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By Jacks Maliyakal



Experience the Power of

Knowledge

GMCKS

Arhatic YOGA Retreat 2015 KERALA

A retreat with the Masters
in The God's Own Country

24th to 28th

January 2015

www.arhaticyogaretreat2015.com

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GMCKS
Arhatic YOGA
Retreat **2015**
KERALA

A retreat with the Masters
in The God's Own Country

24th to 28th
January 2015

www.arhaticyogaretreat2015.com

For registration Forms: Please contact your local foundations.
For online registration and other details please visit
www.arhaticyogaretreat2015.com



Bolgatty Palace, Cochin KERALA

Co-Hosts:
Yoga Vidya Pranik Healing Foundation Cochin - Kerala
Yoga Vidya Pranik Healing Foundation Calicut - Kerala

Contact: 0484 60 60 666
Email: support@arhaticyogaretreat2015.com



Retreat – Why should I attend?

Meditation Transformation



In Arhatic Retreats, you get to focus on your spiritual practice under the guidance of the Acharyas and in the company of thousands of fellow Arhatic Yogis, in an environment filled with divine light, love & power completely detached from the rigours of everyday life. You get to refine your techniques, learn more applications of spiritual practice as you interact with Acharyas & other Arhatic Yogis. Tap into the tremendous downpour of divine energy and Go home Transformed.

Retreat, Cochin, Kerala – more..

movement in India – the place where our Guru, Grand Master
India where he started the work to spread the teachings of his
Christian church, the first mosque and the first Jewish
in Kerala.

country ...

known as The God's Own
asons – beautiful backwaters,
en hill stations, colorful
rich cultural heritage,
ip, variety cuisine and its
icated population. So, here
to not just nourish your

s and the sea

Palace & Island Resort
well connected with a
even a Marina.

See you at GMCKS Arhatic Y

So Be It!

With the Blessings of Guru Gr

Nourish your soul. Rejuvenate

Save the date card for Arhatic Yoga Retreat

General
24th to 26th January 2015

Level 1 & 2
24th to 27th January 2015

Level 3 & above
24th to 28th January 2015

VENUE
Bolgatty Palace & Island Resort
Cochin, Kerala

GMCKS
Arhatic YOGA Retreat 2015
KERALA

www.arhaticyogaretreat2015.com

Registration Starts on
19th March 2014
(MahaSamadhi Day)

REGISTRATION FEE:

GENERAL RETREAT
Rs. 10,000/- INR
(Early Bird Offer - till 30th Sept 2014)
Rs. 12,000/- INR
(After 30th Sept 2014)

LEVEL 1,2
Rs. 14,000/- INR
(Early Bird Offer - till 30th Sept 2014)
Rs. 16,000/- INR
(After 30th Sept 2014)

LEVEL 3 and Above
Rs. 16,000/- INR
(Early Bird Offer - till 30th Sept 2014)
Rs. 18,000/- INR
(After 30th Sept 2014)

Save The Dates

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Bookmarks for Arhatic Yoga Retreat

Sticker Arhatic Yoga Retreat

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KERALA

How can I register?

Contact your local foundation for the registration forms or you may download it from our website
For online registration: visit our website

How do we make payment?

To confirm your registration and to allot seat, you need to make a minimum payment of Rs 3000.
Local Foundation: Payments can be made to Local Foundation.
Online Registration: Online Registration through our website, via bank transfer.

How do I reach there?

Cochin is a port city well connected with all the transport mediums like International & Domestic airports, railway stations, National Highways and even a Marina. You may reach the retreat venue using these modes.

Flight
Destination Airport
Cochin International Airport,
International and Domestic airports are same.
Airport Code : COK,
Distance to Venue 25 Km

Railway
Cochin is also called Ernakulam
In IRCTC website you can find the name Ernakulam. You may book trains to Ernakulam Junction (ERS)
Distance to Venue 04 Km
Ernakulam Town (ERN)
Distance to Venue 03 Km

Taxi/prepaid Auto rickshaws will be available.

Is there any accommodation facilities within the retreat venue?

Accommodation will be available within the Bolgatty Palace and Islands Resort. It will be allotted on first come first serve basis. Please contact us for further details.

Cochin is a place where so many hotels and tourist resorts are available within few kilometers from the retreat venue. The details of some of the hotels with their phone numbers shown below, and detailed list will be available in the retreat website by May 1st 2014.

What else can we do in Cochin?

