



LUNCH
MENU



SOUPS

CHICKEN & BAMBOO SHOOT 450

A light herbal broth with chicken balls & sliced bamboo

CREAM OF BROCCOLI 350

Hearty and healthy, loaded with greens!

MUSHROOM NOODLE 400

A mixed veg broth with soft noodles and tofu

PRAWN TOM YUM 450

Spicy and sour, infused with fresh Lakadong turmeric roots

SALADS

RYNSAN GARDEN 350

Mixed organic greens with local honey dressing

+Garlic butter shrimp 300

+Lemongrass chicken 250

THAI GRILLED PORK SALAD 450

Smoky grilled pork slices with fresh herbs in a tangy sauce

GRILLED FISH SALAD 475





Diced grilled bhetki with mixed greens in a citrusy dressing

SHREDDED POTATO BOWL 300

Tossed in a spicy tamarind dressing with bruised greens

WILD FERN SALAD 350

Fiddlehead ferns, seasonal greens, crushed roasted peanuts

 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



PLATES TO BEGIN

RUSTIC FRIED CHICKEN 425 🌟

Crunchy and juicy chicken paired with a tangy tamarind dip

PUTHARO SLIDERS 450 • 450 • 350 🌟

Khasi steamed pounded rice cakes with assorted toppings

Smoked Pork • Prawn • Mushroom

PORK & CHEESE ROLL 425

Steamed & grilled homemade sausages with house mayo

FUNKY FISH 500 🌶️

Lightly battered and fried with local fermented soybeans & peppers

CRUNCHY BANANA BLOSSOM 350 🌱

Banana flower and assorted veggies, lightly battered and fried

DOH THAD PLATTER 450

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

RYNSAN SAUSAGE PLATTER 900

Sai krok, smoked chorizo, chicken & cheese roll

JAIUR WINGS 500 🌶️

Crispy chicken tossed together with local sichuan pepper

🌟 Signature Dish 🌱 Vegetarian 🌿 Vegan 🌶️ Spicy

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PRAWN CHORIZO 700

Garlic prawn and diced smoked chorizo grilled together with herbs

POTATO CHEESE BALLS 400 

Crispy, creamy and comforting!

BACON SAI KROK 650

Pork & rice sausages wrapped in bacon

PRAWN SHYNRAI 500


Stir fried prawns with fresh turmeric paste

SPICY BASIL PANEER 400  

Crunchy paneer, stir fried with basil and chillies

PORK RINDS 300





Homemade crispy pork crackling skin

MASH & MUSHROOMS 400 

Creamy buttered mash potatoes & seared mushrooms

COLD NOODLES 350 

Refreshing noodles in a creamy peanut sauce

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ONE PLATE MEALS

RYNSAN CRISPY PORK BELLY* 600

Made with fresh pork from Laitlyngkot village

GRILLED CHICKEN* 500

Served with a savoury Khasi black pepper sauce

BEAN BASTENGA STEW* 450 • 500 🍴

A spicy stew cooked with dry fermented Naga bamboo shoot

Veg • Smoked Pork

WILD PERILLA PASTA 400 • 500 • 500 🌟

Spaghetti in a fresh Nei Lieh sauce

Veg • Smoked Pork • Prawn

CHIMICHURRI SANDWICH 500 • 450 • 400

Made with fresh herbs & local artisanal bread

Grilled Pork • Fish • Chicken

SMOKED PORK KAPPA* 500 🍴🍴

A fresh & fiery green herb curry from the Garo Hills

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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LEMON BUTTER PRAWNS 500

Served with egg noodles and broccoli

HERB GRILLED FISH 600 🌟

Served with mushroom fried rice & bean cheese stew

THAI GREEN CURRY* 475 • 500 • 450

Made with fresh Thai green curry paste

Chicken • Prawn • Veg

CHORIZO & GREENS 450 • 500 🌟

House chorizo cooked with large leafy greens

Fried Rice • Spaghetti

BAMBOO SHOOT BAI* 400 🌱

Mizo bamboo shoot stew with sauteed wild ferns

CRISPY PORK BELLY CHOW 500 🌟

Hakka noodles with our signature pork belly!

THIN CRUST PIZZA 450 • 650 • 500 • 600

Light, crispy and smothered with cheese

Mushroom • Smoked Chorizo • Chicken • Pork

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ONLY ON WEEKENDS

DOH SYIAR 500

Country chicken cooked over fire with Khasi black pepper

RYNSAN ROAST CHICKEN 800 • 1500 🌟

Brined, smoked and slow roasted!

Half • Whole

BANANA BLOSSOM STEW 350 🌿

Cooked with starchy roots, local greens and herbal leaves

+Smoked Pork 200

BURMESE PORK BELLY CURRY 600

A rich curry that blends the flavours of India & South East Asia

RYNSAN FISH CAKE 600 🌟

Herb steamed fish on a chilled sweet lemony coconut sauce

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CHUTNEYS & DIPS

TURMERIC TUNGTAP 150 🌶️

Fermented dry fish, turmeric roots, roasted chillies

SAUM 150 🌶️

Fermented lard, onion roots, roasted chillies

SMOKED PORK CHUTNEY 400 🍷

Laitkyrhong smoked pork, roasted tomatoes and chillies

PASHOR KAIT KHLEH 300 🌿

A tangy salad made with fresh banana flowers

FERMENTED SOYA BEANS 200 🌿

Chutney recipes are based on the type of beans available

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 İONG PANNA COTTA 250

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 275





A creamy and rustic version, infused with local coffee powder

COOKIES WITH ICE-CREAM 250

Our cookies are freshly baked in-house

CARAMEL CUSTARD 250

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

JUICE & SODA

POWER GREENS 250

Packed with fruits & vegetables

GOLDEN ROOTS 250

Turmeric roots & pineapple

ORANGE BOOSTER 250

Immunity booster with carrot & ginger

KOMBUCHA 250

Fermented sparkling tea brewed in Assam

NATURAL SODA 250

Flavoured soda brewed in Mizoram

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