



Namasté

Namaskar, Namash`kar or Namasté is the most popular form of greeting in India. It is a general salutation that is used to welcome somebody and also to say a parting thank-you. While doing Namasté, the palms of your hands are placed together and raised below your face to greet a person. It is believed that the hands symbolize one mind. Namasté, in other words, symbolizes fervor from the heart and epitomizes how the greeting party venerates the presence of the other party on this occasion.

Namasté is done in Anjali Mudra. This Mudra is good for all types of health issues.

We, at Paradise India, welcome you and thank you.

IT IS OUR HONOR TO SERVE YOU.

To learn about origin of Namasté and Mudra please turn to last page of Menu.

Appetizers

- | | |
|--|--|
| <p>1. Vegetable Samosa* (2 pcs).....3.50
<i>Crispy Fried triangular pastry stuffed with vegetables</i></p> <p>2. Vegetable Samosa Chat6.50
<i>Exotic home made preparation with fresh Samosas, chickpeas, homemade yogurt, herbs and mild spices</i></p> <p>3. Chicken Samosa (2 pcs)4.49
<i>Triangular pastry stuffed with Chicken</i></p> <p>4. Lamb Keema Samosa(2 pcs).....4.95
<i>Fried triangular pastry stuffed with minced lamb</i></p> <p>5. Bread Pakora*.....3.50
<i>Battered Bread Stuffed with fresh vegetables and fried</i></p> <p>6. Paneer Pakora5.95
<i>Fried Homemade non-fat cheese battered with chickpea flour</i></p> <p>7. Vegetable Pakora*.....3.50
<i>Vegetable Fritters made from battered fresh vegies - deep fried</i></p> <p>8. Chilli Pakora3.50
<i>Garden fresh long Indian style jalapenos battered with chick pea flour and fried</i></p> <p>9. Gobhi Pakora*.....3.50
<i>Cauliflower florets battered and deep fried in oil</i></p> <p>10. Vegetable Cutlet3.95
<i>Vegetable patties made from chopped fresh vegetables and delicately fried</i></p> <p>11. Aloo/Onion Pakora*.....3.50
<i>Sliced potatoes/onion dipped in spicy batter and deep fried</i></p> | <p>12. Vonda (3 pieces)*3.50
<i>Deep fried Vegetable balls, battered with chick pea flour</i></p> <p>13. Bread Rolls (3 pieces)*.....3.95
<i>Home style dish of fresh vegetables rolled in bread and deep fried</i></p> <p>14. Paradise Assorted Platter - Veg.....8.95
<i>Chef's selection of Assorted Vegetable Appetizers</i></p> <p>15. Egg Bhaji4.50
<i>Battered boiled Egg pieces deep fried in oil</i></p> <p>16. Potato Sev Puri4.95
<i>Exotic mixture of Chickpea noodles, potatoes, wheat crackers and spices</i></p> <p>17. Chicken Pakora6.95
<i>Juicy boneless chicken fritters coated with chick pea flour & fried</i></p> <p>18. Paradise Assorted Platter - Non Veg.....10.95
<i>Chef's selection of Assorted Appetizers</i></p> <p>19. Potato Mint Chaat*4.50
<i>A mouth watering very light appetizer, boiled potatoes, mint, onions & lemon juice</i></p> <p>20. Vada (2pieces)*3.50
<i>South Indian delicacy made from lentil paste light spices and flavoring agents</i></p> <p>21. Chilli Chicken9.95
<i>Battered spicy chicken deep fired and served in a tangy sauce</i></p> <p>22. Chicken 659.95
<i>Marinated boneless chicken breast pieces cooked with lemon & spices</i></p> |
|--|--|

Dinner Condiments - Soups!

