

Soultéria



FOOD
MENU

Soulterra Signatures

Himalayan Zaatar Burrata En Kataifi  **445/-**

Crisp Kataifi, Artisanal Burrata,
Darjeeling Pepper Oil

Ember Paneer Ke Sholay  **485/-**

Charred Paneer, Siliguri Spice Glaze,
Bamboo Shoot Relish

Ting Ming Mushrooms  **325/-**

Forest Mushrooms, Korean Reduction,
Sesame, Himalayan Spice

Tangra Paneer Shashlik  **495/-**

Flame-Grilled Paneer, Hill Chili Gastrique

Dragon Vegetable Roll  **345/-**

Crisp Roulade, Refined Schezwan Glaze,
Sesame Oil

Volcanic Zongtong Tofu  **445/-**

Silken Tofu In A Fiery Zongtong Chilli Glaze
With Garlic And Sesame

Molten Jalapeño Burst  **365/-**

Crispy Jalapeño Bites Stuffed Melted
Irresistibly Goopy Cheese

Soulterra Signatures

Paneer Bharrah Lazeez

Smoky Char-Grilled Paneer, Stuffed With Dry Fruits, Melted Cheese Medley And A Hint Of Saffron Rich, Indulgent, And Royally Spiced

575/-

Honey Chilli Water Chestnut

Crispy Water Chestnut Tossed In A Sweet, Spicy Honey Chilli Sauce Glaze

445/-

Khaas -E Sheermal Awadhi Bhuna Mutton

Traditional Handi-Cooked Mutton With Layered Onion-Tomato Masala And Aromatic Finish Served With Smoked Clay Pot

725/-

Himalayan Chicken Adana

Open-Flame Kebab, Coriander Smoke, Herb Salad

525/-

Teesta Tempura Chingri

Golden Tempura Prawns With Himalayan Bold Kasundi Heat

595/-

Keema Laccha Bun

Mumbai-Style Chicken Keema Stuffed In Chef's Special Laccha Bun, Served With Maska

495/-

Italian

Pizza

Avocado & Sun-Blushed Tomato Tartlet  **495/-**

Avocado Mousse, Roasted Tomatoes,
Mustard Oil Pearls

Caprese Alla Bocconcini & Roma  **445/-**

Tomato Bruschetta

Toasted Multigrain Bread Topped With
Bocconcini, Glazed Roma Tomatoes,
Fresh Basil, And Drizzle Balsamic Reduction

Creamy Mushroom Bruschetta  **445/-**

Toasted Melba Topped With Creamy Garlic
Mushrooms And Finish With Fine Grana
Padano Crumble And Mesclun

Funghi E Formaggio  **545/-**

Roasted Mushrooms, Mozzarella,
Parmesan And Fresh Basil

Classic Margherita  **465/-**

San - Marzano Tomato Sauce, Whole
Milk Grand Mozzarella, Topped With
Sliced Plum Tomato, Basil Leaves

Italian

Pasta

Arrabbiata Sauce

515 | 545 | 585/-

Choice Of Pasta :

Penne | Spaghetti | Fusilli | Linguini

Choice Of: Vegetable | Chicken | Prawns

Alfredo Sauce

515 | 545 | 585/-

Choice Of Pasta :

Penne | Spaghetti | Fusilli | Linguini

Choice Of: Vegetable | Chicken | Prawns

Pesto Sauce

515 | 545 | 585/-

Choice Of Pasta :

Penne | Spaghetti | Fusilli | Linguini

Choice Of: Vegetable | Chicken | Prawns

Pasta Aglio E Olio

515 | 545 | 585/-

Choice Of Pasta :

Penne | Spaghetti | Linguini

Choice Of: Vegetable | Chicken | Prawns

Sun-Dried Tomato And

575/-

Olive Cheesy Ravioli


Handcrafted Ravioli Filled With Sun-dried
Tomato And Kalamata In Sage Butter

Pasta

Wild Mushroom & Truffle Risotto  **585/-**
Creamy Arborio Rice Infused With
Truffle Essence

