

JHUMROO

DIL SE RIWAYATI



🌿 **A restaurant where culinary mastery meets millets.** 🌿

Experience the nostalgia-inducing flavors of the past, reinvented in a wholesome and nutritious way by Chef Vikas Chawla. Indulge in his innovative take on traditional street food, crafted using the goodness of millets. Join us on a culinary journey that blends the best of the past with the goodness of the present.

🌾 All about Millets 🌾

Millets are traditional grains grown and consumed in the Indian subcontinent for over 5000 years. They are one of the oldest foods known to humanity. Millets are small-grained, annual, warm-weather cereals belonging to the grass family. They are rain-fed and hardy grains that require low amounts of water and fertility compared to other popular cereals. Additionally, they are highly tolerant of drought and other extreme weather conditions.

🌾 TYPES OF MILLETS 🌾

Sorghum (Jowar): It is rich in protein, fiber, thiamine, riboflavin, folic acid, and β -carotene. It is also rich in potassium, phosphorus, and calcium, with sufficient amounts of iron, zinc, and sodium.

Pearl Millet (Bajra): The niacin content in pearl millet is higher than that in all other cereals. It also contains folate, magnesium, iron, copper, zinc, and vitamins E and B-complex. It has a high energy content compared to other millets.

Finger Millet (Ragi): It is the richest source of calcium (300-350 mg/100 g). Finger millet proteins are unique because of their sulfur-rich amino acid content. Finger millet also has high antioxidant activity.

FOXTAIL (Kangni): It has more than double the quantity of protein compared to rice. It contains minerals such as copper and iron. It is considered to be one of the most digestible and non-allergic grains.

LITTLE (Kutki): It is smaller than other millets. It is high in iron content and has high antioxidant activity. It contains about 38% dietary fiber.

KODO (Kodra): It has a high protein content (11%), low fat (4.2%), and very high fiber content (14.3%). Kodo millet is rich in B vitamins, especially niacin, pyridoxine, and folic acid. It contains a high amount of lecithin and is excellent for strengthening the nervous system.

PROSO (Chena): It contains the highest amount of proteins (12.5%). It contains high amounts of calcium, which is essential for bone growth and maintenance. It reduces cholesterol levels and also reduces the risk of heart diseases.

BARNYARD (Sanvak): It is the richest source of crude fiber and iron. Its grains possess other functional constituents, namely Gamma amino butyric acid (GABA) and Beta glucan, which are used as antioxidants and in reducing blood lipid levels.

BROWNTOP (Hari Kangni): Browntop millet offers several benefits, including high nutritional value and a rich source of dietary fiber. It is also known for its antioxidant properties, which can promote overall health and well-being.

PSEUDO MILLETS

The term "pseudo" in "pseudo millets" refers to the fact that these grains are not true members of the millet family. However, they share similar characteristics with millets and are often used as substitutes in various cuisines around the world.

AMARANTH (Rajgira): It has a high protein content (13-14%) and is a carrier of lysine, an amino acid that is missing or negligible in many other grains. Additionally, it is a rich dietary source of phytosterols, which have cholesterol-lowering properties.

BUCKWHEAT (Kuttu): It contains 13-15% protein and vitamins B1, C, and E. It is rich in polyunsaturated essential fatty acids, such as linoleic acid. High in soluble fibre.

✿ CHAI PAANI ✿

(Enhance your dining experience with a delightful assortment of hot and cold beverages. It's an essential part of any meal, adding a touch of enchantment to your palate.)

- Gurhwali Masala Chai 70/-**
- Gurhwali Millet Chai 100/-**
- Filter Kaapi - South Indian Coffee 90/-**
- Masala Soda 140/-**
- Beetroot Masala Soda 170/-**
- Masala Chhaach 130/-**
- Meethi Kesar Lassi 170/-**
- Thanda Badam Doodh 210/-**
- Millet Soup 120/- (In Season Only)**
- Bottled Water as per MRP**

✿ THELA CHAAT ✿

(A combination of savouries, spice powder, sweetened yoghurt, sweet tamarind sauce, tangy mint coriander sauce and veggies. Introducing ragi millet papdi for the first time.)

Dahi Gulgappa 210/-

🌾 **Dahi Bhalla 230/-**

MM **Bhalla Papdi Chaat (Ragi Millet Papdi) 240/-**

MM **Dahi Papdi Chaat (Ragi Millet Papdi) 240/-**

MM **Sev Poori (Ragi Millet Papdi) 210/-**

Raj Kachori 250/-

Dahi Bada Aloo Dum 210/-

Sev Ghotala 260/-

Chaat Platter 450/-

✿ DESI FRY ✿

(Crispy & flaky traditional fried snacks - prepared with besan and jowar flour, served with gharelu chutneys.)