Cochin is a fast growing port city that still retains its small town charm. While the city centre offers you vast shopping options in silk sarees and gold jewelry, the outskirts are more for sightseeing. Fort Cochin, is famous for its ancient jewish synagogue, spice market, fishing nets and lots of curios shops. For those who would like sandy white beaches, there is the nearby Cheral Beach. If you can take an hour's trip away, there are the famous house boats that can take you through lakes and back waters. For Details visit www.keralatourism.org. For any tour travel assistance contact us through email / call 8891126307

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KERALA

Hotel Name	Phone Number	Distance to Venue	Tariff Range
SaasTower	0484 2365319	3km	750-2500
Biju's TouristHome	0484 236 1661	3km	670-2000
Hotel Sealord	0484 2382472	3km	2000-3000
The Gateway Hotel	0484 6673300	3km	7000-12000
AV Residency	0484 2396233	3km	900-1800
The senate Hotel	0484 3061333	3km	2700-3400
Grand Hotel	0484 2382061	4 Km	3000-4000
Abad Atrium	0484 4144000	4 Km	3500-5500
Abad Metro	0484 4144000	4 Km	1300-3000
Abad Plaza	0484 4144000	4 Km	3250-5500
Woods Manor	0484 2382055	4 Km	2750-5000
The Avenue Regent	0484 2377977	4 Km	3000-5000
Paulson Park	0484 237 3717	4 Km	900-1500
Hotel Times Square	0484 2374488	4 Km	2500-3500
Hotel Aiswarya	0484 2364454	4 Km	1600-3000
DunesInn	0484 2384444	4 Km	3000-4000
Hotel Presidency	0484 2394300	4 Km	
Excellery	0484 2378251		
Park Royale	0484 23		

www.arhaticyoga.org

Contact : 0484 60 60 666 | Email :

Yoga Vidya Pranik Healing Foundation Calicut Kerala &
Yoga Vidya Pranik Healing Foundation Cochin Kerala

Affiliated to World Pranik Healing Foundation Pvt. Ltd., & IIS, Manila & WPHF - I

Applying For (Please Tick the appropriate box)*

GENERAL RETREAT ONLY: GENERAL & LEVELS: Level 1 Level 2 Level 3 Level 4

NAME OF YOUR FOUNDATION, STATE, COUNTRY: _____

NAME: _____

Age: _____ Gender: M F Marital Status: Single Married

Occupation: _____

Mailing Address (Complete details with pin code)*

Mobile No.: _____ Land Line No.: _____

Email: _____

Details of Pranik Healing Courses you have taken: (Attach copy of relevant Arhatic Yoga Certificate)*

Course	Place Conducted	Name of Instructor	Month and Year

RECEIPT

Received with thanks from _____

the sum of Rupees _____

by Cash/DD/Cheque/M.O. No _____ for _____

dated _____

₹ _____

Cheques are subject to realisation

For Yoga Vidya Pranik Healing Foundation Cochin, Kerala &
Yoga Vidya Pranik Healing Foundation Calicut, Kerala

[arhaticyogaretreat2015.com](http://www.arhaticyogaretreat2015.com)

support@arhaticyogaretreat2015.com

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Achievers Coffee Table - Book Cover Design



