

Dear Guests,

Welcome to Sapana Village Lodge. We hope that you are having a great time staying with us. We will do everything we can to make it an unforgettable experience.

Sapana means '**Dream**' in Nepali. Sapana Village not only lets your dreams come true, but also those of the local community. Sapana Village Lodge is a development project, which aims to support the local community. With the profit of the lodge, we initiate projects in the neighbourhood.

Our projects aim is to preserve the local culture, improve health care and education and provide microfinance to start up small businesses.

With projects like Sapana Village Social Impact (SVSI), Sapana Design, Sapana School and Medical Camps, our Tharu preservation projects and hygiene projects at local schools, we try and help the local community. By visiting Sapana Lodge, you support our goals.

Managing waste is challenging in Nepal. Sapana Village Lodge practices proper separation of various wastes collecting from the rooms, kitchen and bars. The wastes separately kept in three different rooms are often sent to waste management department of municipality. The waste generating ratio is high due to the lack of public awareness that has resulted the polluted environment. Sapana Village through its social organization, Sapana Village Social Impact runs various public awareness programs involving the local government.

Filtered and safe drinking water from an improved water source in the premises of the lodge is available to refill your water bottles. Save environment and practice sustainable tourism. Thank you.

We hope that you enjoy your time here with us. If you have any questions, please feel free to ask them or just stop by for a casual chat. We are looking forward to meeting you.

Warm regards,
The Sapana team



Organic Agriculture & Women Empowerment by Sapana Village



Women can take responsibility of leadership if they are offered an opportunity and helping hands. They can be great asset for the development of the country in every sector.

Their participations in successful community welfare activities keep great value.

Sapana Village has supported a group of Musahar Women from the marginalized families to grow organic vegetables in order to earn income for their families.

Sapana Village provides them needed land, seasonal seeds they require, fertilizers, farming tools and necessary trainings.

The women have good opportunities to sell their products because many hotels and local people would like to support them by buying their fresh and healthy vegetables.

They are motivated through the regular visits of agriculture experts and work hard to generate income to take care their families.

The kitchen of Sapana Village also consumes various seasonal vegetables grown by these women. If you want to know more or visit the project,

Please do not hesitate to contact **Mr. Dhurba Giri, Founder** of Sapana Village. Thank You !

Start of the Day

Set breakfast-from 06:30 to 09:30am

Once upon a time in chitwan-----Rs.1200

(Two eggs your style, toast, butter, jam & home made organic honey, hash brown potatoes, fried sausage, organic grilled tomato, coffee or tea)*

Sapana breakfast-----Rs.1150

(Egg as you prefer, toast, butter, jam & home made organic honey, seasonal fresh fruit juice, yoghurt with cashewnut, tea or coffee)*

Sapana healthy start-----Rs.850

(Fresh seasonal fruit salad with yoghurt & home made organic honey tea or coffee)*

Local tharu house breakfast-----Rs.1150

(Mixed vegetable curry, poori or plain paratha (local bread of wheat flour), with pickles, masala tea)*

Classic chitwan breakfast-----Rs.1200

(Two himalayan millet pancakes, oregano potato, green-corn, fresh grilled vegetable, tea or coffee)*

Home-made bakery breakfast (Ask for Availability)-----Rs.1100

(Cinnamon roll, croissant, muffin with jam, butter & home made organic honey, egg of your style, cheese slices, tea or coffee)*

***Coffee:** *Americano Only*

(Other kind of coffee will be add as extra to the set breakfast)

***Tea:** *Tea bag of your choice*



Pancake

| | |
|---|--------|
| Tharu cottage cheese pancake----- | Rs.550 |
| <i>(Wheat flour, cheese, vanilla and egg's white)</i> | |
| Lemon & sugar pancake----- | Rs.550 |
| Chepang home organic honey pancake <i>(Plain)</i> ----- | Rs.550 |
| Chocolate paste pancake----- | Rs.550 |
| Mixed seasonal fruit pancake----- | Rs.550 |
| Banana pancake----- | Rs.550 |
| Chepang hills millet pancake----- | Rs.550 |

Porridge

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|------------------------|--------|
| Plain----- | Rs.600 |
| Banana & cinnamon----- | Rs.600 |
| Mixed fruit----- | Rs.600 |

Muesli and Cereal

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|---|--------|
| Muesli with seasonal fruit, yogurt and organic honey----- | Rs.750 |
| Muesli with yogurt and organic honey----- | Rs.650 |
| Corn flakes with cold milk----- | Rs.500 |
| Corn flakes, fruits and cold milk----- | Rs.750 |
| Chocos with cold milk----- | Rs.500 |

