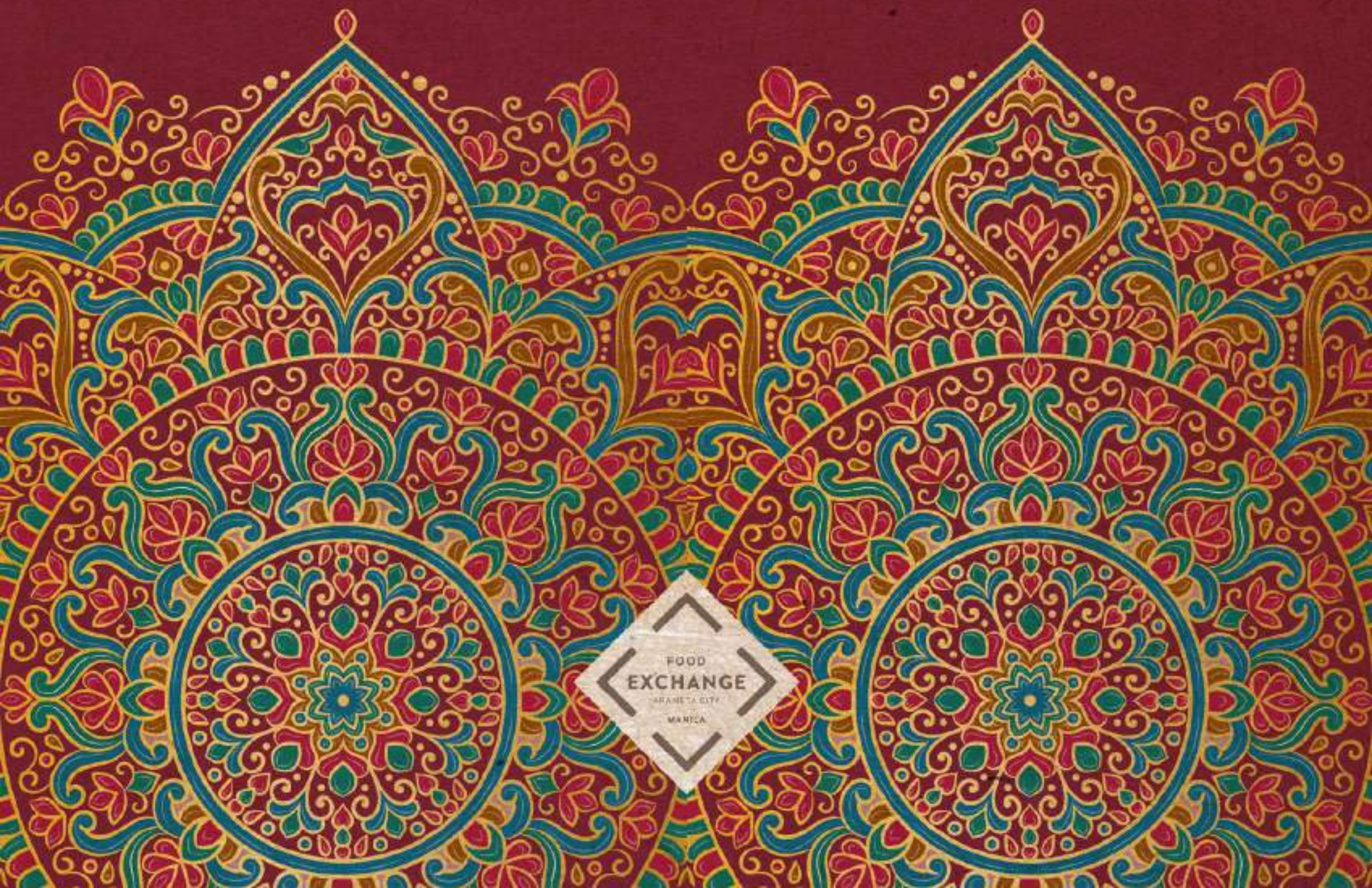




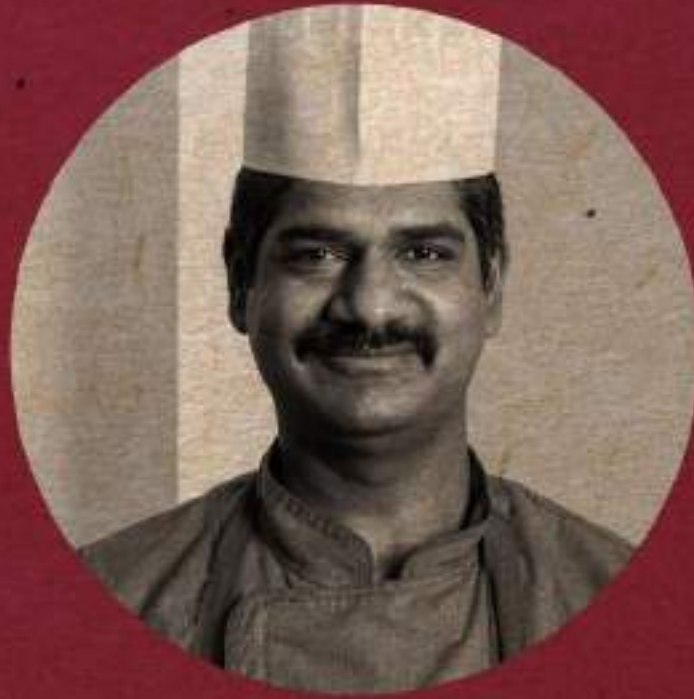
# prāna

INDIAN CUISINE



FOOD  
EXCHANGE

BRANETA CITY  
MARIKA



"It is with great honor to showcase the rich heritage of Indian cuisine here in the City of Firsts. Every mouthful of our Indian specialties brings awakening energy to your palate. I hope you enjoy this flavorful journey with us."

*V. Rajan*  
**Rajan Veeranan**  
*Indian Masterchef*

IN COLLABORATION WITH OUR  
EXECUTIVE CHEF MASSIMILIANO PAULETTO





# प्राण

*'pra:nə/  
breath, energy*

Every mouthful of our Indian specialty brings a life-giving force to the palates. Prāṇa is the vital energy of life itself. It is the basic material for all that exists.

## TURMERIC

This bright yellow spice gives many Indian dishes their characteristic color. Turmeric has properties that can boost brain neurotransmitters, including serotonin and dopamine.

## CINNAMON

The oily component of this aromatic spice is very high in cinnamaldehyde, that is responsible for most of cinnamon's powerful effects on health and metabolism.

## CUMIN

Cumin has long been used in traditional medicine and is a rich source of iron. It is rich in antioxidants, and has been shown to exhibit anti-microbial and anti-inflammatory properties.

