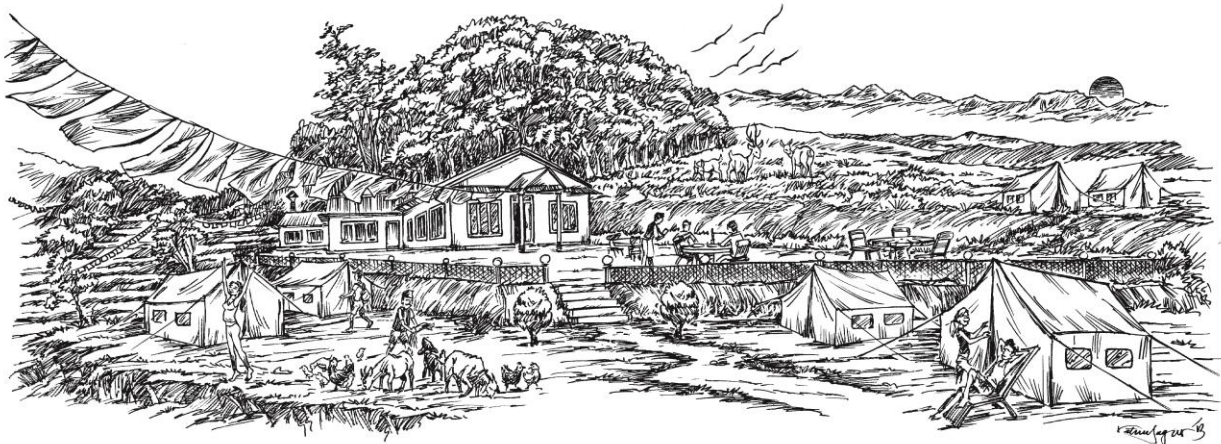




Nurturing the nature and nature lovers...

Established: 2012



## Herbal Tea Menu

(Herbs picked -up from our organic garden)	In Small Pot/ glass
• Prakriti Resorts' farm Green Tea: ( full of antioxidants)	Rs 300
• Everest Organic Farm Tea <i>Choice of Green, White, Gold, Black, Oolong</i>	Rs 300
• Magical Ayurveda Tea: (aids weight loss, cures indigestion, brightens Skin, detoxify the body and enhancing the quality of life)	Rs 300
• Tulsi Tea (Helps facilitate metabolism of carbs and fats, further regulates the blood sugar level.	Rs 200
• Jasmine Tea Keeps you calm, improves mental clarity and boost immune system	Rs 200
• Tibetan butter Tea (Increases energy levels, moisturizes skin, Warms Body, aids digestion, boost heart health, improves cognitive function, Suppresses appetite, and prevents dehydration. )	Rs 300
• Lemon grass with Stevia Tea ( for digestive track spasm )	Rs 300
• Lemon with Ginger and honey <i>Ideal drink to alleviate constipation and promoting digestion,</i>	Rs 300
• Bay leafs with Stevia Tea <i>Highly aromatic tea, rich with vitamin A, B6, C &amp; support immune system.</i>	Rs 300
• Peppermint lemon iced Tea <i>Treats indigestion, coughs, and colds.</i>	Rs 300
• Peppermint Tea <u>Promotes weight loss and boost metabolism,</u>	Rs 200
• Bojho Tea ( Rooibos) <i>Its antioxidants can protect against cancer, heart disease and stroke.</i>	Rs 200
• Cannabis Tea	Rs 200
• Chamomile Tea <i>Helps diarrhea, anxiety, and benefit the quality of sleep</i>	Rs 200

**All above Prices are inclusive of 13% Vat**

# Cafe menu

## Espresso based hot beverages

- Espresso (solo/Doppio)  
*A short and strong drink*
- Americano (short/long)  
*Espresso diluted with hot water*
- Caffè latte  
*Espresso with steamed milk*
- Cappuccino  
*Espresso with frothed milk*
- Caramel macchiato  
*Espresso with steamed milk and caramel syrup*
- Cafe mocha  
*Espresso with steamed milk and chocolate syrup*
- Cafe mocha madness  
*Espresso with steamed milk, chocolate syrup and cream on top with Choco chips*
- Cortado  
*Espresso with same amount of steamed milk*
- Flat white  
*Espresso with hot milk*
- Affagato  
*Espresso with ice cream (chocolate, strawberry, vanilla) flavor*
- Cafe macchiato  
*Espresso with milk foam on top*

