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VIVANTA


CHENNAI
IT Expressway


Vivanta Chennai, IT Expressway
No: 309 Rajiv Gandhi Salai (OMR), Sholinganallur,
Chennai 600119, Tamilnadu, India. Tel: +91 44 6680 2500
www.vivantahotels.com


As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.


Mentioned calorie values for all dishes in the menu are considered as per portion size of the same.


ALL DAY BREAKFAST


- **DOSA OR UTHAPPAM**
218 kcal | 200 gms | Traditional rice and lentil pancake, plain or masala,
served with sambar and chutney



400
- **IDLI**
156 kcal | 200 gms | Steamed rice and lentil cakes, served with sambar and chutney



400
- **POORI BHAJI**
271 kcal | 180 gms | Deep fried Indian bread served with potato cooked in spices


400
- **PARATHA**
Gobi paratha | 408.7 kcal | 150 gms
Aloo paratha | 423 kcal | 150 gms
Paneer paratha | 423 kcal | 150 gms
Served with yoghurt and pickle


400
- ▲ **PANCAKES OR BELGIAN WAFFLES**
273 kcal | 200 gms | Pancakes, **278 kcal | 200 gms** | Belgian waffles,
Served with maple syrup, honey and melted butter
Plain / Banana / Apple / Raisins
a filling -banana, apple or raisins


400
- ▲ **EGGS COOKED TO ORDER**
311 kcal | 200 gms | Scrambled, boiled, fried, akuri, poached or omelettes of your
choice, served with pork ham and bacon or sausage, grilled focaccia and tomato,
hash brown


425
- ▲ **FRENCH TOAST**
420 kcal | 200 gms | Sliced raisin French baguette, soaked in beaten eggs with milk
and cinnamon, pan-fried and served with butter and maple syrup


400
- ▲ **BREAKFAST GRILL**
311 kcal | 200 gms | Pork sausages, bacon, home-made hash browns,
roast tomato, field mushrooms and poached, fried or scrambled eggs






















500



■ Vegetarian ▲ Non vegetarian

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SOUP, SALAD AND APPETIZERS

- | | |
|--|-------------------|
| <p>  OVEN-ROASTED TOMATO AND BURNT PEPPER SOUP
 219.9 kcal 200 gms
  </p> | <p>350</p> |
| <p>  MURGH DHANIYA SHORBA
 376.7 kcal 200 gms North Indian spicy chicken soup
  </p> | <p>375</p> |
| <p>  HARA BHARA KEBAB
 232 kcal 200 gms Indian snack made with spinach, potatoes and green peas
  </p> | <p>650</p> |
| <p>  CHILLI PESTO PANEER TIKKA
 233.5 kcal 200 gms Homemade cottage cheese marinated in yoghurt, basil pesto and aromatic spices
  </p> | <p>700</p> |
| <p>  MURGH ANGARA KEBAB
 368.7 kcal 150 gms Chunks of chicken leg marinated in yoghurt and aromatic spice mix
  </p> | <p>700</p> |
| <p>  LAMB SEEKH KEBAB
 232 kcal 150 gms Minced lamb cooked on skewers with herbs and spices
  </p> | <p>800</p> |
| <p>  NUTTY BEETROOT SALAD WITH APPLE
 126 kcal 150 gms Roasted beetroot, apple, peppers, walnut and arugula lettuce, balsamic dressing with flax seeds
  </p> | <p>500</p> |
| <p>  NICOISE SALAD WITH TUNA
 233.5 kcal 150 gms Tomato, haricot beans, baby potato, tuna, soft-boiled eggs, olives, and anchovies, dressed with vinaigrette
  </p> | <p>600</p> |
| <p> CAESAR SALAD
  Caesar salad with pan roasted vegetables and garlic croute
 197.3 kcal 150 gms
  </p> | <p>500</p> |
| <p>  Caesar salad with grilled chicken and garlic croute
 197.3 kcal 150 gms
  </p> | <p>600</p> |