Spinach & Ricotta Cannelloni  **625/-**
Baked Pasta Tubes In Rich Tomato
Basil Cheesy Sauce

Wraps & Burgers

Exotic Vegetable Burger  **395/-**
A House-Made Patty, And Sesame Bun,
Layered With Thin-slice Vegetable,
Lettuce, With Cheddar Melt

Pesto Charred Vegetable Panini  **385/-**
Pesto Marinated, Charred Grilled Vegetable,
With Cheese Melt

Awadhi Paneer Roll  **425/-**
Tandoor Paneer Chunks With Onion And
Chili, Wrapped In Soft Flatbread

Wraps & Burgers

Veggie Caesar Roll

Crisp Lettuce, Grilled Vegetables, And Classic Caesar Sauce In A Warm Wrap

445/-

Khao Gali Chicken Wrap

Bombay-Style Chicken Tikka With Onion, Trio Capsicum, Chili, And Mint Mayo Rolled In Soft Rumali Roti

455/-

Mediterranean Chicken Wrapster

Herb Chicken With Bell Peppers And Guacamole, Served With Classic Italian Marinara

425/-

Crumbed Chicken Supreme Burger

Golden Crumb-Fried Chicken Fillet Layered With Fresh Greens And Signature Sauce In A Soft Toasted Bun

575/-

Island Fire Jerk Chicken Panini

Smoky Jerk-Marinaded Chicken With Melted Cheese, Panini With Caribbean Kick

575/-

Salads & Healthy Bites

Verde Fava Tacos  **375/-**
Herbed Fava Beans, Avocado Crema,
And Lime In Warm Tortilla

Burrito Warm Bowl  **415/-**
Seasoned Corn, Beans, Sprouts,
And Grilled Vegetables Topped With
Tangy Poblano Dressing

Pocket Quinoa Falafel  **425/-**
Crispy Quinoa Falafel Stuffed In
Warm Pita With Fresh Salad And
Garlic Aioli Sauce

Chef's Artistry Cheese Boards  **525/-**
Brie, Cheddar, And Smoked Cheese
Served With Dry Nuts And Blueberry
Compote

Garden Harvest Salad  **345/-**
A Assortment Of Garden Green, Lettuce,
Cucumber, Tomato, Carrot, Slice Of Onion,
Lemon, Chili, Served With House Vinaigrette

Salads & Healthy Bites

Citrus & Beetroot Quinoa Salad

475/-

Nutty Quinoa With Roasted Beetroot, Mesclun And Orange Segment, Tossed With Lavender Dressing

Classic Caesar Salad

Selection Of Caesar Curated To Your Preference

- Exotic Grilled Vegetables 

415/-

- Grilled Chicken 

425/-

- Grilled Prawns 

595/-

Crisp Leaves And Velvety Dressing, Elevated With Your Choice Of Expertly Grilled Vegetables, Succulent Chicken, Or Delicate Prawns, Served With Garlic Croutons And Parmesan Shaving



Indian Starters

Tandoori Malai Soya Chaap  **465/-**

Creamy Marinated Soya Chaap Roasted In Tandoor With Mild Spices

Tandoori Subz-E-Khaas (Platter)  **545/-**

Chef's Special Marinated, Paneer, Pineapple, Bharwa Aloo, Seek Kebab, And Soya Chaap

Laal Mirch Ka Bharwa Aloo  **485/-**

Flavorful Stuffed Potatoes Infused With Traditional Way, With Nuts, And Mava, And Saffron, Crispy Kurkure Potato

Teen Mirch Ka Paneer Tikka  **525/-**

Traditional Paneer Tikka With Trio Peppers, Served With Mint Chutney

Akroot Aur Dahi Ke Kebab  **495/-**

Hand-Rubbed Curd With Walnut Chunks And Fine Spices, Finished With Ghee On Griddle

