



LUNCH
MENU



SOUPS

CHICKEN & BAMBOO SHOOT 475

A light herbal broth with chicken meatballs & sliced bamboo shoots

CREAM OF BROCCOLI 375

A hearty and healthy soup, loaded with greens!

MUSHROOM NOODLE 375

Thin rice noodles cooked in a refreshing vegetarian broth with mixed mushrooms

+ Prawn 100





TOM YUM 450 • 400 • 375

The classic Thai soup infused with fresh Lakadong turmeric roots

Prawn • Pork • Veg

SYRWA PASHOR 350

A nutritious soup made with tender banana blossoms & local herbs

 Signature Dish  Vegetarian  Vegan  Spicy

Prices are in INR and additional 5% GST is applicable

Please let us know if you have any food allergies



SALADS

RYNSAN GARDEN 375

Mixed organic greens tossed with local honey dressing

+ Garlic butter shrimp 250

+ Lemongrass chicken 200

GRILLED PORK SALAD 450

Smoky grilled pork slices with fresh herbs in a tangy sauce

WILD FERN SALAD 375

Fiddlehead ferns, seasonal greens with crushed roasted peanuts

GRILLED FISH SALAD 550





Diced grilled bhetki with mixed greens in a citrusy dressing

PASHOR KAIT KHLEH 350

A tangy salad made with fresh sliced banana blossoms

BAMBOO SHOOT SALAD 500

Steamed shredded bamboo shoot from Mizoram tossed with local herbs

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PLATES TO BEGIN

PUTHARO SLIDERS 475 • 450 • 350 • 350 🌟

Khasi steamed pounded rice cakes with assorted toppings

Smoked Pork • Prawn • Mushroom • Banana Flower

RUSTIC FRIED CHICKEN 450 🌟

Crunchy and juicy chicken paired with a tangy tamarind dip

FUNKY FISH 600 🌟🌶️🌶️

Lightly battered and stir fried with local fermented soybeans & peppers

CRUNCHY BANANA BLOSSOM 400 🌱

Banana flower and assorted veggies, lightly battered and fried

CHICKEN & CHEESE ROLL 450

Steamed & grilled homemade sausages served with a special dip

THIN CRUST PIZZA 700 • 500 • 700 • 650 • 550

Light, crispy and smothered with cheese

Doh Shaiñ • Mushroom • Smoked Chorizo • Pork • Chicken

RYNSAN FISH CAKE 600 🌟

Banana leaf steamed fish blended with a piquant wild perilla chutney!

AVOCADO BAMBOO SHOOT TOAST 450 🌱

Smashed avocados on multigrain bread topped with Mizo bamboo shoot pickle and local Feta cheese!

+ Fried Farm Egg 100

🌟 Signature Dish 🌱 Vegetarian 🌿 Vegan 🌶️ Spicy

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DOH THAD PLATTER 475

Fried smoked pork, local herb potato mash & dry fish chutney

SAUSAGE MIXED GRILL 900

Homemade sai krok, smoked chorizo, chicken & cheese roll

JAIUR WINGS 525 🌶️ 🌶️

Crispy chicken tossed together with local sichuan pepper

PRAWN CHORIZO 700

Garlic prawn and diced smoked chorizo grilled together with herbs

POTATO CHEESE BALLS 400 🍱

Crispy, creamy and comforting!

BACON SAI KROK 700

Pork & rice sausages wrapped in bacon

PRAWN SHYNRAI 525 🌶️

Lightly battered prawns fried with fresh turmeric!

RINDS & WAFERS 350 🌶️

Puffy, crunchy & savoury fried Pork skin served with potato wafers & spicy house mayo

MASH & MUSHROOMS 400 🍱

Seared mixed mushrooms on creamy buttered mash potatoes

+ Doh Shain 200

🌶️ Signature Dish 🍱 Vegetarian 🌱 Vegan 🌶️ Spicy

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ONE PLATE MEALS

RYNSAN CRISPY PORK BELLY* 650

Made with fresh pork from Laitlyngkot village

GRILLED CHICKEN* 550

Served with a savoury Khasi black pepper sauce

BEAN BASTENGA STEW* 500 • 550 🌶️

Kholar beans cooked with dry bamboo shoot

Veg • Smoked Pork

WILD PERILLA PASTA 450 • 550 • 550 🌟

Spaghetti in a fresh Nei Lieh sauce

Veg • Smoked Pork • Prawn

CHIMICHURRI SANDWICH 550 • 500 • 450

Made with fresh herbs & local artisanal bread

Roast Pork • Grilled Fish • Grilled Chicken

SMOKED PORK KAPPA* 525 🌶️🌶️

A fresh & fiery green herb curry from the Garo Hills

SUPER THIGH CHICKEN 600 🌟

Roasted chicken thighs & sweet potatoes served with a special Khasi tamarind sauce

🌟 Signature Dish 🌱 Vegetarian 🌿 Vegan 🌶️ Spicy

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LEMON BUTTER PRAWNS 525

Served on stiry fried egg noodles and grilled broccoli & greens!