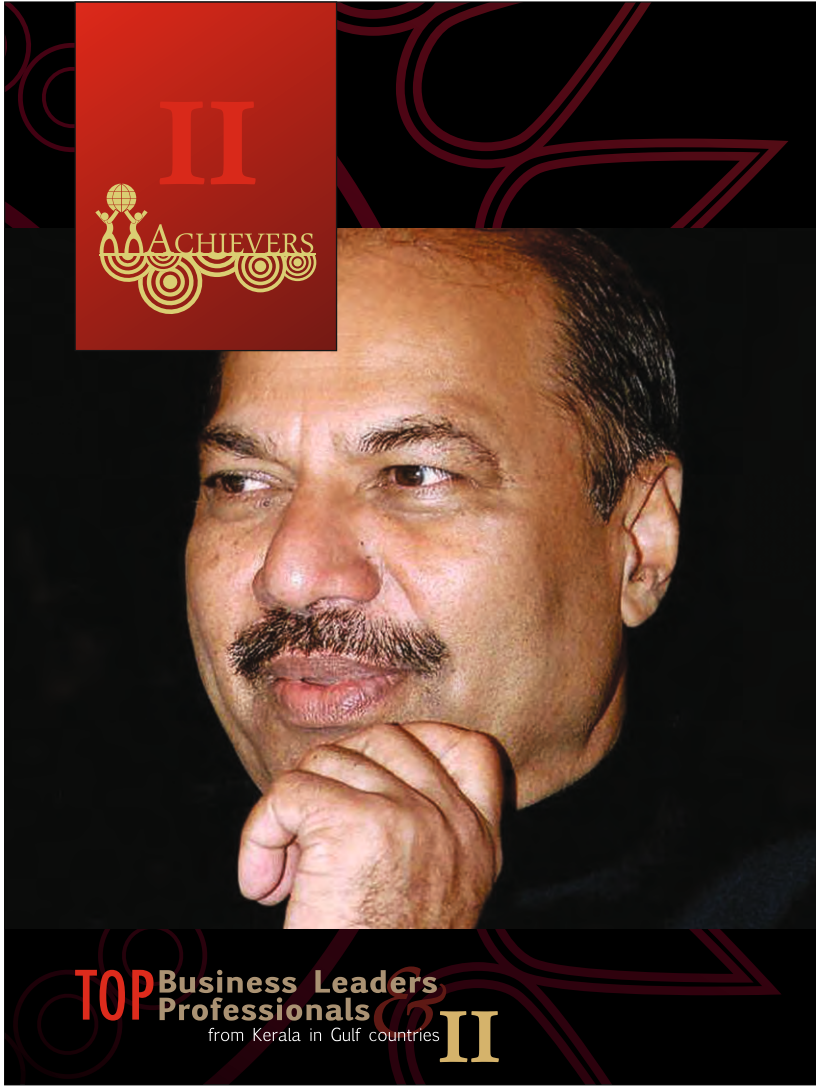
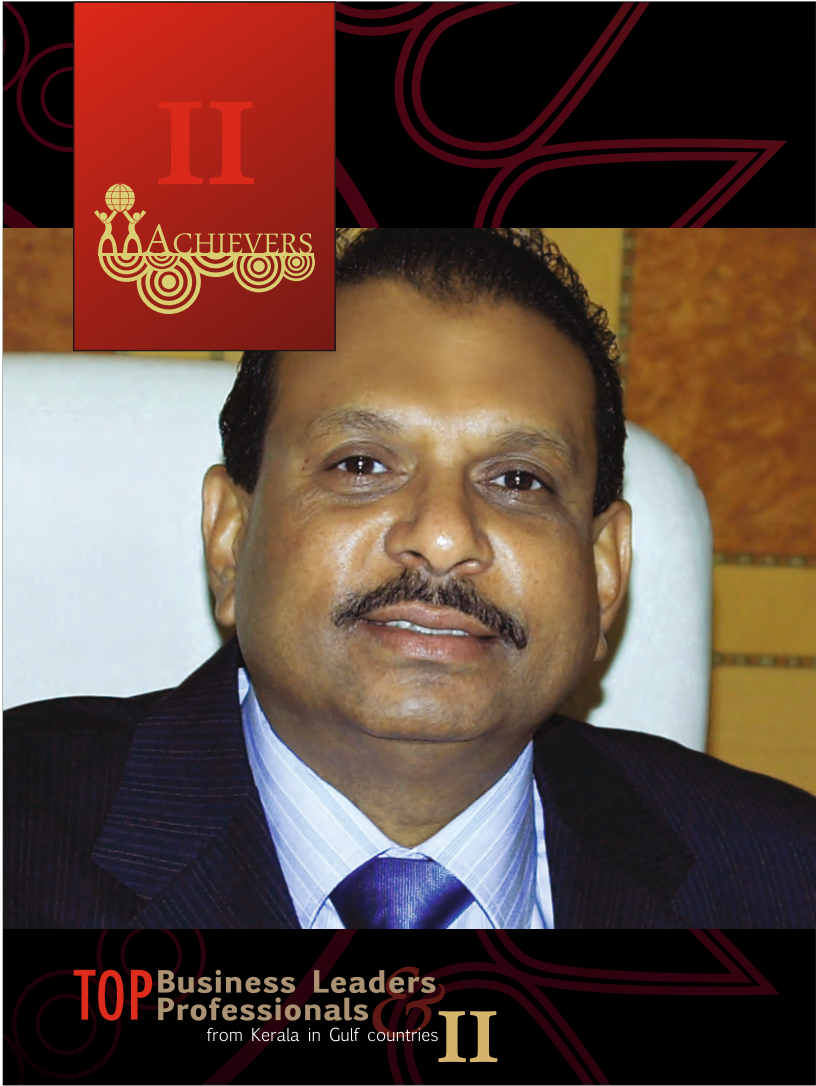
Achievers Coffee Table - Book Kit Insert



