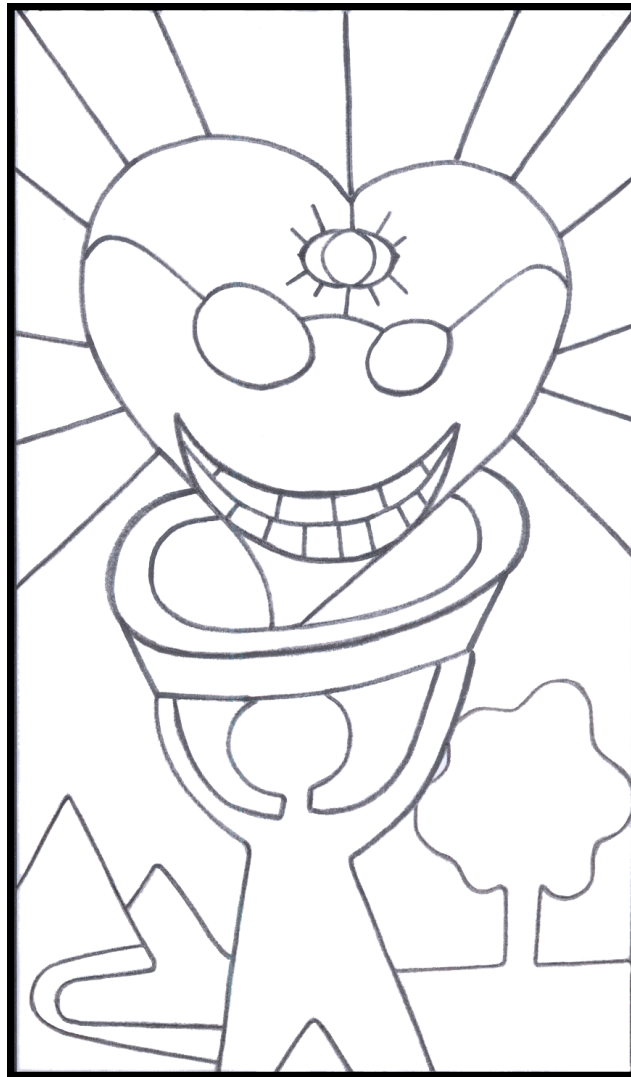


KhanaNirvana

Community Café



HEALTHY FOOD & GOOD VIBES SINCE 1997

We are here to do all we can to keep you healthy and happy. For the benefit of our guests and our planet, we use organic and local ingredients as much as possible. Our water is filtered and UV-treated to World Health Organization standards, so you can rest assured that the water you drink here is 100% safe. We can also fill your water bottle for Rs. 5. (Out of respect for the environment, we don't sell so-called "mineral water," which is really just filtered water just like ours.) Our fresh salad and sandwich ingredients are soaked for 30 minutes in iodine solution and rinsed, so they're safe too. All of our dishes are vegetarian, and all are made vegan (without any animal products) unless you ask for cheese. Likewise, many dishes can be made without onion and garlic by request. Also, for the health and comfort of our guests, the KhanaNirvana dining room is smoke-free; our guests who wish to smoke may do so outside on the verandah. We hope you enjoy your time with us!

DHARAMSHALA EARTHVILLE INSTITUTE (DEVI)

KhanaNirvana is a not-for-profit project of the Dharamshala Earthville Institute (DEVI), a charitable organisation serving the local and international communities in the Dharamshala area. Please enquire with Namlha, our manager, about volunteer and teaching opportunities, and check our weekly schedule for public talks, documentary films, and other community events. You can find DEVI on the web at www.dharmalaya.in/devi.

HOT DRINKS

(Prices are per cup/pot.)

Organic Lemon Grass & Rhododendron Tea (herbal) 15/75	Hot Lemon Ginger10/50
Organic Tulsi Green Tea (herbal)..... 15/75	Hot Apple Cider (with cinnamon)..... 25/125
Organic Tulsi Ginger Tea (herbal).....15/75	Black Coffee 25/125
Sorig Tea (Tibetan herbal medicinal tea)..... 15/75	Milk Coffee 30/150
Nirvana House Brew (organic spiced soymilk, no tea)35/175	Soymilk Coffee (with organic soymilk)..... 35/175
Organic Nirvana Masala Chai with soymilk..... 35/175	Espresso/Americano/Cappuccino 35/175
Masala Chai (our acclaimed special recipe)..... 20/100	Mexican Coffee (big cup, black, with cinnamon).....45/150
Earl Gray Tea (black)..... 15/75	Latte (big cup, with local milk or organic soymilk).. 60/200
Lemon Tea (black)..... 15/75	Mocha (big cup, with local milk or organic soymilk) 60/200

COOL DRINKS

Fresh Lemonade 15	Iced Tea (made with Earl Grey tea)..... 20
Ginger Lemonade 20	Apple Cardamom Cooler 35
Apple Lemonade 20	Fresh Fruit Juice (Seasonal — Please ask your server)

