



**zehen food for thought  
thali menu**

<b>monday thali</b> <i>calories (kcal) – 875</i>	800	<b>friday thali</b> <i>calories (kcal) – 895</i>	800
miso soup with tofu and vegetables		asparagus and herb broth	
tofu tamatar khurchan		sarson ka saag	
kashmiri rajmah		khatte choley	
cucumber dill raita		anaar and mint	
gluten free roti		gluten free roti	
wok tossed goan red rice		steamed himalayan red rice	
<b>tuesday thali</b> <i>calories (kcal) – 925</i>	800	<b>saturday thali</b> <i>calories (kcal) – 895</i>	800
tamatar ka shorba		sweetcorn	
bhutte ki kees		bharlele wangir	
whole moong		toor dal	
ghiye ka raita		wasabi	
gluten free roti		gluten free roti	
organic brown basmati fried rice		chiwda ki tehri	
<b>wednesday thali</b> <i>calories (kcal) – 875</i>	800	<b>sunday thali</b> <i>calories (kcal) – 875</i>	800
carrot and leek		watermelon and ginger gazpacho	
jimikand rasedar		ussal	
mix dal with red onion and curry leaf tadka		lauki and channa dal	
green zucchini raita		pineapple and mint	
gluten free roti		gluten free roti	
wild rice pulao		matar ki tahiri	
<b>thursday thali</b> <i>calories (kcal) – 915</i>	800		
clear mushroom			
kale channe ki ghugni			
drumstick sambhar			
set curd			
gluten free roti			
sabudana khichdi with herbs			