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SALAD | SOUPS

Salads

 Mesclun salad 🥗 27.9 Kcal ripe tomatoes, french cucumbers, red onions, olive oil- lemon dressing	_____	675
 Quinoa salad 🥗 110 Kcal quinoa, vegan pesto lime, chick peas, salad greens	_____	675
 Caesar salad 🥗 87.5 Kcal romaine lettuce, garlic dressing, parmesan & bread crostini, chicken breast	_____	775
 Warm chicken salad 🥗 349 Kcal mixed lettuce, warm grilled chicken, boiled egg	_____	775

Soups

 Tomato basil soup 🍷 130 Kcal herb croutons'	_____	375
 Cream of mushroom soup 🍷 232 Kcal garlic bread	_____	375
 Tom yum kung 🍷 117 Kcal thai style, prawn  Vegetarian option available 72.3 Kcal	_____	375 /425
 Hot & sour chicken soup 🍷 211 Kcal with black jelly fungus, shitake & tofu or chicken  Vegetarian option available 153 Kcal	_____	375 /425
 Pork thukpa 🍷 362 Kcal noodle soup, chunks of pork	_____	425

List of Allergens:



























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TO START & SHARE

Starters

 Tandoori pomfret  	_____	775
335 Kcal yogurt marinated, arabian pomfret		
 Kasundi malai jhinga   	_____	775
427 Kcal prawn, bengali mustard		
 Thai spiced marinated pork skewers 	_____	775
147 Kcal thai spice, pork belly		
 Chicken cashew nut with dry chillies   	_____	775
92 Kcal chicken, dry red chilli, cashew nuts & spring onion		
 Kebabs selection   	_____	775
59 Kcal marinated fish, chicken & lamb		
 Vegetarian kebabs selection  	_____	675
137 Kcal paneer, broccoli & stuffed potatoes		
 Black pepper tofu 	_____	675
160 Kcal silken tofu slice, black pepper sauce		
 Crispy fried vegetables 	_____	675
79 Kcal tempura fried		








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Burger, Sandwich & Wraps











	The mynt burger 🥛 🌾 🥒 🥑	<hr/>	575
1192 Kcal patty of soya nuggets, jalapeño, cilantro & cheddar cheese sesame seed crusted whole wheat bun			
	The hills meat burger 🥛 🌾 🍅 🥒 🥑	<hr/>	675
1384 Kcal tenderloin burger patty, processed cheese, tomato, cucumber, onions, fried egg, sesame seed crusted whole wheat bun			
	Loaded chicken burger 🥛 🌾 🍅 🥒 🥑	<hr/>	675
1392 Kcal chicken burger patty, processed cheese, tomato, cucumber, onions, fried egg, sesame seed crusted whole wheat bun			
Club sandwich			<hr/> 675 /575
Choice of toasted ~ sandwich on brown multigrain white bread			
	Non veg-778 Kcal ham, roasted chicken, bacon, fried egg, cheese, tomatoes, lettuce & cucumbers 🥛 🌾 🥑 🍅 🥒		
	Vegetarian-806 Kcal pesto grilled vegetable, cheese, tomatoes, lettuce & cucumbers 🥛 🌾		
Create your sandwich with 🥛			
Choice of plain or grilled ~ white, brown or multigrain bread served with skinny chips & house salad			
	Roasted Chicken & processed cheese 🥛 🌾	<hr/>	675
666 Kcal			
	Pork keema sandwich 🥛 🌾	<hr/>	675
721 Kcal			

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	BLT sandwich  	_____	675
	672 Kcal		
	Curried chicken wrap  	_____	675
	485 Kcal tandoori chicken, pickled onion & mint chutney		
	Paneer wrap   	_____	675
	437 Kcal tandoor cottage cheese, bell pepper, onion & mint chutney		