Smoked Vegetable Jhol Momos  **425/-**

Traditional Style

Indian Starters

Peri Peri Tandoori Momos

Steamed Dumplings Marinated In
Peri Peri Spices And Roasted In Tandoor

525/-

Gulfami Mutton Seekh

Minced Mutton Blended With Mild
Spices And Cooked In Clay Oven

725/-

Tandoori Non-Vegetarian

E-Bhatti Di Khaas (Platter)

Assorted Non-Vegetarian Kebabs 3 Pc
Each Chicken, Fish, Mutton, Cooked In
Traditional Clay Oven

675/-

Rajwadi Murgh Tikka

Royal-Style Marinated Chicken
Tikka Grilled In Traditional Tandoor

565/-

Lehsooni Murgh Tikka

Garlic-Marinated Chicken Tikka
Roasted In Clay Oven

625/-

Sarson Di Jhinga

Prawns Cooked With Mustard Spices
In Punjabi Style

795/-

Pan Asian & Eastern

Starters

- Truffle Mushroom Dim Sum**  **355/-**
Delicate Dim Sums Filled With Mushrooms
And Finished With A Subtle Truffle Aroma
- Water Chestnut And Philadelphia**  **485/-**
Soft Dumplings Stuffed With Creamy
Philadelphia Cheese And Garlicky
Infused Spinach
- Vegetable Gyoza, With Tonkatsu Sauce**  **395/-**
Pan-seared Dumplings Filled With Seasoned
Vegetables, Served With Rich Tonkatsu Sauce
- Tangra Paneer Chili**  **475/-**
Steamed Dumplings Marinated In
Peri Peri Spices And Roasted In Tandoor
- Kung Pao Paneer**  **525/-**
Wok-Tossed Paneer With Chili, Peanuts,
And Traditional Kung Pao Sauce

Sushi

Avocado Cream Cheese Roll  **545/-**

Creamy Avocado And Cheese
Wrapped In Sushi Rice

Asparagus Tempura  **525/-**

Crispy Asparagus Tempura Wrapped
In Nori

Rainbow Roll -Veg  **515/-**

California Roll Topped With Assorted
Rustic Vegetable Slices

Teriyaki Chicken Roll  **565/-**

Grilled Chicken With Teriyaki Glaze
In Sushi Style

Prawns Tempura Sushi  **585/-**

Crispy Tempura Prawns Wrapped In
Seasoned Sushi Rice And Nori,
Finished With Umami Drizzle

Mains

Vegetable Dumpling In  **495/-**

Manchurian Sauce

Fried Vegetable Dumplings Simmered
In Classic Manchurian Gravy

Kung Pao Chicken With Gravy  **565/-**

Tender Chicken Fried, Tossed With
Traditional Kung Pao Sauce With Chilli
And Golden Fried Cashew Nuts

Thai Curry Selection

Thai Herbs, Coconut & Spice

- Exotic Vegetables  **515/-**

- Grilled Chicken  **545/-**

- Grilled Prawns  **595/-**

House Made Thai Curry, Served
With Steamed Jasmine Rice

Noodles   **485 | 525 | 565/-**

Choice Of Sauce :

Hakka | Schezwan | Mongolian | Burnt Garlic

Choice Of: Vegetable | Chicken | Prawns

Rice   **485 | 525 | 565/-**

Choice Of Sauce :

Hakka | Schezwan | Mongolian | Burnt Garlic

Choice Of: Vegetable | Chicken | Prawns

Global

Lebanese Vegetable Sizzler

Sumac Cottage Cheese Steak With
Mujaddara, Vegetable Skewers,
And Pepper Harissa

655/-

Wok-Fried Chinese Sizzler

Sizzling Paneer Served Over Pan-Fried
Noodles With Bold Chow Chow Sauce

475/-

Tuscan Feast Sizzler

Grilled Chicken Steak Served With
Creamy Tomatillo Risotto, Hasselback
Potato, And Fondue