Achievers Coffee Table - Book Kit



Achievers Coffee Table - Book inserts

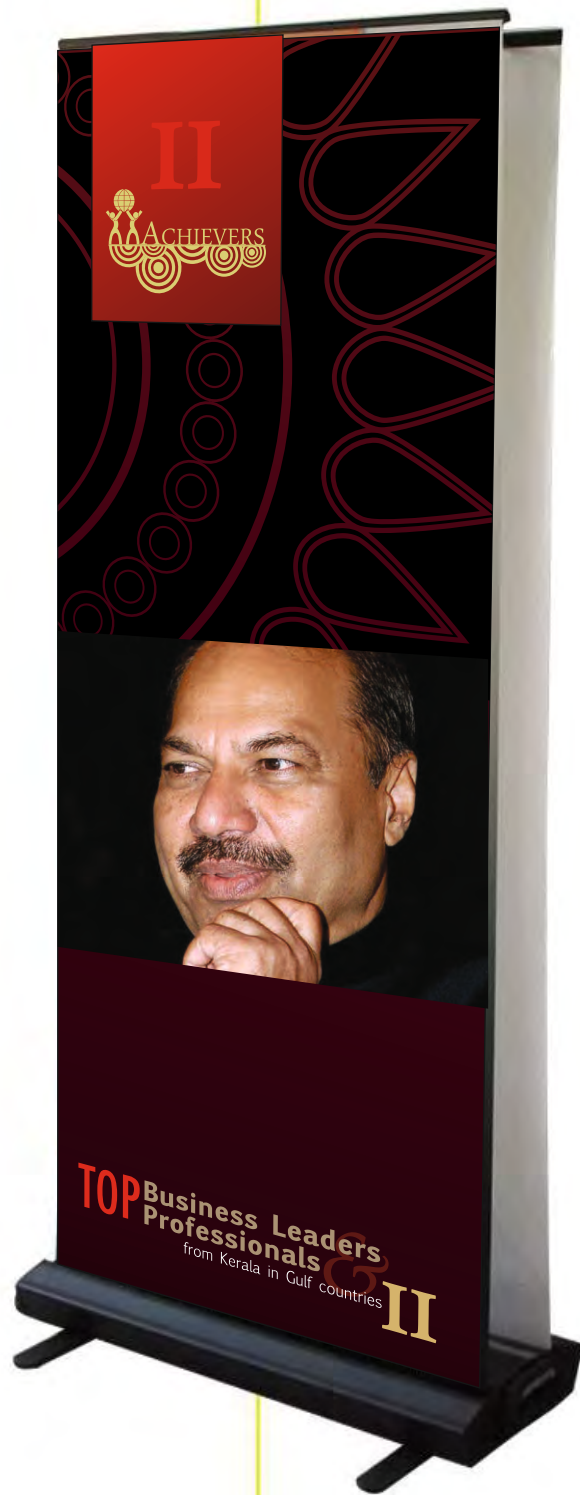


Posters

Achievers event poster



Achievers event poster



Achievers event standees



Achievers event Signs

The below mentioned services are designed to maximize your current programs and assist your company in developing new ways to handle the maintenance of your facility.



www.4mbusiness.com



One Stop Solution for all your Facility Maintenance needs!

4M Business Services is a facility maintenance company established in the city of Bangalore, providing complete range of facility related services and especially into repairs and maintenances. 4M Business Services provides exceptional services and workmanship at affordable prices by utilising an extensive team of highly experienced, skilled and professional contractors and consultants.

4M Business Services is one stop shop for all your facility maintenances and repairs. In today's world companies/industries are seriously working with the existing resources to improve facility maintenance issues more effectively to reduce the operating cost and saving money. For these companies outsourcing the repairs and maintenances to 4M Business Services will prove very effectively as a good management strategy.

Our Staff at 4M Business Services are highly experienced with minimum of 10 to 15 years in various industries especially with repairs, maintenances and other services. Meeting customer satisfaction is our team's goal by providing highest quality services, maintenances also understanding the specific needs of the customers.

Basically 4M Business Services is a problem solving company regard to your facility related maintenances and services. Over all with proper procedures and practices we maintain good relationship with the companies. Our team has designed the customised maintenance management trackers for the specific needs of our customers with proper dashboards, feedback forms, repairs history of various sites etc...

Maintenance and Repair

4M Business Services Maintenance and Repair staff is always available for responsive and efficient facility related issues. We have licensed mechanics, electricians, plumbers, and skilled team to assist with any of your needs. If our staffs are unable to fix your problem, we will find a contractor who can. It is our dedication to provide quality work with a timely response to keep 4M Business Services running efficiently.