**All above Prices are inclusive of 13% Vat**

## Snacks Menu

- Fresh garden Salad Rs 350
- Golden fried Trout fish in the basket Rs 1500
- Shrimp ( Tempura , Grilled , Garlic Chilly) Rs 950 , 950 , 950
- Sadheko (Chicken, buff with local spices ) Rs 550, 500
- Sadheko ( Aalu , Badam , Bhatmas with local spices) Rs 300, 400, 350
- Sadheko Sukute ( Buff , Mustang Yak , Chyangra ,) Rs 550 , 1100 , 1200
- Meat Balls ( Chicken, Buff ) Rs 500 , 600
- Siomai (veg , Chicken, Pork) Rs 500, 600 ,700
- Pork Tawa Rs 600
- Chicken ( Lollipop , Drumstick ) Rs 450, 600
- Chicken Chilly ( without bone, with bone) Rs 500, 550
- Chilly Buff Rs 500
- Chilly ( Paneer, Tofu , Mushroom ) Rs 625, 500, 500
- Chilly Crispy Potato Rs 450
- Mushroom Choie-la Rs 500
- Mustang Aalu Rs 450
- French Fries Rs 300
- Cheese ball Rs 600
- Fried Cashew nuts Rs 600
- Slices of Cheese Rs 400
- Veg Pakoda ( Deep Fried vegetables fritters/spices ) Rs 450
- Prakriti Special Momo ( Veg, Chicken , Buff ) Rs 450 , 550, 500

### Bar B Que (Includes Green salad & Lettuce)

- Chicken Rs 1500 per kg
- Chicken Sausages Rs 750 per 400 gm
- Trout Rs 3500 Per kg
- Pork Rs 1800 per kg
- Local Chicken Egg Rs 200 per piece
- Paneer Vegetables Rs 1800 per kg
- Oyster Mushroom Rs 750 per Kg
- Mix Vegetable Rs 650 per kg
- Mutton- with bone , Bone less Rs 4500 , 5000 / kg
- Farm Badel -Bone less Rs 6000 per kg

All above Prices are inclusive of 13% Vat

## Bar Menu

### Cold Beverages

- Coke / Fanta / Sprite Rs 150
- Diet Coke Rs 250
- Ginger Ale Rs 500
- Red Bull ( Australian) Rs 300
- Soda water Rs 100
- Mineral water Rs 125
- Tonic Water Rs 300
- Natural Spring water
- Fresh lime Soda Rs 250
- Lemonade/ Mint Lemonade Rs 300
- Fruity Lemonade Rs 400
- Homemade Iced Tea Rs 350

### **Fruit Juices / drinks**

- Mango, Orange, Pineapple, Tomato (Canned) Rs 200
- Oranges , Water Melon ( Fresh Juice ) Rs 350
- Our Farm fresh Strawberry Juice Rs 500
- Our Farm fresh Strawberry Smoothie Rs 600
- Smoothie ( Oranges , Water Melon , Apple - Fresh ) Rs 400
- Milk Shake ( Oranges , Water Melon , Banana - Fresh ) Rs 400
- Fresh Veggie Juice ( Carrot , Beetroot, Tomato ) Rs 350
- Lassi ( plain , sweet, Strawberry , Mango , Banana ) Rs 350
- Mohi ( make of buffalo milk refreshing drinks ) Rs 150
- Ice Cream Shakes ( Strawberry, vanilla, Chocolate) Rs 600
- Ice Cream Float Rs 500
- Homemade Iced Tea Rs 350

### Alcoholic Drinks local (60 ml)

- Whiskey Old Durbar ( Black) Rs 650
- Whiskey Old Durbar ( Regular) Rs 450
- Whiskey Signature ( green) Rs 450
- Rum Khukuri Rs 450
- Vodka Ruslan Rs 450
- Vodka absolute Rs 500
- Blue Ribbon Gin Rs 450

