government taxes & charges are applicable to all prices listed in this menu.
- All food symbols (except vegetarian, non-vegetarian & egg symbols) denote the availability of an alternate recipe variant to specifically cater to those who might suffer from Celiac disease, nut/shell-fish allergies, lactose & gluten intolerances, etc. Hence, should you wish to opt for the particular allergen/intolerant-free alternative, kindly ensure that you notify the restaurant staff while placing your order.
- Your food is cooked with much thought and love. Since we use only the freshest of ingredients, kindly excuse us in case of the seasonal/temporary unavailability of certain ingredients/food items/beverages. We would be more than happy to accommodate your requests using whatever best alternatives are available to us.
- We believe in serving you freshly-prepared food at all times, and avoid serving pre-cooked or re-heated meals. Hence, kindly allow our kitchen staff a sufficient preparation time of 30-40 minutes to deliver your order on the table. Should you be in a hurry, please consult the Chef on items that can be prepared in a shorter duration of time.
- We at Urvashi's Retreat follow a centralised tipping policy. Should you wish to leave gratituity for any of our staff members, kindly do so in the tip box that is placed in our reception area.





Mhy carry baggage when you have a package?

# Inclusive Meal Components

STANDARD MEAL INCLUSIONS with CONTINENTAL & AMERICAN PLANS (CP, AP, MAP)



Choice of eggs & one accompaniment (sausage/bacon/ham/ mushrooms/roasted tomato) or Poha/ Upma/ Parantha / Pancakes seasonal fruit and any one beverage: fruit juice/ tea/ coffee and selection of breads with butter & homemade preserves.

Guests are free to choose more options from the hotel's Breakfast Menu at additional charges.



unch Deluxe Meal Plan

INR 750 + taxes

(1 soup, 1 starter, 2 entrées with accompaniments + 1 dessert)

Premium Meal Plan INR 900 + taxes (1 soup, 2 starters, 3 entrées with accompaniments + 1 dessert)

Tomato Basil | Lemon Coriander | Hot 'n' Sour | Cream of Mushroom | Sweet Corn 🔍

Paneer Tikka | Mushroom Tikka | Chilly Paneer | Vegetable Pakoras

Starters (NV)

Murgh Malai Tikka | Murgh Sheekh Kebab | Ghosht Sheekh Kebab | Fish Fingers | Chicken Nuggets | Chilly Chicken

Main Course (V)

Sabz Panchmel | Paneer Lababdar | Palak Paneer | Shahi Paneer | Dal Makhani | Dal Tadka Vegetarian Hakka Noodles



Murgh Makhani | Laal Maas | Junglee Murgh Oriental Stir-Fried Chicken | Chicken Hakka Noodles

Accompaniments

RICE | PULAO | ROTIS | PARANTHAS | NAAN | KULCHA | BAKER'S BASKET | RAITA

Desserts

Gulab Jamun | Roshogolla | Kheer | Biscuit Pudding | Brownies | Ice cream

Diners are entitled to one standard portion size of the meal component each. All extras will be chargeable as per actual. All supplementary orders are to be placed on an a la carte basis from the hotel's dining menus, wherein the stated charges and taxes apply.