## CARDAMOM

Ground cardamom is often used to give tea, curries and rice a flavor boost. This spice has antioxidant properties and has the ability to produce compounds that may help fight cancer cells.

## CORIANDER

This Indian ingredient claims to have anti-microbial and anti-fungal properties, and is known to help lower blood pressure, blood sugar levels and cholesterol levels.

## GINGER

Ginger is an essential ingredient in Indian cuisine. Research shows that ginger contains hundreds of compounds and metabolites, some of which may contribute to health and healing.



## CHAAT

### Pani Puri

6pcs, Kolkata favorite street food of crispy, hollow, fried dough balls stuffed with boiled potatoes or steamed moong sprouts or boiled chickpeas or white peas curry together with spicy tangy water and a sweet chutney

**530**

### Palak Patta Chaat

6pcs, Crispy fried spinach fritters topped with spicy green chutney, tangy and sweet tamarind chutney and onions, sev, curd and spices

**530**

### Masala Papad

Masala Papad is a starter snack of crisp, fried papads, topped with a masala filling of onions, tomatoes and spices

**530**

Pani Puri

## CHAAT

### Pakora

Deep-fried small spicy fritters containing mixed vegetables with batter of chickpea flour.

**570**

### Samosa

5pcs, Fried pastry with savory filling including onion, potato, green peas, and other spices.