Yoghurt

| | |
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| Fresh yoghurt, honey & cashew-nut----- | Rs.600 |
| Plain yoghurt----- | Rs.250 |

Eggs

| | |
|-----------------------------------|--------|
| Scrambled egg w/toast----- | Rs.475 |
| Cheese omelet w/toast----- | Rs.550 |
| Vegetable omelet w/toast----- | Rs.450 |
| Boiled eggs 2 pieces w/toast----- | Rs.350 |
| Poached eggs w/toast----- | Rs.450 |

Homemade Fresh Breads

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|---------------------------------------|--------|
| Toast with jam & butter or honey----- | Rs.375 |
| Toast with peanut butter----- | Rs.350 |
| Toast with chocolate paste----- | Rs.375 |
| French toast with organic honey----- | Rs.450 |

(Ask for Availability)

| | |
|--------------------|--------|
| Cinnamon roll----- | Rs.250 |
| Croissant----- | Rs.200 |
| Muffin----- | Rs.150 |

Fruit

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|---------------------------------|--------|
| Seasonal fresh fruit salad----- | Rs.485 |
|---------------------------------|--------|

Appetizers

Mo-Mo (Served with Fresh Harvest Soup & Pickle)

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| Vegetable and cheese Mo-Mo (8 pieces)----- | Rs.600 |
| Chicken Mo-Mo (8 pieces)----- | Rs.850 |
| Paneer and mushroom Mo-Mo (8 pieces)----- | Rs.800 |

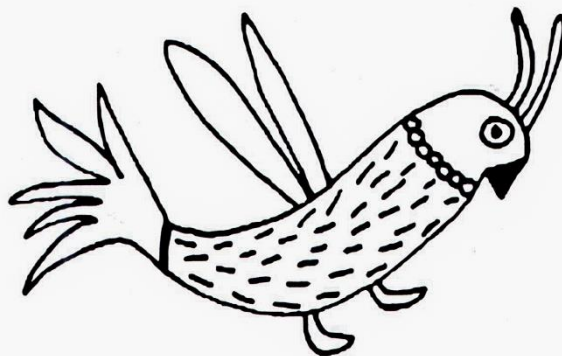
Potato Item

| | |
|-----------------------------------|--------|
| French fries----- | Rs.400 |
| Potato & Spinach cheese ball----- | Rs.650 |
| Roasted potato----- | Rs.400 |
| Aalu jeera----- | Rs.400 |
| Aalu bhujia----- | Rs.400 |

| | |
|---|---------------|
| Vegetable & cheese fried pakoda----- | Rs.590 |
|---|---------------|

Chillies (Served with side salad)

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|----------------------|--------|
| Paneer chilly----- | Rs.700 |
| Chicken chilly----- | Rs.750 |
| Fish chilly----- | Rs.850 |
| Mushroom chilly----- | Rs.750 |



Bread

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|--|--------|
| Paratha with pickles and plain curd----- | Rs.500 |
| Chapati with pickles and plain curd----- | Rs.500 |

Chicken Fried

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| Wings fried with BBQ sauce----- | Rs.650 |
| Nepali-style bone fried chicken with tartar sauce----- | Rs.700 |

Soup & Salad

Homemade Soups (Served with garlic bread)

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|-------------------------------------|--------|
| Vegetable or Chicken thukpa----- | Rs.550 |
| Sapana garden vegetable soup----- | Rs.550 |
| Chicken & mushroom soup----- | Rs.650 |
| French onion soup----- | Rs.500 |
| Fresh tomato soup----- | Rs.450 |
| Cream of spinach mushroom soup----- | Rs.550 |
| Tomato or cucumber cold soup----- | Rs.550 |

Fresh Salad

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|---|--------|
| Dream salad----- | Rs.800 |
| (Light meat, tuna, onion, green-pepper, pinne pasta, olive and lemon) | |
| Niçoise salad (With tuna and olive)----- | Rs.750 |
| Seasonal mixed vegetable salad----- | Rs.700 |
| Chicken curry salad----- | Rs.850 |
| Beetroot apple salad (Beetroot, apple, yoghurt & nuts)----- | Rs.750 |

Grilled Sandwiches (Served with a side salad and chips)

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|--------------------------|--------|
| Vegetable & chicken----- | Rs.750 |
| Vegetable & cheese----- | Rs.700 |
| Cheese & tomato----- | Rs.700 |
| Tuna fish----- | Rs.750 |



