



the bamboo retreat

...a truly himalayanboutique-hotel & panorama restaurant

SNACKS & APPETIZERS

	INR
French Fries	80.—
Pakhoras (Clutters): Vegetable	100.—
Paneer-Cheese	140.—
Egg	90.—
Onion	100.—
Cheese Balls	150.—
Chicken Chilly	160.—
Panner Chilly	150.—
Fish Finger	150.—
Fish Dry Fry	100.—
Sandwich: egg / chicken / veg	80.—/110.—/60.—
Egg Bhujia (scrambled egg, dry)	80.—
Dry Fried Papad	20.—

THE BAMBOO RETREAT, SAJONG, RUMTEK / GANGTOK

P.O. Box 20, Gangtok 737101, Sikkim, India

SKYPE: bambooretreat

www.bambooretreat.in www.bambooretreathotel.com

Email: reservations.bambooretreat@gmail.com, bambooretreat@gmail.com, info@sikkim.ch

T: +91 92325 13090, 03592 252516 M: 98320 79320, 94343 82036, 9647851055, 96478 50210, 97330 06595, 99333 33389



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QUICK MEALS

		INR
Soups	veg	50.—
	non-veg	80.—
Seasonal Salad		60.—
Veg Fried Rice / Chicken Fried Rice		80.—/120.—
Plain Rice		70.—
Seasonal Veg Dish		80.—
Lentils (Dhal)		80.—
Meat or Chicken Dish of the day		160.—
Spaghetti with Tomato Sauce & ground Sikkim Alpine Cheese		250.—
Rosemary Potatoes with Tomato Sauce		80.—
Potato-Curry (Aloo Dum)		70.—
Noodle-Soup (Thukpa)	veg	80.—
	non-veg	120.—
Noodle-Soup (wai-wai or maggi)	veg	50.—
Noodle-Dish (Chowmein)	veg	80.—
	non-veg	120.—

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MEAL OF THE DAY

Breakfast / Brunch (choice of cereals with milk, fresh fruit, juice, tea/coffee, special dish of the day, choice of egg, bread / toast)	350.—
Lunch, veg (soup, seasonal salad, rice, seasonal vegetable-dish, dhal or egg-dish, desert)	300.—
Lunch, non-veg (soup, seasonal salad, rice, seasonal vegetable-dish, dhal, meat-dish, desert)	400.—
Dinner, veg or non-veg (salad, soup, rice, seasonal vegetable-dishes, dhal, meat-dish, desert)	550.—

MENU

(as per availability)

Pizza for two		350.—
Momo (ethnic Tibetan Dumpling) with freshly made sauce:	veg	80.—
	chicken	140.—
	beef	120.—
Shaphale (ethnic fried beef or chicken-stuffed bread)		100.—/120.—
Aloo Dum (potato-curry) with Roti (dry chapatti) or Puri (fried bread)		80.—

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MENU

(as per availability)

SALADS

Seasonal Garden Salad	100.—
Carrot Salad	100.—
Cucumber Salad or Mixed Salad Platter	120.—
Red Beet Salad	120.—

SOUPS

Mixed Veg Soup	80.—
Gundruk Soup (ethnic, fermented mustard-leaf-soup)	80.—
Water Cress Soup (ethnic, seasonal)	80.—
Nettle Soup (ethnic, seasonal)	80.—
Fresh Tomato Soup	80.—
Pumpkin Soup (seasonal)	80.—
Spinach Soup (seasonal)	80.—
Hot & Sour Soup	veg / non-veg 80.—/120.—
Tom Yum Soup	veg / non-veg 80.—/120.—
Kowrie Soup (ethnic, rich palm rolled pasta & veg soup)	veg/ non-veg 80.—/120.—