**600**

## SHORBA

### Tomato Dhaniya Shorba

Indian-style tomato soup prepared using various spices

**440**

### Dal Shorba

Healthy lentil soup made with yellow moong dal and spiced with dry ginger powder and pepper powder

**440**

### Murgh Badami Shorba

Chicken broth with Hyderabad mailed spices with almond paste

**440**

All prices are inclusive of service charge and applicable government taxes.



Seafood



Pork



Poultry



Nuts



Dairy



Vegetarian

## TANDOOR VEGETARIAN TANDOOR

### Paneer Tikka 🍷

Indian cottage cheese marinated in mustard paste and spices, bell peppers, cooked in clay oven

820

## NON-VEGETARIAN TANDOOR

### Saffron Chicken Malai Tikka 🍷 🍷

Boneless chicken marinated in cream cheese with fresh herbs and spices, cooked in clay oven

820

### Laal Mirch Ka Murgh Tikka 🍷

Boneless chicken marinated in chili paste and yogurt with fresh herbs and spices, cooked in clay oven

820

## NON-VEGETARIAN TANDOOR

### Lamb Seekh Kebab 🍷

Spiced ground lamb, cooked in clay oven

820

### Salmon Kebab 🐟 🍷

Salmon marinated in garlic and spices, cooked in clay oven

940

### Kebab Platter 🐟 🍷 🍷

Inclusive of lamb, chicken and salmon

1,380

Lamb Seekh  
Kebab



Seafood



Pork



Poultry



Nuts



Dairy



Vegetarian

## CURRIES

### VEGETARIAN CURRY

#### Yellow Dal Tadka

Yellow lentils tempered with spices

500

#### Bhindi Do Pyaza

Okra "lady fingers" with onion and spices

500

#### Cabbage Poriyal

Sautéed cabbage with moong lentil and spices

500

#### Palak Paneer

Homemade cottage cheese in spinach paste and spices

570

#### Dal Makhani

Black lentils cooked overnight, finished with butter and tomato paste

600

### NON-VEGETARIAN CURRY

#### Jhinga Malai Curry

Prawns cooked in coconut milk and flavored with spices

1,130

### NON-VEGETARIAN CURRY

#### Kadai Murgh

Chicken cooked with Kadai spices, bell pepper and onion

820

#### Murgh Makhani (Butter Chicken Masala)

Tomato-cashew gravy cooked with chicken and spices, finished with butter and cream

820

#### Allepey Fish Curry

Snapper cooked with green mango, coconut milk and Kerala Spices.

880

#### Beef Jalfrezi

Beef cooked with bell pepper, onion and spices

1,000

#### Lamb Rogan Josh

Slow-cooked dish made with lamb, Kashmiri spices and yogurt

1,000

#### Lamb Saag Wala

Slow-cooked lamb with spinach paste spices

1,000



Lamb Rogan Josh

Garlic Naan Bread

Palak Paneer

Yellow Dal Tadka

Beef Jalfrezi

Kadai Chicken

Kebab Platter

Steamed Basmati Rice



Seafood



Pork



Poultry



Nuts



Dairy



Vegetarian

## HOUSE OF BIRYANI

### Vegetable Biryani

Seasonal vegetable in layers of aromatic basmati rice, mint and fragrant spices.

**780**

### Mughlai Murgh Dum Biryani

Marinated chicken in layers of aromatic basmati rice and fragrant spices

**820**

### Hyderabadi Lamb Dum Biryani

Marinated lamb in layers of aromatic basmati rice, mint and fragrant spices

**880**

### Jhinga Biryani

Marinated prawns in layers of aromatic basmati rice, mint and fragrant spices

**1,000**

### Steamed Basmati Rice

Long, slender-grained aromatic rice

**150**

Chicken Biryani

Vegetable Raita



Seafood



Pork



Poultry



Nuts



Dairy



Vegetarian


## NAAN

Plain Naan 190  
Butter Naan 230

Garlic Naan 250  
Cheese Naan 320


Roti 190  
Papadams 130

## DESSERT

**Hot Gulab Jamun**   
Berry-sized balls dunked in  
rose-flavored sugar syrup  
**250**

**Chocolate Rasgulla Tart**   
Tart topped with chocolate and  
soft round dumplings made from  
Indian cottage cheese semolina flour  
**250**