- | | |
|---|---|
| <p>1. Mulligatawany Soup*.....3.25
<i>Cooks recipe made with lentils, garlic black pepper and with a pinch of rice</i></p> <p>2. Vegetable Soup*2.99
<i>Low calories Vitamin rich soup with lightly Sauteed fresh vegetables, garlic, herbs and spices</i></p> <p>3. Tomato Soup2.99
<i>Soup made from fresh Tomato Sauce with a touch of cream</i></p> <p>4. Rasam*4.25
<i>Exotic South Indian soup prepared with tamarind, ginger, lentils, garlic exotic spices, tomato juice etc.</i></p> | <p>5. Corn Soup3.25
<i>Fiber Rich Corn cream soup</i></p> <p>6. Lentil Soup* 2.99
<i>Refreshing Protein Rich Soup made with lentils</i></p> <p>7. Carrot/Spinach Soup..... 2.99
<i>Savory Soup with Spinach</i></p> <p>8. Chicken Soup #..... 3.95
<i>Boiled Chicken Pieces with flavoring spices</i></p> <p>9. Chicken Mulligatawany Soup3.95
<i>Mulligatawany Soup with tender chicken pieces</i></p> |
|---|---|

Sides and Compliments!

- | | |
|---|--|
| <p>1. Fresh Green Garden Salad * !3.45
<i>A mix of Green Salad, Cucumbers, Tomatoes & Carrots</i></p> <p>2. Raita !3.45
<i>Home made Yogurt with grated vegetables & black pepper</i></p> <p>3. Plain Yogurt !2.95
<i>Home Made no preservative Yogurt</i></p> <p>4. Papadam *2.95
<i>Lentil Delight, with spices and herbs</i></p> | <p>5. Chana Bhatara8.95
<i>North Indian Speciality, Puffed Indian Bread served with Chick Peas</i></p> <p>6. Poori Bhaji * 7.95
<i>A dish of all seasons, whole wheat fried bread with Potato side</i></p> <p>7. Mango Chutney* 1.50</p> <p>8. Pickle 0.99</p> <p>9. Tamrind Chutney (2oz/8oz) *..... 0.99/2.95</p> <p>10. Mint Chutney (2oz/8oz) *..... 0.99/2.95</p> |
|---|--|

* Vegan-can be Vegan (please identify you are Vegan at time of order)

Non Dairy-Can be Non Dairy (make sure you identify at time of order)

! Gluten Free-Can be Gluten Free (make sure you identify at time of order)

Beverages !

- | | |
|--|--|
| 1. Carbonated Pepsi Products (free refills).....1.99 | 7. Paradise Tropical *.....3.75 |
| 2. Chai (free refills) 2.95 | 8. Kesar Badam Shake4.50
<i>Specialty drink made with Saffron, Cashews, Almonds</i> |
| 3. Mango Lassi 3.50 | Non-Alcoholic/Alcoholic |
| 4. Mango Shake 3.50 | 9. Mango Daiquiri3.95/8.95
<i>Mango blended with orange juice and dark rum</i> |
| 5. Lassi Salt/ Sweet 2.95 | 10. Mango Colada3.95/8.95
<i>Mango blended with pineapple juice and rum</i> |
| 6. Fruit Juices-Orange/Apple/Pineapple/
Mango/Cranberry2.95 | |

South Indian - Uttapam & Dosai !

- | | |
|--|--|
| 1. Plain Dosa *..... 7.95
<i>Thin crepe bread made from rice flour</i> | 6. Spring Dosa # 9.95
<i>Chef's delight Dosa cooked with fresh vegetables</i> |
| 2. Masala Dosa *8.95
<i>Dosa stuffed with potatoes and onions</i> | 7. Rava Dosa #9.95
<i>Dosa in Rava Mix with onions</i> |
| 3. Mysore Masala Dosa *8.95
<i>A south Indian recipe, dosa cooked in traditional style with spicy paste</i> | 8. Idli *4.95
<i>South Indian delicacy made with steamed rice in shape of cakes</i> |
| 4. Egg Dosa #10.95
<i>South Indian delight dosa cooked with eggs brought to perfection</i> | 9. Uttapam * 7.95
<i>South Indian delicacy made with rice flour sprinkled with vegetables</i> |
| 5. Chicken Dosa#10.95
<i>Dosa stuffed with chicken pieces</i> | 10. Sambhar Vada *4.95
<i>Fried lentil donuts dipped in Vegetable Curry</i> |

