



GRAND HOTEL  
ESTABLISHED 1891



**Grand Hotel  
Lassis Menu**



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# Spinach Lassi

This nutritious leafy vegetable, when added to the creamy, refreshing cooler lends a brilliant taste and texture to the Lassi. Rich in protein, fibre and vitamins, this variant is a treat during hot summer days. In Haryana, Spinach Lassi is prepared with an interesting 'smokey' twist. Oil and asafoetida are lightly stirred in a bowl placed on burning coal. The mixture adds a unique flavour to the lassi. Fitness enthusiasts could easily meet their health goals by indulging in the goodness of Spinach Lassi.

## Ingredients

- Fresh curd
- Spinach leaves
- Green chili
- Cumin powder
- Salt
- Ginger
- Fresh cream

## Method

- ☞ Blanche spinach leaves in boiling water for 3-4 minutes. Once blanched, transfer the spinach to ice water and allow to cool down.
- ☞ In a blender, add blanched spinach, curd and all the remaining ingredients. Blend well.
- ☞ Before serving, garnish with spinach leaves and sprinkle cumin powder on top





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# Betel Leaf Lassi

Betel is a traditional mouth freshener in many parts of the world for centuries which is prepared with betel leaf, betel nuts and rose water. The betel leaf has analgesic or pain-relieving properties and aids in digestion. Rose water is rich in antioxidants that help improve eyesight, remove toxins from the body and are good for the skin. While chewing betel may not suit everyone's style, the healthy and delicious Betel Leaf Lassi is a worthy alternative.

## Ingredients

- Fresh curd
- Rose water
- Sugar
- Cardamom powder
- Fresh cream
- Betel leaves

## Method

- In a blender, add curd and rose water. Blend into a smooth paste
- Add the remaining ingredients and blend the mix again.
- Pour the lassi into tall glasses
- Garnish with gulkind and a betel leaf before serving





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# Cardamom Mint Lassi



The soothing, refreshing mint is everyone's favourite. To make your lassi 'minty' and full of flavour, all you need to do is learn the recipe of cardamom mint lassi and discover its uniqueness. Rich in vitamins and micro-nutrients, cardamom has antimicrobial properties and when this ingredient infuses with the minty-yoghurt drink, the taste buds are in for a roller coaster ride!

## Ingredients

Fresh curd

Milk

Sugar

Cardamom powder

Mint leaves

## Method

- In a blender, add all the listed ingredients. Blend till smooth, creamy, and frothy. Taste and adjust the sweetness. If required, add more ice cubes for a thinner consistency.
- Pour the lassi into glasses. Garnish with fresh mint leaves and a pinch of cardamom powder.
- Serve immediately





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# Strawberry Lassi

Strawberries are an excellent source of vitamins C and K, folic acid, manganese and potassium. Rich in fibre, they also contain phytonutrients and flavonoids which lend them the bright red colour. From teeth whitening, aiding in digestion to curing skin irritations, strawberries regulate blood sugar levels by alleviating hunger pangs. When these juicy strawberries are whisked with yoghurt and flavoured with cardamom, the aromatic and appetizing strawberry lassi makes you forget all the smoothies of the world.

## Ingredients

Fresh curd

Fresh strawberry

Sugar

Cardamom powder

Salt

## Method

- In a blender, add strawberries, sugar, cardamom and salt. Blend into a smooth purée.
- Add curd and ice cubes to the purée and blend well.
- Pour the lassi into tall glasses and serve chilled.







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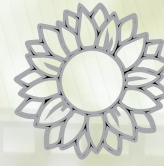




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# Lemon Lassi



The humble lemon, ubiquitous in every kitchen, is perhaps the most popular citrus fruit in the world. Though too sour to be eaten as a fruit, its juice is used in many recipes as well as beverages. Apart from being a source of vitamin C, it is rich in potassium as well. It controls blood pressure, prevents flu and cold, and relieves asthma symptoms. This recipe is similar to Gondhoraj Ghol but the purist among my Bengali friends insist that the flavour of the specific variety of lemon used in the traditional preparation is unparalleled.