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WRAPS, SANDWICHES AND BURGERS

KATHI ROLL CHICKEN / PANEER

Grilled chicken tikka or paneer rolled sandwich, kachumber and mint chutney

▲ **312.2 kcal | 150 gms | chicken kathi roll** **650**



● **304.3 kcal | 150 gms | Paneer kathi roll** **600**



● **VEGETABLE CLUB SANDWICH** **600**

505.8 kcal | 225 gms | Salad leaves, tomato, cucumber, cheddar, grilled vegetables and mesclun on toasted bread



▲ **NON VEGETARIAN CLUB SANDWICH** **650**

562 kcal | 250 gms | Tender chicken salad, cheese, pork bacon, fried egg, tomatoes and mesclun on toasted bread



BURGERS

● **CURRIED VEGETABLE BURGER** **650**

476.9 kcal | 250 gms | Curry spiced vegetable and potato patty with jalapeno, served with salad and potato wedges



▲ **CHICKEN BURGER WITH GRILLED CHICKEN FILLET** **700**

621.6 kcal | 250 gms



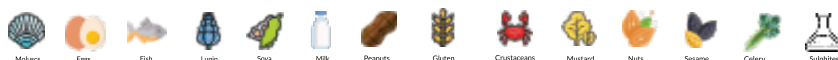
▲ **GOURMET LAMB BURGER** **850**

634.6 kcal | 250 gms | Topped with cheddar cheese, gherkins, tabasco, onions, crispy bacon, french mustard and mayonnaise served with salad and potato wedges



▲ **GOURMET TENDERLOIN BURGER** **800**





821.8 kcal | 250 gms | Topped with cheddar cheese, gherkins, tabasco, onions, crispy bacon, French mustard and mayonnaise served with salad and potato wedges







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INTERNATIONAL SELECTION

- ▲ **GRILLED JUMBO PRAWNS WITH GARLIC LEMON BUTTER SAUCE** 1350
 288.7 kcal | 200 gms

- ▲ **ROASTED NORWEGIAN SALMON WITH GREEN HERB MARINATION** 1200
 287.7 kcal | 200 gms

- ▲ **TENDERLOIN MEDALLION** 950
 550.4 kcal | 250 gms | Wild mushroom and pepper sauce

- ▲ **NASI GORENG** 850
 351.3 kcal | 200 gms | Indonesian fried rice with sweet soya chicken, prawns, fried egg and traditional garnishes


PIZZA SELECTION

- **MARGHERITA** 650
 203.2 kcal | 200 gms | Mozzarella, tomato and basil

- **PIZZA PRIMAVERA** 650
 127.2 kcal | 200 gms | Mozzarella, zucchini, bell peppers, onions and olives

- ▲ **CHICKEN TIKKA PIZZA** 700
 394.2 kcal | 250 gms | Pizza topped with chicken tikka, green peppers, jalapenos and cilantro

- ▲ **PEPPERONI PIZZA WITH ARUGULA LETTUCE** 700
 474.5 kcal | 250 gms


PASTA AND RISOTTO

- **MAC 'N' CHEESE** 650
 620 kcal | 200 gms

- **SPAGHETTI AGLIO OLIO AND PEPPERONCINO** 650
 182.1 kcal | 200 gms

- **WILD MUSHROOM RISOTTO** 650
 290 kcal | 200 gms

- **PENNE ARRABBIATA** 650
 284.4 kcal | 200 gms














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PASTA AND RISOTTO

- ▲ **FETTUCCINE TENDERLOIN BOLOGNESE** 700
 384.1 kcal | 250 gms


INDIAN FLAVOURS VIA CHENNAI

- **SAMBAR SADAM / LEMON SADAM / MALLI SADAM** 500
 376.7 kcal | 200 gms | Sambar sadam, 691.6 kcal | 200 gms | Lemon sadam,
 544.3 kcal | 200 gms | Malli sadam

- **POONDU PULI KUZHAMBU** 650
 187.5 kcal | 200 gms | Garlic and tamarind curry served with steamed rice