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INTERNATIONAL MAINS

International main plates & grills

 Grilled pomfret 	_____	975
548 Kcal garlic & herb fish, cauliflower mash, wilted spinach, antipasti salad, truffle hollandaise		
 Atlantic salmon 	_____	975
585 Kcal quinoa tabouleh, citrus nage		
 Duo of chicken 	_____	975
592 Kcal roasted spring chicken, cumin & garlic, chicken risotto, rosemary jus		
 Surf & turf 	_____	975
834 Kcal herbed soft polenta, pan flashed spinach, grilled tenderloin, chermoula prawn & lemon butter emulsion		
 Steak of balsamic marinated grilled vegetables	_____	875
496 Kcal pistachio couscous, tzatziki, balsamic and cherry tomato sauce		

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Pasta

	Rigatoni pomodoro e funghi 	_____	775
	519 Kcal wild mushrooms, roma tomatoes, basil sauce, parmesan		
	Penne aglio e olio	_____	775
	657 Kcal extra virgin olive oil, garlic, chilli flakes & mixed herbs		
	Penne primavera  	_____	775
	684 Kcal exotic spring vegetable, extra virgin olive oil, garlic, & mixed herbs		
	Fusilli alfredo 	_____	775
	883 Kcal extra virgin olive oil, creamy mushroom sauce, fresh garden thyme		
	Fusilli bolognese  	_____	875
	844 Kcal minced tenderloin, tomato ragout & fresh basil, crispy onion		
	Risotto gambari  	_____	875
	764 Kcal white wine, butter poached prawn, creamy sauce		
	Spaghetti alla carbonara  	_____	875
	895 Kcal egg, bacon, cheese sauce & parmesan		

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Rice & Noodles

<input type="checkbox"/>	Nasi goreng 🥬🍌	_____	875
	512 Kcal balinese chilli sambal rice, chicken, arabian sea prawn, fried egg chicken satay, tempura prawns, pickled vegetables & shrimp crackers		
<input checked="" type="checkbox"/>	Ginger smoked rice 🍌	_____	575
	280 Kcal wok fried with carrot, beans, ginger & spring onion		
<input type="checkbox"/>	Chicken fried rice 🍌	_____	675
	311 Kcal wok fried with chicken and onion		
<input type="checkbox"/>	Pork fried rice 🍌	_____	675
	614 Kcal wok fried with pork and onion		
<input type="checkbox"/>	Hakka noodles 🥬🍌🍷	_____	675 /575
	457 Kcal noodles with seasonal vegetables, chicken & arabian sea prawns		
	<input checked="" type="checkbox"/> Please ask your server for vegetarian option 🥬🍷		
	305 Kcal		
<input type="checkbox"/>	Phad thai 🍌🥬🍌🍌	_____	675 /575
	725 Kcal rice stick noodles, bell peppers, chicken, arabian sea prawns, egg, crushed peanuts, chilli flakes & tofu		
	<input checked="" type="checkbox"/> Vegetarian option available 🍌🥬		
	697 Kcal		
<input type="checkbox"/>	Khao suey 🍌🍌🍷	_____	875/775
	705 Kcal burmese khao suey with accompaniments		
	<input checked="" type="checkbox"/> Please ask your server for vegetarian option 🍌🍷		
	782 Kcal		

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PAN ASIAN

Asian stir fries & Deep bowls

 “Hawkers’ style” chilli pork 🥘	_____	875
852 Kcal pork belly, chilli garlic sauce, jasmine rice		
 Kumbao chicken 🥘	_____	875
907 Kcal schezwan peppers, button mushrooms, shitake, black jelly fungus, peanuts, jasmine rice		
 Chicken red curry	_____	875
776 Kcal chicken, jasmine rice		
 Chilli bean vegetables 🥘	_____	775
264 Kcal vegetables ,hot beans,jasmine rice		
 The hills bowl 🥘	_____	775
221 Kcal mixed vegetable, soya		
 Jasmine rice	_____	220
664 Kcal jasmine rice		










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Regional

	Doh nei iong 🍗 1016 Kcal pork curry ,black sesame	_____	875
	Pork curry with bamboo shoots 🍗 693 Kcal pork belly, bamboo shoot	_____	875
	Kappa chicken 430 Kcal chicken, chilli flakes	_____	875
	Maas tenga 🐟 238 Kcal local fish, thekera tenga	_____	875
	Doh shain 570 Kcal minced pork, local spiced	_____	875
	Spiced banana flower 130 Kcal banana flower	_____	775
	Boiled vegetable 104 Kcal seasonal boiled vegetable	_____	775
	Dai nei long 🍗 364 Kcal toor dal, sesame seed	_____	775
	Sticky black rice 125 Kcal local steam rice	_____	275






















