



Shraman

Once a Western scholar asked Pandit Phool Chandra Jain Siddhantacharya, "What is the distinguishing feature of Jainism that makes it a religion distinct from Hinduism or Buddhism?"

He replied, "The concept of independence of each individual soul is the fundamental principle of Jainism. Further, self-help is the way to achieve such independence."

This indicates that Jainism is the religion of self-reliance (SHRAMAN DHARM)

The Sanskrit word 'SHRAMAN' is derived from the word 'SHRAM', meaning labour or effort. Thus 'SHRAMAN' is one who engages in 'SHRAM'.

The derivation of the word 'SHRAMAN' is SHRAAMAYATI ITI SHRAMANAH. It means that one who exerts or endeavors is SHRAMAN. The SHRAMAN tradition is predicated on endeavor. It treasures penance consorted with knowledge.

In other words, a 'SHRAMAN' makes a serious effort to improve his/her life. The followers of SHRAMAN DHARM believe in self-endeavor

At Shraman, we sincerely strive to make this effort as enjoyable for you as possible, combining and abiding by the Shraman dietary principles.....

Refreshing Drinks



Keri Panna	175/-
Cucumber Mint Mix	165/-
Shikanji	145/-
Cold Coffee	145/-
Lassi (Please ask For Flavour of Day)	145/-
Diet Coke	145/-
Canned Juices	145/-
Aerated Drinks	125/-
Ice Tea	125/-
Fresh Lime Soda/Water	125/-
Tea /Coffee	75/-
Mineral Water & Service	75/-

Mocktails

Masala NimbuPaani	
Khasaur Pan ka Sherbet	
Jaljeera	
Kala Khatta	
Shraman Punch	155/-
<i>Mixed fruit juice with ice cream and dash of grenadine syrup</i>	
Chi Pang	155/-
<i>Fresh watermelon muddled with fresh mint leaves and shaken with apple and cranberry juice</i>	
Virgin Mojito	155/-
<i>A refreshing drink - lemon chunks, mint leaves and demerara sugar muddled together and topped up with soda</i>	
Virgin Mary	155/-
<i>A unique drink with an intermingling taste of tomato juice and worcestershire sauce with a dash of lemon and pepper.</i>	
Blue Hawaiian	155/-
<i>Blue curacao, coconut syrup and ice topped with lemonade</i>	
Italian Smooch	155/-
<i>Ginger syrup, mint leaves, demerara sugar, and fresh lemon chunks muddled and topped up with cola</i>	
Kha Rock	155/-
<i>Digestive drink with cumin, carom, rock salt and ginger syrup topped up with lemonade</i>	

Government taxes as applicable. We levy service charge



Starters

Marwadi

Kalmi Vada

A Rajasthani speciality deep fried gram flour based crispies with spicy curd & mint leaves stuffing, served with kachri and tamaterki chutney

345/-

RaajKachori

A treat from the chefs repertoire, fit for Royalty!

345/-

Dhokla Aur Khandvi Ki Chaat

Dhokla and khandvi on a bed of crispy shredded lettuce, tossed with imliaurgudki chutney and topped with croutons

345/-

Jodhpuri Mirchi Ka Pakora

Traditional Rajasthani offering, stuffed succulent Peppers Batter Fried and served Hot

345/-

DahiKeSoole

Cakes of fresh curd cured with crushed black pepper and red chilli flakes

325/-

Sangari Ki Shammi

Mince of boiled sangri seasoned with Indian spices & shallow fried, served with mint and tomato chutney

325/-

Cham ChamSeekh Kebab

Tender roll of mixed vegetable and beet root garnished with 'khas-khas'?

325/-

Jain Special

Jain vegetarian diet is practiced by the followers of Jain culture and philosophy. It is considered to be one of the most rigorous form of spiritually-motivated diet on the Indian subcontinent and beyond. The Jain cuisine is completely vegetarian and it also excludes onions and garlic. This food is called in Sanskrit a 'sattvic' food, which means that it is based on the qualities of goodness, lightness and happiness. On the other hand, onions and garlic are regarded to be 'tamasic'. Thus the jain cuisine makes use of sattvic ingredients to achieve a purifying and satisfying food experience as an essential ingredient towards Shraman.....

Paan Patta Chaat

Paan Leaf in a new, Spicier Avatar

345/-

Naayaab Tikki

Hand pounded cottage cheese with greens, cooked over griddle to perfection

325/-

Jain Samosa

A special concoction of masala raw banana & green peas stuffed in pastry shell and fried to a golden finale

325/-

Subj Dahi Wali Tikki

Fresh curd stuffed in minced vegetables and coated with corn flakes North Indian

325/-

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Shraman Chappan Bhog

Assortment of chef's special vegetarian kebabs on the platter

375/-

Surkh Paneer

Cottage cheese cubes marinated with traditional spicy tandoori marinade And finished in mild tandoor

345/-

Tandoori BharwanAloo

Prime Potatoes stuffed with a rich and tangy filling, chargrilled

345/-

BhunniPhallon Ki Chaat

Probably the only Sattvik Kebab, Exotic fruits, bar be qued in chef's special blend of spices and served with peppered eucalyptus honey

345/-

Paneer Achari Tikka

Home-made cottage cheese infused with mix pickles and grilled on simmering ambers.