🌾 M **Onion Bhajiya Pakoda (Jowar) 245/-**

🌾 **Amritsari Paneer Pakoda 290/-**

🌾 **Mewar Special Alu Tikki (Desi Ghee) 230/-**

🌾 **Lakhanpur Ke Bhalle (Garam Ram Ladoo) 230/-**

MM **Beetroot Millet Kabab 340/-**

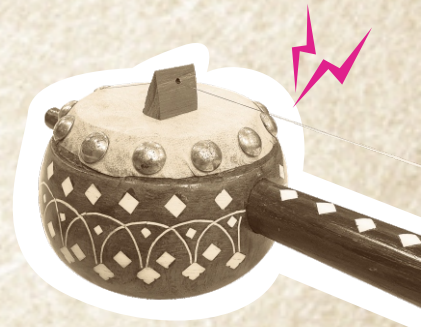
Awadhi Shami Kebab 340/-

🌾 **Tandoori Khumbh 360/-**

🌾 **Sunehari Paneer Tikka 360/-**

🌾 **Gluten-free** M **Millets** MM **Millet Mix**

*Prices mentioned above are exclusive of Taxes.



🌸 PURANI GALI 🌸

(Purani Gali food is often sold in busy markets and streets by hawkers on portable food carts or in old ancestors' shops. This selection of food is something that could bring a swirl of exotic flavours within you.)

Jammu Poori 350/-

A big desi ghee poori, served with alu sabzi, kala chana & halwa.

Pehalwaan Poori 470/-

2 big desi ghee pooris, served with alu sabzi, kala chana, petha, halwa & ragi millet laddu.

(MM) Bajra Poori Thaal 360/-

4 desi ghee pooris, served with alu sabzi, petha, ghee shakkar

(MM) Kadhi Kachori 260/-

(MM) Litti Chokha 230/-

🌾 (M) Rajmah Chawal 375/-

🌾 (M) Kadhi Chawal 270/-

(MM) Bajra Poori (Single) 45/-

Jammu Poori (Single) 80/-

(MM) Jowar Kulche Chholey 310/-

125yr old recipe of chholey which came from Lahore to Namakmandi in Amritsar, made without any oil, onion or tomatoes, served with Baked Jowar & Wholewheat Kulche!

(M) Chaar Pakwaan Platter 750/-

A delectable collection of all your favourite Tandoori Tikka and Kebabs.



🌸 DAKSHIN 🌸

(Heart touching South-Indian dishes with soulful flavours.)

🌾 (M) Samak Millet Dosa (Plain/Alu Masala) 355 / 375 /-

🌾 (M) Ragi Millet Dosa (Plain/Alu Masala) 375 / 395/-

Rawa Dosa (Plain/Alu Masala) 310 / 330/-

(MM) Ragi Rawa Dosa (Plain/Alu Masala) 355 / 395/-

(MM) Jowar Rawa Dosa (Plain/Alu Masala) 355 / 395/-

🌾 (M) Jhumroo Special Karnataka Open Ragi Dosa (Half/Full) 325 / 425/-

🌾 (M) Jhumroo Special Karnataka Samak Millet Open Dosa (Half/Full) 295 / 395/-

🌾 (M) Punjabi Dosa 395/-

🌾 Vada Sambhar 260/-

🌾 Dahi Vada 260/-

🌾 (M) Tawa Idli 295/-

🌾 (M) Millet Rice 275/-

🌸 KHICHADI 🌸

(A traditional one pot dish from different provinces of our India.)

🌾 (M) Pongal 340/-

🌾 (M) Barnyard Millet Khichadi 340/-



🌾 Gluten-free (M) Millets (MM) Millet Mix

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🌸 HIGHWAY TANDOORI PARANTHA 🌸

(Most selling dish on highway restaurants & dhabas, tandoori parantha with charcoal aroma, served with a dollop of homemade white butter on top.)

