



Backwater Café

BREAKFAST MENU

07:00AM to 11:00AM

- ▲ **Baker's Basket** 🍞🥛🍌🍌 475
 Freshly baked croissants, muffins, Danish pastry or toasted bread-white/brown/multigrain with butter, honey and preserves
 kcal 550 | 200 gm

BEVERAGE

- **Coffee** 275
 Freshly-brewed coffee- regular or decaffeinated espresso / cafe latte / cappuccino / cold coffee- with or without ice cream hot chocolate
 kcal 152 | 100 ml
- **TEA** 275
 Darjeeling, English breakfast, Assam, earl grey, green tea, chamomile and Indian masala chai
 kcal 102 | 100 ml
- **Fruit Juices** 325
 Pineapple, orange, watermelon or sweet Lime
 kcal 140 | 200 ml
- **Selection of Freshly Squeezed Vegetable Juices** 325
 Carrot, tomato or cucumber
 kcal 120 | 200 ml
- **Chaas** 325
 Buttermilk - plain, sweet, salted or masala
 kcal 280 | 200 ml
- **Lassi** 325
 Plain, sweet or salted
 kcal 285 | 200 ml
- **Choice of Milkshakes** 325
 Vanilla, strawberry, chocolate, banana or mango
 kcal 328 | 200 ml

LOW CALORIE

- **Fruit Platter** 450
 Kcal 166 | 150gm
- **Steel Cut Oatmeal Porridge** 🥛 450
 "Masala Inspired" or with whole/skimmed milk
 Kcal 340 | 150gm
- **Choice of Cereals** 🍌🥛🧪 450
 Kcal 379 | 150 gm
 Full cream milk, skimmed milk, yoghurt
 Corn flakes
 Wheat flakes
 Fruit loops
 Choco flakes
 Muesli
 Please check with associates for soya milk / almond milk
- ▲ **Light and Healthy Omelette** 🍳🍌 450
 Baked beans, mixed leaves salad, herbs
 Kcal 146 | 130gm

EGG SPECIALTIES

- ▲ **Three Eggs Any Style** 🍳🍌🥛 450
 kcal 403 | 200 gm
 Fried
 Sunny side up
 Over easy
 Scrambled
 Boiled
 Poached
 Omelette
 Indian masala omelette
 With in-house hash brown, grilled garden tomatoes and sautéed mushroom
 With choice of toast – white/ brown/ multigrain

PANCAKE AND WAFFLES

- ▲ **Cinnamon French Toast** 🍳🍌🥛 450
 With fruit compote, forest honey, melted butter, whipped cream
 kcal 752 | 200 gm
- **Classic Waffles** 🍌🥛 450
 With maple syrup, forest honey, melted butter, whipped cream
 kcal 710 | 200 gm
- **Inspired Pancakes** 🍌🥛 450
 With maple syrup, forest honey, melted butter, whipped cream
 kcal 655 | 200 gm

BEKAL SPECIAL

- **Vegetable Stew with Appam/ Idiyappam** 450
 Mixed vegetable, spiced coconut milk served with hoppers or string hoppers
- **Puttu with Kadala Curry/ Elachi Banana** 🥛🍌 450
 Steamed rice dumplings, chick peas gravy, banana

INDIAN BREAKFAST

- **Bharwan Paratha** 🍌🥛 450
 Griddled north Indian flat whole wheat bread with a choice of filling potatoes, cauliflower or cottage cheese
 kcal 577 | 250 gm
- **Idlis** 🍌🍌🍌 450
 Steamed lentil and rice cakes accompanied by lentil stew, coconut, tomato and coriander chutney
 kcal 450 | 150 gm
- **Poori Bhaji** 🍌🥛 450
 Deep-fried whole wheat flour bread with mildly-spiced potato curry
 kcal 709 | 250 gm
- **Dosa Or Uttapam** 🍌🥛🍌 450
 Griddle cooked rice and split "urad" lentil crepes with mustard tempered potatoes or rice and split "urad" lentil pancake accompanied with lentil stew, coconut, tomato and coriander chutney
 kcal 693 | 200gm
- **Upma** 🍌🥛🍌 450
 Semolina porridge tempered with curry leaves and mustard seeds served with coconut, tomato and coriander chutney
 kcal 452 | 150 gm
- **Medu Vada** 🍌🥛🍌 450
 Deep-fried lentil dumplings accompanied with lentil stew, coconut, tomato and coriander chutney
 kcal 491 | 150 gm



As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI)

An average active adult requires 2000 Kcal energy per day, however calorie needs may vary.