675/-

Tandoori Chicken Chaap Sizzler

Tandoori-Spiced Chicken Chaap With
Charred Shashlik, Served With Tandoori Mayo

715/-

Rustic Hunter's Oven

Roasted Chicken

Slow Roasted Braised Chicken With Leeks
And Red Wine Reduction

665/-

Global

Lemon Dill Pesto Baked Fish

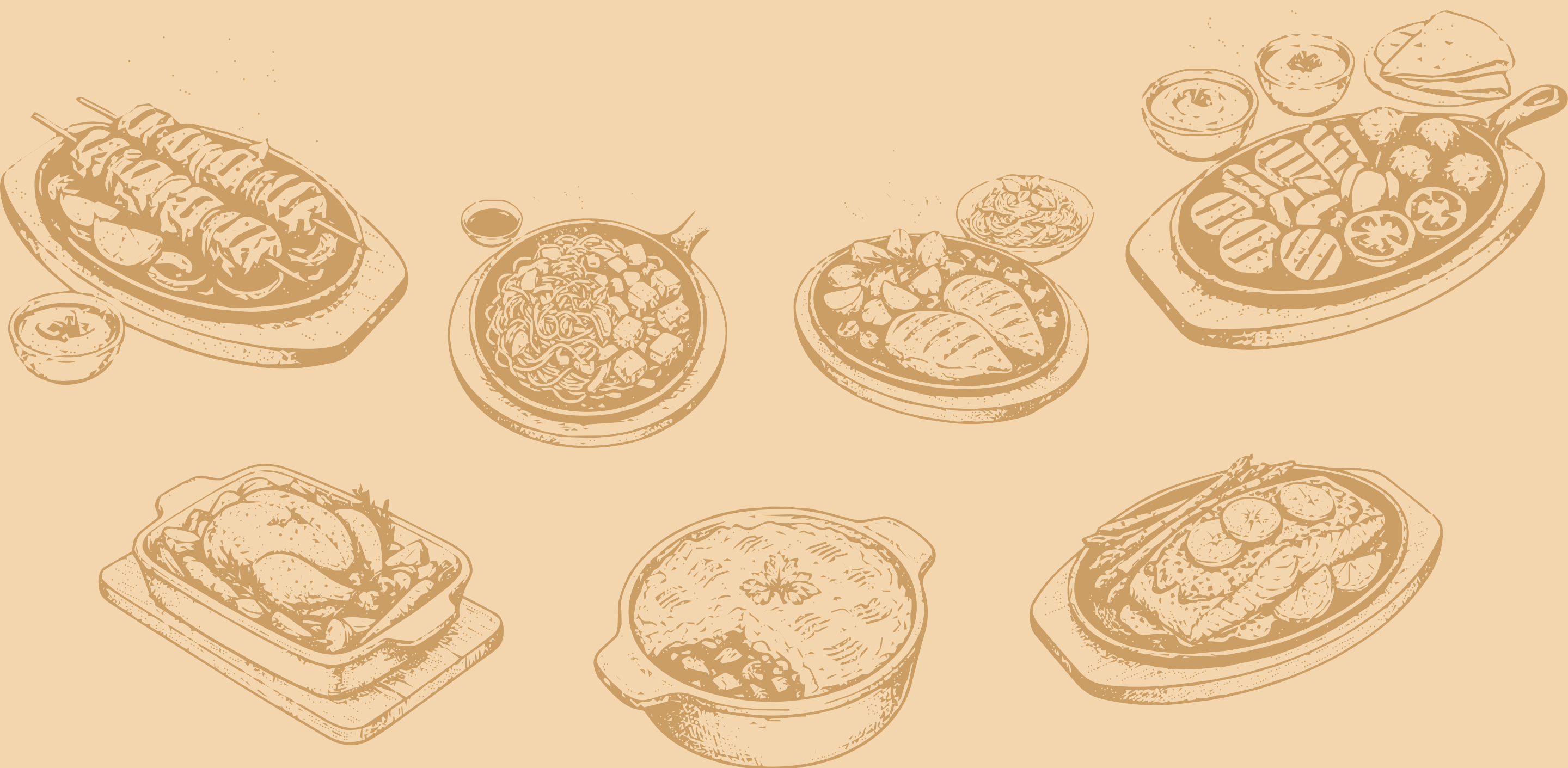
655/-

Oven-roasted Fish With Herb Butter
And Citrus Glaze, Served With
Grilled Asparagus, Mash

