


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







Scan QR to know nutritional value of each dish




Breakfast




International selection




- **Yoghurt**  **375**
37 kcal Natural or fruit flavoured




- **Cereals**   **475**
379 kcal Choice of corn flakes, wheat flakes, chocolate flakes, muesli, with hot, cold or skimmed milk


- **Breakfast Bread**   **475**
280 kcal Multi-grain, whole wheat bread, sugar-free jam, honey


- ▲ **Baker's Basket**    **475**
765 kcal Choice of any three- croissant, Danish pastry, muffin, doughnut, pain au chocolat or toast – Natural white, whole wheat or multi-grain with butter, preserves

- ▲ **Cinnamon-Scented French Toast**    **500**
385 kcal melted butter, maple syrup, berry compote

- ▲ **Pancakes**    **525**
385 kcal Choice of plain, banana, apple, blueberry, with melted butter, maple syrup, whipped cream

- ▲ **Traditional Golden Waffles**    **525**
385 kcal maple syrup, honey, whipped cream









- ▲ **Three Eggs Omlette**  **525**
282 kcal Choice of vegetables, ham, cheese, with hash brown potato, grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves

- ▲ **No-Yolk Omlette**  **525**
71 kcal Egg white cooked with extra-virgin olive oil, with hash brown potato, grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves
















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 Poached Eggs 	525
156 kcal Grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves	
 Smoked Norwegian Salmon Platter    	1050
247 kcal Capers, lime, horseradish sauce	
 Griddle-Cooked Sausages	475
464 kcal Chicken	
625 kcal Pork	

Indian Selection

 Dosa  	650
182 kcal Choice of plain, masala, onion, rawa, podi, mysore masala, served with sambar, chutney	
 Idli 	650
509 kcal Steamed rice, lentil cakes, served with sambar, chutney, podi	
 Vada 	650
903 kcal Crisp savoury deep-fried lentil doughnut, served with sambar, chutney	
 Bisi Bele Bath   	650
570 kcal Rice and lentil preparation, vegetables, cashew nuts, served with ghee and boondi	
 Uttapam  	650
218 kcal Choice of plain, masala, podi – Griddle cooked rice pancake served with sambar and chutney	
 Poori Bhaji 	650
886 kcal Potatoes tempered with cumin seeds, Indian spices accompanied with deep-fried whole wheat Indian bread	



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- Parathas** 🌾 🥛 **650**
 Choice of-
518 kcal Aloo (potatoes), **556 kcal** Gobhi (cauliflower), **264 kcal** Paneer (cottage cheese),
 plain unleavened bread cooked on a hot griddle, served with yoghurt, pickle

- Khara Bath** 🌾 🌾 🥛 **650**
468 kcal Delicious local specialty – semolina preparation with south Indian tempering

- Pesarattu** **650**
329 kcal Andhra style moong bean crepes served with sambar, chutney

Soups

- Asparagus Veloute** 🥛 🌿 🌾 **475**
210 kcal Golden almonds and hazelnut oil

- Mushroom Soup** 🥛 🌿 🌾 **475**
354 kcal Porcini milk foam and truffle oil

- Minestrone Milanese Soup** 🥑 **475**
102 kcal Basil pesto drizzle, Parmigiano Reggiano

- Murgh Shorba**
233 kcal Indian-style spicy chicken soup

Hot and Sour Soup

- 113 kcal Chicken** 🥑 🍳 **525**
- 74 kcal Vegetable** 🥑 **475**

Sweet Corn Soup

- 99 kcal Chicken** 🥑 🍳 **525**
- 92 kcal Vegetable** 🥑 **475**




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Salads

Caesar Salad

- 375 kcal Pan-Roasted Vegetables and Garlic Croute   700
- 237 kcal Grilled Chicken and Garlic Croute   750

- Smoked Norwegian Salmon  1050
247 kcal Onion, caper, lime and horseradish sauce


- Marinated Tomato and Bocconcini  700
648 kcal Fresh bocconcini, modena balsamic cold pressed extra virgin olive oil and basil pesto


- Classic Greek Salad  700
264 kcal Marinated Kalamata olives and feta cheese, cucumber, tomato, pepper, onion

Appetisers

- 277 kcal Spicy Crispy Prawns, Golden Garlic and Cilantro   1300



- 284 kcal Chilli Chicken Dry   975


- Chicken Tikka   950
663 kcal Boneless chicken thigh marinated with chilli and yogurt, cooked in clay oven

- Gilafi Seekh Kebab  950
581 kcal Skewered kebab of spiced ground lamb and bell peppers

- 628 kcal Vegetable Spring Roll with Sweet Chilli Sauce    1025

- 573 kcal Water Chestnut and Lotus Stem in Honey Chilli   700

- Lal Mirch ka Paneer Tikka   825
1026 kcal Yoghurt and chilli marinated cottage cheese cooked in tandoor with pounded Indian spices