### Alcoholic drinks (Imported)

#### **Whiskey (30 ml)**

- Glen Fiddich - Single Malt Rs 800
- Glen Livet - Single Malt Rs 800
- Whiskey (Double Black label) Rs 800
- Whiskey ( Black label ) Rs 675
- Whiskey (Red label ) Rs 500
- Whiskey (Chivas Regal) Rs 500
- Tequila ( Gold , Silver) Rs 450 , 500
- Vodka Smirnoff Rs 500
- Rum Bacardi Rs 450
- Beef Eater Gin Rs 500
- Brandy Napoleon VS Rs 550

### Liquor (30 ml)

- Baileys Iris Cream Rs 600
- Jagermeister Rs 600
- Grand Marnier Rs 600
- Kahlua Rs 500

### Wine / Champaign (per bottle)

- Imported (White/Red) Rs 3500
- Domestic (White/ Red) Rs 1500
- Sparkling wine / Champaign Rs 6000
- Calvet Rs 3500

## **Beer**

- Gorkha Rs 625
- Nepal Ice Beer Rs 625
- Barhasinghe Rs 750
- Tuburg Rs 750
- Carlsberg Rs 850

## **Beer (500 ml)**

- Nepal Ice Rs 450
- Gorkha Rs 450
- Tuberg Rs 500

## **Cocktails**

- Hot Rum Punch Rs 500
- Screw driver ( Vodka with orange juice) Rs 600
- White Russian ( Vodka with Kalhua and cream) Rs 850
- Daiquiri ( White rum , dark rum and sugar) Rs 850
- Mojito ( White Rum, lemon , Fresh mint, Sugar and Soda) Rs 850
- Virgin Mojito ( Mint Lime wedge, Lime Juice and Soda) Rs 450
- Virgin Pinnacle Pina Colada ( Pineapple Juice , Coconut Cream) Rs 450
- Whiskey Sour ( Whiskey, lemon juice and Sugar) Rs 550
- Tom Collins ( Gin, lemon juice, and Sugar) Rs 550
- Bloody Merry Rs 650
- Blue Margarita (Tequila, blue Curacao, lemon juice, Ice) Rs 900
- Strawberry Margarita (Tequila, triple shake ) Rs 900
- Fruit Punch ( Non alcoholic mixed fruit juice) Rs 400

## Local Spirits

- Tongba ( small , Large ) Rs 350 , Rs 500  
(Millet based alcohol served in wooden jar)
- Kodo ko Raksi ( per glass) Rs 300  
(Millet based traditional method distilled alcohol)
- Strawberry ko Rakshi ( per glass) Rs 350  
(Strawberry based traditional distilled alcohol)
- Jhhoi Khutte ( per glass) Rs 350  
(Millet based traditional method distilled alcohol)

## Espresso based cold beverages

- Iced cappuccino Rs 500  
*Espresso with cold milk, ice, sugar syrup and milk foam on top*
- Iced Latte (Espresso with cold milk, ice and sugar syrup ) Rs 500
- Iced Americano( Espresso with cold water and ice) Rs 400
- Iced Mocha (Espresso with chocolate syrup, cold milk, and ice) Rs 500
- Iced Mocha madness Rs 500  
(Espresso with chocolate syrup, cold milk, ice and cream on top with Choco chips. )

## Corkage Charges per bottle

- Wine (Domestic , Imported) Rs 1000 , 1500
- Whiskey / Vodka / Gin ( Domestic , Imported) Rs 2000 , 3000

**All above Prices are inclusive of 13%**



## **Set Continental Breakfast**

**Rs 1200**

- Fresh Fruit Juice
- Bakery Bread with homemade Jam, butter or honey
- Corn flakes / muesli with curd / hot milk
- Two egg omelets with grilled tomatoes, sausages or ham , hash potatoes
- Fresh farm beans with Tomato sauce
- Slices of cheese
- Fresh fruit salad with cream
- Fresh Fruit Juice

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea

## **Set Indian Breakfast**

**Rs 1200**

- Aalu Paratha or Puri Bhaji or Vegetable Cutlets
- Sabji curry
- Vegetable cheese Omelet with Mushroom , tomato and Potato
- Fresh Fruit Juice
- Fresh Fruits
- Yak Cheese
- Curd with honey & Chia Seeds