Chakki Atta / Millet Mix

🌾 (MM) **Alu Parantha 240 / 270/-**

🌾 (MM) **Alu Pyaaz Parantha 240 / 270/-**

🌾 (MM) **Paneer Parantha 270 / 300/-**

🌾 (MM) **Gobhi Parantha (In Season Only) 240 / 270/-**

🌾 (MM) **Mooli Parantha (In Season Only) 240 / 270/-**

🌾 (MM) **Mix Parantha 240 / 270/-**

🌾 (MM) **Kaala Channa Parantha 270 / 300/-**



🌸 NORTH INDIAN DHABA 🌸

🌾 (MM) **Jhumroo Special Desi Thali 590/-**

(Paneer, Dal, Petha, Millet Khichdi, Curd, Onion Bhajiya, 2 Roti/ Paratha, Gurh Gulab Jamun, Masala Chhaach)

🌾 (MM) **Desi Thali 490/-**

(Paneer, Dal, Petha, Millet Khichdi, 2 Roti/ Paratha, Gurh Gulab Jamun)

Paneer Bhurji 450/-

Kaju Makhana Curry 450/-

Sarson Da Saag - 370/- (In Season Only)

Dal Makhan Wali 430/-

Kadhi Pakoda 330/-

Petha 310/-

Kaala Channa 390/-

Rajmah 430 /-

🌾 (MM) **Ragi Roti 120/-**

(MM) **Bajra Roti 120/-**

🌾 (MM) **Ragi Lachha Parantha 160/-**

Chakki Atta Roti 70/-

Chakki Atta Lachha Parantha 120/-

Rice 260/-

Curd 170/-

Raita 180/-



🌾 Gluten-free (M) Millets (MM) Millet Mix

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🌸 MEETHA 🌸

(We created these meethi dishes with lots of love & emotions, that too with health mantra by using jaggery & unrefined sugar.)

Garam Gurh Gulab Jamun (1 Pc) 70/-

Balushahi (1 Pc) 50/-

Gurhwali Jalebi Plate 240/-

🌾 **Besan Halwa Plate 230/-**

🌾 (M) **Samak Millet Badam Kheer (Barnyard Millet & Desi Khand) 195/-**

🌾 (M) **Jowar Malpua with Millet Kheer 230/-**

🌾 **Carrot Beetroot Halwa 190/- (In Season Only)**

Jowar Gurh Gujia (Plain/ with Ice-Cream & Nuts) (1 Pc) 60/140/-

🌸 MITHAI 🌸

(Our traditional Indian sweets are prepared with lots of love, millets & jaggery only.)

🌾 **Besan Burfi 850/- (Per Kg) (Per Pc 30/-)**

🌾 (M) **Jowar Burfi 950/- (Per Kg) (Per Pc 40/-)**

🌾 **Chana Barfi 950/- (Per Kg) (Per Pc 35/-)**

🌾 (M) **Ragi Barfi 950/- (Per Kg) (Per Pc 40/-)**

🌾 **Chana Laddu 950/- (Per Kg) (Per Pc 35/-)**

🌾 (M) **Ragi Laddu 1100/- (Per Kg) (Per Pc 40/-)**

🌾 **Besan Laddu 900/- (Per Kg) (Per Pc 35/-)**

🌾 (M) **Jowar Laddu 1100/- (Per Kg) (Per Pc 40/-)**

🌾 **Besan Panjeeri 1200/- (Per Kg)**

🌾 (M) **Jowar Panjeeri 1350/- (Per Kg)**

🌾 (M) **Ragi Panjeeri 1350/- (Per Kg)**

(MM) **Jowar Gur Para 250/- (250g)**

(MM) **Gur Till Mathi 170/- (250g)**

(MM) **Masala Mathi 170/- (250g)**

🌾 (MM) **Gur Badana 250/- (250g)**

(MM) **Ragi Matri 170/- (250g)**

🌾 **Digestive Shakkar 170/- (250g)**



🌾 Gluten-free (M) Millets (MM) Millet Mix

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“Jhumroo “ a healthy food restaurant brings a pioneering vision of millet based delicacies from the nook and corners of Bharat . The mission of Jhumroo is to present the rich traditions and cultures of our land on your plate. A plate which tantalizes your taste buds, promises a fulfilling wholesome meal and nourishes one’s body & mind with essential nutrients. We hope you join us on this journey to explore the taste of healthy food, power of millets and celebrating life with your loved ones at “Jhumroo”.

Founders of Jhumroo : Dr. Gurmeet Kaur Sabherwal, Rajbir Singh Sabherwal along with Chef Vikas Chawla welcome you.



Poshak Anaaj Award 2025 - IIMR
Best Startup Millet Café



Times Food & Nightlife Award 2025
- Best Healthy Food Casual Dining



Poshak Anaaj Award 2024 - INCC
Millet Culinary Excellence Award



Times Food & Nightlife Award 2024
Best Multi Cuisine - Casual Dining



Times Hospitality Icons 2023
Iconic Healthy Food Restaurant
- Casual Dine



Times Hospitality Icons 2023
Iconic Millet Restaurant - North India

JHUMROO

DIL SE RIWAYATI

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✧ Thank You for Visiting Us ✧

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