Please inform our associate if you are allergic to any ingredients. All prices are subject to government taxes.

■: vegetarian ▲: non vegetarian 🍳 Chef Signature







Backwater Café

LUNCH & DINNER MENU








11:00am to 3:30pm / 7:00pm to 11:00pm

ALL DAY DINNING

SALADS

- **Mezze Sampler**  **825**
 Hummus, babaganoush, fattoush, marinated feta, crispy pita
 Kcal 378 | 200 gm
- **Goat Cheese, Lettuce, Organic Vegetables Salad**  **825**
 Citrus fruit, lemon vinaigrette, caramelized walnut
 kcal 285 | 200 gm
- Chef's Caesar Salad** **825**
 Iceberg lettuce, parmesan shavings and garlic croutons tossed with chef's dressing with choice of:
 - Sun - dried tomatoes | kcal 390 | 200 gm 
 - ▲ Chicken | kcal 466 | 200 gm 
 - ▲ Shrimps | kcal 482 | 200 gm 
- **Aloo Chana Papdi Chaat**  **825**
 Thin flour crisp, potatoes and chickpeas, tossed with Indian herbs and spices
 kcal 259 | 150 gm




SANDWICH AND WRAP

- **Backwater Green Club**  **825**
 Toasted loaf slices, lettuce, tomato, cheese slice, pesto tossed grilled veggies
 Kcal 368 | 250 gm
- ▲ **Backwater Non vegetarian Club**  **925**
 Toasted loaf slices layered with lettuce, roasted chicken, tomato, cheese, ham and fried egg
 Kcal 593 | 250 gm
- **Mediterranean Panini**  **900**
 Pesto vegetables, caramelized onion, tomato, feta cheese
 Kcal 565 | 300 gm
- **Panner Kathi Roll**  **900**
 Tandoor cooked cottage cheese rolled in thin refined flour bread, pan grilled, laccha onion and mint chutney
 Kcal 510 | 300 gm
- ▲ **Chicken Kathi Roll**  **1000**
 Tandoor cooked chicken rolled in thin refined flour bread, pan grilled, laccha onion and mint chutney
 Kcal 562 | 300 gm
- Sandwich Board** **825**
 - **Vegetarian** 
 Choose filling - cucumber, tomato, lettuce, cheese, coleslaw
 Kcal 380 | 250 gm
 - ▲ **Non-Vegetarian** 
 Choose filling - masala omelette, roasted chicken cheese and ham
 Kcal 556 | 250gm

















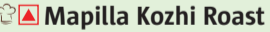
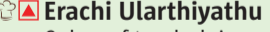



Select from plain, toasted or grilled white, multigrain or whole wheat bread

All Sandwiches are served with French fries






BURGER

- **Vegetable Burger**  **825**
 Mixed vegetable Patty, lettuce, tomato, cucumber, cheese slice
 Kcal 759 | 250 gm
- ▲ **Chicken Burger**  **925**
 With lettuce, grilled chicken patty, molten cheese center, caramelized onion, mustard, fried egg
 Kcal 1416 | 250 gm
- ▲ **Ham Burger**  **950**
 Ground tenderloin patty, caramelized onion, gherkins, tomato, cheese slice, burger sauce
 Kcal 933 | 375 gm