SHAKES & SMOOTHIES

Simple Sadhu — Apple juice blended with fresh or frozen banana, smooth & healthy (no added sweeteners)..... 35
Banana Papaya Smoothie — Fresh papaya blended with fresh or frozen banana..... 40
Mango Papaya Smoothie — Fresh papaya blended with fresh mango (SEASONAL)..... 45
Banana Mango Smoothie — Fresh mango blended with fresh or frozen banana (SEASONAL)..... 45
El Sombrero — A refreshing smoothie made from watermelon juice & fresh mango (SEASONAL)..... 45
Date Shake — Fresh coconut milk, vanilla & dates blended with fresh or frozen banana..... 60

BREAKFAST

(Served from 9:30 am until 11:30 am)

Oatmeal — A simple, tasty porridge made from oats, cinnamon, raisins & jaggery (natural cane sugar)..... 35
Apple Cinnamon Oatmeal — Same as above, plus apples (seasonal)..... 45
Nirvana Oatmeal — A divine gourmet oatmeal experience: Fruits, nuts, natural cane sugar, coconut & Nirvana spices..... 60
Muesli — A healthy & delicious mixture of oats, raisins & walnuts, served with organic soymilk..... 65
Fruit Salad — Seasonal fresh fruits (ask your server for details)..... 50
Tofu Scramble — Our tasty veggie protein breakfast: scrambled tofu with seasonal greens & tomatoes..... 40
Breakfast Burrito — Pinto beans & tofu scramble rolled in a wheat tortilla, topped with mildly spicy tomato salsa..... 50
Santa Fe Special — Seasoned refried pinto beans & a side of tofu scramble served with a flour tortilla & tomato salsa.. 65
Home Fried Potatoes — Big chunks of potato deep fried (larger than chips/French fries)..... 40

LIBERATION THROUGH MASTICATION

GOOD FOOD TAKES TIME!

To assure the best flavour and texture and to preserve the nutritional value of the food, our dishes are prepared fresh when you order them. We appreciate your patience!

ESPECIALES MEXICANAS

All Mexican/Tex-Mex/Mexi-Cali dishes are served with mildly spicy tomato salsa. Add cheese for Rs 20 extra.

Burrito Poquito — Frijoles (fried pinto beans seasoned with roasted cumin, garlic & onions) rolled in a wheat tortilla....	35
Macho Burrito — A bigger burrito stuffed with frijoles, grilled tofu, sautéed onions, green peppers & cilantro.....	60
El Burrito Eileen — Whole (not fried) pinto beans & sautéed seasonal veggies, topped with garlic tofu cream & cilantro	65
Arroz Mexicano — Nuevo Mexicano-style fried rice with tomato sauce, a touch of veggies & Mexican herbs.....	40
Arroz Verdura — Like the Arroz Mexicano (above), plus grilled tofu & more veggies.....	50
Gringo Guisada Taco — Seasoned, pan-fried potatoes and tomatoes folded in a soft wheat tortilla with salsa & cilantro..	50
Taquitos Dorados — Seasoned potatoes wrapped in crispy fried tortilla shells, topped with fresh salsa & greens.....	55
Taquitos Refritos — Frijoles wrapped in crispy fried tortilla shells, topped with fresh salsa & greens.....	55
Gorditas — “Little fatties”: Two fried wheat pockets stuffed with frijoles & potato, topped with greens & salsa.....	60
Tostada — “Taco salad”: A crispy fried tortilla topped with frijoles, green salsa, lettuce, tomato & cilantro.....	65
Santa Fe Special — Seasoned frijoles & tofu scramble served with a wheat tortilla & salsa.....	70
Chilaquiles — A casserole of wheat tortilla chips topped with a green chili tomato sauce & a side of frijoles.....	75

PITA SANDWICHES

All of our sandwiches are served on freshly made ‘pita’ (Mediterranean raised, flat, round bread). Our fresh sandwich ingredients are soaked for 30 minutes in iodine solution & rinsed, so they’re safe & tasty!

PBJ — All-natural peanut butter with fruit jam on fresh homemade pita.....	30
The Maestro — Scarth’s zesty garlic & herb tofu spread, topped with lettuce, tomatoes & onions, served on fresh pita....	40
Ferderfer Burger — KhanaNirvana’s signature veggie burger: A pan-fried patty made from nuts, grains, lentils & veggies, topped with lettuce, tomatoes & our homemade tomato marinara sauce, served on fresh pita. YUM!.....	55
The Mediterranean — Pan-fried aubergine (eggplant) served with our garlic & herb tofu spread, topped with lettuce, tomatoes & our homemade tomato marinara sauce.....	regular: 55 / with cheese: 75
The “TLT” — Strips of pan-fried tofu seared in Kikkoman soya sauce & topped with lettuce, tomato, fresh onions & our special garlic vinaigrette dressing, served on fresh pita.....	regular: 55 / with cheese: 75
Falafel — A Middle-Eastern favorite: fried chickpea/garbanzo balls served with lettuce, tomatoes, onions & our homemade hummus, served with fresh greens.....	70

PITA PIZZAS

All of our pizzas are served on freshly made ‘pita’ (soft, Mediterranean raised, flat, round bread).