- Palak Dahi Kebab  825
263 kcal Pan fried spinach patty, yoghurt filling














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Pasta









Choice of Spaghetti/ penne/ fusilli with choice of sauce

-  **758 kcal Alla Carbonara**– Bacon, Parmesan, Egg yolk, Pepper   **950**
-  **494 kcal Arrabiata**– Spicy tomato, basil sauce    **900**
-  **265 kcal Pesto Rosso**– with artichokes  **900**
-  **234 kcal Primavera**– Eggplant, zucchini, asparagus, cream  **900**

Risotto

-  **407 kcal Frutti de Mare**    **1100**
-  **Wild Mushroom Risotto** 
370 kcal Truffle scented **900**
-  **Winter Vegetable Risotto** 
364 kcal Asparagus essence **900**

Pizza

-  **Pizza Pepperoni**  **900**
769 kcal Spicy pork pepperoni and mozzarella
-  **Pizza Pazza**  **900**
873 kcal Minced chicken, basil pesto, pepper and olive
-  **Classical Pizza Margherita**  **800**
675 kcal Tomato, mozzarella and basil
-  **Pizza Ortolana**  **800**
726 kcal Grilled pepper, zucchini, parmesan, mozzarella



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European Grills

Served with one choice of side order,

One choice of potato preparation and choice of one sauce

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|--|-------------|
|  1009 kcal Roast Chicken 🍗🌿 | 1050 |
|  1254 kcal Tenderloin | 1200 |
|  224 kcal Pan Seared John Dory with Red Wine and Martini Veloute 🐟🍷
(Chef's Signature dish) | 1150 |

Choices of sauce:

Creamy mushroom sauce/ red wine jus/ caper lemon sauce

Choices of potato:

French fries/ potato mash

Side order:

Mesclun greens/ sautéed vegetables/ mushrooms

Oriental Mains:

(Available from 11 AM to 11PM)

- | | |
|--|-------------|
|  295 kcal Sauteed Prawns in Dry Chilli and Garlic 🦐🌶️ | 1300 |
|  564 kcal Sliced Lamb with Ginger and Spring Onion 🍖🌿 | 1025 |
|  949 kcal Barbequed Pork Spare Ribs 🍖🔥 | 1025 |
|  956 kcal Wok Fried Chicken with Dried Chilly, Kung Pao Style 🍗🌶️🥑 | 975 |
|  239 kcal Tofu with Shitake Mushroom in Ginger Soy Sauce 🍄🌿 | 950 |
|  272 kcal Stir Fried Greens with Burnt Garlic 🌿🔥 | 950 |

 MOLUSCS  EGGS  FISH  LUPIN  SOYA  MILK  PEANUTS  GLUTEN
 CRUSTACEANS  MUSTARD  NUTS  SESAME  CELERY  SULPHITES

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Wok Fried Rice

 1220 kcal Chicken 	1000
 1100 kcal Egg 	950
 1076 kcal Vegetable 	900

Hakka Noodles

 780 kcal Chicken 	1000
 670 kcal Egg 	950
 628 kcal Vegetable 	900

Indian Mains:

 Chicken Tikka Butter Masala 	950
1455 kcal Tandoori chicken morsels cooked in fresh tomato gravy	
 Mutton Rogan Josh 	1000
762 kcal Indian lamb meat chunks cooked in brown onion and tomato gravy finished with yogurt	
 Kundapur Chicken Curry 	950
881 kcal Boneless chicken cooked in traditional coastal preparation enriched with coconut milk	
 Mangalore Fish Curry 	950
599 kcal Traditional fish preparation with local masala with coconut and tamarind	
 Mutton Sukka 	950
674 kcal Dry lamb preparation enriched with coconut and spices	
 Prawn Ghee Roast 	1100
475 kcal Kundapur's popular fiery red tangy and spicy fresh prawns	
 Paneer Butter Masala 	850
1512 kcal Cottage cheese cooked in creamy onion tomato gravy	











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- Makai Palak**  **850**
 91 kcal Spinach and corn kernels tempered with garlic and dried red chilli
- Adhraki Gobhi Matar**  **850**
 129 kcal Ginger infused stir-fried cauliflower with green peas
- Subzi Diwani Handi**   **850**
 995 kcal Mélange of vegetables cooked in mild spices
- Dal Makhani**  **825**
 277 kcal Black lentil preparation finished with rich cream and butter
- Dal Panchphoran**   **825**
 754 kcal Mixed lentils cooked with Bengali five spice tempering
- Dal Tadka**  **825**
 664 kcal Home-style yellow lentil tempered with butter, cumin and chilli

Breads








- 250 kcal Kulcha**   **300**
 Aloo/ onion/ paneer
- 288 kcal Naan**   **225**
 Plain/ butter/ garlic
- 231 kcal Paratha**   **225**
 Lachha/ pudina
- 197 kcal Tandoori Roti**  **225**
- 185 kcal Chapati/ Phulka**  **225**














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Rice

-  **Gosht Dum Biryani**  **1050**
1089 kcal Aromatic basmati rice, lamb chunks, served with raita
-  **Murgh Dum Biryani**  **1000**
1090 kcal Flavourful basmati rice, chicken, served with raita
-  **Subz Dum Biryani**  **950**
612 kcal Vegetables, basmati rice, dum cooked with saffron and spices served with raita
-  **136 kcal Steamed Basmati Rice** **550**

