

Thalis of India

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Kerala thali

Cooked in coconut oil & starting with a serving of the sweet payasam, the thali is a perfectly balanced meal, with each and every dish reflecting the heritage and culture of the land



Meghalaya

Varying with different tribes, the thali comprises of sticky rice, spicy meat and fish preparations, steamed foods like momos, vegetables, pickled bamboo shoots etc



Goa

Comprising of seafood, rice, meat preparations, the spicy Goan cuisine also has vindaloo, coconut milk, rice, banana Halwa & fried kormolas, among other food items



Sikkim

The state's thali is a mix of steamed and fried goodness including dishes such as Dal bhat (boiled rice and lentil soup), Thukpa - the noodle based soup , momos, Phagshapa etc



Arunachal Pradesh
Tomatoes, red chilli chutney, rice, meat dish,
steamed organic vegetables and fermented
products such as cheese and soy beans
make the mouthwatering thali



Assam

The delicious thali has meat dish, fish, fresh vegetables, aloo pitika, dal and saag



Manipur

Seasoned with the spicy chili pepper, Manipuri thali consists of rice, fish, leafy vegetables, Tan Ngang (bread) and the irresistible dessert Chahao Kheer, which is made with black rice



Bihar

The state's thali comprises of kebab, boti, chicken masala, sattu parantha, chokha (spicy mashed potatoes), fish curry & postadana kaa halwaa



Chattisgarh

The state's trademark thali comprises of delicacies such as rakhia badi, pethas, rice pakodas, bafauri, steamed rice, fara (crispy balls made with leftover cooked rice)



Himachal Pradesh

The thali is loaded with hot and spicy lentils, vegetables, sidu, which is a kind of bread and meetha bhaat (sweet rice mixed with nuts)



Tamil Nadu

An amalgamation of flavours ranging from spicy to sweet, the thali comprises of rasam, plain rice, curd, badam payasam, sambar, poriyal (curry), kootu etc



Andhra Pradesh

High on red chillies and spices, Andhra thali offers food which is simple yet packed with flavours, ranging from rasam, chutney, vada, rice and more



Gujarat

The state's thali comprises of dishes that are sweet and tangy, namely methi na thepla, bhakhri, khatti mithi daal (sweet and sour lentil), aloo rasila, steamed rice, badshahi #khichdi etc



Haryana

The thali is loaded with homemade white butter, delicacies as kachri ki sabji, #khichdi, bajra/besan chapatti, homemade buttermilk, spicy curds, kadhi pakora etc



Jammu and Kashmir

Rice dishes along with meat preparations such as rogan josh, yakhini, harissa etc form the delicious Kashmiri thali, accompanied with the favourite beverages - noon chai and kahwah

