



PARAT

LAYERS OF INDIAN FLAVOUR



For home delivery & takeaway, call:
Sushant Lok: 7401-7401-28
Sector 85 : 7401-7401-82

Special arrangements for catering & bulk orders available.

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www.parat.co.in

SNACKS

- Chenna Mango Dahi Bhalla** ★ 275
Mango flavoured chenna bhalla chat in mango yoghurt
- Masala Roomali Roti Nachos** ★ 195
Crispy nachos made with roomali roti served with creamy garlic dip & salsa

KEBABS

VEG

- Veg. Kebab Platter** ★ 475
2 pcs. each of achari paneer tikka, makki mutter ki tikki, lahori soya chaap & muradabadi subz seekh
- Khatti Meethi Shakkarkandi** / 6 pcs 325
Tangy tandoori charred sweet potato morsels
- Makkai Mutter ki Tikki** / 6 pcs 345
Deep fried crispy American corn & green peas patties
- Dahi Kebab** / 6 pcs ★ 375
Soft mouth melting kebabs made with hung curd
- Lahori Soya Chaap** / 5 pcs 365
Soya chaap delicacy stuffed with exotic vegetables & marinated with a blend of very unique Lahori spices
- Muradabadi Subz Seekh** / 6 pcs ★ 375
Almond crusted soft mouth melting vegetable seekh, Muradabadi style
- Bharwa Achaari Paneer Tikka** / 5 pcs 385
Veggie stuffed cottage cheese steaks in achari marination
- Mushroom Galouti** / 5 pcs ★ 395
Mouth melting mushroom galettes with an aromatic spice blend

NON VEG

- Non Veg. Kebab Platter** ★ 725
Assorted kebab platter consists of 2 pcs each of Lahori chicken tikka, Mathania chicken tikka, Fish tikka, 4 pcs. of Mutton seekh kebab.
- Peshawari Murgh Tikka** / 6 pcs 475
Juicy chicken tikka cooked with aromatic spices
- Spicy Pesto Murgh Tikka** / 6 pcs 475
Spicy pesto marinated chicken tikka cooked in tandoor

- Junglee Murgh** / 2 full leg ★ 475
A royal dish- marinated full chicken leg cooked with almonds & aromatic spices

- Tawa Bhuna Chicken Seekh** / 6 pcs 475
Juicy chicken seekh finished on tawa with chef special masala
- Haleem Ke Kebab** / 5 pcs ★ 525
Soft mouth melting galoutis of mutton haleem
- Tawa Bhuna Mutton Seekh** / 6 pcs 625
Juicy mutton seekh finished on tawa with chef special brown masala
- Bombay Chilly Fish Tikka** / 6 pcs ★ 525
Charred fish tikka made with unique fermented chilly

- Old Delhi Chicken Seekh** / 6 pcs 425
Finest blend of spices minced with chicken topped with melted butter

- Kalmi Kebab** / 5 pcs ★ 545
Famous mughlai kebab from Balochistan, marinated with yoghurt & aromatic spices, cooked on charcoal

- Mathania Chilly Chicken Tikka** / 6 pcs ★ 475
A rich kebab, cooked on charcoal, flavoured with famous rajasthani mathania chilli

- Murgh Malai Tikka** / 6 pcs 495
Mouth melting juicy chicken morsels, charred to order & topped with malai

- Tandoori Chicken** / 4/8 pcs 425 / 625
Clay oven roasted broiler chicken marinated in yoghurt & Indian spices

- Lahori Chicken Tikka** / 6 pcs 475
Chicken morsels marinated in yoghurt & Indian spices cooked on a charcoal

- Tawa Bhuna Chaap** / 3 pcs ★ 625
Tender lamb chops marinated & cooked overnight, finished on a hot griddle

- Peshawari Mutton Seekh** / 6 pcs 545
Delicacy from Peshawar, hand pounded mutton seekh, fragrant spices, cooked on charcoal

