

YOG   
NIKETAN

**Dear Guest,**

**Namaskar,**

**Welcome to Yog Niketan by Sanskriti,**

**With your Convenience mind we have listed on this Directory all the services and facilities available.**

**We assure you that our ongoing commitment to quality service means that each day we strive to enhance our Abilities to meet and exceed your expectation.**

**We are all at hand to assist you during your stay**

**And trust you will enjoy being with us.**

**Best Regards**

**General Manager**

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## Hotel Information

### Telephone Dial

Reception	9
Restaurant	127
Spa	132

## In the Hotel

Transfer	Call Reception
Breakfast	Served in Restaurant between 8am to 10.30am
Checkout	Check out time 11; 00am
Drinking water	two bottles are placed every day with our compliments, for replenishment please contact housekeeping.
Safe	The management is not responsible for loss of cash or other valuable left in the guest room.
Spa	At spa, we offer a range of luxurious, sophisticated and Holistic face & body treatments that have been individually designed for our guest.
In Room Dining	Please refer to the room service menu for in room dining, For placing the order please dial in room dining.
Medical Emergency	In case of any medical emergency please contact reception.
Mini bar	Your room refrigerator is for your Personal Use.
Pets	Pets are not permitted in the Hotel.
Sight Seeing	Exciting tour options are available kindly contact reception.
Wake up calls	for wake up calls please contact reception.

# MENU



## BREAKFAST

Mix stuffed paratha with curd	149
Chole-Bhature/Puri-Bhaji	199
Idli Sāmbār	149
Bread Toast	89
Vegetables Vermicelli	149
Vegetables Poha	125
Milk Porridge	199
Veg Sandwich	189
Uttapam with coconut Chutney	129
Besan Chilla with mint Chutney	129
Fresh fruits Platter	199
Seasonal fresh fruits juice	189
Seasonal fruits Smoothie	199

Tea/Coffee

Morning Bakery

## BEVERAGES

### HOT DRINKS

<b>Herbal tea</b>	<b>90</b>
<b>Americano</b>	<b>90</b>
<b>Monte Cristo (lemon &amp; ginger)</b>	<b>99</b>
<b>Desi Masala Chai</b>	<b>110</b>
<b>Cappuccino with cookie</b>	<b>129</b>
<b>Kashmiri Kahwa</b>	<b>190</b>
<b>Turmeric Latte</b> (Served with almond milk, ground turmeric, black pepper & Cinnamon)	<b>199</b>

### MILK

<b>Hot Milk</b>	<b>89</b>
<b>Chocolate milk</b>	<b>110</b>

### COLD BEVERAGES

<b>Café Frappe (Cold Coffee)</b>	<b>179</b>
<b>Fantissimo</b> (Cold coffee topping with ice-cream & honey glazed)	<b>199</b>
<b>Punjabi Special Lassi</b>	<b>199</b>

## SHAKES

<b>Mango Shake / Banana Shake</b>	<b>199</b>
<b>Peanut Butter Banana Shake</b>	<b>229</b>
<b>Nutella Shake</b>	<b>249</b>
<b>Aerated Drinks</b>	<b>90</b>

## NATURE JUICE'S

<b>Water Melon Juice</b>	<b>199</b>
<b>Pineapple Juice</b>	<b>199</b>
<b>Rich Fiber Juice</b>	<b>199</b>
<b>Orange Juice</b> (Beetroot, Carrot & Apple)	<b>249</b>

## MOCK-TAILS

<b>Cucumber Tini</b> (Served with dice cucumber with lemon, Ginger, Crushed Ice topped up with Sprite)	<b>229</b>
<b>Guava Delight</b> (Served with Guava juice, Strawberry Crushed, Lemon juice garnishing with Lemon zest)	<b>279</b>
<b>Virgin Pina-colada</b> (Served with Coconut Cream, Pineapple juice, crushed ice & garnishing with Cherry)	<b>299</b>
<b>Water-melon lemonade (Double Layer Mock tail)</b> (Served with Lemon juice, crushed ice, rock salt & fresh Water-Melon juice)	<b>299</b>
<b>Rishikesh Sunrise</b> (Served with Diced Orange, Basil Leaf with Brown Sugar topped up with orange juice)	<b>310</b>

