Nurturing the Nature and the nature Lovers

Prakriti Resort & Organic Farm

BREAKFAST

MENU

FRESH. LOCAL. ORGANIC

“Our Menu reflects our deep commitment to sustainable tourism and conscious dining. With the concept of farm-to-table dining, each morning offers a thoughtful preparation using fresh, organic ingredients sourced from our own farm and neighboring village producers.

We prioritize seasonal produce, Prakriti’s dairy production, free-range eggs, local chicken and low-emission, ethically grown ingredients, minimizing our environmental footprint. Embraced by a zero-waste policy, we make conscious use of whole ingredients, compost what remains, and avoid unnecessary waste

ORGANIC BREAKFAST PLATES

Farmhouse Breakfast Platter — Rs. 1500
(Two free-range eggs, sautéed seasonal vegetables, shiitake, potato croquettes, fresh toast with butter & homemade strawberry jam)

Himali Protein Plate — Rs. 1500
(Organic eggs omelette and garden herbs, yak cheese, chicken sausages, Prakriti garden beans in rosemary-tomato sauce, and toast)

Muesli Bowl — Rs. 700
(Muesli served with organic curd, Prakriti harvested chia seeds and fresh-cut fruits, drizzled with local honey)

Panner-Stuffed Garden Zucchini — Rs. 1200
Farm-grown zucchini filled with chef-crafted paneer, local cheese and fresh garden herbs, gently baked to perfection)

Green Corn & Soybean Salad Bowl — Rs. 950
(Steamed green soybeans and roasted corn kernels tossed with fresh cucumber, garden herbs, with hemp seed oil dressing)

Kodo Pancake — Rs. 650
(Crisped pancakes made from foxtail millet flour with a dash of cow ghee, topped with fresh strawberries and a drizzle of honey)

DRINKS

FRESH FROM THE FARM

Lassi (Plain, Sweet)	Rs. 350
Mohi (Refreshing drink made from churned local buffalo milk)	Rs. 300
Fresh Veggie Juice (Carrot/ Beetroot/ Tomato)	Rs. 500
Fresh Watermelon Juice	Rs. 400
Farm Fresh Strawberry Smoothie	Rs. 450
Strawberry Ice-Cream Shake	Rs. 600
Fresh Brewed Iced Tea (with garden herbs)	Rs. 450
Kombucha	Rs. 500

HOT-BEVERAGES

Po Cha (Traditional Tibetan Butter black tea with cow butter)	Rs.300
Hot Lemon with Ginger and Honey	Rs. 350
Hot Chocolate	Rs. 350
Tea (Black/Milk)	Rs. 200
Golden Milk (Warm local milk infused with turmeric, pepper, and honey)	Rs. 250

DRINKS

HERBAL TEAS

(PER POT RS. 400)

Prakriti's Organic Green Tea

Everest Organic Tea
(Green/Oolong/White/Black/Gold)

Herbal Tea
(Ayurvedic/Tulsi/Jasmine)

Magical Ayurveda Tea
(Cures indigestion, detoxify the body and enhancing the quality of life)

Tulsi Tea
(Helps facilitate metabolism of carbs, fats and regulates the blood sugar level)

Jasmine Tea
(Keeps you calm, improves mental clarity and boast immune system)

Lemongrass Tea with Stevia
(for digestive track spasm)

Bay leafs Tea with Stevia
(Highly aromatic tea, rich with vitamin A, B6, C & support immune system)

Peppermint Tea
(Treats indigestion, coughs, and colds and boosts metabolism)

Bojho Tea (Rooibos)
(Its antioxidants can protect against cancer, heart disease and stroke)

Chamomile Tea
(Helps anxiety, and benefit the quality of sleep)

DRINKS

ESPRESSO BASED BEVERAGES

Espresso (Single/Double)	Rs. 400
Americano	Rs. 450
Flat White	Rs. 500
Latte	Rs. 500
Honey Latte	Rs. 550
Mocha	Rs. 550
Cafe Mocha Maddness	Rs. 550
Cappuccino	Rs. 500
Caramel Macchiato	Rs. 550
Cafe Macchiato	Rs. 450
Affagato	Rs. 500
Cold Coffee (With Ice-Cream/Without Ice-cream)	Rs. 550

ALL ABOVE PRICES ARE INCLUSIVE OF 13% VAT