- **URULAI PATTANI MASALA** 650
 212.2 kcal | 200 gms | Crusted potatoes tempered with South Indian spices

- KOTHU PARATHA CHICKEN / VEGETABLE**
 Famous South Indian street food, minced paratha with chopped onion,
 tomatoes, spices and coriander
- ▲ **212.2 kcal | 200 gms | Kothu paratha chicken** 750

- **289.3 kcal | 200 gms | Kothu paratha vegetable** 700

- **KAIKARI BRINJI** 750
 190.1 kcal | 200 gms | A vegetable and rice preparation, flavoured with cinnamon and
 cardamom

- MADURAI DOSA**
 Stuffed with a choice of either prawn, chicken or paneer and
 served with sambar and chutney
- ▲ **232 kcal | 200 gms | Madurai dosa prawn** 750

- ▲ **213 kcal | 200 gms | Madurai dosa chicken** 750

- **215 kcal | 200 gms | Madurai dosa paneer** 700

- ▲ **CHENNAI MEEN KOZHAMBU** 750
 306 kcal | 200 gms | Regional spicy fish curry flavoured with tamarind and curry leaves










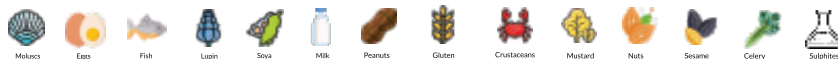
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INDIAN FLAVOURS

VIA CHENNAI

-  **KOZHIVARUTHA CURRY** **750**
349.7 kcal | 200 gms | Chicken flavoured with roasted coconut paste and spices

-  **THANJAVUR SAIVA VIRUNDHU / ASAIVA VIRUNDHU** **1050**
Legendary delicacies served on banana leaf with comforting flavors of Thanjavur
546.5 kcal | 400 gms | Thanjavur saiva virundhu

-  **807.7 kcal | 400 gms | Thanjavur asaiva virundhu,** **1200**


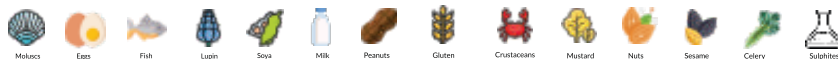


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COMFORT MAINS


























- | | |
|---|-------------------------|
| <p>▲ KADHAI JHINGA
 107.2 kcal 150 gms Spiced medium sized prawns cooked with bell peppers, Kadhai masala and fresh coriander
 </p> | <p>1000</p> |
| <p>▲ TANDOORI CHICKEN
 821.8 kcal 200 gms Yoghurt & spices marinated chicken cooked to perfection on charcoal embers in Indian clay oven
 </p> | <p>850</p> |
| <p>▲ KOZHI CHETTINADU
 544 kcal 200 gms Chettinad dry roasted spices and kalpasi cooked with yoghurt marinated chicken
 </p> | <p>750</p> |
| <p>▲ ROTISSERIE CHICKEN
 231.7 kcal 200 gms Half a chicken perfectly roasted with pan juices, potatoes and butter tossed vegetables
 </p> | <p>1000</p> |
| <p>■ ▲ BUTTER TIKKA MASALA - PANEER / CHICKEN
 240.3 kcal 150 gms Paneer, 199.9 kcal 150 gms Chicken, Charcoal grilled cottage cheese or chicken simmered in a rich fenugreek enhanced tomato gravy
 </p> | <p>700 / 750</p> |
| <p>▲ MUTTON ROGANJOSH
 272.4 kcal 200 gms Slow braised lamb in onion tomato gravy and Indian spices
 </p> | <p>950</p> |
| <p>■ BHINDI APKI PASAND
 120.5 kcal 150 gms Tender okra cooked to perfection with spiced onion and tomatoes or your choice of masala
 </p> | <p>650</p> |
| <p>■ SUBZ MILONI
 223.5 kcal 150 gms Vegetables cooked with tomatoes, onion, spinach and spices
 </p> | <p>650</p> |
| <p>■ METHI PANEER
 305.1 kcal 150 gms Cottage cheese simmered in fenugreek-flavoured tomato gravy
 </p> | <p>700</p> |
| <p>■ RAJMA CHAWAL
 392.5 kcal 150 gms Kidney beans cooked with onion and tomato masala, served with steamed basmati rice, spiced “mukka” pyaz and pickle
 </p> | <p>850</p> |
| <p>■ VEGETABLE OF THE DAY
 232.5 kcal 200 gms Home-style vegetable curry served with steamed basmati rice and pickle
 </p> | <p>850</p> |