**Chocolate Guava Tart**   
Tart topped with dark chocolate ganache,  
pink guava purée, dry green guava cream  
**250**

**Rasgulla**   
Soft round dumplings made from  
Indian cottage cheese and semolina  
flour, simmered in a cardamom and  
rosewater scented sugar syrup  
**250**

**Guava Chili Ice Cream**   
Refreshing creamy ice cream  
with chili spice  
**230/scoop**

**Fresh Fruit Platter**  
Assorted sliced fruits  
**570**

Steamed  
Basmati Rice

Naan Bread

Kadai Chicken

Biryani



Seafood



Pork



Poultry



Nuts



Dairy



Vegetarian



## THALI SET MEAL MENU

**THALI 7-COURSE**  
PHP 3,130 nett  
(good for 2 persons)

1 papadam, pickles, spiced Indian nuts,  
1 tandoor starter, 2 steamed rice,  
4 curries, 1 dessert

**THALI 4-COURSE**  
PHP 1,880 nett  
(good for 2 persons)

1 papadam, pickles, spiced Indian nuts,  
1 tandoor starter, 2 steamed rice, 2 curries

***\*EXCLUSIVE FOR LUNCH***





## THALI COURSES

Please choose from the menu below:

### TANDOOR STARTER

#### (V) Panner Tikka

Cottage cheese marinated in mustard paste & spices, bell peppers cooked in clay oven

#### Saffron Chicken Malai Tikka

Boneless chicken marinated with cream, cheese & spices

#### Lamb Seekh Kebab

Ground lamb meat cooked in cooked clay oven

### RICE

#### Steamed Basmati Rice

Long, slender-grained aromatic rice

### DESSERT

#### Hot Gulab Jamun

Berry-sized balls dunked in rose-flavored sugar syrup

#### Rasmalai

Sweetened balls of paneer soaked in thickened milk scented with cardamom and saffron

#### Chocolate Rasgulla Tart

Tart topped with chocolate and soft round dumplings made from Indian cottage cheese semolina flour

#### Fresh Fruit Platter

Assorted sliced fruits

### CURRY

#### (V) Dal Makhani

Black lentils cooked overnight, finished with butter & tomato paste

#### (V) Yellow Dal Tadka

Yellow lentils tempered with spices

#### (V) Palak Paneer

Homemade cottage cheese in spinach paste

#### (V) Bhindi Do Pyaza

Okra "lady fingers" with onion & spices

#### Kadai Murgh

Chicken cooked with Kadai spices, bell pepper & onion

#### Murgh Makhani (Butter Chicken Masala)

Tomato-cashew gravy cooked with chicken and spices, finished with butter and cream


#### Lamb Rogan Josh

Slow-cooked lamb in Kashmiri spices & yogurt

#### Beef Jalfrezi

Beef cooked with bell pepper, onion & spices

V - Vegetarian





**UPGRADE YOUR MEAL BY ADDING:**

**BIRYANI**

**Mughlai Murgh Dum Biryani**


Marinated chicken in layers of aromatic basmati rice & fragrant spices  
PHP 820

**Hyderabadi Lamb Dum Biryani**

Marinated lamb in layers of aromatic basmati rice, mint & fragrant spices  
PHP 880

**Jhinga Biryani**

Marinated prawns in layers of aromatic basmati rice, mint & fragrant spices  
PHP 1000





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## PRANA SIGNATURE TEA

### Masala Milk Tea

Masala Spice, Milk, Muscovado Sugar, Black Tea  
PHP 180

### Prana Chai Tea

Milk, Water, Chai, Aromatic Herbs and Spices  
PHP 180

### Prana Signature Iced Tea

Black Tea, Strawberry, Rose Water, Lemon Juice, Chia Seeds  
PHP 180

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## LASSI

Classic Lassi, Mango & Saffron Lassi  
Kiwi & Avocado Lassi, Rose Strawberry Lassi  
PHP 290

## SIGNATURE COCKTAILS

Fortress Sangria, OPIHR Gin & Tonic  
Tamarind Masala Mojito, Mumbai Mule  
PHP 440