345/-

Seekh E Mehboob

Minced vegetables and crumpled home-made cottage cheese, spiced well and skewered over mild grill

325/-

Soup

Zaffrani Badami Shorba

A hearty vegetable soup flavoured with Himalayan almond slivers, served hot

175/-

Tamater Dhaniya Ka Shorba

An extract of plum tomatoes and coriander leaves in a thin soup with a unique flavour of Indian spices and fresh mint

145/-

Shraman Special Shorba

Chef's secret

145/-

Salad

Garden Greens Salad

125/-

Exotic Vegetable Salad

Lettuce, peppers and assorted veggies marinated with a tangy vinegar dressing

125/-

Fruit Chat

Diced cut assortment of fruits tossed in lemon dressing and garnished with freshly grated coconut

125/-

Aloo Anar Chaat

A appetising combination of fried potato tossed with mint chutney and garnished with fresh pomegranate seeds

125/-



Dahi/Raita



Dahi Gujjiya With Saunth	175/-
Marwadi Dahi Bhalla	175/-
Cucumber Raita	125/-
Boondi Raita	125/-
Plain Jeera Pudina Raita	125/-

Main Course

Marwadi

Dal Bati Churma <i>Traditional Rajasthani Nomad meal, re-created in Shraman kitchen</i>	495/-
Gatta Curry <i>Bengal gram flour dumplings cooked in traditional curd base gravy</i>	445/-
Rajasthani Papad Aur Mangori Ki Subji <i>Asafoetida flavoured Rajasthani special dish cooked in vegetable gravy</i>	445/-
Paneer Long Latta <i>Stuffed paneer roll cooked in tomato gravy</i>	445/-
Sangri Ki Sabji <i>A unique Rajasthani vegetable "Sangri" cooked in Indian spices with touch of curd</i>	445/-
Jodhpuri Mirchi Paneer <i>Paneer strips cooked in tomato gravy tempered with Jodhpuri chilli</i>	425/-
Bhindi Masala <i>Fresh lady finger cooked in tangy tomato gravy</i>	425/-
Jodhpuri Mirchi or Baingan Ka Salan <i>Fresh Jodhpuri chillies and baby brinjal cooked in sallan masala gravy</i>	425/-
Marwadi Kadi <i>The Rajasthani staple dahipakorakadhi more popularly known as 'khatta'</i>	425/-
Choliya Paneer/Methi Chaman/Patra Ki Sabji <i>Seasonal vegetable, ask for availability</i>	425/-

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Jain Special

MethiMalai Mutter

The three 'M'S' - an all time favourite fenugreek and green peas cooked in smoothmalai gravy

445/-

PalakKeMoti

Kofta of mix vegetable in spinach gravy

425/-

Vegetable Kohlapuri

Well cooked vegetables in a tomato gravy garnished with crushed papad

425/-

Navrattan Korma

A nice assortment of vegetables and fruits cooked together in a special way

425/-

Gujrati Kadi

A special Gujrati style kadi

425/-

Dum Ki Dal

425/-

North Indian

Subj Panchratni

Mixture of English and Hindi vegetables in chef's special spices

445/-

Paneer Butter Masala

An all-time favourite North Indian dish, cooked in a rich tomato based gravy

445/-

Kashmiri Aloo

Stuffed potatoes cooked in Kashmiri gravy

425/-

KashundiAloo

Baby potatoes cooked in mustard and special curd gravy

425/-

Dal Hariyali

A rich and tasty dal, containing arhar and spinach

425/-

Dal Panchrattan

Combination of five different lentils cooked and tempered in chef's own style

425/-

Dal Shraman

A traditional arhar dal tempered with whole red chillies and cumin seeds

425/-



Rice

Veg Dum Biryani	445/-
Mutter Paneer Pulao	275/-
Khichdi	275/-
Jeera Pulao	245/-
Steamed Rice	225/-

Breads

Marwadi Special

Bikaneri Parantha	65/-
Khasta Roti	65/-
Mutter Parantha	65/-
Churi Parantha	65/-
Thepla	55/-
Ajwaini Tamater Poori	80/-
Bedmi Poori	80/-

Indian

Tandoori Roti	45/-
Naan - Plain	55/-
Naan - Butter	65/-
Lacha Parantha	65/-
Stuffed Kulcha	75/-
Missi Roti	65/-
Assorted Bread Basket (Assortment of five breads)	225/-
Marwadi Thali	495/-

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Dessert

Marwadi

Baked Bundi Rabri	325/-
Papite Ki Kheer	225/-
Ghewar Malai Mishri	225/-
Malai Rabri Angoori	225/-
Phirni	225/-
Shahi Tukda	175/-
Stuffed Kesari Kala Jamun	175/-
Baked Yoghurt	195/-
Assorted paan	

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