## Ingredients

Fresh curd

Sugar

Lemon Juice

Lemon zest

Edible flower

## Method

- In a blender, add curd water, sugar, lemon juice and lemon zest. Blend until light and frothy.
- Taste and adjust the sugar and lemon to your liking.
- Pour the lassi into tall glasses. Add ice cubes and garnish with edible flowers.
- Serve chilled





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# Papaya & Honey Lassi

When the nutritiousness of papaya and honey is added to this yoghurt-based drink, the outcome is deliciously divine. From dissolving toxins from the body, cleansing the digestive system to preventing wrinkles, Papaya & Honey Lassi is another name for overall wellness. Since papaya and honey are readily available ingredients, just follow these simple steps and indulge the beverage junkie in you

## Ingredients

Fresh papaya

Kithul honey

Milk

Water

Ice cubes

## Method

- In a blender, add papaya. Blend till the mix achieves a thick consistency
- Add honey, Milk and water, Blend again.
- Pour the lassi into tall glasses.
- Serve chilled





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# Pineapple & Basil Lassi



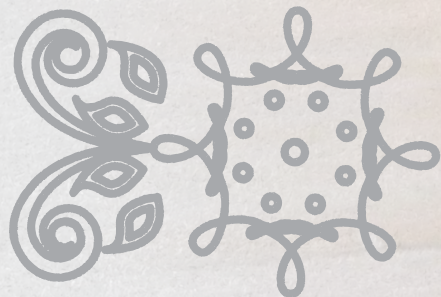
The tropical treat of fresh pineapple, when teamed with the traditional goodness of basil leaves and yoghurt, results in a healthy and luscious drink. Basil is known to ease psychological stress and cure headache and fever. Pineapple is rich in fibre, vitamin C, and manganese, and it also contains bromelain - an enzyme that reduces inflammation and swelling due to sinusitis, sore throat and arthritis. But even if you don't complain of any of these maladies, this refreshing lassi is worth a try.

## Ingredients

- Pineapple
- Sugar
- Fresh curd
- Milk
- Salt
- Basil leaf
- Black pepper powder for garnish

## Method

- In a blender, add all the listed ingredients. Blend until smooth.
- Pour the lassi into tall glasses
- Sprinkle black pepper powder on top and garnish with pineapple pieces
- Serve chilled





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# Dates Lassi

Another superfood, dates were relished by Arab travellers during long journeys and voyages and even today, during Ramazan, people around the world break their fast with dates. Rich in sugar, essential vitamins, minerals and nutrients, dates boost energy levels and provide sustenance. This yoghurt-based drink is an absolute treat when garnished with dry fruits.

## Ingredients

Jaggery

Dates

Water

Fresh curd

Fresh cream

Ice cube

## Method

- 1. In a saucepan, add jaggery, water and dates. Boil till the dates become soft.
- 2. In a mixer add the softened dates. Blend into a smooth paste and allow it to cool down in a freezer for 5 minutes.
- 3. In a separate blender, add cured cream, ice cubes, pistachios, almonds and previously prepared date paste. Churn well.
- 4. Pour the lassi into glasses. Garnish with pistachio flakes, almonds and edible flowers.
- 5. Serve chilled.







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# Ginger Lassi

In winter, we often crave steaming cups of chai, and when ginger is added to our cuppa, the experience is ever so comforting. Similarly, lassi acquires a whole new meaning when flavoured with ginger. Abundant in anti-inflammatory properties, ginger inhibits bacterial growth, reduces muscle pain, cures soreness and help in lowering blood sugar levels. For a healthy heart, glass of Ginger Lassi is a must!

## Ingredients

Fresh curd

Salt

Cumin powder

Ginger

Green chili

Fresh cream

Mint leaves

## Method

- ☞ In a blender, add curd, black salt, and cumin powder along with all the remaining ingredients. Blend well until smooth.
- ☞ Pour the lassi into tall glasses
- ☞ Garnish with fresh mint leaves and chopped ginger.
- ☞ Serve chilled





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# Turmeric Lassi



The west is just discovering the magical healing powers of turmeric—a secret that's been known to every mother and grandmother in Sri Lanka for ages. Curcumin the antioxidant in turmeric, has anti-inflammatory properties. Turmeric also cleanses the blood, enhances its circulation and aids in tissue healing. Just a pinch of turmeric added to a glass of lassi paves the route to good health and great taste.