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## BEERS

San Miguel Pale Pilsen, San Miguel Light,  
San Miguel Lemon, San Miguel Lychee, San Miguel Apple  
San Miguel Free Non-Alcoholic, Red Horse  
PHP 220

San Miguel Super Dry, Cerveza Negra,  
Premium Beer, Budweiser  
PHP 280

Corona, Stella Artois  
Php 380





— **SODA WATER** —

Antipodes Still 1L, Antipodes Sparkling 1L  
PHP 650

Antipodes Still 500ml, Antipodes Sparkling 500ml  
PHP 400

Perrier 300ml, San Pellegrino 500ml  
PHP 260

Evian 330ml  
PHP 240

Schweppes Club Soda, Schweppes Tonic Water,  
Canada Dry Ginger Ale  
PHP 180

Coke, Coke Zero, Coke Light, Sprite, Royal Tru Orange  
PHP 170


Summit Still 330ml  
PHP 170

— **ENERGY DRINK** —

Gatorade, Red Bull  
PHP 280

— **EL DORADO WELLNESS DRINK** —

Stress Buster, Carnival, Veggie Delight,  
Booster C, Ginger & Spice Tea  
PHP 300





## BARISTA CORNER

Cappuccino, Macchiato, Café Latte, Latte Macchiato

PHP 250

Hot Chocolate

PHP 250

Espresso, Americano, Iced Coffee

PHP 180

Iced Caramel Macchiato, Iced Creamy Latte,  
Cookie Butter Iced Latte, Strawberry Creamy Iced Latte

Iced Mocha Cappuccino

PHP 290

## TEA & INFUSION

English Breakfast, Darjeeling, Earl Grey Tea,  
Traditional Oolong Tea, Tie Guan Yin,  
Jasmine, Sencha, Pure Green Tea, Lemon, Strawberry,  
Lychee, Mint Tea Peppermint, Chamomile Tea

PHP 180

## FRUIT JUICE

Freshly Squeezed Orange Juice

PHP 380

Freshly Squeezed Lemon Juice

PHP 180


Pineapple, Apple, Cranberry, Grapefruit, Mango,  
Tomato, Orange Juice

PHP 180

## FRESH FRUIT SHAKE

Ripe Mango, Green Mango, Pineapple, Watermelon

PHP 290





## MILK SHAKE SMOOTHIES

Rocher That (Ferrero Rocher), Purple Dream (Ube Langka)  
Yo berry Yo (Mixed Berry Yogurt), Oui Vanilla (Vanilla)  
Strawberry, Mango Banana, Avocado

PHP 340

## NON-ALCOHOLIC CRAFT COCKTAILS

Unleaded Cucumber, Apple Mint

PHP 300

## CHAMPAGNE

Deutz Brut Classic

PHP 8,800 / bottle | PHP 1,680 / glass


## SPARKLING WINE

Neblina, Brut, Chile

PHP 2,100 / bottle | PHP 500 / glass

Hardy's Crest, Moscato, Australia

PHP 2,600 / bottle | PHP 620 / glass





## WHITE WINE

Anakena, Sauvignon Blanc, Chile  
PHP 1,680 / bottle | PHP 460 / glass

Altas Cumbres, Torrontes, Argentina  
PHP 2,400 / bottle | PHP 680 / glass

Beringer Main & Vine, Chardonnay, USA  
PHP 1,980 / bottle | PHP 540 / glass

Banrock Station, Moscato, Australia  
PHP 2,180 / bottle | PHP 580 / glass

## RED WINE

Jack Estate M-R Series, Shiraz, Australia  
PHP 1,880 / bottle | PHP 490 / glass

Castillo de Almansa, Garnacha Tintorrera, Spain  
PHP 1,880 / bottle | PHP 490 / glass

Renmano Chairman's Selection, Cabernet Sauvignon, Australia  
PHP 1,680 / bottle | PHP 460 / glass

Finca De Los Andes, Malbec Merlot, Argentina  
PHP 1,980 / bottle | PHP 520 / glass

## ROSÉ WINE

Jack Estate M-R Series, Pink Moscato, Australia  
PHP 1,880 / bottle | PHP 490 / glass