## Patio Menu

<b>Stuffed Garlic bread</b>	<b>199</b>
<b>Cold Sandwich</b> (Stuffing with Coleslaw along with Fries and dip)	<b>229</b>
<b>Cheese Chilli Toast</b> (Topping with Vegetables Salsa, Mozzarella Cheese)	<b>249</b>
<b>Pesto Cheese Sandwich</b> (Fresh Basil Pesto, Mozzarella and Cheddar Cheese with Exotic Vegetables Sides fries and dip)	<b>289</b>
<b>Lasagna (Layer pasta)</b> (Stuffing with Vegetables, White & Red Sauce topping with Mozzarella Cheese)	<b>349</b>
<b>Alfredo Penne Pasta</b> (Pasta tossed in Creamy Sauce)	<b>349</b>
<b>Aglio olio</b> (Pasta tossed in Olive Oil, Garlic & Topping with Mozzarella Cheese)	<b>299</b>
<b>Arrabbiata Pasta</b> (Pasta tossed in Red Sauce)	<b>279</b>

## Healthy Food

<b>Quinoa with Grilled Vegetable</b> (Served with Pesto Coconut Sauce)	<b>350</b>
<b>Steamed Couscous with Ranchero Sauce</b> (Served with Mexican Based Sauce)	<b>359</b>
<b>Mashed Potato with Grilled vegetables</b>	<b>299</b>
<b>Barnyard Millet Khichdi</b>	<b>249</b>
<b>Herbs Scented Amaranth</b> (Served with Smoky Bell Pepper Sauce)	<b>310</b>



## SOUP

<b>Badami shorba</b>	<b>279</b>
<b>Dhaniya tamatar ka Shorba</b>	<b>210</b>
<b>Man chow Soup</b>	<b>249</b>
<b>Hot &amp; Sour</b>	<b>250</b>
<b>Lemon Coriander Soup</b>	<b>220</b>
<b>Cream of Mushroom Soup</b>	<b>279</b>
<b>Roasted Cauliflower Soups</b>	<b>249</b>

## SALAD

<b>Kosambari Salad</b> (Boiled Yellow Split Gram tossed with Mix Vegetables and Dressing with Tamarind Sauce)	<b>299</b>
<b>Chef Garden Salad</b> (Seasonable Vegetables with Honey lemon dressing)	<b>270</b>
<b>Pasta Salad</b> (Boiled pasta mix with Mayonnaise, Curd & Fresh Basil)	<b>279</b>
<b>Hara – Bhara Salad</b>	<b>220</b>

## CHAAT SPECIAL

<b>Aloo ki Chaat</b> (Served with Sweet and Sour Chutney & Curd)	<b>220</b>
<b>Peanut Chaat</b> (Fried Peanut Mix with Chopped Onion, Tomato & Cucumber)	<b>199</b>
<b>Corn Chaat</b> (Toasted Corn, Mixed with Vegetables Salsa)	<b>220</b>

## APPETISER (STARTTER)

<b>Hariyali Kabab</b>	<b>220</b>
(Fried pattie, made with Spinach, Peas, green beans, capsicum and Potato)	
<b>Makhmali Paneer Tikka</b>	<b>329</b>
(Paneer marinated in an Aromatic Cream of Spices & Cashew Paste)	
<b>Paneer Tikka</b>	<b>289</b>
(Chunks of Paneer Marinated with Indian Spices)	
<b>Zafrani Paneer Tikka</b>	<b>349</b>
(Paneer marinated with Saffron, hung curd & Indian spices)	
<b>Achari Tikka</b>	<b>289</b>
(Paneer cubes, marinated with hung curd, Indian spices with Achari Masala)	
<b>Mushroom Tikka</b>	<b>279</b>
(Marinated Mushroom with hung curd, mustard oil & Indian spices)	
<b>Bhatti Ke Aloo</b>	<b>220</b>
(Roasted stuffed Aloo roasted in mud oven)	
<b>Mix Tandoori Platter</b>	<b>499</b>
<b>Mix Pakode</b>	<b>179</b>
<b>Paneer Pakode</b>	<b>229</b>

## CHINEESE

<b>Veg Manchurian (Gravy/Dry)</b>	<b>249</b>
(Fried Veg Manchurian ball in a spicy tangy sauce)	
<b>Chilli Paneer</b>	<b>299</b>
(Cubes of fried Crispy Paneer tossed in a spicy sauce)	
<b>Paneer 65</b>	<b>299</b>
(Crispy Fried Paneer tossed in a Spicy Masala)	
<b>Schezwan Noodles</b>	<b>249</b>
(Spicy and hot noodles made with Schezwan sauce)	
<b>Veg Noodles</b>	<b>199</b>
(Wok tossed Noodles with Stir Fry Noodles)	
<b>Vegetable Fried Rice</b>	<b>229</b>
(Wok Tossed Rice with Chopped Vegetables)	