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic herbal
- Milk Tea

**Above price includes 13% Vat**

**Nepalese Cuisine**  
**(Buffet / Fixed / Set 3 course Meal Menu)**

**Nepal's Pride**

**Rs 1700**

- Sada Bhuja ( Boiled Rice Basmati )
- Mash , Jumli, Musuro ko Dal (Herbed flavored lentils gravy)
- Masu ( Meat curry of local chicken or local goat or trout Fish)
- Alu Bhuteko (Fried Potatoes with Herbs)
- Tarkari Sabji (Mixed seasonal Vegetable curry)
- Saag ( Steamed spinach lightly fried)
- Timbur Gundruk with Bhatmas
- 5 types of Achar

**Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

**Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic herbal Tea
- Milk Tea

**Above price includes 13% Vat**

### **Himalayan Pride - Dhiedo set**

**Rs 1700**

- Dhido ( Watermill grinded Buck wheat , Corn or Millet)
- Sisno Ko Tihun ( Farm Nettle grass stew soup)
- Masu ( Meat curry of local chicken or local goat or trout Fish)
- Alu Bhuteko (Fried Potatoes with Herbs)
- Tarkari Sabji (Mixed seasonal Vegetable curry)
- Saag ( Steamed spinach lightly fried)
- Timbur Gundruk with Bhatmas
- 5 types of Achar

### **Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic herbal Tea
- Milk Tea

**Above price includes 13% Vat**

## **Himalayan Trout Fish**

**Rs 2000**

- Fried Himalayan Trout Fish ( 200 gm)
- Chiura , Pop corn and Soya beans
- Alu Tama and Gundruk Bhatmas (dried green vegetable with herbs)
- Alu Shadexho ( Boiled potato with local spices)
- Alu Bhuteko (Fried Potatoes with Herbs)
- Tarkari Sabji (Mixed seasonal Vegetable curry)
- Saag ( Steamed spinach lightly fried)
- Timbur Gundruk with Bhatmas
- 5 types of Achar

## **Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

## **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic Herbal
- Milk Tea

**Above Prices are inclusive of 13% Vat**

## **Chinese Cuisine**

**Rs 1700**

**(Buffet / Fixed / Set 3 course Meal Menu)**

### **Soup**

- Hot and Sour Soup with garlic Bread butter

### **Salad (Sichuan hot sauce- vinegar chilly- Kikkoman Sauce)**

- Smashed cucumber Salad
- Whole Corn Salad

### **Main Course**

- Vegetable Fried Rice
- Egg Hakka Noodles
- Spicy chicken or Black pepper Chicken
- Sweet and Sour Pork
- Mushroom Bok Choy
- Tofu Chilly
- Vegetable Spring Rolls
- Stir fried vegetables
- Vegetable Manchurian

### **Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic Herbal Tea
- Tibetan Tea

**Above Prices are inclusive of 13% Vat**

# Thai Cuisine

Rs 1700

(Buffet / Fixed / Set 3 course Meal Menu)

## Soup

- Chicken Tom Yam Soup with garlic Bread

## Salad

- Spicy Cucumber
- Spicy Green Papaya Salad

## Main Food

- Pad Thai Noodles
- Fried Rice ( Khao Pad)
- Thai Green Curry Chicken
- Pork meat ball with Thai Sweet and spicy
- Thai Basis vegetable and Tofu
- Paneer Satay with Vegetables
- Thai Red Curry Vegetables
- Mushroom Bok Choy
- Thai Corn Fritters

## Dessert

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

## Tea/ Coffee

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Herbal Tea

Above Prices are inclusive of 13% Vat

## **Indian Cuisine**

**Rs 1700**

**(Buffet / Fixed / Set 3 course Meal Menu)**

### **Soup with Garlic bread**

- Mong Dal Soup

### **Salad**

- Jullian salad
- 5 types of spicy pickles ( dried veg , Soya , Tomato , Peanuts , Beans sprouts )

### **Main Dishes**

- Veg Biryani
- Fulka Roti
- Chicken butter Masala
- Goan fish curry
- Paneer Kofta
- Alu Gobi & Sabji
- Methi Palak stir fry
- Alu Bhujia fry

### **Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic Herbal
- Milk Tea

**Above Prices are inclusive of 13% Vat**

## **Continental Cuisine**

**Rs 1700**

**(Buffet / Fixed / Set 3 course Meal Menu)**

### **Soup with garlic bread, bread Sticks**

- Minestrone, Cream, Clear soup

### **Appetizers**

- Prakriti Resorts' Chef Salad
- Chicken or Tuna Fish Salad

### **Main Course**

- Grilled Chicken or lamb / brown sauce
- Trout Fish fry
- Butter vegetables
- French fries
- Baked Beans with egg
- Cream Spinach
- Spaghetti Napolitano