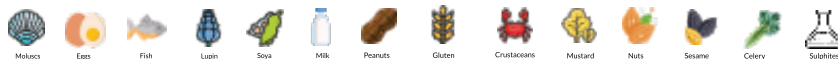


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SIDES


	RAITA 70.4 kcal 150 gms 	150
	MESCLUN SALAD 58 kcal 100 gms	300
STAPLES		
	DAL TADKA 434.6 kcal 150 gms All time favourite lentil curry made with toor dal and tempered with spices 	450
	DAL MAKHANI 438.3 kcal 200 gms A Punjabi delicacy, lentil cooked on slow flame with butter and cream 	450
	INDIAN BREADS Naan 340.2 kcal 120 gms Roti / chapathi / phulka 571.2 kcal 150 gms  	200
	RICE PREPARATIONS	
	STEAMED RICE 352 kcal 200 gms	300
	CURD RICE 356.6 kcal 150 gms  	300
	MASALA KHICHDI 436.5 kcal 150 gms 	500
 	SUBZ BIRYANI / MURGH DUM BIRYANI 340.8 kcal 300 gms Subz biryani 254.2 kcal 200 gms Murgh dum biryani Fragrant basmati rice layered with vegetables or chicken and spices, cooked in a sealed pot and served with sour yoghurt and red onion  	750 850
	GOSHT BIRYANI 252.8 kcal 200 gms Fragrant basmati rice layered with lamb   	900





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SNACKS



-  **PAPDI CHAAT**


343 kcal | 200 gms | Crispy papdi, boiled potatoes, chick peas, green and sweet chutneys, yoghurt, chopped coriander, onions and sev



450
-  **PAV BHAJI**


190.1 kcal | 200 gms | Spicy mashed potato and vegetable mixture served with buttered pav (mini bread)

550
-  **KUZHI PANIYARAM**

126 kcal | 200 gms | Savoury rice and lentil dumplings, served with tomato chutney


 


550
-  **FRENCH FRIES / POTATOE WEDGES / MASHED POTATOES**

534.4 kcal | 150 gms | French fries



370 kcal | 200 gms | Potatoe wedges

281.5 kcal | 200 gms | Mashed potatoes



300
-  **GARLIC BREAD WITH CHEESE**

369.7 kcal | 150 gms
















300



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PUDDINGS AND DESSERTS

- **GAJAR KA HALWA** 425
158.5 kcal | 100 gms | Grated carrots cooked with ghee, milk and cardamom
 
- **SEASONAL FRUIT PLATTER** 425
50 kcal | 150 gms
- **SAFFRON RASMALAI** 425
158.5 kcal | 100 gms | Cottage cheese dumpling soaked in saffron flavoured milk, served chilled
 
- ▲ **TIRAMISU** 425
158.5 kcal | 100 gms | Popular coffee flavoured Italian dessert
  
- ▲ **TART AU CITRON** 425
158.5 kcal | 100 gms | Served with berry compote
  
- ▲ **DARK CHOCOLATE INDULGENCE** 425
158.5 kcal | 100 gms | Delectable dark chocolate mousse, walnut brownie and chocolate ice cream
  
- **BULL'S EYE** 425
158.5 kcal | 100 gms | Warm chocolate cake served with vanilla ice cream
 