HERB GRILLED FISH 625

Served with mushroom fried rice & bean cheese stew

THAI GREEN CURRY* 600 • 550 • 550 • 500 • 450

Made with our own fresh green curry paste

Smoked Pork • Pork • Prawn • Chicken • Veg

BAMBOO SHOOT BAI 425

Mizo bamboo shoot stew served with Ja Stem & local pickle

CRACKLING PORK CHOW 425

Hakka noodles with twice cooked crispy pork belly!

PRAWN TOM YUM NOODLES 600

Egg noodles & prawns cooked in a Tom Yum sauce with homemade chilli jam!

SPICY BASIL CRISPY PORK 650

Stir fried crispy pork belly with fresh chillies, garlic and fresh basil from the garden





NEI İONG FRIED RICE 600 • 450 • 650

Fried rice cooked with black sesame sauce and seasonal wild herbs topped with your choice of:

Grilled Chicken • Mixed Sauteed Mushroom • Doh Shaiñ

All the dishes above are accompanied by a fresh green salad

*Served with turmeric rice and vegetable dish of the day

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ONLY ON WEEKENDS

Friday to Sunday

RYNSAN SHILLONG PLATTER 950

Doh Khlieh Cheese, Rynsan Fish Cake, Spicy Mayo Pork Rinds, Crispy Country Chicken Salad, Local Breads & Dips

KA PDUNG BUH BAM TYNRAI 1000

An assortment of Khasi delicacies!

{Doh Khlieh, Doh Syiar Khleh, Doh Nei ĩong, Putharo, Pu Maloi, Tungrymbai Dawki}

DOH SNIANG NEI ĩONG 500

A Khasi celebratory dish starring Pork Belly and Black Sesame paste!

DOH KHLIEH 375

The classic Pig Head Salad served with Jyllang Sohsaw chutney

DOH SYIAR KHLEH 350

Shredded country chicken mixed with boiled farm eggs & wild herbs, served with Tungtap Ja ut

DOH SYIAR 535

Country chicken cooked over fire with Khasi black pepper

BURMESE SMOKED PORK CURRY 650

The famous Gaeng Hang Lay cooked with fresh smoked pork from Laitkyrhong and local spices

GRILLED BASTENGA RIBS 800 🌶️

Twice cooked pork ribs served with a fresh tomato bamboo shoot sauce

RYNSAN ROAST CHICKEN 800 • 1500 ⭐

Brined overnight with fresh herbs and spices. Served with roasted veggies and a special sauce

Half • Whole

🌟 Signature Dish 🌱 Vegetarian 🌿 Vegan 🌶️ Spicy

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CHUTNEYS & DIPS

TURMERIC TUNGTAP 150 🌶️🌶️

Local dry fish chutney with turmeric roots & roasted chillies

SAUM 150 🌶️🌶️

Fermented lard chutney with onion roots & smashed roasted chillies

SMOKED PORK CHUTNEY 400 ⭐

Laitkyrhong smoked pork with roasted tomatoes and wild herbs

FERMENTED SOYA BEAN 200 🌱🌶️🌶️

A super spicy chutney made with roasted tomatoes & mashed potatoes

JAIUR TUNGTAP 250 🌶️🌶️

Local dry fish chutney with fresh red peppers & local sichuan pepper

LOCAL PICKLES

SOHMYNKEN ASHAR 50 per piece

Khasi large red chili pickle

SOHMYNKEN KHNAI 200

Khasi Birds eye chilli pickle

MAWTUAI PICKLE 250

Mizo tender bamboo shoot pickle

MIZO CHILLI PASTE 200

Fiery chilli flakes infused with deep piquant flavours

SEASONAL PICKLES Price varies

Fresh local pickles sourced from our favorite pickle makers

⭐ Signature Dish 🌱 Vegetarian 🌿 Vegan 🌶️ Spicy

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DESSERT

NEI ÏONG PANNA COTTA 275

Topped with our special black sesame sauce

JA THIANG 300

A sweet lemony sticky rice pudding

LAITKYNSEW HONEY CAKE 250

Made with organic honey from Laitkynsew village

HOUSE TIRAMISU 300





A creamy and rustic version, infused with local coffee powder

COOKIES WITH ICE-CREAM 250

Our cookies are freshly baked in-house

CARAMEL CUSTARD 275

Served with fresh seasonal fruit

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TEA & COFFEE

LA KYRSIEW TEA 250

A pot of Meghalaya's finest organic tea

Red • Green

ASSAM TEA POT 250

Served with milk

FRENCH PRESS COFFEE 300

Brewed with roasted organic beans from the Khasi Hills

COLD COFFEE 270

Served with vanilla ice-cream

HERBAL BREWS 300

Subtle blends of indigenous plants sourced from Dweller Teas, Manipur

Sumac Berry • Rosella • Lemongrass Ginger

JUICE & SODA

POWER GREENS 275

Packed with fruits & vegetables

GOLDEN ROOTS 275

Turmeric roots & pineapple

ORANGE BOOSTER 275

Immunity booster with carrot & ginger

KOMBUCHA 250





Fermented sparkling tea brewed in Assam

NATURAL SODA 250

Flavoured soda brewed in Mizoram

FRESH COCONUT WATER 200

Sourced from the tropical regions of Garo Hills

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