- Sikandri Raan** / 1 Whole Leg ★ 1999
Whole baby leg of lamb, cooked in tandoor & finished on tawa

- Nimbu Mirch Macchi Tikka** / 6 pcs ★ 525
Fish marinated with chilli, cooked on charcoal & finished with lemon

- Tandoori Pomfret** ★ 525
Whole pomfret baked in tandoor with tandoori spices & yoghurt

ROYAL CURRIES

VEG

- Dudhia Malai Kofta** ★ 395
Fried cottage cheese dumplings in cardamom flavoured cream gravy
- 1440 Minutes Dal Makhani** 355
Creamy black lentils slow cooked for 24 hours, enriched with clarified butter
- Truffle Kumbh Lababdar** ★ 395
Button mushroom in sweet & tangy tomato gravy, flavoured with truffle oil
- Paneer Chilgoza** 395
Cottage cheese simmered in fennel flavoured pinenut gravy

NON VEG

HALF | FULL

- Patiala Shahi Bhuna Murgh** ★ 350 / 545
Chicken with bone cooked in royal brown gravy
- Shahi Magaz Masala** - / 395
Delicious mutton brain preparation in chef special spices
- Kabuli Chana Gosht** 350 / 575
A unique dish from Kabul - made of chick peas & mutton boti
- Nalli Nihari** / 2 Lamb Shanks ★ - / 575
Slow cooked lamb shanks in silky smooth gravy

- Gosht Nalli Haleem** ★ - / 795

STREET CURRIES

HALF | FULL

VEG

- Kachchi Mirch ka Paneer** ★ 295 / 395
Cottage cheese pieces in green chilly spiced gravy
- Paneer Tikka Masala** 295 / 395
Clay oven cooked tandoori paneer immersed in rich tomato gravy
- Palak Paneer** 295 / 395
Garlic tempered spinach gravy & cottage cheese cubes scented in fennel
- Soya Chaap Curry** 275 / 375
Soya chaap cooked in chef special spiced curry

*Please intimate us in advance of any allergy.

★ Chef Recommended | GST Applicable | T&C Apply

NEW Aloo Gobi Adraki Mildly spiced ginger flavoured potato & cauliflower preparation	225 295
Yellow Dal Tadka Onion, tomato tempered toor dal spiked with garlic & green chilli	195 295

Kadhai Paneer Seasoned paneer cooked with onion, tomato, capsicum with a hint of whole coriander	295 395
Kumbh Lababdar Button mushrooms dunked in creamy, mildly tangy & faintly sweet gravy	295 395
Taka Tak Soya Chaap ★ A perfect mix of soya chaap, soya chura in onion tomato gravy along with home blended spices, finished with chilli & fresh ginger	295 395

NON VEG

NEW Butter Chicken (Boneless) Tandoori chicken tikka immersed in rich tomato gravy	425 745
Murgh Tikka Lababdar Classic lababdar made with chicken tikka	- / 575
Rara Murgh Aromatic curry made with chicken mince & chicken pieces	355 575
Tawa Masala Chicken Sausages Chicken sausages tossed with onion, tomato & a dash of apple cider	- / 495
Keema Boti ★ Hand pounded mutton keema cooked with boneless mutton morsels	- / 575
Rara Gosht ★ Aromatic curry made with mutton mince & mutton pieces	365 595
Ajwaini Fish Curry 3/6 pcs ★ Cardamom flavoured fish curry	425 525

Lucknowi Anda Curry 2/4 pcs Subtle spiced egg curry from the streets of Lucknow	245 365
Pamm Auntie's Chicken Curry 3/6 pcs Pammy aunty special- mildly spiced home style chicken curry	325 545
Butter Chicken 4/8 pcs ★ Clay oven cooked tandoori chicken immersed in rich tomato gravy	425 745

Parat's Mutton Curry 3/6 pcs ★ A rustic mutton curry with mutton mince, house blend spice	325 575
Bhuna Gosht Hari Mirch Boneless pieces of mutton cooked in semi dry gravy, tangy & spicy	- 525