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services with less operation
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ou to employ this strategy

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and repairs, taking out the
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tently.

by customizing the services
e your internal programs

nation related to facility
and related issues. This
e appropriate maintenance

SERVICES

www.4mbusiness.com

MAINTENANCE

- Refrigeration/Heating, Cooling, and Air Conditioning (HVAC)
- Energy Management and Audit Services
- Electrical & UPS Maintenance
- Pest Control
- 24/7 emergency services
- Floor maintenance
- Property Maintenance & Management
- Parking Management
- Access Control
- Networking Maintenance
- EPABX
- Lift Maintenance
- Fire Alarm System AMC

REPAIR & SERVICES

- Plumbing/Pipelifitting
- Painting
- Janitorial Services
- Carpet/tiles services
- Construction clean up
- Gate/grill repairs
- Glass repairs and maintenances
- Wall papering
- Water tanks clean-up
- Windows cleaning
- Lock & Door repairs
- Civil works/repairs
- Dry Pantry Services
- Carpentry works/repairs
- Ancillary Repairs & Alterations
- Landscaping
- E-waste Management

OFFICE INTERIOR WORKS

- Floor designing
- Partitions
- Workstations
- Electrical works
- Networking
- CCTV/Access Control/Public Address System
- Wall painting
- Carpeting
- Carpenter works
- False Ceiling work
- False Flooring

IT HARDWARE & SUPPORT SERVICES

- Desktop PCs
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- Scanners
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- Accessories & Parts
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- Software
- Blackberry

Call now +91 80-4153 2288

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One Stop Solution for all your
Facility Maintenance needs!

4M BUSINESS SERVICES

Call now
+91 80-4153 2288

4M Business Services, # 8/12, Ground Floor, Govindappa Road, Basavanagudi, Bangalore, Karnataka, INDIA - 560 004
Tel: +91 80 4153 2288, email: 4menquiry@4mbusiness.com



www.4mbusiness.com

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4M BUSINESS SERVICES

REPAIR & SERVICES

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- Carpentry works/repairs
- Ancillary Repairs & Alterations
- Landscaping
- E-waste Management

Fresh coffee

www.sipfreshcoffee.com



Locally Roasted, Fresh Ground, Just Brewed!

"SIP Fresh Coffee", A Brand of 4M Business Services is committed to providing the total dry pantry/beverage solution for your office, restaurant or foodservice organization. Our Product menu offers the choice of Filtered Coffee, Tea, Badam Milk and other beverages as preferred by your employees, customers, guests etc that allows you to enjoy your beverages of choice. Whether you choose the traditional coffee/tea system or the original single cup delivery system, we can satisfy your needs. In addition, our Quality Assurance team provides all these services, together with our strong commitment to be your total Pantry/beverage solution partner, by making "SIP Fresh Coffee" the right choice for you!! "SIP Fresh Coffee" supported by our well-mannered and well-informed customer service representatives who are always only a phone call away.

With "SIP fresh coffee", office coffee solutions for any sized company, we can custom fit the right equipment and product lines to help keep your valued employees focused and energized. We carry a full line of single cup, and traditional coffees, and offer a free demo of any of our products. We offer free, same day delivery and service on all equipment. We have newly launched this branded services especially to the corporate and been providing coffee and break room supplies to companies like yours along with Tea, Badam Milk Etc.. We take great pride in making our service dependable and creating a long lasting relationship with all of our customers.

PRODUCTS

Vending Machines:

- Coffee Vending Machines
- Tea Vending Machines
- Milk Vending Machines
- Fresh Filter Coffee Machines

Beverages:

- Fresh Filter Coffee Powder
- Coffee Premix
- Tea Premix
- Lemon Tea Premix
- Cardamom Tea Premix
- Ginger Tea Premix
- Green Tea Premix
- Badam Milk Premix
- Milk powder Premix
- Sugar Sachets
- Stirrer
- Eco friendly Paper Cups

www.sipfreshcoffee.com

At "SIP fresh coffee", we understand that customer loyalty is the number one priority in running successful coffee shop/dry pantries. We have provided everything from rich, fresh, whole espresso beans, to the syrup and cups that make your coffee shop/dry pantry unique. Providing for some of the best coffee shops/dry pantry, we know what you need, and the quality you expect. With our same day delivery and free maintenance on equipment, you will be able to focus on what's important...your customers.

At "SIP fresh coffee" shops/dry pantry we provide complete solutions for your day to day Coffee, Fresh Milk, Tea and other hot beverages and upkeep the entire dry pantry/coffee shop with trained pantry boys to take care of your employees satisfaction also we have our own service dept to maintain the equipments and make sure it's always up and running.