Signature Dishes

Sapana Kitchen Special Veg. or Non.-veg.(Surprise)-----Rs.1600

Fish and chips (With vegetable, chips & tartar sauce)-----Rs.1250

Chicken cordon bleu (Served with vegetable & chips)-----Rs.1350
(Stuffed with ham and cheese, coated with crunchy golden breadcrumbs)

Chicken spinach corden bleu (Served with vegetable & chips)---Rs.1400
(Stuffed with spinach, ham and cheese, coated with crunchy golden breadcrumbs)

Butter chicken delight (Served with vegetable and rice)-----Rs.1250
(Creamy and delicious chicken curry with tomato & butter sauce)

Tharu cheechar with Mixed vegetables or Chicken curry---Rs.1250
(Special rice wrapped in banana leaf and served with curry)

Biryani special (Veg. Paneer or Chicken)-----Rs.1350

Paneer butter masala (Served with vegetable and rice)-----Rs.1250
(Rich & creamy curry made with paneer, spices, onions, tomatoes, cashews and butter)

Sapana dream pizza (Ham, salami, mushroom etc.)-----Rs.1350

Choice of the day

Fish (Served with vegetable & chips or rice)

Grilled fish-----Rs.1250

Fish in lemon sauce-----Rs.1250

Chicken (Served with vegetable & chips or rice)

Grilled chicken with sauce of your choice-----Rs.1300

Chicken sizzler-----Rs.1350

Chicken in cashew nuts sauce-----Rs.1200

Chicken stroganoff-----Rs.1200

Beef (Served with vegetable & chips or rice)

Beef sizzler-----Rs.1400

Steak with onion & mushroom sauce-----Rs.1300

Steak with pineapple and curry sauce-----Rs.1300

Pizza Choice

Vegetable and cheese pizza-----Rs.950

Chicken pizza-----Rs.1150

Supreme pizza (Ham, spinach, pineapple & mushroom)-----Rs.1250

Dine in style

Tandoori *(Available only for dinner)*

Plain naan-----Rs.250

(Flat bread made in tandoor oven considered as side dish)

Butter naan-----Rs.350

Garlic naan-----Rs.350

Sapana special naan-----Rs.450

Tandoori chicken (Quarter, Half or Full)-----Rs.1100/1900/3000

Marinated in yoghurt and spices and roasted in tandoor clay oven served with mashed-garlic potato, lemon rice and salad)

Chicken tikka-----Rs.1150

(Chopped chicken marinated in yoghurt, lemon and spices generally baked or grilled in oven-served with rice & salad)

Harabhara kebab-----Rs.1175

(Patties filled with spinach, peas and potatoes)

(Served with naan, pickle and salad)

Boti kebab-----Rs.1250

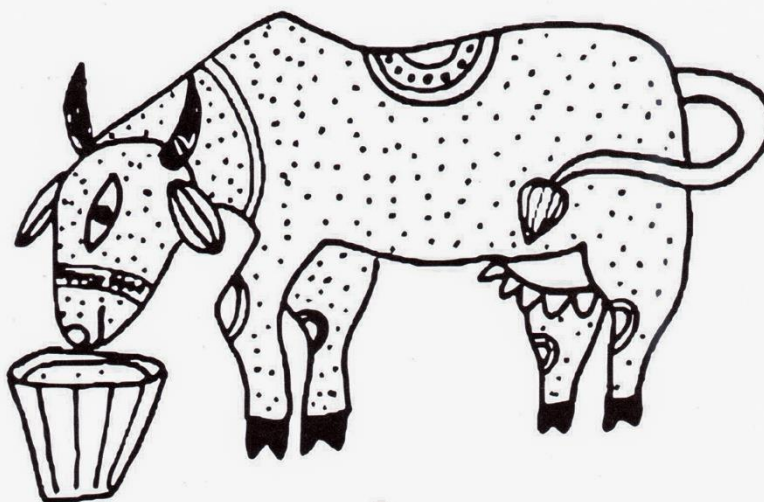
(Chicken marinated in spices, skewered and grilled to perfection)

(served with naan, pickle and salad)

Chicken sekuwa-----Rs.1100

(Meat roasted in wood fire marinated in natural herbs and spices)

(served with chapati and rice)