APPETIZERS

- **Koonu Cholam Ularthiyathu**  **900**
 Mushrooms and baby corn tossed with pepper and shallots
 kcal 378 | 200 gm
- **Kaikari 65**  **900**
 Crispy fried paneer/ cauliflower/ mushroom
 kcal 560 | 200 gm | kcal 317 | 200 gm | kcal 301 | 200gm
- **Podi Idli**  **825**
 Cocktail size idli tossed with spiced lentil mixture and clarified butter
 kcal 195 | 300 gm
- **Golden Corn Niblets**  **900**
 Crispy fried American corn kernels tossed with salt and pepper
 Kcal 354 | 200 gm
- **Tofu with Soya Ginger Sauce**  **925**
 Kcal 513 | 150 gm
- **Vegetable Spring Rolls**  **850**
 Kcal 333 | 150 gm
- **Bruschetta**  **750**
 Tomato, kalamata olives and basil
 kcal 310 | 150 gm
- **Tehdar Soya Chaap**  **900**
 Soya chaap marinated with mint and garlic
 kcal 451 | 200 gm
- **Bhuttiyan De Kebab**  **900**
 Patties of sweet corn kernels blended with herbs and spices
 kcal 330 | 150 gm
- **Hariyali Kebab**  **850**
 Green peas, spinach, yoghurt, onion and mint
 kcal 315 | 150 gm
- **Tandoori Paneer Tikka**  **900**
 Morsels of cottage cheese, spicy marinade, mint chutney
 kcal 340 | 150 gm
- ▲ **Kariveppilai Chemmeen Chuttathu**  **1300**
 Chilli fennel marinated medium prawn flavoured with fresh curry leaves
 Kcal 452 | 200 gm
- ▲ **Methi Jhinga**  **1300**
 Prawns marinated with yoghurt and saffron, cooked in a tandoor
 Kcal 327 | 200 gm
- ▲ **Hong Kong Style, Prawns**  **1300**
 Kcal 444 | 150 gm
- ▲ **Mahi Tikka**  **1025**
 Char - grilled fish with mustard and spices
 Kcal 276 | 200 gm
- ▲ **Tawa Masala Fried Fish**  **1025**
 Chilli ginger garlic lemon maninated fish
 Kcal 364 | 200 gm
- ▲ **Mapilla Kozhi Roast**  **1000**
 Chicken roasted with cinnamon, black pepper and fennel
 Kcal 560 | 200 gm
- ▲ **Erachi Ularthiyathu**  **1000**
 Cubes of tenderloin cooked dry with coconut chips and pepper
 Kcal 525 | 200 gm
- ▲ **Chilli Mountain Chicken**  **1100**
 Crispy fried chicken, chillies
 Kcal 426 | 200 gm
- ▲ **Tandoori Chicken Tikka**  **1000**
 The iconic Indian kebab cooked in traditional clay oven
 Kcal 375 | 200 gm
- ▲ **Mutton Shammi Kebab**  **1150**
 Spicy mutton patties with spices
 Kcal 364 | 200 gm

SOUPS

- Mulligatawny**  **475**
 Lentil, coconut milk, Madras curry powder
- **Vegetable** | kcal 265 | 150 gm
- ▲ **Chicken** | kcal 270 | 150 gm
- Minestrone Genovese**  **475**
■ **Vegetable** | kcal 114 | 150 gm **475**
▲ **Chicken** | kcal 165 | 150 gm **475**
- Cream Soup**  **475**
■ **Tomato** | kcal 203 | 150 gm **475**
■ **Roasted Mushroom** | Kcal 205 | 150 gm **475**
▲ **Chicken** | kcal 270 | 150 gm
- **Choice of oriental soup veg**  **475**
 Sweet corn, manchow, hot & sour
 kcal 132 | 150 gm
- ▲ **Choice of oriental soup non-veg**  **475**
 Sweet corn, manchow, hot & sour
 kcal 159 | 150 gm
- **Drumstick Rasam**  **475**
 South Indian style spiced drumstick broth
 kcal 121 | 150 gm

ENTRÉE

- ▲ **Pan Fried Tiger Prawn**  **1300**
 With a light bouillabaisse sauce charred veggie, potato wedges
 kcal 605 | 200 gm
- ▲ **Slow - Roasted Salmon**  **1350**
 Truffle oil flavored risotto, wilted spinach
 Kcal 634 | 200 gm
- ▲ **Crumbed Fish**  **1050**
 Crumb fried fish, green peas mash, tartar sauce
 Kcal 593 | 250 gm
- ▲ **Pan - Roasted Chicken**  **1050**
 Olive crushed potato, seared mushroom, smoked pepper, wine jus
 Kcal 498 | 200 gm
- ▲ **New Zealand Lamb Chops**  **1500**
 Mashed potato, vichy carrots, pepper jus
 Kcal | 648 | 200 gm
- ▲ **Red Wine Braised Tenderloin**  **1050**
 Root vegetable ragout
 Kcal 770 | 200 gm
- **Gnocchi**  **900**
 Gnocchi with creamy blue cheese sauce
 Kcal 502 | 200 gm
- **Classic Mushroom Risotto**  **975**
 Kcal 450 | 200 gm
- **Balsamic Grilled Vegetables**  **750**
 Bocconicni spears, walnut
 Kcal 156 | 150 gm