## Ingredients

Fresh curd

Salt

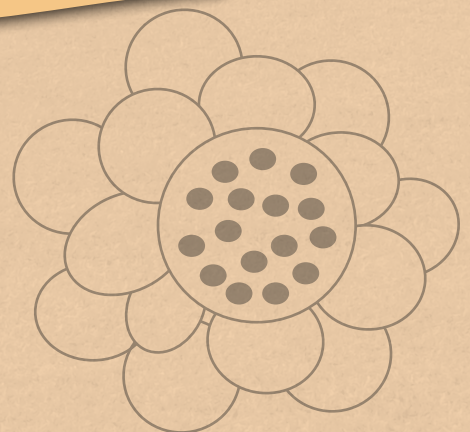
Cumin powder

Ginger

Fresh turmeric

## Method

- In a blender, add curd, salt, black salt, cumin powder, ginger and turmeric. Blend till the mix is smooth. Refrain from adding too much turmeric. else the lassi will taste bitter.
- Pour the lassi into tall glasses
- Before serving, garnish the drink with fresh turmeric on top





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# Coconut Lassi

The three little 'eyes' on its shell earned coconut its name as Spanish explorers thought it resembled a grinning face (coco). Highly nutritious, rich in fibre and vitamins, coconut is easily metabolized by the body to provide instant energy.

This refreshing lassi helps in lowering blood pressure and aids in digestive functions. And if you are a fitness freak, a glass of coconut Lassi is sure to drive all your health woes away.

## Ingredients

Fresh curd

Salt

Cumin powder

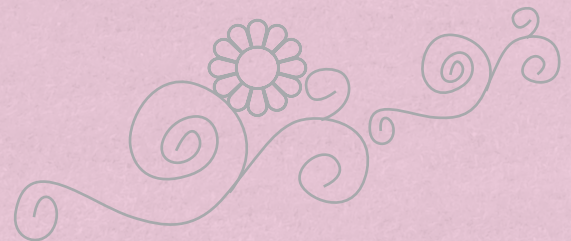
Coconut

Sugar

Ice cube

## Method

1. In a blender, add curd, and grated coconut. Blend until the mixture is smooth.
2. Add coconut milk, sugar, salt and cumin powder, Blend again.
3. Pour the lassi into serving glasses.
4. Sprinkle grated coconut on top before serving this delicious drink.





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# Green Chili Lassi

Not for the faint-hearted, this unusual preparation can be enjoyed by those who relish the flavour of green chilies and have a reasonably higher tolerance for spice. Green chilies are rich in dietary fibre and are a source of vitamin C, and, while yoghurt does dilute the hotness of the chili to some extent, be careful and start with a small sip instead of downing a glass of Green Chilli Lassi in one go.

## Ingredients

Fresh curd

Green chili

Black pepper

Coriander leaves

Mint leaves

Ice cubes

Roasted mustard seeds

Sesame oil

## Method

➤ In a blender, add all listed ingredients except mustard seeds, and mustard oil. Blend for 30-40 seconds.

➤ Pour the Lassi into glasses







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## A Taste of Tradition, Perfected for Your Enjoyment

At Grand Indian Restaurant, we take pride in offering a selection of lassis that reflect the rich and diverse flavors of Indian cuisine. Our lassis are crafted from the freshest ingredients and are a perfect blend of tradition and innovation, designed to enhance your dining experience in the serene setting of Nuwara Eliya. Whether you're looking for a refreshing break or a flavorful complement to your meal, our lassis are made with care to satisfy your taste buds.