Lentil Darbar

- | | |
|---|---|
| 1. Daal Tarka*8.95
<i>Staple North Indian lentil cooked with Toor Dal called everyday Dal</i> | 5. Palak Chana*9.95
<i>Chick Peas cooked with Spinach and Spices</i> |
| 2. Daal Makhani9.95
<i>Punjabi Delicacy cooked with black lentils, kidney beans, simmered in butter</i> | 6. Rajma*9.95
<i>Red Kidney beans soaked and cooked traditional Indian style with spices and herbs</i> |
| 3. Daal Palak (Spinach)*8.95
<i>Yellow Lentils cooked with Spinach and spices an authentic Indian Delicacy</i> | 7. Bissi Bhela Bhaat (Mujadarah)*9.95
<i>A heart throb South Indian Speciality with rice and lentils cooked together</i> |
| 4. Chana Masala*8.95
<i>White Chickpeas soaked and cooked traditional Indian style with spices and herbs</i> | 8. Sambhar*8.95
<i>Lentils cooked with Onion, Tomatoes, Drumsticks etc in Traditional Style</i> |

Rice Speciality !

- | | |
|--|---|
| 1. Vegetable Biryani *10.95
<i>Fresh Vegetables & Nuts cooked with Basmati Rice in simmering heat</i> | 7. Lemon Rice *8.95
<i>Unique blend of Basmati rice with lemon juice with a tangy healthy taste</i> |
| 2. Vegetable Pulav *7.95
<i>Sauteed fresh vegetables cooked with Basmati Rice</i> | 8. Tomato Rice*9.95
<i>Sauteed fresh tomatoes cooked with Basmati Rice</i> |
| 3. Shahajani Pulav9.95
<i>A royal mughalai dish having Basmati Rice cooked with nuts and fruits</i> | 9. Coconut Rice *8.95
<i>A South Indian specialty rice cooked with coconut cream a rare treat</i> |
| 4. Hyderabad Chicken Biryani #10.95
<i>A delicacy from Silicon Valley Basmati rice cooked with saffron, exotic spices, chicken pieces, raisins and nuts</i> | 10. Curd Rice8.95
<i>South Indian Delicacy. Sauteed Mustard and Curry leaves in Rice</i> |
| 5. Mutton Biryani #11.95
<i>Basmati Rice cooked with rice and lamb pieces cooked with saffron & spices garnished with nuts and herbs</i> | 11. Tamrind Rice *8.95
<i>South Indian Speciality, Rice with Tamrind</i> |
| 6. Egg Fried Rice #8.95
<i>Basmati rice Cooked with Onion and Eggs</i> | 12. Bissi Bhela Bhaat (Arabic-Mujadarah)*9.95
<i>A heart throb South Indian Speciality with rice and lentils cooked together</i> |
| | 13. Jeera Rice *2.95
<i>Long grain Basmati Rice garnished with cumin seeds</i> |

* Vegan-can be Vegan (please identify you are Vegan at time of order)

Non Dairy-Can be Non Dairy (make sure you identify at time of order)

! Gluten Free-Can be Gluten Free (make sure you identify at time of order)

Weight Watcher - Tandoori Specialties

A tandoori oven is essentially a very large clay pot, often standing shoulder-high above the kitchen floor. It is designed to provide very high dry heat. With temperatures achieving 900deg F, most foods cooked in tandoori oven develop a very crisp outer layer without sacrificing moistness on the inside.

- | | |
|--|--|
| 1. Paneer Tikka.....12.95
<i>Authentic Indian Delicacy Homemade cheese baked in oven with authentic Spices</i> | 7. Chicken Bamboo Kebab.....11.95
<i>Authentic Indian, Marinated boneless chicken pieces grilled on skewers</i> |
| 2. Tandoori Chicken (6 pieces)12.95
<i>Marinated chicken with yogurt, lemon and plenty of spices grilled in Tandoor, served over sizzling hot plate</i> | 8. Lamb Seekh Kebab12.95
<i>Minced lamb, marinated with eggs and other spices grilled in tandoor</i> |
| 3. Chicken Tikka.....12.95
<i>Marinated boneless white chicken pieces grilled on skewers in Tandoor</i> | 9. Reshmi Kebab11.45
<i>Minced lamb cut into burger size patties mixed with spices and pan fried</i> |
| 4. Kalmi Kebab (6 pieces).....12.95
<i>Chicken Drumsticks marinated and cooked in oven</i> | 10. Boti Kebab.....11.45
<i>Exotic treat, meat from lamb leg muscle marinated & grilled on skewers</i> |
| 5. Chicken Malai Kebab12.95
<i>Juicy Chicken pieces marinated in cheese & herbs grilled in tandoor over skewer to give an exquisite taste.</i> | 11. Tandoori Shrimp.....13.95
<i>A treat!! Marinated Shrimp gently grilled in beated Tandoor</i> |
| 6. Hara Bara Kebab12.95
<i>Chicken/Lamb, potatoes, spinach and other vegetable minced and grilled. A delicacy to relish</i> | 12. Tandoori Fish12.95
<i>House fish marinated in authentic Indian spices & grilled to perfection</i> |