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NIGHT MENU

2330 hrs - 0600 hrs

- **DOSA OR UTHAPPAM** 400
218 kcal | 200 gms | Traditional rice and lentil pancake, plain or masala, served with sambar and chutney

- **IDLI** 400
156 kcal | 200 gms | Steamed rice and lentil cakes, served with sambar and chutney

- **PARATHA** 400
Gobi paratha | 408.7 kcal | 150 gms
Aloo paratha | 423 kcal | 150 gms
Paneer paratha | 423 kcal | 150 gms
Served with yoghurt and pickle

- ▲ **EGGS COOKED TO ORDER** 425
311 kcal | 200 gms | Scrambled, boiled, fried, akuri, poached or omelettes of your choice, Served with pork ham and bacon or sausage, grilled focaccia and tomato, hash brown


LIGHT MEAL

- **PAPDI CHAAT** 450
343 kcal | 200 gms | Crispy papdi, boiled potatoes, chick peas, green and sweet chutneys, yoghurt, chopped coriander, onions and sev

- **PAV BHAJI** 550
190.1 kcal | 200 gms | Spicy mashed potato and vegetable mixture served with buttered pav (mini bread)

- **SAMBAR SADAM / LEMON SADAM / MALLI SADAM** 500
376.7 kcal | 200 gms | Sambar sadam, 691.6 kcal | 200 gms | Lemon sadam, 544.3 kcal | 200 gms | Malli sadam

- **URULAI PATTANI MASALA** 650
212.2 kcal | 200 gms | Crusted potatoes tempered with South Indian spices




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NIGHT MENU

2330 hrs - 0600 hrs

LIGHT MEAL

KATHI ROLL CHICKEN / PANEER

Grilled chicken tikka or paneer rolled sandwich, kachumber and mint chutney

▲ **312.2 kcal | 150 gms |** chicken kathi roll **650**



● **304.3 kcal | 150 gms |** Paneer kathi roll **600**



SANDWICHES AND SALADS

● **NUTTY BEETROOT SALAD WITH APPLE** **500**

126 kcal | 150 gms | Roasted beetroot, apple, peppers, walnut and arugula lettuce, balsamic dressing with flax seeds



CAESAR SALAD

● Caesar salad with pan roasted vegetables and garlic croute **500**

197.3 kcal | 150 gms



▲ Caesar salad with grilled chicken and garlic croute **600**

197.3 kcal | 150 gms



THE VEGETABLE CLUB

● Salad leaves, tomato, cucumber, cheddar, grilled vegetables **600**

and mesclun on toasted bread

197.3 kcal | 150 gms



▲ **THE NON VEGETARIAN CLUB** **650**

Caesar salad with grilled chicken and garlic croute

197.3 kcal | 150 gms



● **FRENCH FRIES / POTATOE WEDGES / MASHED POTATOES** **300**

534.4 kcal | 150 gms | French fries

370 kcal | 200 gms | Potatoes wedges

281.5 kcal | 200 gms | Mashed potatoes










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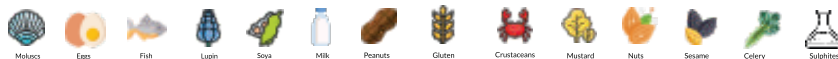
NIGHT MENU

2330 hrs - 0600 hrs

- **GARLIC BREAD WITH CHEESE** 300
369.7 kcal | 150 gms

- **MARGHERITA** 650
203.2 kcal | 200 gms | Mozzarella, tomato and basil

- **PIZZA PRIMAVERA** 650
127.2 kcal | 200 gms | Mozzarella, zucchini, bell peppers, onions and olives

- ▲ **CHICKEN TIKKA PIZZA** 700
394.2 kcal | 250 gms | Pizza topped with chicken tikka, green peppers, jalapenos and cilantro

- **WILD MUSHROOM RISOTTO** 650
290 kcal | 200 gms

- **PENNE ARRABBIATA** 650
284.4 kcal | 200 gms

- ▲ **FETTUCINE TENDERLOIN BOLOGNESE** 700
384.1 kcal | 250 gms


MAIN COURSE

- **SUBZ MILONI** 650
223.5 kcal | 150 gms | Vegetables cooked with tomatoes, onion, spinach and spices