## Acknowledgment

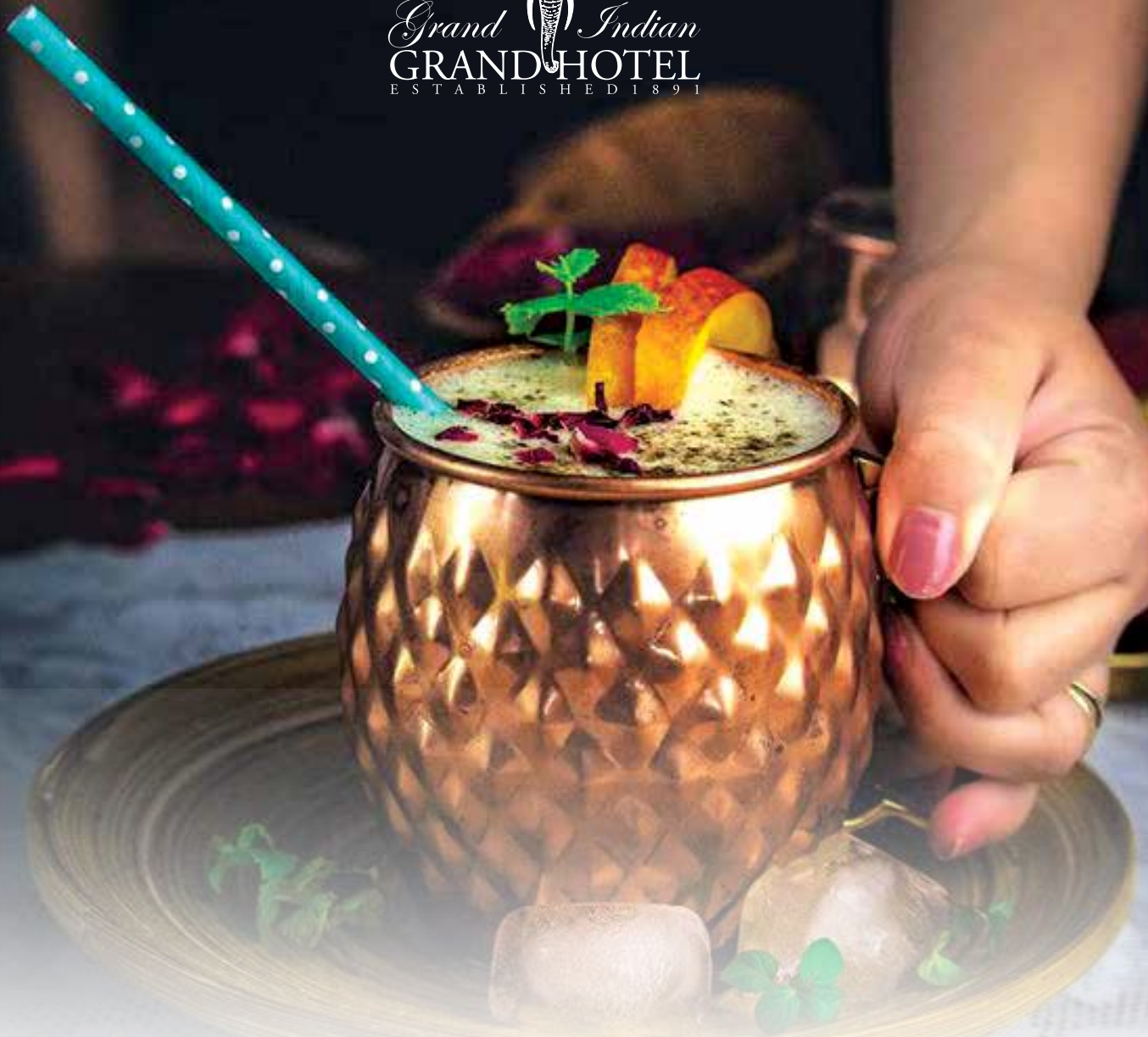
We extend our heartfelt gratitude to our valued guests for joining us at Grand Indian Restaurant. Your support and enthusiasm for our menu inspire us to continue delivering exceptional culinary experiences. We are committed to using the finest ingredients and traditional techniques to bring you authentic flavors and delightful dishes. Thank you for allowing us to be a part of your dining journey in beautiful Nuwara Eliya. We hope you enjoy our lassis and the rest of our menu, crafted with love and passion.



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Embark on a culinary journey through the flavors of Thailand with our Grand Thai menu, where each dish is a harmonious symphony of aromatic herbs, exotic spices, and vibrant ingredients that will transport your taste buds to the heart of Southeast Asia



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