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ETHNIC CUISINE

prior ordering required

LEPCHA TRADITIONAL ETHNIC FOOD

700.—

SOUPS: one of these: nettle, gundruk, churpi, fremented mustard leaf or cottage cheese soup
RICE/BREAD: local white or red rice and/or roti/chapati
SPECIALS: one of these: phapar (buckwheat-roll filled with seasonal vegetables), kinema (fremented soya-bean-paste), mula churpi (radish- & cheese-sauce), tree tomato or cucumber with chilli paste
CHUTNEYS (sauce): seasonal
VEGETABLE ITEMS: two of these: bamboo shoot with churpi (fresh cottage-cheese-sauce), ningro (fern), ash baked potatoes, iskus munta (squash leaf), zara (squash roots), nakima (lilies) or local mushroom
NON VEG ITEMS: one of these: steamed fish with bamboo-shoots, beef curry, kargyong fry (local beef sausages), local chicken or dry fried pork curry
BEVERAGES: one of these: Arra (local wine), Chi (local millet beer)

BHUTIA TRADITIONAL ETHNIC FOOD

700.—

SOUPS: one of these: kowrie-, churpi-, rice-soup or tsamthuk (roasted barley flour gruel)
RICE/BREAD: local rice and / or roti/chapati
SPECIALS: one to two these: phaley (tibetan bread), momo (dumplings, veg or non veg), t-momo (steamed bread), shya phaley (meat-stuffed fried bread), thentuk/kowrie (palm rolled pasta & veg soup), cucumber with chilli-paste (very hot), mula churpi (radish with fresh cottage-cheese), gundruk (fermented mustard greens)
CHUTNEY (sauce): seasonal
DHAL (Lentils): black, marshyam (local) or mixed
VEGETABLE ITEMS: one these: ningro churpi (fern with cottage cheese), phing mushroom (glass-noodles with mushroom), aloo & saag (potato with mustard leaf)
NON VEG ITEMS: one of these: gyeema fry (homemade sausages), beef curry / dry fried, pork curry / dry fried, local chicken, beef & phing-curry (beef- & glass-noodle curry)
BEVERAGES: one of these: Chaang (local millet beer served in bamboo-container)

NEPALI TRADITIONAL ETHNIC FOOD

700.—

SOUPS: one of these: simray (water cress), sinki (fermented radish) or lemon & coriander
RICE/BREAD: local white rice and/or roti/chapati
SPECIALS: one to two these: kinema (fermented soya bean), curd, gorkha achar (mixture of tomato, onion and fried chilli), mula churpi (radish with cottage cheese)
CHUTNEYS (sauces) & PICKLES (sauce): two of these: mango, silam-paste (local herb-seed), chana (chick-pea), motor achar (pea-pickle), gundruk (fremented mustard-leaf), kinema (soya-miso), lopsi-pickle (made of jungle-tree-fruits), ginger/garlic with, hot chilli-paste, thotne churpi (green jungle-plant-paste with cottage cheese)
DHAL (Lentils): one of these: black dhal, mixed dhal, musari dhal (yellow lentil), rajma dhal (kidney bean)
VEGETABLE ITEMS: two of these: aloo simaray (fried potato with water cress), aloo dum (potato-curry), fried bamboo-shoots, phapar (buckwheat), / tori (mustard-oil) / rai saag (fried mustard leaves), iskus (squash, seasonal), kinema (fremented soya bean), tender fried pumpkin
NON VEG ITEMS: one of these: pork & saag (mustard leaves), pork trotter (pork leg), mutton curry, local chicken, egg curry
BEVERAGES: Thongba (millet beer)

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SWEET DISHES / DESERTS

Fresh Fruit Salad with Caramelized Almonds or Cream	100.—
Homemade Egg Custard	80.—
Caramelized Ginger-Banana with Roasted Sesame Seeds	80.—
Vanilla Custard	80.—
Sewai (glass-noodles in sweet milk with dry fruit)	80.—
Kheer (sweet rice milk-pudding with raisin andgreen cardamon)	100.—
Carrot Halwa (sweet carrot desert)	100.—
Homemade Gulab Jamun, 2 pieces (indian sweets soaked in sugar-syrup)	60.—

12.5 % VAT and 1 % Cess is added on all restaurant-bills.

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