### **Dessert**

- Fresh Fruit Salad with curd, honey and Chia Seeds
- Bakery cake

### **Tea/ Coffee**

- Espresso based Organic bean Coffee
- Organic Green Tea
- Organic Black Tea
- Organic herbal Tea

**Above Prices are inclusive of 13% Vat**



## **Bakes, Cakes and Mediterranean choices**

**Rs 1700**

### **Starter (any One)**

- Cheesy Garlic Bread
- Chips & Salsa
- Chicken Liver Pate
- Prakritis' special Nachos
- Focaccia Bread

### **Salad (any Two)**

- Prakritis' Caesar Salad
- Greek Salad
- Boconccini & Tomato Salad
- Healthy Green & Quinoa Salad
- Pasta Salad

### **Pasta (any Two)**

- Spaghetti Napolitano, Bolognaise, Carbonara
- Spaghetti Veg. Au gratin
- Lasagna
- Margherita

### **Pizza (any One)**

- Mushroom Pizza
- Chicken Pizza
- Salami Pizza
- Double Cheese Pizza
- Chili Garlic Pizza
- Mix Pizza

### **Cakes**

- New Year Cheese cake
- Chocolate Brownie
- Black Forest Pastry
- White Forest Pastry
- Chicken Puffed Pastry

**Above Prices are inclusive of 13% Vat**

# Ala-Carte Menu

## Nepalese Choices

### Appetizers

- Fresh greens from our garden Rs 350
- Himalayan Yak Cheese platter with crackers & Cashews Rs 600

### Soup

- Sisnu Ko Jhol with bread & butter  
(Himalayan Fresh Nettle grass Soup) Rs 425
- Thukpa - Noodle Soup with bread & butter  
(Vegetable / Chicken / Mix) Rs 400, 450, 550

### Main Course

- Seasonal Mix vegetable Curry Rs 300
- Mix Saag from the garden (Stir fried green leafy veg.) Rs 250
- Paneer curry (Cottage cheese) Rs 550
- Herbal Daal ( Musuro , Black or Jumli ) Rs 300
- Egg curry Rs 450
- Chicken Curry Rs 500
- Fresh Water Trout Fish Curry Rs 825
- Local Goat Curry Rs 725
- Achar ( Gundruk, bhatmas or Mula, Keru alu ) Rs 200
- Dhido ( Watermill grinded Buck wheat , corn or Millet ) Rs 300
- Chiura (traditional Newari Beaten rice) Rs 200
- Plain rice ( Basmati , Marsi ) Rs 200 , 300

### Whole meat Curry

- Local Chicken Curry Rs 5000
- Kadaknath Chicken Curry Rs 5000
- Farm Kalij Curry Rs 7000

All above Prices are inclusive of 13% Vat

## Continental Choices

### Appetizers

- Prakriti Resort Chefs' Special Salad Rs 700
- Prakriti Resorts' Caesar Salad Rs 650
- Tuna Fish Salad Rs 550
- Chicken Salad Rs 450

### Soup with garlic bread

- Cream of Mushroom , Asparagus , Chicken Rs 400, 400 , 450
- Vegetable (Soup Kale, Broccoli , Pumpkin ) Rs 400 , 400, 400
- Tomato Soup , Minestrone Soup Rs 400 , 450
- Fennel Potato Soup Rs 400

### Main Dish (Served with butter rice or mashed potato, butter veg, potato chips and Salad)

- Golden Fried Trout Fish Rs 1500
- Grilled ( Chicken , Trout Fish ) Rs 900, 1500
- Sizzler (Chicken , Trout Fish , local goat meat) Rs 1100, 1500 , 1500
- Chicken A-la Kiev Rs 1500
- Chicken Stroganoff ( Chicken ) Rs 900
- Grilled Chicken with mushroom sauce Rs 1000
- Chicken Shaslik Rs 900
- Pepper Steak Rs 1700
- Tenderloin Steak Rs 1700
- Pork Chop with Mustard Sauce Rs 1300
- Wrap ( Veg, Chicken , Beef ) Rs 700 , 800 , 900
- Spaghetti (Napolitano, Bolognese, Carbonara ) Rs 700, 850 , 900
- Vegetable Au gratin Rs 600
- Burger ( Veg , Chicken , Tenderloin , Shrimp) Rs 400, 450, 500, 600
- Sandwich ( Veg , cheese , Chicken ) Rs 350, 400, 450