Lamb Shepherd's Pie

745/-

Lamb Mince Cooked In Rich Wine Sauce,
Layered With Velvety Mash And Baked
To Perfection



Warm Bowl & Soups

Wild Mushroom Cappuccino  **465/-**
Creamy Mushroom Velouté Finished
With Airy Parmesan Froth

Almond-Kissed Broccoli Soup  **485/-**
Smooth Broccoli Soup Infused With
Rich Roasted Almonds

Roasted Tomato Basil Soup  **385/-**
Slow-Roasted Plum Tomatoes Blended
Smooth With Fresh Basil And
Extra Virgin Olive Oil

Tomato Dhaniya Shorba  **295/-**
Classic Indian Tomato Shorba, Bright
With Tangy Notes And Fresh Coriander

Selection Of Manchow To Your Preference
Vegetable  **375 | 395 | 425/-**

Chicken 

Prawns 

Manchow Soup Served With Crispy Noodles

Selection Of Hot & Sour To Your Preference
Vegetable  **375 | 395 | 425/-**

Chicken 

Prawns 

Bold Hot & Sour Broth

Indian Mains

Shabnami Kofta

Soft Vegetable Dumplings Finished In A Silky, Mildly Spiced Gravy

485/-

Makai Lehsooni Saag

Creamy Corn And Greens Tempered With Aromatic Garlic

465/-

Panchphoran Subz Diwani Handi

Mixed Vegetables Slow-Cooked With Five-spice Tempering In Traditional Handi Style

485/-

Paneer Butter Masala

Paneer Cubes In A Smooth, Buttery Tomato & 7 Cashew Rich Gravy, Mildly Spiced

515/-

Paneer Khurchan

Julienned Paneer Sautéed With Capsicum And Onion In Spicy Masala

525/-

Kadhai Paneer

Julienned Paneer Sautéed With Capsicum And Onion In Spicy Masala

525/-

Indian Mains

Soul Special Murgh Tariwala

Chicken Simmered In A Flavorful Spiced Gravy, Chef's Signature Style

545/-

Butter Chicken Masala

Smoked Clay Oven Spiced Chicken Tikka In A Rich Cashew And Buttery Tomato Gravy, Finished With Roasted Fenugreek Foam

595/-

Chicken Kadhai Masala

Juicy Chicken Cooked With Capsicum And Onions In A Bold, Freshly Ground Kadhai Spice

