



BREAKFAST MENU

Orange Juice
Seasonal Fresh Fruit

Colonel's home-made banana bread
Home-made jams and marmalade
Home-made multigrain brown or white bread

Cornflakes with milk
(Hot milk on request)

Eggs Made to Order

Scrambled . Poached . Fried . Boiled
Omelette - Plain . Cheese . Masala

Akuri - Bombay style scrambled eggs delicately
flavoured with onions, coriander and black pepper

And / Or

Traditional Indian Breakfast

Aloo Parantha with mango Pickle and Yoghurt - Wheat flatbread with
a filling of delicately flavoured potatoes. A staple North Indian breakfast

Madras Dosa - crepe made from fermented rice batter, filled with spiced potatoes
and served with lentils.

Selection of Freshly Brewed Coffee

Monsooned Malabar . Pea Berry Plantation "A" - Blended
Espresso Blend . Viennese Roast

Selection of Individually Wrapped Gourmet Teas

Earl Grey . English Breakfast . Assam . Lemon Flavoured
Lemon and Ginger Flavoured . Green . Earl Grey Green
Jasmine Green . Green Tea and Mint . Green Tean and Lemon
Indian Masala Tea - (Fresh brewed, our secret recipe)



DINNER MENU

Daal

Lentils slow cooked with traditional spices,

Sabzi

Seasonal vegetables in mouth-watering combinations.

Papad

Crisp, crunchy crackers, the perfect accompaniment to an Indian meal.

Chaval

Steamed fragrant Basmati rice.

Roti

Indian flatbread.

Choice of one per meal :

Non-vegetarian

Tandoori Chicken

Marinated for hours with yoghurt, lemon juice and plenty of spices - North India's signature dish.

Butter Chicken

Chicken in a creamy tomato sauce, delicately spiced and topped with butter.

Chicken Curry

Chicken cooked in an onion and tomato based sauce, flavoured with ginger, garlic and chillies

Dahiwala Chicken

Cooked in spiced yoghurt, light and subtle.

Chettinad Chicken

A South Indian specialty with curry leaves and a hint of heat.

Saag Chicken

Chicken cooked in a deliciously smooth spinach sauce.

Continental Selection

Roast chicken, mashed potatoes & sauteed vegetables.

Vegetarian

Paneer Makhni

Cottage cheese in a smooth, buttery sauce, cleverly spiced.

Saag Paneer

Cottage cheese cooked in a delicious spinach sauce

Mutter Paneer

Cottage Cheese Cooked with Peas, for a marriage made in culinary heaven.

Dessert of the day



The Colonel's Selection of Freshly Brewed Coffees **The world's best shade-grown 'mild' coffees**

Indian coffee is the most extraordinary of beverages, offering intriguing subtlety and stimulating intensity. India is the only country that grows all of its coffee under shade. Typically mild and not too acidic, these coffees possess an exotic full-bodied taste and a fine aroma.

Indian coffee has a unique historic flavour too! It all began with a long, arduous journey around four hundred years ago... when the legendary saint Bababudan brought seven magical beans from distant Yemen and planted them in the Chandragiri hills of Karnataka. The sensations of aroma, flavour, body and acidity that you enjoy with each coffee experience is rooted in these mystical beginnings.

It is often said, the Indian coffee grower pours his life into the crop. Is it any wonder then that India has consistently produced and exported a remarkable variety of high-quality coffees for over one hundred and fifty years!

We have available a choice of the finest Indian Coffee for you. Make your choice from:



Monsooned Malabar

The origins of Monsooned Malabar date back to the times of the British Raj, when, during the months that the beans were transported by sea from India to Europe, the humidity and the sea winds combined to cause the coffee to ripen from the fresh green to a more aged pale yellow.

Now, the harvested and processed beans are exposed to the monsoon winds for a period of about three to four months, causing the beans to swell and lose the original acidity, resulting in a sweet and syrupy brew. The coffee is unique to the Malabar Coast of Karnataka and Kerala. The name Monsooned Malabar is derived from exposure to the monsoon winds of the Malabar coast.

The blend is heavy bodied, pungent and is considered to be dry with a musty, chocolatey aroma and notes of spice and nuts.