**All above Prices are inclusive of 13% Vat**

## Oriental Choices

### Soup with garlic bread

- Hot and Sour ( Chicken or veg) Rs 450, 400
- Tom Yum Soup ( Veg, chicken , shrimp ) Rs 500 , 550 , 600
- Veg. Clear Soup Rs 300
- Sweet corn Soup Rs 400
- Miso soup ( Veg., Chicken, Mix) Rs 400 ,450,500

### Main Dishes

- Chowmein (Veggies,, Egg, Chicken , Mix ) Rs 400, 450, 500, 550
- Fried Rice (Veggies,, Egg, Chicken , Mix ) Rs 400, 450, 500, 550
- Stir Peanut Sauce Noodles (Veg, chicken , shrimp , Mix) Rs 500 , 550 , 600 , 650

### Meat Items

- Thai Red Curry ( Veg , Chicken , Shrimp ) Rs 400, 500 , 600
- Sweet & Sour ( Veg , Chicken, fish ) Rs 400, 500, 550
- Garlic Chicken or fish Rs 500 , 600
- Satay ( Chicken ,Pork ) Rs 600 , 650
- Thai Chicken with Salsa , red bell pepper sauce Rs 600
- Crispy Spicy Chicken Rs 500
- Chicken Black Pepper Rs 500
- Tofu Chicken Rs 600
- Whole Trout fish in hot and sour sauce Rs 1500
- Spring Rolls ( Veggies , chicken) Rs 400 , 500

### Veggies

- Stir fried Veggies Rs 400
- Mushroom Bok Choy Rs 400
- Vegetable Manchurian Rs 400
- Mapo Tofu Rs 400
- Tofu stir fry Rs 400
- Sticky Rice Rs 200

**All above Prices are inclusive of 13% Vat**

## Indian Choices

### Soup with Garlic bread

- Mong Dal Soup Rs 400

### Salad

- Fresh Greens Salad Rs 350

### Main Dishes

- Chicken butter Masala Rs 600
- Chicken Tikka Masala Rs 650
- Chicken Tika Kabab Rs 650
- Mutton Seekh Kabab Rs 1200
- Goan fish curry (Trout) Rs 1500
- Tandoori Chicken Rs 700

### Veggies

- Paneer Kofta Rs 625
- Paneer butter Masala Rs 625
- Paneer Cutlet Rs 550
- Kadhi Pakoda Rs 400
- Pakoda ( Paneer , Veg) Rs 500 ,300
- Alu Gobi Rs 350
- Alu jira Rs 350

### Roti / Rice

- Plain Roti ( Fulka) Rs 100/ piece
- Plain rice ( Basmati or Marsi ) Rs 200 , 300
- Jeera Rice Rs 300
- Pulao Rs 400
- Biryani ( Veg , Chicken, Mutton ) Rs 700 , 800 , 1000
- Tandoori Naan ( plain ,Butter Butter garlic ) Rs 150 / 200 /200 per piece
- Paratha (Plain, Alu, Paneer) Rs 150 /200/ 300 per piece

All above Prices are inclusive of 13% Vat

## Desserts

- Fresh fruit Salad with Cream/curd Rs 400
- Cheese Cake Rs 400
- Brownie / Ice Cream Rs 400
- Cream Caramel /cream Rs 400
- Strawberry Pie /cream Rs 400
- Crunchy Bread Cake Rs 200
- Crepe Suzette Rs 400
- Gulab Jamun Rs 200
- Rasgulla Rs 200
- Ice Cream Rs 400