INNERGISE

- **PRABHAVIA BOWL**  **750**
 Red rice, spinach, cabbage, carrots, raw papaya, spring onion, tomato, beans, bean sprout, orange, beet roots, honey lemon dressing
 Kcal 192 | 160 gm
- **AMBAREESH ANUBHAV BOWL**  **750**
 Ice burg, spinach, couscous, grilled vegetables, broccoli, roasted red peppers, grilled paneer, sundried tomato, hummus, feta, walnut, basil pesto dressing
 Kcal 95 | 140 gm
- ▲ **GREEK BOWL**  **1000**
 Greek salad, barley, baba ganoush, grilled fish, crispy pita, lemon olive oil dressing
 Kcal 162 | 160 gm
- ▲ **MEDITERRANEAN CHICKEN BOWL**  **1000**
 Ice burg, spinach, couscous, grilled vegetables, broccoli, roasted red peppers, grilled chicken, sundried tomato, hummus, feta, walnut, basil pesto dressing
 Kcal 343 | 140 gm



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KERALA SPECIALTIES

▲ Meen Kudampuli Curry 🐟🍛 Ethnic Malabari fish curry kcal 486 200 gm	1050
▲ Kozhi Kurumulagu Curry 🍛 Coconut milk and black pepper flavoured chicken curry cooked in typical local style kcal 550 200 gm	1000
▲ Chicken Moilee 🍛 Chicken cooked with cloves, ginger, turmeric powder, curry leaves, coconut milk Kcal 485 200 gm	1200
▲ Mutton Stew 🍛 Mutton cubes cooked with whole garam masala, coconut milk Kcal 520 200 gm	1150
● Vegetable Stew 🍛 Mixed vegetable, ginger, green chilly, curry leaves, coconut milk Kcal 302 200gm	875
● Kaikari Mappas 🍛 Mixed vegetable, coconut, milk, spices Kcal 302 200 gm	
● Avial 🍛 Kerala delicacy vegetable, pounded masala with cumin, coconut, green chilly Kcal 310 200 gm	800
● Thoran of the day 🍛 Local specialty of dry vegetable preparation Kcal 275 150 gm	750
● Kerala Sambhar 🍛 Mixed vegetable, lentil, tamarind, pounded spices Kcal 285 200 gm	
● Matta Rice Kcal 320 200 gm	325
● Malabar Paratha 🍛 Soft refined flour dough beaten to thin sheet and folded to form layered bread and then cooked on skillet Kcal 279 150 gm	275
● Appam Hoppers, leavened rice bread Kcal 202 150 gm	225

ASIAN STIR-FRIES

▲ Szechwan Stir - Fried Prawns 🐟🍛🦀 kcal 405 200 gm	1300
▲ Kung Pao Chicken 🍛 kcal 460 200 gm	1050
▲ Stir - Fried Beef with Oyster Sauce and Black Pepper 🐟🍛 kcal 456 200 gm	1100
● Stir Fried Asian Greens in Butter Garlic Sauce 🍛 kcal 420 200 gm	925
● Mapo Tofu with Vegetables 🍛 kcal 506 200 gm	925
● Vegetable Manchurian 🍛 kcal 188 200 gm	925

COMFORT MAINS

● Kadhai Vegetables 🍛 Pan tossed vegetables, roasted spices Kcal 259 220 gm	900
● Pav Bhaji 🍛 Soft buttered buns, spicy vegetable curry and onion salad Kcal 560 200 gm	800
● "Mom Style" Khichdi 🍛 Rice, yellow lentil, clarified butter and yoghurt Kcal 514 250 gm	775
● Curd Rice 🍛 Tempered curd and rice preparation, papad and pickle Kcal 480 250 gm	600
● Dal Tadka 🍛 Yellow lentils, turmeric, golden-brown garlic, cumin and coriander Kcal 317 200 gm	650
● Dal Makhani 🍛 Overnight simmered black lentils, double cream, mild spices and butter Kcal 489 200 gm	700
● Paneer Tikka Butter Masala 🍛 Cardamom flavored tomato sauce and sun-dried fenugreek leaves Kcal 252 220 gm	925
● Lahori Dum Aloo 🍛 Potatoes, green peas, fenugreek, onion tomato cashew nut gravy Kcal 392 200 gm	825