595/-

Awadhi Bhuna Mutton

Slow-Roasted Mutton Cooked In Traditional Awadhi Masala

785/-

Yellow Dal Tadka

Split Yellow Lentils Tempered With Cumin, Garlic, And Ghee

375/-

Soul Special Dal Makhani

Chef's Signature Slow-Simmered Lentils Finished With Smoky Butter Tempering

465/-

Rice & Breads

Steamed Rice  **195/-**

Jeera Rice  **225/-**

Steamed Basmati Rice Flavored
With Roasted Cumin And Ghee

Subz Tawa Pulao  **285/-**

Spiced Basmati Rice Tossed
With Vegetables On A Hot Griddle

Subz Dum Biryani  **465/-**

Layered Basmati Rice And Vegetables
Slow-Cooked Under Dum With
Aromatic Spices

Kolkata Style Chicken Dum Biryani  **585/-**

Kolkata Style Chicken Biryani,
Delicately Spiced And Sealed
For Slow Cooking



Rice & Breads

Tandoori Roti

Plain | Butter

85 | 95/-

Phulka

Plain | Ghee | Butter

85 | 115 | 95/-

Naan

Plain | Butter | Garlic | Cheese

95 | 115 | 125/-

Laccha Paratha

Plain | Butter | Garlic | Pudina

115 | 125/-

Tandoori Stuffed Kulcha

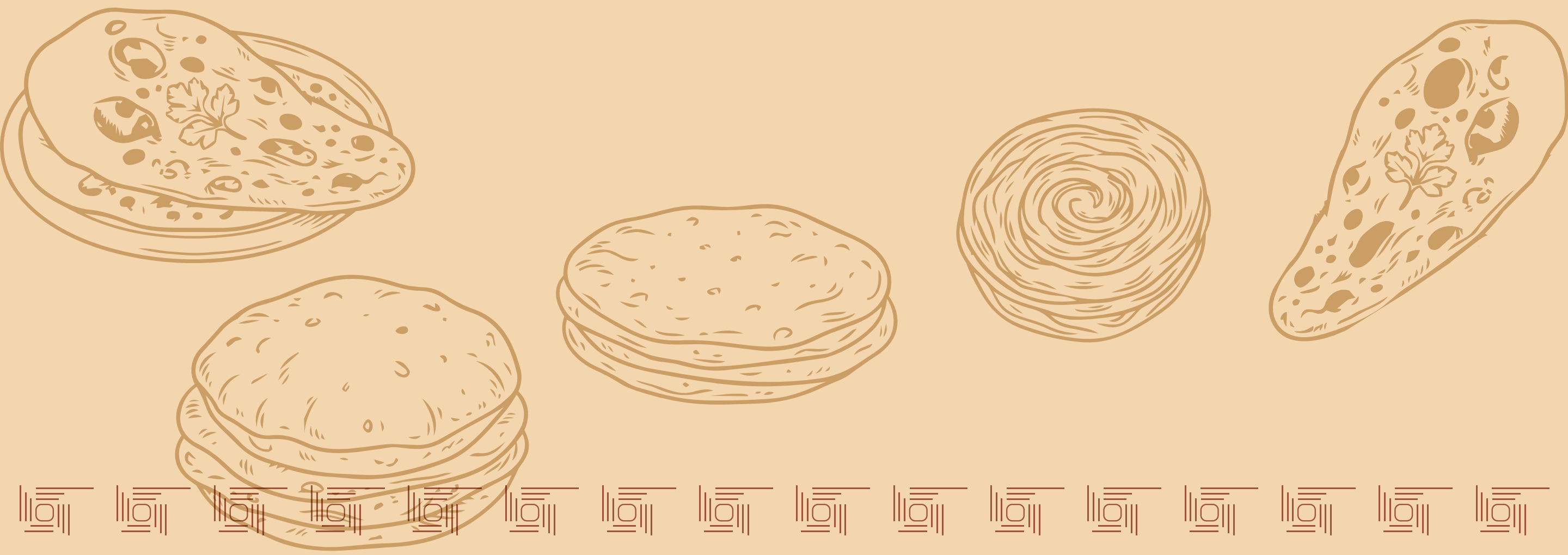
Aloo | Paneer | Mix Veg

165 | 215 | 195/-

Assorted Indian Breads Basket

(Naan, Pudina Paratha, Stuffed Kulcha, Missi Roti, Tandoori Roti, Phulka, Each One Pc In A Basket)

275/-




Desserts

Flourless Callebaut Chocolate Torte  **675/-**
Rich Flourless Belgian Chocolate Torte
Crafted With Premium Callebaut Couverture

Blueberry Cheese Cake  **575/-**
Classic Baked Cheesecake Topped
With Slow-Simmered Blueberry Compote

Fresh Strawberry Au Pâtisserie  **525/-**
Buttery Laminated Pastry Layered
With Fresh Strawberries And
Light Cream

Sizzling Brownie  **515/-**
Decadent Chocolate Brownie, Sizzling
Hot, Topped With Vanilla Ice Cream

Baked Rasgulla  **475/-**
Soft Baked Rasgulla With A Rich
Caramelized Finish

Tiramisu  **515/-**
Classic Italian Tiramisu Layered With
Coffee, Cream, And Cocoa

Soul terra

 +91 90467 04111 | 95477 54111

 soulterraslg@gmail.com