All can be topped with either our fresh hummus or melted cheese. Prices are for hummus/cheese.

Plain Pita Pizza — Our homemade tomato marinara sauce topped with either hummus or melted cheese.....	55/65
Capsicum Pita Pizza — Same as above, plus bell peppers (capsicum).....	60/70
Nightshade Pita Pizza — Made with grilled eggplant, sliced tomatoes & bell peppers (capsicum).....	75/85
Nirvana Pita Pizza — Our signature pita pizza: Our homemade tomato marinara topped with sautéed mushrooms, olives, broccoli, caramelized onions, crumbled seasoned tofu, sliced tomatoes, garlic & a drizzle of olive oil.....	90/100

ASIAN DISHES

All dishes below include rice. Prices are for white rice/natural brown rice. Add tofu to any dish for Rs 15.

Plain Jain — Steamed seasonal veggies (our recommendation for our guests with simple diets or upset stomachs).....	30/40
Dragon Bowl — Seasonal greens sautéed with carrots & onions, with a dash of soya sauce.....	45/55
Simple Sabji — Steamed seasonal veggies topped with a simple peanut sauce.....	55/65
Tao of Pao — Sichuan-style stir-fried veggies & peanuts with our special spicy-tangy garlic-ginger-soya sauce.....	65/75
Nirvana Dal — Our magic rendition of a local specialty: Masoor dal (red lentils) with dates & our special masala.....	75/85
Bangkok Bliss — Stir-fried broccoli, carrots & bok choy with our zesty Thai-style coconut-ginger-peanut sauce.....	85/95

SOUP, SALAD & SIDES

House Salad — Fresh lettuce & tomatoes (soaked in iodine solution & safe to eat!) with our garlic vinaigrette.. sm	25/lg 45
Soup of the Day — Ask your server about our daily soup special.....	40
Garlic Bread — Our fresh pita bread (yeasted round flatbread) baked with butter & garlic.....	35
Rangzen Fries — Finger chips, French fries, whatever you call them, they're tasty here.....	35
Home Fried Potatoes — Big chunks of pan-fried potato with herbs (larger than chips/French fries).....	40
Fruit Salad — Seasonal fresh fruits (ask your server for details).....	50
Gourmet Ballet — A small bowl of olive oil infused with garlic & herbs, served with a fresh pita for dipping.....	65
Samsara Salsa — A small bowl of our mildly spicy, homemade salsa (Note: salsa is traditionally served cold).....	15
Chips & Salsa — A plate of crispy wheat tortilla chips & a bowl of our mildly spicy tomato salsa (served cold).....	30
White Rice — Local white rice, steamed.....	20
Brown Rice — All-natural, non-genetically-modified, unpolished rice, full of vitamins & minerals.....	30

SWEET TREATS

Ginger Lemon Cookie — Our original zingy ginger cookie with lemon icing.....	30
Banana Nirvana — Dara's sensational creation: Crispy batter-fried bananas topped with magic nectar.....	40
Mango Tango — A summertime special: Fresh ripe mango in a divine crumble-pudding with Nirvana spices.....	45
Kluay Buat Chi — A traditional Thai dessert made with hot coconut milk & sliced bananas.....	50
Apple Crumble — KhanaNirvana's famous recipe, made with apples, bread crumbs, cinnamon & nutmeg.....	55

The kitchen is open for orders from 9:30 am until 9:30 pm.

WEEKLY SCHEDULE FOR DEVI'S SPECIAL EVENTS AT KHANANIRVANA

Sunday at 6:30 pm: 'Sunday@Sunset' Speaker Series, featuring former Tibetan prisoners of conscience & other speakers

Monday at 7:30 pm: Open Stage @ KhanaNirvana — Music & poetry from you & your friends around the world

Tuesday at 7:30 pm: Documentary films on Tibet & His Holiness the Dalai Lama

Wednesday at 7:30 pm: World Jam Night — Bring your own instruments & make a joyful noise!

Thursday at 7:30 pm: DEVI Movie Night — Films of local & global interest

Friday evenings: Shanti Bistro — Candlelit dining (no events, just mellow music & good vibes)

Saturday evenings: Tibet Night @ KN — Special Tibetan food not available elsewhere & sometimes Tibetan music/events

If you have an idea for an event that might benefit the community, please let us know!

You can find us on the Internet at www.khananirvana.org & www.dharmalaya.in/devi.

LIBERATION THROUGH MASTICATION