At important part of your employee's day, and at "SIP fresh coffee", we get that. We satisfy even most discerning coffee connoisseur. Because we use roasted fresh sachets, etc. and we have the capability to help you create your own blend. From cost effective our high quality coffee can be. **Locally Roasted,**

at your dry pantry/coffee shops on a regular schedule to help your keep your equipment and the surrounding area clean or exchange your twenty-four hours a day, seven days a week. Our programs guarantee satisfaction.

es, we complement our a, Badam Milk, Cookies

brand "SIP fresh beverages. Just



+91 80-4153 2288

d Floor
re, Karnataka, INDIA - 560 004
enquiry@sipfreshcoffee.com

Flyer for Sip Fresh Coffee



Milk Vending Machine Rectangle Shape



Milk Vending Machine Cylindrical Shape



Coffee-Tea Maker

Coffee Machine Branding for SIP Fresh Coffee

Willkommen zu

Rajasthan



*Komm mit mir,
ich zeig dir eine andere Welt.....*

Farbtöne von
Rajasthan
mit  **MONIKA**

15 Tage
6 to 21 Oktober 2017

INDIA



Jaipur

Jodhpur

Narlai

Udaipur

Jaisalmer

Poster & Flyer for "Rajasthan with Monika"

Yoga

Yoga bringt innere Balance und Ruhe. Mit Hilfe von Yogaposen, Atemübungen und Meditation kann der Körper Spannungen abbauen und sich regenerieren. Mit Yoga reinigen Sie nicht nur Ihren Körper. Auch Ihr Geist wird frei und ruhig. Regelmässiges Yogaüben bringt körperliche Gesundheit, Entspannung und macht glücklich.

Energiearbeit

Unsere Lebensenergie (auch Prana oder Ki genannt) hält uns stark und gesund. Prana Energiearbeit ist eine berührungslösorientiert sich am grundlegenden Prinzip, dass jeder Körper die Fähigkeit hat sich selbst zu heilen. Pranic Healing arbeitet mit der Lebensenergie (Prana), um Heilungsprozesse wieder in Gang zu bringen oder zu beschleunigen.

Massage *Esalen*

Esalen ist eine individuell auf Ihre Bedürfnisse angepasste Ganzkörpermassage. Sanft wiegende Bewegungen bringen Ihre Körperenergien ins Gleichgewicht. Dies aktiviert und unterstützt die Selbstheilungskräfte. Ihre Selbstwahrnehmung erhöht sich, während Ihr Körper im Einklang mit der Atmung zur Ruhe kommt und gleichzeitig Energie aufnimmt.

www.monikabachmann.me
monikabachmann.me@gmail.com
Tel : + 41 76 527 14 87

Bewegen * Berühren * Begleiten

Gift Voucher



Monika
Bachmann

www.monikabachmann.me
monikabachmann.me@gmail.com
tel : + 41 76 527 14 87

Flyer & Gift voucher for Monika Bachmann

Innovate & Celebrate

The flavors of INDIA



Kadai

Cooking Classes

Discover the joy of multicultural cuisine
Join now and learn to cook indian food!

Recipes & classes will be in english and german
Rezepte und Kurse werden in Englisch und Deutsch gegeben werden

Chrüzacherstrasse 16, 8303,
Bassersdorf ZÜRICH

Contact : Sindhu Varghese kadai.zurich@gmail.com 0044 79 2862 875

 kadai.zurich@gmail.com 0044 79 2862 875	 kadai.zurich@gmail.com 0044 79 2862 875	 kadai.zurich@gmail.com 0044 79 2862 875	 kadai.zurich@gmail.com 0044 79 2862 875
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Poster for Kadai Cooking Classes

www.nonaskit.com

menu



zomato #nonaskit SWIGGY

CONTACT 9717 295 633 8287 543 191 A224, Supermart - 1, DLF Phase - 4, Gurgaon - 122002

Snacks

Street Foods

Nona's Special Chole Bhature	160
Kadi Chawal	215
Rajma Chawal	215
Chole Chawal	215
Palak Rajma Chawal	230
Palak Chole Chawal	230
Chicken keema curry chawal	300

Rolls

Tandoori Paneer Tikka Roll	290
Achaari Paneer Tikka Roll	290
Malai Paneer Tikka Roll	300
Achaari Soya Chaap Roll	290
Soya Malai Chaap Roll	295
Veg Seekh Roll	280
Tandoori Chicken Tikka Roll	360
Haryaali Chicken Tikka Roll	360
Irani Chicken Tikka Roll	360
Malai Chicken Tikka Roll	370
Chicken seekh roll	300
Mutton seekh roll	320