BIRYANI HALF | FULL

VEG	
Subz Dum Biryani ★	245 375
Soya Chaap Biryani	245 375
Paneer Dum Biryani	245 375

NON VEG HALF | FULL

Muradabadi Murgh Dum Biryani	225 395
Murgh Dum Biryani ★	245 475
Gosht Dum Biryani ★	295 575
Bhuna Murgh Dum Biryani ★	245 475
Mutton Chaap Dum Biryani ★	495 975

PULAO FULL

Bombay Tawa Pulao A road side Romeo style cooked rice with stir fried assorted vegetables, house blend spices served with smoked & crushed jeera raita	350
Tawa Murgh Pulao ★ Whole leg of chicken cooked & tossed with fragrant basmati rice	495
Nalli Pulao ★ Slow cooked lamb shanks tossed in cooked basmati rice along with nihari masala	575
Meat Chawal Mélange of mutton keema & pieces on the bone tossed with cooked basmati rice	525
Raan - E - Parat Pulao Whole leg of baby lamb cooked with aromatic spice & basmati rice	3995
Steamed Rice	125
Jeera Rice	125

RAITA	
Subz	110
Boondi	110
Bhuna Jeera	110

BREADS

Tandoori Roti	25
Roomali Roti	25
Missi Roti ★	40
Khameeri Naan	65
Lachha Paratha Mirchi Pudina Methi	45
Naan Garlic Chilli Garlic Cheese Butter Chilli	55

SWEET DREAMS

NEW Parat Special Chenna Kheer ★ Cardamom flavoured cheesecurd kheer	225
Shahi Tukda 2.0 ★ Next level Shahi Tukda	225
Gud Makhane Crispy puffed lotus seeds tossed with jaggery	125
Kaali Jalebi Delicacy from the streets of old Delhi	225

BEVERAGES

Meethi Lassi	100
Shahi Doodh	100
Lemon Ice Tea	100

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Parat opens its doors to Royal and street food- set to bring India to your palate - literally. Parat leaves no pans unturned as the eatery is owned and run by renowned Chef Harangad Singh & Ravi Tokas. The pandemic just brought out the entrepreneur in them.

The NEW MENU is especially crafted to capture the flavours of the region created with fresh, high-quality ingredients & seasoned with home-ground spices. From wholesome curries, tandoori kebabs and biryanis to Indian bread variants, desi desserts and soothing beverages, Parat has a slew of options on its new menu like Dahi Kebab, Makai Matar ki Tikki, Junglee Murgh, Peshawari Murgh Tikka, Gosht Nalli Haleem, Shahi Tukda 2.0 to name a few.

Parat is known for serving traditional dishes with a modern spin yet presented with simple elegance & sustainable packaging. The food reintroduces people to a gastronomical culinary voyage through time & geographies with a promise of a standout dining experience full of flavour, passion, and outstanding service to your homes.

★ **AWARDS & ACCOLADES** ★

- Times Food & Nightlife Awards 2022
Best North Indian Delivery- Gurgaon
- People's Choice Award by Gurgaon
Foodie Original
- Times Food & Nightlife Award 2021
for Best North Indian Food Delivery
- Times Food & Nightlife Award 2021
Chef Harangad Singh - for 'Chef of The Year
- 10th Indian Restaurant Awards 2021
Emerging Dark Kitchen of the Year
- Times Food Delivery Icons
Gurgaon 2020
for Iconic Tawa Bhuna Chaap

Sushant Lok
D-003, LGF, Sushant Shopping Arcade,
Sushant lok-1, B Block, Gurgaon-
122009, Haryana.

Sector 85
Om House Complex, Badha Sikander
Pur Road, Opposite Orio Carnation
Society, Behind Iris Mall. New Gurgaon,
Sector 85. Haryana.

To order call us on
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