Comfort Food























-  **Vegetable Pakoda**  **650**
1346 kcal Spiced gram flour, batter fried vegetables
-  **Punjabi Samosa**  **650**
1895 kcal Fried pastry, savoury potato filling
-  **Rajma Chawal**  **950**
531 kcal Red kidney beans in spicy gravy, with steamed rice
-  **Khichdi**  **700**
292 kcal Tenderly-cooked rice and lentils, tempered with spices
-  **Curd Rice**   **550**
131 kcal Tempered soft cooked rice, yogurt, pomegranate seeds



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Sandwiches, Burgers and Wraps



-  **The Taj Club Sandwich**  **950**
 1166 kcal Tender chicken salad, cheese, ham, fried egg, tomato and mesclun on toasted bread
-  **Vegetable Club Sandwich**  **800**
 1023 kcal Salad leaves, tomato, cucumber, cheddar, grilled vegetables and mesclun on toasted bread
- Grilled Sandwich** 
-  **1157 kcal Chicken** **950**
 -  **1059 kcal Vegetable** **750**
 -  **1339 kcal Cheese** **750**
-  **Mediterranean Panini**  **800**
 454 kcal Ciabatta, pesto vegetables, caramelized onion, tomato
-  **Greek Grilled Cheese**  **800**
 702 kcal Sourdough, shredded mozzarella, feta, roasted bell peppers, Kalamata olives, dill
-  **Italia**  **800**
 695 kcal Focaccia, roast chicken, truffle mustard, fresh mozzarella, tomato, basil, balsamic, arugula
-  **Lamb Baguette**  **950**
 547 kcal French baguette, braised lamb, sauerkraut, grain mustard, roasted garlic, swiss cheese, rosemary butter
-  **Classic Chicken Burger**  **925**
 1768 kcal Ground chicken patty, caramelised onion, cheddar
-  **Smoke Attack**  **925**
 662 kcal Brioche bun, smoked chicken mince patty, monetary jack cheese, caramelized onions, bacon, pickles
-  **Byonic Burger**  **925**
 1066 kcal Rye bun, lamb patty, molten cheese center, caramelized onion jam, pickles, mustard, onions, arugula, sunny side up





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 **Black Bean Burger**   **800**
 575 kcal Sourdough bun, black bean patty, onion, charred bell peppers, avocado, cilantro lime sauce

 **The Beyond Burger (Vegan)**  **800**
 516 kcal Pumpernickel bun, pulled jackfruit, homemade barbeque sauce, lettuce, American vegan cheese, tomato

 **Curried Vegetable Burger**    **800**
 1621 kcal Curry spiced vegetable and potato patty, cheese, jalapeno

Selection of Fries

Sweet potato, crinkle cut, french fries, smashed potatoes

Kathi Roll 



-  **459 kcal Chicken** **900**
-  **693 kcal Paneer** **800**
-  **339 kcal Vegetable** **750**



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Desserts

	414 kcal Warm Apple Pie with Vanilla Ice Cream 	650
	443 kcal Chocolate Fudge Brownie with Salted Caramel Ice Cream 	650
	173 kcal Panna Cotta (Sugar-free) 	650
	903 kcal Gulab Jamun 	550
	307 kcal Kesar Rasmalai 	575
	893 kcal Gajar ka Halwa 	550
	Choice of Ice Creams 	550
	205 kcal Vanilla, Chocolate, Strawberry, Butterscotch, Mango, South Indian Filter Coffee	
	202 kcal Freshly-cut Seasonal Fruit Platter	600
	108 kcal Chocolate Velvete (Gluten-free) 	700
	454 kcal Raspberry and Basil Mousse (Lactose-Free) 	700

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Hot and Cold Beverages

 Coffee 	300
100-150 kcal Espresso, doppio, ristretto, cappuccino, café latte, south Indian filter coffee, freshly brewed, decaffeinated	
 Tea 	300
10-105 kcal Darjeeling, assam, english breakfast, earl grey, chamomile	
 190-210 kcal Hot Chocolate, Horlicks, Bournvita 	300
 Whole Milk 	300
2% low-fat or soya bean milk, served hot or cold	
 Milkshakes 	450
350 kcal Vanilla, Chocolate, Strawberry, Banana, Butterscotch	
 Cold Coffee 	450
282 kcal With Ice Cream	
 160 kcal Lassi 	300
 Freshly Squeezed Fruit or Vegetable Juice	325
120-150 kcal Orange, watermelon, pineapple, cantaloupe melon, sweet lime, carrot, orange, Celery, apple	
 50 kcal Tender Coconut Water	
 180 kcal Canned Juice	275
 Fresh Lime Soda/Water	325
 Tonic Water	325
 Ginger Ale	325
 Red Bull	375
 Himalayan Mineral Water	325
 Perrier (750ml or 330ml)	450/250



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