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Comfort Mains

<p> Crumbed fried fish & chips </p> <p>1081 Kcal deep fried breaded fish fillet, fat chips, side salad & homemade tartar sauce</p>	<hr style="border: 0.5px solid black;"/> <p>975</p>
<p> Butter chicken </p> <p>470 Kcal tandoori chicken, tomato butter sauce</p>	<hr style="border: 0.5px solid black;"/> <p>975</p>
<p> Home style chicken curry </p> <p>582 Kcal chicken, local spices</p>	<hr style="border: 0.5px solid black;"/> <p>975</p>
<p> Gosht rogan josh </p> <p>745 Kcal lamb, kashmiri spice</p>	<hr style="border: 0.5px solid black;"/> <p>975</p>
<p> Subz diwani handi </p> <p>559 Kcal seasonal vegetables, rich yellow gravy</p>	<hr style="border: 0.5px solid black;"/> <p>775</p>
<p> Pav bhaji</p> <p>263 Kcal minced butter vegetable, butter pav</p>	<hr style="border: 0.5px solid black;"/> <p>875</p>
<p> Pindi chole</p> <p>531 Kcal spiced chickpeas curry, baked kulche</p>	<hr style="border: 0.5px solid black;"/> <p>875</p>
<p> Rajma chawal</p> <p>519 Kcal red kidney beans, spicy tomato & onion curry</p>	<hr style="border: 0.5px solid black;"/> <p>875</p>
<p> Paneer tikka butter masala </p> <p>615 Kcal paneer, tomato sauce, fenugreek leaves</p>	<hr style="border: 0.5px solid black;"/> <p>775</p>
<p> Dal tadka </p> <p>523 Kcal yellow lentil, golden brown garlic, royal cumin & saffron</p>	<hr style="border: 0.5px solid black;"/> <p>675</p>
<p> Dal makhani </p> <p>521 Kcal black lentil, double cream & butter</p>	<hr style="border: 0.5px solid black;"/> <p>775</p>
<p> Jeera hing wale chatpata aloo </p> <p>532 Kcal potato, cumin, hing</p>	<hr style="border: 0.5px solid black;"/> <p>775</p>


























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Biryani

 Murgh dum biryani  588 Kcal	_____	975
 Dum mutton biryani  674 Kcal	_____	975
 Vegetable biryani  759 Kcal	_____	875
 Curd rice  358 Kcal tempered curd & rice, papad & pickle	_____	675
 Masala khichdi  469 Kcal rice, lentils, mixed vegetable	_____	775
Assorted breads	_____	175
 Naan   209 Kcal		
 Roomali roti   235 Kcal		
 Whole wheat tandoori roti   171 Kcal		
 Whole wheat laccha paratha   288 Kcal		
 Phulka  171 Kcal		
 Steamed basmati rice 33 Kcal	_____	200

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DESSERTS

Desserts

	Montelimar Iced nougat with lemon 🍷🍋	_____	675
	274 Kcal served with strawberry sauce		
	Crispy brownie topped with coffee whipped ganache 🍷🍫🍪🍋	_____	675
	1021 Kcal served with vanilla Ice cream		
	Blackberry mrunu 🍷🍋	_____	675
	475 Kcal with caramel sauce		
	Chocolate lava cake 🍷🍫🍋	_____	675
	594 Kcal chocolate cake with a molten chocolate center, topped with vanilla ice cream in a chocolate shell		
	Warm apple crumbles with vanilla sauce 🍷🍫	_____	675
	273 Kcal served with peanut butter sauce		
	Kesari rasmalai 🍷🍫	_____	675
	452 Kcal rich cheese curd dumplings poached in sweetened condensed milk		
	Pista gulab jamun 🍷🍫	_____	675
	582 Kcal fried balls of a dough made from milk solids, soaked with an aromatic syrup spiced with green cardamom		
	Fresh fruit platter	_____	475
	148 Kcal		

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