From Your Kitchen Garden

- | | |
|--|---|
| 1. Mushroom Matter*!.....9.99
<i>Mushroom and green peas cooked in savory sauce</i> | 15. Bhagara Baigan*10.99
<i>South Indian specialty. Small eggplant cooked in savory curry</i> |
| 2. Puriyal Gobhi Matter*!.....9.99
<i>Cabbage with Potatoes and Green peas cooked to unique blended taste</i> | 16. Tarkari Diwani Handi*10.99
<i>Dish prepared with seasonal vegetables cooked in a savory vegetable sauce</i> |
| 3. Gobhi Matter*!.....9.99
<i>Fresh Cauliflower cooked with Sweet Green Peas</i> | 17. Navrattan Korma.....10.99
<i>A combination of nine vegetables cooked with exotic spices</i> |
| 4. Gobhi Manchurian*10.99
<i>House Speciality, Vegan Delight, Indo Chinese fusion dish</i> | 18. Paneer Tikka Masala !10.99
<i>Homemade cheese, baked in oven & cooked with tomato sauce & onions</i> |
| 5. Aloo Gobhi*!.....9.99
<i>Vegetarian delight fresh Cauliflower cooked with potatoes and spices</i> | 19. Palak (Sag) Paneer!.....10.99
<i>Homemade cheese cubes cooked with spinach gravy & exotic spices</i> |
| 6. Aloo Matter*!.....8.99
<i>Potato pieces and green peas cooked in aromatic spices</i> | 20. Mutter Paneer!.....10.99
<i>Fresh homemade cheese cubes cooked with green peas and tomato based paste</i> |
| 7. Aloo Beans*!.....9.99
<i>Fresh diced beans cooked with potatoes & spices</i> | 21. Shahi Paneer !.....10.99
<i>Homemade cheese cubes, simmered delicately in a thick tomato based paste</i> |
| 8. Aloo Methi*!.....8.99
<i>Potatoes cooked with fenugreek leaves</i> | 22. Kadai Paneer !.....10.99
<i>Homemade cheese cubes cooked with bell peppers, onions and exotic spices</i> |
| 9. Aloo Palak*!8.99
<i>A savory dish of Potatoes in Spinach Gravy</i> | 23. Malai Kofta.....10.99
<i>Homemade cheese & vegetable fritters cooked in a curry sauce with cream, nuts and raisins</i> |
| 10. Aloo Shimla Mirch (Bell Pepper)*!8.99
<i>Potatoes cooked with bell peppers & spices</i> | 24. Kadhi Pakora.....10.99
<i>North Indian specialty. Marinated chick pea flower & yogurt cooked in savory paste with spices & fritters. Chef's special.</i> |
| 11. Aloo Baigan*9.99
<i>A chef's Speciality, Egg plants sauteed with Potatoes</i> | |
| 12. Zeera Aloo*!.....8.99
<i>Potatoes cooked with cumin seeds & spices</i> | |
| 13. Bhindi Masala*!.....10.99
<i>Indian delight spiced Okra cooked with onions, ginger and garlic</i> | |
| 14. Baigan Bharta*!.....10.99
<i>Vegetarian delight cooked in authentic recipe. Roasted Eggplant cooked with onions & tomatoes in delicious paste</i> | |

* Vegan-can be Vegan (please identify you are Vegan at time of order)

Non Dairy-Can be Non Dairy (make sure you identify at time of order)

! Gluten Free-Can be Gluten Free (make sure you identify at time of order)

Chicken Specialties !