Soups

Tomato Soup	150
Chicken Soup	200

Dinning Menu for Nona's Kitchen

Snacks

Tandoori Dhamaka

Veg	
Tandoori Aloo	270
Dahi Ke Shole	325
Paneer Tikka Masala	355
Makhmali Paneer Tikka	375
Achaari Paneer Tikka	375
Pudina Paneer Tikka	375
Tandoori Achari Soya Chaap	300
Tandoori Soya Malai Chaap	325
Stuffed Tandoori Mushroom	270
Tandoori Malai Mushroom	295
Tandoori Achaari Mushroom	295
Veg Sheek Kabab	300
Hara Bhara Kabab	350
Veg Snacks Platter	550

Non-Veg		Half	Full
Tandoori Chicken	290	495	
Afghani Chicken	320	530	
Chicken Tangri Kabab (2 / 4 pcs)	290	495	
Bhatti Chicken	350	595	
Chicken Barra	350	595	
Next Level Chicken Tikka - Boneless (4/ 8 pcs)	290	495	
Chicken Malai Tikka - Boneless (4/ 8 pcs)	290	495	
Chicken Malai Lasooni Tikka - Boneless (4/ 8 pcs)	295	495	
Chicken Pudina - Boneless (4/ 8 pcs)	300	500	
Chicken Kaali Mirch Tikka - Boneless (4/ 8 pcs)	300	500	
Chicken Irani Tikka - Boneless (4/ 8 pcs)	300	500	
Chicken Sheekh Kabab	350		
Chicken Reshmi Kabab (4/ 8 pcs)	350	550	
Mutton Seekh Kabab		400	
Tandoori Fish Tikka		700	
Non Veg Snacks Platter		750	

Thalis

Nona's Thalis

All thalis are served with raita, salad, pickle, mint chutney & dessert.

Amritsari Naan Thali (Serves 1) + Naans + Punjabi Chole	40
Special Thali (Serves 1) + choice of Punjabi Chole /Dal Makhani + Paneer/Kadhai Paneer	40
Autive Thali (Serves 1-2) + choice of Punjabi Chole/Dal Makhani + Paneer/Kadhai Paneer + Rajma Chawal	40
Thali (Serves 1-2) + choice of Punjabi Chole/Dal Makhani + Chicken + rice	450
Thali (Serves 4) + choice	800
Thali (Serves 4) Curries +	1000
Thali (Serves 6-8) + plain breads +	2100
Thali (Serves 6-8) + rice + 2 desserts	3100

Curries

Sumptuous Indian Curries

Veg	
Jeera Aloo	245
Aloo Gobi	260
Punjabi Mix Veg	275
Special Dal Tadka	245
Awadh Ki Dal Makhani	275
Amritsari Chole	260
Shahi Rajma	260
Kadai Mushroom	300
Matar Mushroom	300
Matar Paneer	350
Paneer Bhurji	375
Mughalai Shahi Paneer	375
Punjabi Kadai Paneer	375
Palak Paneer (seasonal)	325
Malai Kofta	350
Methi Malai Paneer	375

Non-Veg		Half	Full
Egg Bhurji (3 Eggs)			250
Nona's special Egg Curry (3 Eggs)			300
Special Butter Chicken	390		700
Kadai Chicken	390		700
Chicken Kohlapuri	390		700
Handi Chicken	390		700
Tawa Chicken	390		700
Chicken Korma	390		700
Chicken Curry	390		700
Chicken Do Pyaza	390		700
Nona's special Chicken Rara	390		700
Chicken Lababdar	390		700
Mutton Rogan Josh (3 / 5 pcs)	390		700
Mutton Korma (3 / 5 pcs)	390		700
Palak Chicken	390		700
Palak Mutton	390		700
Mutton Nihari	410		730

Dinning Menu for Nona's Kitchen

Bread/Rice

Assorted Breads

Tandoori Roti	20
Butter Roti	30
Rumaali Roti	30
Missi Roti	55
Lachha Parantha	55
Pudina Parantha	55
Mirchi Parantha	65
Aloo Parantha	75
Pyaz Parantha	75
Gobi Parantha	75
Paneer Parantha	85
Plain Naan	65
Butter Naan	75
Garlic Naan	85
Amritsari Kulcha	75
Chicken Keema Parantha	130
Mutton Keema Parantha	150