**Honey Sesame Potato** 249  
(Crispy fried potato tossed in a spicy sauce glazed with honey & sesame)

## MAIN COURSE

### DAL

**Dal Makhani** 279  
(Creamy and Buttery Black Lentils Dal)

**Dal Tadka** 210  
(Yellow Dal tempering with ghee and Indian spices)

**Pindi Chana** 249  
(Boiled Chickpeas Blend with Indian spices)

**Kadhi Pakoda** 199  
(Tangy and flavored Gram Flour Curry Serve with deep fry Dakoda's)

**Rajma Masala** 229  
(Red Kidney Beans in Thick Gravy Blend with Indian Spices)

### PANEER

**Kadai Paneer** 310  
(Paneer cubes tossed with Bell Pepper, Onion, Cooked in a Spicy Masala)

**Paneer Butter Masala** 299  
(Smooth Silky Curry made with Paneer Butter Indian Spices)

**Paneer Lababdar** 299  
(Indian Cottage Cheese cooked in Spicy Cashew Tomato Gravy)

**Palak Paneer** 279  
(Prepared with thick paste of Spinach Curry, Paneer cubes & Indian Spices)

**Shahi Paneer** 349  
(Paneer Cubes cooked in Creamy Cashew Gravy)

## VEGETABLES

<b>Navratna Mix vegetable</b>	<b>229</b>
(Rich creamy Dish which got its name from nine traditional Indian Ingredients)	
<b>Jeera Aloo</b>	<b>199</b>
(Wok tossed Potato with Cumin Seeds)	
<b>Aloo Gobhi Adaraki</b>	<b>199</b>
(Stir fry Potato and Cauliflower tossed with Indian masala)	
<b>Baingan ka Bharta</b>	<b>220</b>
(Roasted Eggplant mashed & cooked in Indian Spices)	
<b>Bhindi do Pyaaza</b>	<b>220</b>
(Okra cooked in Spices & Herbs and full of Caramelized Onion)	
<b>Matar Mushroom</b>	<b>249</b>
(Made with Green Peas Mushrooms, Onion, Tomato and spices)	
<b>Malai Kofta</b>	<b>310</b>
(Made with Potato Paneer balls served with flavored creamy gravy)	
<b>Mix Veg Handi</b>	<b>210</b>
(Combination of Vegetables cooked with Indian spices)	

## BIRYANI

<b>Vegetable Biryani</b>	<b>350</b>
(Made with layer of rice spices and vegetables)	
<b>Kofta Handi Biryani</b>	<b>449</b>
(Layers of fragrant Rice with deep fried balls of Potato and Paneer)	

### Garhwali Food Section

<b>Pahadi Saag</b>	<b>229</b>
<b>Kaflu</b>	<b>249</b>
(Himalayas green leafy puree tempered with pahadi spices)	
<b>Aloo jakhiye ke gutke</b>	<b>199</b>

**Batt ka phaanu** 279

(phaanu is prepared with lentils powder)

**Seasonable pahadi dal** 299

### RICE

**Plain Rice** 149

**Jeera Rice** 159

**Peas Pulao** 179

**Himalyas Lal Chawal** 179

**Fragrant Uttarakhandi Rice** 149

### INDIAN BREADS

**Tawa Roti** 25

**Tawa Butter Roti** 35

**Tandoori Roti** 45

**Mandua ki Roti** 45

**Makki Ki Roti** 45

**Bajre ki Roti** 45

**Tandoori Butter Roti** 60

**Tandoori Plain Naan** 69

**Tandoori Butter Naan** 79

**Tandoori Lachha Paratha** 79

**Garlic Naan** 89

**Stuffed Naan** 99

## RAITA

<b>Boondi Raita</b>	<b>110</b>
(Yogurt base dish made with crisp fried boondi)	
<b>Mix Veg Raita</b>	<b>129</b>
(Yogurt mixed with Indian spices and chopped veggies)	
<b>Plain Curd</b>	<b>99</b>
<b>Kheere ka Railu (pahadi raita)</b>	<b>120</b>

## DESSERT

<b>Moong Dal Halwa</b>	<b>179</b>
(Sweet dish made with Moong dal sugar ghee and cardamom powder)	
<b>Gulab Jamun</b>	<b>179</b>
(Fried Dough Balls soaked in sugar syrup)	
<b>Rabri</b>	<b>199</b>
(Thickened sweetened milk layer of malai)	
<b>Apple Pie</b>	<b>229</b>
(Flaky Butter Crust & Lightly Caramelized Apple with Cinnamon filling)	