1. Butter Chicken 12.95
From heartland of Punjab, Pieces of marinated white chicken cooked in tomato based sauce and butter
2. Chicken Tikka Masala12.95
Pieces of chicken baked in tandoor & cooked in a tomato gravy & cream
3. Kadai Chicken #.....11.95
Punjabi delicacy Fresh juicy Chicken cooked with bell pepper and mushrooms
4. Chicken Korma12.95
Yogurt marinated Chicken cooked to tenderness in mouth watering curry
5. Chicken Vindaloo #.....12.95
Goan style cooking. Boneless chicken pan cooked with potatoes in tangy sauce
6. Chicken Do Pyaza #.....12.95
Onion lover delight chicken sauteed in fresh onions, tomatoes, and a creamy curry sauce
7. Chicken Chettinaad.....12.95
Spicy treat. An authentic chicken dish from South India, Chicken cooked in South Indian style gravy with curry leaves and herbs
8. Madras Chicken Curry11.95
Chef's speciality. Chicken pieces cooked in coriander base sauce
9. Malabar Chicken Curry11.95
Chicken Dish from Malabar Coast. Chicken Curry with Coconut Cream
10. Hyderabad Chicken Curry11.95
Chicken cooked in Deccan style with tomato base curry
11. Saag Chicken #.....11.95
Tender Chicken pieces cooked in a gravy of spinach and potatoes
12. Chicken Kali Mirch #.....11.95
Spicy north Indian treat Chicken cooked with black peppers & tomato sauce
13. Murg Mumtaz13.95
Chef's special Royal Muglai dish, white chicken breast cooked in onions, potatoes & thick tomato sauce

Lamb & Goat !

(Goat or lamb can be complimented with each other)

1. Kadai Gosht #.....12.95
Tender lamb pieces cooked with Bell Pepper and mushroom
2. Lamb Korma12.95
Lamb pieces cooked in cream with fresh spices herbs and nuts
3. Lamb Vindaloo#.....12.95
From coast of Goa. A rare spicy delicacy with lamb slow cooked in pan with hot spices
4. Lamb Pasanda #12.95
Connoisseurs' delight Lamb Braised in yogurt based sauce spiced with black pepper
5. Mysore Lamb Curry12.95
Lamb cooked in authentic Indian spices to a perfection
6. Saag Lamb Curry #.....12.95
Tender lamb pieces cooked as a gravy with Spinach and Potatoes
7. Mutton Roganjosh12.95
Marinated Goat cooked in Yogurt flakes and fragrant spices
8. Mutton Curry.....12.95
North Indian Specialty goat meat cooked with Indian spices
9. Keema Muttar #12.95
Lean minced lamb cooked with peas and freshly ground spices
10. Lamb Makhani12.95
Lamb cubes cooked in tomato sauce with onion, garlic, ginger & cream

From the Oceans and Seas !

1. Shrimp Masala Fry #13.95
Juicy shrimp pan roasted with ginger, garlic, onions, and tomato sauce touched lightly with exotic spices and cream
2. Shrimp Vindaloo #13.95
HOT - spiced shrimp cooked in tangy sauce with potatoes
3. Shrimp Korma.....13.95
Delicately cooked shrimp in rich sauce with nuts, raisins and fresh spices
4. Hyderabad Shrimp Curry13.95
Shrimp cooked in our specially prepared curry sauce
5. Saag Shrimp Curry #13.95
Shrimp cooked with fresh spinach
6. Garlic Shrimp #13.95
Shrimp sauteed with garlic to a perfect tongue appealing taste
7. Shrimp Dingri #13.95
Shrimp cooked with mushrooms, exotic herbs and spices
8. Madras Fish Curry12.95
Fish cooked with onions and tomato paste in mouth watering curry
9. Malabar Fish Curry.....13.95
Chef's special. Fish cooked authentic coastal style with coconut
10. Fish Masala #12.95
Fresh fish roasted with ginger, garlic, onions and tomato sauce
11. Fried Fish #12.95
Batter fish fried and sauteed with onions

Thali

2 Vegetables, Rice, Yogurt, 1 Chapati, Dal10.99

* Vegan-can be Vegan (please identify you are Vegan at time of order)

Non Dairy-Can be Non Dairy (make sure you identify at time of order)

! Gluten Free-Can be Gluten Free (make sure you identify at time of order)

Accompaniments, Breads - From the Clay Oven

All breads are baked fresh on order. The art of cooking in the Tandoor was perfected centuries ago and is still being used. You cannot miss the odor of a fresh oven baked bread. Naans are Leavened breads baked in Tandoor made from all purpose flour. Paratha's are whole wheat bread sauteed in oil. Rotis are whole wheat bread baked in oven, Chapati's are whole wheat bread cooked on fire.