Mexican

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|---|---------|
| Organic vegetable enchilada----- | Rs.850 |
| Chicken enchilada----- | Rs.1050 |
| Spaghetti bolognese----- | Rs.1050 |
| Spaghetti carbonara----- | Rs.1050 |
| Spaghetti cheese sauce with olive----- | Rs.800 |
| Mari's spaghetti (<i>Tomato sauce, cheese and olive</i>)----- | Rs.850 |
| Macaroni cheese sauce----- | Rs.750 |
| Macaroni chicken/tomato sauce----- | Rs.950 |

Rice and Noodle

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|--|--------|
| Fried rice special with vegetable----- | Rs.650 |
| Fried rice special with chicken----- | Rs.850 |
| Plain rice----- | Rs.250 |
| Noodles with vegetable----- | Rs.650 |
| Noodles with chicken----- | Rs.850 |



Kathe Roti-----Rs.890

*(Skewer veg. or chicken kebab wrapped in chapati,
served with chips and salad)*

Chicken Chhoila-----Rs.1150

*(Chicken meat cubes marinated in lemon and spices,
grilled in open fire to perfection, served with rice and salad)*

Chicken Sadeko-----Rs.950

*(Light savory salad made with grilled chicken dressed with
chopped onion, tomatoes and green chillies)
(served with chapati and salad)*

Tharu Home Pulao (Served with Chicken or Veg. curry)-----Rs.1050

Our special: Nepali dal bhat tarkari (Veg.)-----Rs.950

Nepali Festival Dish-----Rs.1450

(Gundruk soup, vegetable curry, lentil sauce, chicken or pork curry, crispy papadam, pickle, white rice, dessert)



Curry (Served with rice or chapati)

Mixed vegetable curry-----Rs.650

Paneer curry-----Rs.750

Chicken curry-----Rs.850

Paneer korma-----Rs.850

Vegetarian (Served with rice or chapati)

Cauliflower cheese sauce-----Rs.850

Steam vegetable plate-----Rs.600

Vegan Meals

Fresh tomato soup-----Rs.450

Gundruk bhatmas soup-----Rs.550

Poori tarkari-----Rs.850

Spaghetti totmato sauce-----Rs.850

Fried rice special with vegetable-----Rs.650

Noodles with vegetable-----Rs.650

Mixed vegetable curry with chapati or rice-----Rs.650

Desserts

Our special:

Sapana yoghurt-----Rs.600

Let's be tempted by our special dessert: a fresh local nepali yoghurt mixed with cashew-nut, coconut, honey & cinnamon. delicious!

Chocolate & banana nut pudding-----Rs.600

Pancake with chocolate paste & grilled nut topped-----Rs.600

Seasonal fresh fruit salad-----Rs.600

Banana fritters-----Rs.400

Banana flambé-----Rs.600

Ice cream 2 scoops with side cookies-----Rs.700



What is that?

Alu jeera: Is often simply is a popular crispy snack and is prepared by using and spices and potato.

Chapati or roti: Is an unleavened flat bread made from a firm dough made from flour and water.

Dal bhat: Is a traditional meal which is popular in many areas of nepal. It consists of steamed rice and a cooked lentil soup called dal. Dal bhat is often served with vegetable tarkari: a mix of available seasonal vegetables and pickles.

Gundruk: Is a typical nepali fermented leafy green vegetables of radish, cauliflower or roots of radish.

Masala tea: Is a flavoured tea beverage made by brewing black tea with a mixture of aromatic spices and herbs, mixed all together with milk.

Mo-mo: Is a type of steamed bun with or without filling (Veg. or non-veg.). The dough is rolled into small circular flatpieces. The filling is then enclosed in the circular dough cover either in a round pocket or in a half-moon.

Pakoda: Is made from a mix of finely cut onions, green chillies, potato or vegetable and spices mixed in gram flour. This is rolled into small balls or sprinkled straight in hot oil and fried. Pakodas are very crisp on the outside and medium soft to crisp inside.

Paneer: Is a nunaged, acid-set, non-melting farmer cheese that is similar to acid-set fresh mozzarella and queso blanco, except that it does not have salt added, much like hoop cheese.

Papadam: Is a thin, crisp disc-shaped food typically based on a seasoned dough made from black gram (urad flour), fried or cooked with dry Heat. papadams are typically served as an accompaniment to a meal or as an appetizer or snack.

Pickles, achar or chutney: Is marinated and eaten in small amounts to add flavor to meal. It can both be fresh or aged. pickles can be eaten with everything and are veg.

Plain paratha: Is a flatbread made by pan frying whole wheat dough.

Poori: is a fried bread made from wheat flour.