Pea Berry and Plantation "A" Blend

Peaberry, also known as caracoli. Normally the fruit of the coffee plant develops as two halves of a bean within a single cherry, but sometimes only one of the two seeds gets fertilized so there is nothing to flatten it. This oval or pea-shaped bean is known as Peaberry. Typically around 5% of all coffee beans harvested are of this form.

Peaberry coffees are particularly associated with Tanzanian Coffee, although the peaberry variety of Kona coffee has also become quite prominent.

Espresso Blend

As the name suggests

Viennese Roast

A term for coffee brought to a degree of roast slightly darker than the traditional American norm, but lighter than espresso, French, or Italian. It is less acidic and smoother than the typical American roast, but may display fewer of the distinctive taste characteristics of the original coffee. Viennese roast may also refer to a mixture of beans roasted to a dark brown and beans roasted to the traditional American medium brown.



One-of-a-kind Treats Only at the Colonel's Retreat!

Raise a Toast!

The bread we serve could well be called artisan bread - no mass-produced stuff for our guests. The baker delivers his fresh, soft loaves smelling of heaven every morning to Colonel's Retreat. He uses no preservatives, so we never keep the bread for more than a day. Although the bakery has been in business for around 50 years, you can't buy this bread in the market - the baker only delivers to a favoured few.

Soul Food

The chocolates you find in your room every day have been made lovingly by the Colonel's wife in her own kitchen, using the finest, richest cocoa and the freshest crushed toasted almonds. With no added flavours or preservatives, these hand- made chocolates are not available anywhere else. The Colonel insists the recipe is his very own!

Spread the Happiness

The jars of gooseberry jam and orange peel marmalade you enjoy as a part of the breakfast spread are also home-made, using the freshest seasonal fruit and lots of tender loving care. No added colours, flavours or preservatives - this is nature's bounty at its most delectable.

Banana Mania

Our banana bread has been described as our signature dish by our guests and often mentioned appreciatively in online reports. On the breakfast table or whenever a guest needs a snack - just add butter, get it warmed up in the microwave, take a bite and life takes on a great new meaning! Made fresh at the Colonel's home, from a recipe no one else knows.

Worth a mention...

We, at Colonel's Retreat, are always concerned about environmental issues and are trying our best to adopt planet-friendly practices. For instance, most of the hot water in the showers comes from our rooftop solar water heaters. Our air-conditioners have been chosen for their energy efficiency. Most of our washed linen is dried in the sun. And that's only a beginning on our journey to go the green route.



Meena Khanna's Team at Colonel's Retreat

A few ideas for the name:

The Colonel's Spice Route
The Colonel's Culinary Campaign
The Colonel's India Kitchen

Edible India!

Walk into Meena Khanna's kitchen on any day and you will enter a domain where knowledge, artistry and a sophisticated palate come together in a spectacular blend. Meena has always loved cooking and feeding people. Those fortunate enough to have eaten at her table are known to cadge repeat invites shamelessly!

Meena was a champion athlete in college, captain of the Delhi Women's Cricket Team and later, Lady Captain at the Delhi Golf Club. But cooking has been her first love and abiding passion.

Meena has travelled all over India, as the wife of a peripatetic Colonel of the Indian Army. Wherever she has lived, she has explored the local cuisine, experimented with new ingredients, chased recipes, learnt from experts and added delicious new dishes to her repertoire. She has evolved a philosophy of cooking that stresses on simplicity, yet gloriously brings alive the tastes, flavours, textures and aromas that define India.

Till some years ago, she used to conduct regular cooking classes, which were acclaimed for turning nervous novices into confident cooks!

Meena Khanna's Team at Colonel's Retreat

Meena and her team of talented home chefs now bring their culinary skills to Colonel's Retreat, with cooking demonstrations creatively designed for tourists eager to explore India's fascinating heritage of gastronomy. Participants will learn authentic Indian recipes that are simple to prepare, with ingredients easily available in Europe and the USA. Having travelled all over the western world, Meena is well aware of the challenges of following genuine Indian recipes in countries there.

In cooking sessions spread over 3 to 4 hours, Meena or a member of her team will demonstrate how to cook two non-vegetarian and two vegetarian dishes, along with one lentil dish and one chutney or relish. They will explain the significance of the spices, how they interact in the cooking pot and their health benefits. They will pass on tips and techniques perfected over the years. They will share anecdotes and folklore that surround Indian food. Participants will first watch the demonstration, then enjoy the dishes.

We are sure that everybody will come back for second helpings and more!