- | | |
|--|--|
| 1. Plain Naan1.99
<i>Light Leavened flat bread prepared from all purpose flour & baked in Tandoor</i> | 11. Lachha Paratha.....2.95
<i>Chef's Magic, A multi layer bread</i> |
| 2. Garlic Naan2.95
<i>Naan sprinkled with garlic to give an exotic taste</i> | 12. Aloo (Potato) Paratha*2.99
<i>Whole wheat flour stuffed with mashed potatoes cooked with butter</i> |
| 3. Chilli Naan2.95
<i>Naan dough stuffed with small chilies and baked in oven for spice lovers</i> | 13. Methi Paratha*2.99
<i>Whole wheat Indian bread mixed with fenugreek leaves</i> |
| 4. Aloo (Potato) Naan2.95
<i>Naan dough stuffed with potatoes, baked in tandoor & smeared with butter</i> | 14. Gobhi Paratha*3.25
<i>Fresh grated Cauliflower stuffed in bread</i> |
| 5. Onion Naan2.95
<i>Naan Stuffed with Onions</i> | 15. Pudina Paratha*2.99
<i>An exotic bread made with mint mixed with all purpose flour cooked in Indian Style</i> |
| 6. Paneer Naan3.99
<i>Naan dough stuffed with homemade cheese baked in tandoor & smeared with butter</i> | 16. Cheese Paratha3.99
<i>Home made non-fat cheese rolled in bread</i> |
| 7. Pudina (Mint) Naan2.99
<i>An exotic bread made with mint mixed with all purpose flour cooked in Indian Style</i> | 17. Tandoori Roti*1.99
<i>Whole wheat flour bread baked in clay tandoor</i> |
| 8. Peshawari Naan3.99
<i>Naan Stuffed with cherries, nuts and raisins, baked in oven to compliment best dishes</i> | 18. Chapati (2 pieces)*2.25
<i>Home style bread cooked on fire</i> |
| 9. Keema Naan4.99
<i>Naan stuffed Ground Lamb and exotic spices</i> | 19. Puri (2 pieces)4.99
<i>Deep fried Indian delicacy become on all occasions</i> |
| 10. Plain Paratha*2.50
<i>North Indian bread made from whole wheat flour and tandoor & smeared with butter</i> | 20. Bhatura3.99
<i>Leavened bread deep fried in oil</i> |
| | 21. Kulcha (Onion, Potato).....2.99
<i>Leavened bread sauteed on tava (hot plate)</i> |
| | 22. Cheese Kulcha3.99
<i>Leavened bread sauteed on hot plate with cheese</i> |

Tender Hearts (Kids) Menu

- | | |
|--|---------------------------------------|
| 1. Chicken Nuggets (6 pieces)#!3.45 | 5. French Toast (2 pieces)#3.50 |
| 2. Cheese, Pepperoni, Vegetable, Sausage Pizza Slice2.50 | 6. Boiled Eggs (3 Eggs)#!1.99 |
| 3. Pasta*4.95 | 7. Pancake3.99 |
| 4. French Fries*!2.25 | 8. Veg. Egg Omelette #!5.95 |

Family Platters

- | | |
|--|---|
| 1. Vegetarian Dinner for Two29.95
<i>Comes with two pieces of Vegetable Samosas, Mulligatawani Soup, Two vegetable Dishes of your Choice, Raita, Garlic/ Plain Naan, Basmati Rice & Rice Pudding for Dessert (inform your host of other choice)</i> | 5. Dinner for Two- Non Veg32.99
<i>Comes with two pieces of Chicken Samosas, Chicken Soup, Two Chicken/Lamb Dishes of your Choice, Raita, Garlic/ Plain Naan, Basmati Rice & Rice Pudding for Dessert (inform your host of other choice)</i> |
|--|---|

