



OFFICE OF THE CHIEF EXECUTIVE OFFICER SHRI AMARNATHJI SHRINE BOARD

FOOD MENU FOR ANNUAL SHRI AMARNATHJI YATRA

#	Permitted Menu	Banned Menu
1	Cereals, Pulses, Green Vegetables, Potato, Saag, Nutrela (Soya Chunks), Besan Curry, Plain Dal, Green Salad, Fruits and Sprouts.	All Non Veg foods, Alcohol, Tobacco, Gutka, Pan Masala, Smoking, other intoxicants.
2	Plain Rice, Zeera Rice, Khichri and Nutrela Rice.	Heavy Pullav/ Fried Rice.
3	Roti/ Phulka, Dal Roti, Missi Roti, Makki ki Roti (unfried, without oil/ butter), Tandoori Roti, Bread/ Kulcha/ Double Roti, Rusk, Chocolate Biscuits, Roasted Channa and Jaggery, Sambar, Idli, Uttapam, Poha, Vegetable Sandwich (without cream / butter/ cheese), Bread Jam, Kashmiri Nan (girda), and Steamed Dumplings (Vegetable Momos).	Poori, Bathura, Piza, Burgar, Stuffed Parantha, Dosa and Fried Roti, Bread-with Butter, Cream Based Foods, Pickle, Chutney, Fried Papad, Chowmein and all other Fried/ Fast Food.
4	Herbal Tea, Coffee, Low Fat Curd, Sharbat, Lemon Squash/ Water, Low Fat Milk, Fruits Juice, Vegetable Soup, Mineral Water, Glucose (in standard packet form).	Cold Drinks and Karrah.
5	Kheer (Rice/ Sabudana), White Oats (Daliya), Figs, Raisins, Apricots, Other Dry fruits (only roasted / raw), Low Fat Milk Sawain, Honey, Boiled Sweets (Candy), Roasted Papad, Khakra, Til Ka Ladoo, Dhokla, Chikki (Guchak), Reweri, Phulian Makhane, Murmara, Dry Petha, Amla Muraba, Fruit Muraba and Green Coconut.	Halwa, Jalebi, Gulab Jamun, Laddu Khoya Burfi, Rasgulla and all other Halwai items, Crunchy Snacks (high in fat and salts) Chips/ Kurkure, Matthi, Namkeen Mixture, Pokora, Samosa, Fried Dry Fruits and all other Deep Fried Items.

Notes

1. The above Food Menu shall apply to Langar Organizations/ Food Stalls/ Shops/ other establishments which come up in the Yatra area to serve / sell food to the Yatris/ Service Providers. No item mentioned under 'Banned Menu' shall be served / sold/ stored by the Langar Organizations/ Food Stalls / Shops/ other establishments.
2. District Magistrates of Ganderbal and Anantnag Districts shall issue appropriate orders under Ranbir Penal Code specifying penalties to be imposed for violation of the Food Menu prescribed above.
3. To prevent dehydration, plain water should be served in large quantities to the Yatris/ Service Providers.