**All above Prices are inclusive of 13% Vat**

## Breakfast Menu

- **Espresso based Hot Beverages from Freshly crushed Organic Bean Coffee**

- Americano Rs 400
  - Cappuccino Rs 500
  - Latte Rs 500
  - Mocha Rs 500
  - Irish Cappuccino Rs 500
  - Irish Americano Rs 500
  - Espresso Rs 245
  - Cold coffee Rs 300
- 
- Prakriti Resorts' Organic Green Tea (small / large pot) Rs 250, 350
  - Everest Organic Tea ( Green ,Oolong , White, Black & Gold) Rs 250, 350
  - Herbal Tea ( Ayurvedic , Tulsi , Jasmine ) Rs 300, 200 , 200
  - Hot lemon , ginger with Honey Rs 250
  - Hot Chocolate Rs 350
  - Cup of coffee ( Nescafe -black, milk) Rs 200, 250
  - Cup of Milk Tea Rs 200

### From our Bakery

- Toasts (Two slices) with butter , homemade jam, honey Rs 225
- French Toast with Honey Rs 450
- Croissant with butter ( per piece) Rs 150
- Muffins with butter ( per piece) Rs 150
- Pancakes with honey Rs 450
- Porridge / Corn flakes with Milk Rs 325
- Muesli with curd& fruits Rs 450

### From nearby Farm

- Boiled eggs ( Two pcs) Rs 250
- Fried or Scrambled Egg with Sausages ,Veggies, potato Rs 350
- Cheese or Masala Omelet with Sausages ,Veggies, potato Rs 400
- Prakritis' garden Beans with tomato & Rosemary sauce Rs 350
- Chicken Sausages ( two pc) Rs 350
- Hash Brown Potato Rs 250
- Yak Cheese Rs 400
- Bacon Rs 500
- Ham Rs 400

All above Prices are inclusive of 13% Vat

## **Fruit, veggies Juices / drinks**

- Mango, Orange, Pineapple, Tomato (Canned) Rs 200
- Oranges , Water Melon ( Fresh Juice ) Rs 350
- Our Farm fresh Strawberry Juice Rs 500
- Our Farm fresh Strawberry Smoothie Rs 600
- Smoothie ( Oranges , Water Melon , Apple - Fresh ) Rs 400
- Milk Shake ( Oranges , Water Melon , Banana - Fresh ) Rs 400
- Lassi ( plain , sweet, Strawberry , Mango , Banana ) Rs 350
- Mohi ( made of buffalo milk refreshing drinks ) Rs 150
- Fresh Veggie Juice ( Carrot , Beetroot, Tomato ) Rs 350
- Ice Cream Shakes ( Strawberry, vanilla, Chocolate) Rs 600
- Ice Cream Float Rs 500
- Homemade Iced Tea Rs 250

**All above Prices are inclusive of 13% Vat**



# Prakriti Resort and Organic farm

## *Our Eco Friendly theme & Sustainable Tourism approach*

Selling of accommodation, food and service does not merely limits the actual product of Prakriti Resort & Organic farm. Of course, we offer the finest of the above mentioned, but we do so with more than just our own profit in mind. We take great care to sell our tourism product ensuring that it creates as less impact on the environment as possible and also that it creates something for the community around us.

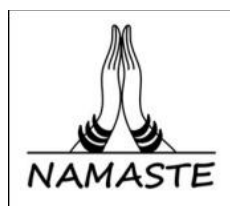
We are privileged in that our resort is surrounded by so much amazing natural beauty, rich culture and authentic Gurung rural villages. Therefore we strive to ensure that when we sell a "tourism product" we are taking steps to safe guard our environment and generate revenue and livelihoods for those living around us.

Furthermore, we want to connect & synergies our guest with their health by adding the importance of organic food values for which we are aiming to achieve self-sufficiency through integrated and sustainable farming practices that combine the cultivation of organic vegetables and other farm produce alongside the development of tourism and recreational activities.

**Prakriti Resort and Organic farm** has been managed and operated as a joint effort of **Nepal Environment and Tourism Initiative Foundation (NETIF)**, tourism professional and a selected team of farmers & villagers.

**NETIF** is a non profit organisation working in the field of environment and Tourism. It envisions "a better environment for better tourism ". We all can imagine what a better environment for tourism look like – a destination without pollution and waste, where nature and wildlife are protected and where friendship, peace prevail among the hosts and guest, or a destination where each tourist have a memorable holidays, local communities will have enough food, shelter, dignity and tourism entrepreneurs will have enough business and security.

On the behalf of everyone at Prakriti Resort and Organic farm, we thank you for your time and hope you will enjoy your stay with us.



**Prakriti Resort and Organic farm Team**