Rice

Plain Rice	145
Jeera Rice	160
Veg Biryani	400
Egg Biryani	425
Chicken Biryani	450
Mutton Biryani (4 pcs)	500

Combos

Combo 1	25
Combo 2	5

Accompaniment

Curd	120
Boondi Raita	150
Mix Veg Raita	180
Green Salad	150

Drinks

Amritsari Sweet Lassi	120
Lemon Rooh Afzaa	100
Dilli Ka Aam Panna	100
Aerated Drink	50

Dessert

Nona's special besan Laddo (1 piece)	35
Special Gajar Ka Halwa(Seasonal)	150




Dinning Menu for Nona's Kitchen

Celebrate life with good food!

www.nonaskit.com
#nonaskit



20%

Come avail 20% discount on your next order with us

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menu

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For Delivery CONTACT **9717 295 633, 8287 543 191**
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DELIVERY | DINE IN | CORPORATE

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menu

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DELIVERY | DINE IN | CORPORATE

Sumptuous Indian Curries

	Half	Full
Non-Veg		
Egg Bhurji (3 Eggs)	390	700
Nona's special Egg Curry (3 Eggs)	390	700
Special Butter Chicken	390	700
Kadai Chicken	390	700
Chicken Kohlapuri	390	700
Handi Chicken	390	700
Tawa Chicken	390	700
Chicken Korma	390	700
Chicken Curry	390	700
Chicken Da Pyaza	390	700
Nona's special Chicken Rama	390	700
Chicken Lababdar	390	700
Mutton Rogan Josh (3 / 5 pcs)	410	730
Mutton Korma (3 / 5 pcs)	410	730
Palak Mutton	410	730
Mutton Nihari	410	730
Nona's Special Chicken Rama	410	730
Mutton Rama	410	730

Breads/Rice

Plain Rice	145
Jeera Rice	160
Veg Biryani	425
Egg Biryani	450
Chicken Biryani	450
Mutton Biryani (4 pcs)	500

Rice

Plain Rice	145
Jeera Rice	160
Veg Biryani	425
Egg Biryani	450
Chicken Biryani	450
Mutton Biryani (4 pcs)	500

Assorted Breads

Tandoori Roti	20
Butter Roti	30
Rumali Roti	30
Misli Roti	55
Ladha Parantha	55
Pudina Parantha	65
Muchi Parantha	75
Aloo Parantha	75
Pyaz Parantha	75
Gobi Parantha	85
Paneer Parantha	65
Plain Naan	75
Butter Naan	85
Garlic Naan	75
Amritsari Kulcha	130
Chicken Keema Parantha	150
Mutton Keema Parantha	150

Accompaniments

Curd	120
Boondi Raita	150
Mix Veg Raita	180
Green Salad	150

Drinks

Amritsari Sweet Lassi	120
Lemon Rosh AFzaa	100
Dill Ka Aam Panna	100
Aerated Drink	50

Dessert

Nona's special besan Laddo (1 piece)	35
Special Gajar Ka Halwa (Seasonal)	150

Nona's Combs

Aloo	225
Pyaz	225
Gobi	265
Paneer	300
Chicken Keema	325

Biryani Combs

Veg Biryani with Raita	300
Chicken Biryani with Raita	375
Egg Biryani with Raita	390

Soya Chaap Combs

Tandoori Soya Chaap	250
Makhmali Soya Chaap	275
Achari Soya Chaap	275

Tandoori Dhamaka

Tandoori Aloo	270
Dahi Ke Shola	325
Paneer Tikka Masala	355
Makhmali Paneer Tikka	375

Thalis

All thalis are served with raita, salad, pickle, mint chutney & dessert.

Nona's Amritsari Naan Thali (Serves 1)	300
2 Stuffed Naans + Punjabi Chole	
Nona's Special Thali (Serves 1)	350
2 Stuffed Naans + choice of Punjabi Chole, Dal Makhani + choice of Shahi Paneer/Kadhai Paneer	

Other Items

Jeera Aloo	245
Aloo Gobi	260
Punjabi Mix Veg	275
Special Dal Tadka	245
Awadh Ki Dal Makhani	275
Amritsari Chole	260
Shahi Rajma	260
Kadai Mushroom	300
Matar Mushroom	300
Matar Paneer	350
Paneer Bhurji	375
Mughalai Shahi Paneer	375
Punjabi Kadai Paneer	375
Palak Paneer (seasonal)	325
Malai Kofta	350
Methi Malai Paneer	375
Punjabi Kadi	260

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Folding Menu for Nona's Kitchen