Sweet Tooth Tranquilizers

- | | |
|---|---|
| 1. Pista Kulfi !.....2.95
<i>Home made no preservative Pistachue Ice Cream</i> | 6. Badam Kheer !.....2.45
<i>Rice and milk pudding with nuts</i> |
| 2. Mango Kulfi !.....2.95
<i>Home made no preservative Mango Ice Cream</i> | 7. Gajjar Halwa !.....2.95
<i>Fresh grated carrots cooked in carrot juice with milk & nuts</i> |
| 3. Gulab Jamun3.95
<i>Delicious Cheese balls fried to tangy color soaked in sugar solution</i> | 8. Mango Cheese Cake4.50
<i>Cheese Cake covered with mango paste</i> |
| 4. Ras Malai !.....3.95
<i>White flattened cheese balls soaked in milk pudding</i> | 9. Puuda*2.99
<i>Only Vegan, Sweet Indian Tortia made from Wheat & Jaggery</i> |
| 5. Rosogulla !.....2.95
<i>White cheese balls soaked in flavored sugar solution</i> | 10. Bundi Laddo* (2 pieces).....2.99
<i>Vegan Delight, Sweet made from Chick pea flower and Lentil</i> |

* Vegan-can be Vegan (please identify you are Vegan at time of order)

Non Dairy-Can be Non Dairy (make sure you identify at time of order)

! Gluten Free-Can be Gluten Free (make sure you identify at time of order)

The Tradition

Namasté or Namaskar; taken literally, it means “I bow to you”. The word is derived from Sanskrit:
Nama's + té = Namasté
(*namas*): meaning to bow, obeisance, reverential salutation
(*te*): meaning “to you”.

This symbolic gesture conveys to the other party that “I bow to the god within you”. The person opposite reflects the same and bows to the god within you. While doing Namaskar, the palms of your hands are placed together and raised below your face to greet a person. It is believed that the hands symbolize one mind or the self meeting the self. While the right hand represents higher nature, the left hand denotes worldly or lower nature.

Philosophy

Philosophy says there are 10 ways to reach god. The name of this 10 fold path is called “Yoga”. Yoga is derived from the Sanskrit word “Yujir”.

Yujir means:

- that which leads to thee
- that which makes the “geevathma” (pronounced as *jéva'a'tma'* symbolising Microcosmic life) merge and become one with “paramathma” (pronounced as *pa'rma'tma'* symbolizing Macrocosmic) or omniscient and omnipotent.

The 10 different types of Yoga includes:

- 1 Karama Yoga - Study of Cause and Effect
- 2 Bakhthi Yoga - Study of oneness of universe
- 3 Gyaana/Chakra Yoga - Awakening the vortexes of energy in the body
- 4 Raja Yoga - Meditation of Mind
- 5 Hatha Yoga - Purification of body through exercise
- 6 Jnana Yoga - Control of emotions
- 7 Mantra Yoga - Sound and its influence on surroundings
- 8 Pranayama Yoga - Proper breathing to control the nervous system
- 9 Yantra Yoga - Structure of mind energy and time
- 10 Laya/Tantra Yoga - Concentration techniques to move energy in certain ways

During lifetime a person can follow any one of the ten or more paths to attain God or *mo'ksha'*

The 10 fingers of your hand remind the same. Folded hands symbolize one mind. You bring your palms together (touch all the fingers of one hand with the fingers of the other hand) and place it in front of your chest. It conveys to the other person two things:

1. Remind him/her about the Yogic path.
2. Thumbs towards the heart and fingers pointed upwards denotes meltdown of the body in veneration of the God in you.

Folded Hand Mudra

Our body has pressure points. This is what is used in Acupuncture. These acupuncture points are spread across your body and they are connected through 14 paths. All of these paths come to your finger ends and then move towards your ears, proceed towards your eyes and then reach the brain. When you touch these finger ends this actually stimulates many parts of your body. The various ways the fingers are touched and hands folded are called Mudras. Mudras are very common in various classical Indian Dances.

Namashkar is done with Anjali mudra. This Mudra is good for all types of health issues. As you repeat this Mudra, you become more and more healthy.