- **METHI PANEER** 700
305.1 kcal | 150 gms | Cottage cheese simmered in fenugreek-flavoured tomato gravy

- ▲ **BUTTER TIKKA MASALA - PANEER / CHICKEN** 700 / 750
240.3 kcal | 150 gms | Paneer, 199.9 kcal | 150 gms | Chicken
Charcoal grilled cottage cheese or chicken simmered
in a rich fenugreek enhanced tomato gravy

- ▲ **MUTTON ROGANJOSH** 950
272.4 kcal | 200 gms | Slow braised lamb in onion tomato gravy and Indian spices




























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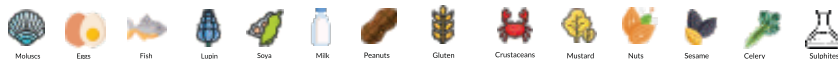
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NIGHT MENU

2330 hrs - 0600 hrs

MAIN COURSE





















-  **GOSHT BIRYANI** **900**
252.8 kcal | 200 gms | Fragrant basmati rice layered with lamb
  
-  **CHENNAI MEEN KOZHAMBU** **750**
306 kcal | 200 gms | Regional spicy fish curry flavoured with tamarind and curry leaves
  
-  **KOZHIVARUTHA CURRY** **750**
349.7 kcal | 200 gms | Chicken flavoured with roasted coconut paste and spices

-   **SUBZ BIRYANI / MURGH DUM BIRYANI** **750 / 850**
340.8 kcal | 300 gms | Subz biryani, 254.2 kcal | 200 gms | Murgh dum biryani,
Fragrant basmati rice layered with vegetables or chicken
and spices, cooked in a sealed pot and served with sour yoghurt and red onion
 
-  **INDIAN BREADS** **200**
Naan | 340.2 kcal | 120 gms
Roti / chapathi / phulka | 571.2 kcal | 150 gms
 
-  **STEAMED RICE** **300**
352 kcal | 200 gms
-  **MASALA KHICHDI** **500**
436.5 kcal | 150 gms

-  **DAL TADKA** **450**
434.6 kcal | 150 gms | All time favourite lentil curry made with toor dal and
tempered with spices

-  **DAL MAKHANI** **450**
438.3 kcal | 200 gms | A Punjabi delicacy, lentil cooked on slow flame with butter
and cream


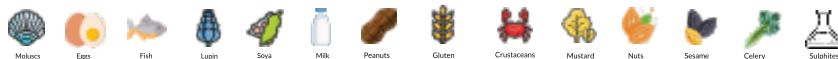


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WELLNESS SECTION

 AVOCADO, QUINOA, CHERRY TOMATO PESTO DRESSING (Gluten free) 207.6 kcal 150 gms 	500
 VEGETABLE SANDWICH (Gluten free) 390.5 kcal 200 gms 	600
 RISOTTO FUNGHI (Gluten free) 267.4 kcal 150 gms 	650
 MARINATED TOMATO BOCCONCINI SALAD BALSAMIC DRESSING (Gluten free) 169.9 kcal 150 gms 	500
 HERB GRILLED CHICKEN WITH SAUTÉED ASPARAGUS AND MESCLUN SALAD 255.0 kcal 200 gms 	900
 PENNE AGLIO E OLIO (Lactose free) 409.5 kcal 200 gms 	650
 RISOTTO WITH CHICKEN AND PARMESAN (Gluten free) 353.1 kcal 200 gms 	700
 RASPBERRY AND BASIL MOUSSE (Lactose free) 387.2 kcal 80 gms 	500
 CHOCOLATE VELVETTE (Gluten free) 324.4 kcal 80 gms 	500
 ORANGE PISTACHIO PANNA COTTA (Sugar free) 210.6 kcal 75 gms 	500



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