▲ Butter Chicken 🍛 Tandoor cooked chicken in cardamom flavored tomato sauce, butter and sun-dried fenugreek leaves Kcal 526 200 gm	1025
▲ Home Style Mutton Curry Spicy mutton and potato curry preparation Kcal 710 200 gm	1150
● Dum Biryani 🍛 Vegetable Kcal 420 350 gm Chicken Kcal 578 350 gm Mutton Kcal 585 350 gm	900 1000 1150

PASTA AND PIZZA

Choice of pasta - Spaghetti, Penne, Fusilli, Farfalle,
Gluten Free

● Nepoliatano 🍛 kcal 552 250 gm	900
● Alfredo 🍛 Kcal 570 250 gm	900
● Spinach and Goat Cheese Ravioli 🍛 Basil pesto sauce, parmesan cheese Kcal 667 250gm	1000
▲ Carbonara 🍛 Cream, eggs, bacon and parmesan cheese Kcal 653 250 gm	1100
● Pizza Margarita 🍛 Basil, olive oil Kcal 675 200 gm	1000
● Pizza Fiamma 🍛 Sliced onion, Chopped green chilies, dry oregano Kcal 630 200 gm	1000
● Make your own vegetarian pizza 🍛 Choose toppings -Tomato, sundried tomato, Mushrooms, red onion, Jalapenos, grilled peppers, Roasted zucchini, charred corn kernels, olives Kcal 890 300 gm	1050
▲ Make your non-vegetarian Pizza 🍛 Choose toppings – Roast chicken, pepperoni, tandoori chicken, sausage, bacon Kcal 1014 300 gm	1150

SIDES

● Steamed Rice Kcal 209 200 gm	425
● Indian Breads 🍛 Tandoori roti/ Naan/ Garlic Naan/Laccha Paratha/ Kulcha Kcal 200 150 gm	225
● French Fries Kcal 285 220 gm	600
● Mashed Potato 🍛 Kcal 177 220 gm	350

SWEET EATS

▲ Bekal Crème Brulee 🍛 Cardamom scented slow baked custard Kcal 478 150 gm	800
▲ Baked Cheesecake 🍛 Berries and cookie crumble Kcal 510 150 gm	850
▲ Bulls Eye 🍛 Chocolate sponge cake & vanilla ice cream Kcal 1077 200 gm	850
● Tiramisu 🍛 Kcal 480 150 gm	850
● Venezula Cocoa and Hazelnut Pave 🍛 Star anise ganache Kcal 480 125 gm	900
● Selection of Ice Cream 🍛 Vanilla bean/ honeynut crunch/ strawberry/ chocolate Kcal 370 150 gm	600
● Pistachio Gulab Jamun 🍛 Reduced milk dumplings in cardamom flavored sugar syrup Kcal 450 150 gm	700
● Indian Dessert Platter 🍛 Gajjar ka halwa, badam ki rabdi, pistachio gulab jamun Kcal 450 150 gm	850

RICE, NOODLES

ASIAN STIR-FRIES

FRIED RICE

● Vegetable 🍛 kcal 326 200 gm	850
▲ Egg 🍛 kcal 336 200 gm	
▲ Seafood 🍛 kcal 388 200 gm	
▲ Chicken 🍛 kcal 343 200 gm	

NASI GORENG

Indonesian fried rice	800
● Vegetable Kcal 580 200 gm	
▲ Shrimp Kcal 650 200 gm	

NOODLES

● Hakka 🍛 kcal 210 200 gm	800
▲ Egg 🍛 kcal 276 200 gm	
▲ Seafood 🍛 kcal 492 200 gm	
▲ Chicken 🍛 kcal 318 200 gm	



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