Nurturing the Nature and the nature Lovers

Prakriti Resort & Organic Farm

# LOCALLY SOURCED SELECTIONS

SUMMER 2025

À LA CARTE MENU

FRESH. LOCAL. ORGANIC

“Our Locally Sourced Selections showcases our commitment towards sustainable tourism through farm-to-table philosophy, featuring healthy and fresh ingredients sourced directly from our organic farm and neighboring villages. Each dish highlights local flavors, supports community livelihoods, and reduces our environmental impact by prioritizing organic, seasonal, minimal food miles, zero preservatives and low-emission ingredients upholding the ethical and traditional farming practices.

# LOCALLY SOURCED SELECTIONS

## SOUPS

### (WITH BREAD & BUTTER)

**Sisnu ko Jhol** — Rs. 425
(A traditional Himalayan soup made with fresh stinging nettle leaves)

**Kwati Soup** — Rs. 425
(A slow-cooked Nepali soup made with a mix of nine sprouted beans —perfect for a cold day)

**Sauf Potato Soup** — Rs. 400
(An aromatic blend of fennel and tender potatoes)

**Shiitake Mushroom Soup** — Rs. 400
(Local shiitake mushrooms simmered in a creamy, herb-infused broth)

**Farm Harvest Vegetable Soup** — Rs. 400
(Broccoli/ Pumpkin/ Fermented pickled leaf)

(A rich soup slow-cooked with fresh herbs and spices)

**Thukpa-Noodle Soup** — Rs. 550
(V/VG/ Chicken/Mix)

(Noodle soup made with fresh vegetables simmered in a mildly spiced flavorful broth)

✳ **Goat-Leg Broth Soup** — Rs. 650
(Slow-Braised bone-in soup with Himalayan spices inspired by ancestral recipes)

# LOCALLY SOURCED SELECTIONS

## APPETIZERS

Seasonal Fresh Garden Salad — Rs. 600
(Perfectly crisp and refreshing mix of locally grown vegetables tossed in hemp seed oil)

✳ Prakriti's Chef Special Salad — Rs. 700
(A vibrant mix of seasonal fruits, tender chicken, local eggs and crisp green leafy vegetables)

Himalayan Yak Cheese Platter — Rs. 600
(Hand-crafted yak cheese, crackers, nuts and farm produced strawberry jam)

Haibung Alu — Rs. 450
(A crispy and freshly harvested potato dish cooked with herbs, served with tangy achar)

✳ Crispy Golden-Fried Trout Bites — Rs. 1500
(Fish sourced from local village and crisped to golden perfection)

# LOCALLY SOURCED SELECTIONS

## MAINS

### Phaphar Momo — Rs. 650
(Veg/Chicken)

(Buckwheat flour, filled with a mix of vegetables or meat and steamed to perfection)

### Chatamari — Rs. 900
(V/VG/Chicken)

(Thin, Buckwheat flour crepe, typically topped with a variety of savory ingredients)

### Thakali Set — Rs. 2000
(Chicken/Goat/Trout/Egg)

(Nepali home-styled curries simmered in a rich gravy crafted with fresh produce sourced from the nearby farms )

### ✳ Sizzler — Rs. 1500
(Chicken/Goat/Trout/Paneer/Tofu)

(Locally sourced fresh produce and grilled served sizzling with sautéed vegetables)

### Farm Fresh Sandwich — Rs. 750
(A triple-layer sandwich with oven-fresh bread, organic chicken, farm lettuce, local eggs, and cheese, served with chips)

# LOCALLY SOURCED SELECTIONS

## SIDES

**Atta Roti** (2 pcs) — Rs. 200
(Millet Flour Flattened Bread)

**Chiura** — Rs. 200
(Beaten Rice)

**Marsi Rice** — Rs. 300
(Himalayan Brown Rice)

**Dhido with Ghee** — Rs. 300
(Buckwheat flour cooked into a dense and slightly sticky texture, often served with curries, or achaar)

**Local Tarkari** — Rs. 600
(Nepali curry made with seasonal mixed vegetables simmered in a spicy gravy)

**Nepali Achaar** — Rs. 200
(Gundruk/Bhatmas/Raddish)

(Spicy pickle made from fermented vegetables mixed with different spices to complement meals)

**Shiitake Mushroom and Saag** — Rs. 550
(Nutrient-packed kale, mushroom and seasonal green leaves sautéed with a blend of spices)

**Local Curry** — Rs. 800
(Chicken/Goat/Trout)

(Tender local meat slow-cooked in a rich, spicy gravy with traditional spices)

# LOCALLY SOURCED SELECTIONS

## DESSERT

✳ Strawberry Cheesecake Rs. 550
(Creamy cheesecake topped with a compote of handpicked farm-fresh strawberries)

Fresh Fruit Platter with Dahi Rs. 500
(A vibrant assortment of handpicked, farm-fresh seasonal fruits with yogurt made from farm buffalo milk)

Strawberry Ice-Cream Rs. 500
(Fresh, handpicked strawberries are blended into a smooth house-made ice cream bursting with natural flavor)

Crunchy Bread Cake Rs. 450
(A soft milk-infused bread cake, baked fresh with a creamy, mellow sweetness)

✳ Gajar ko Haluwa Rs. 600
(Sweet local carrots and rich khuwa, slow-cooked with in-house ghee and nuts)

ALL ABOVE PRICES ARE INCLUSIVE OF 13% VAT