As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI), an average active adult requires **2000 kcal**s of energy per day. However, the actual calories needed may vary per person.
ALL DAY BREAKFAST
Timing 0700 hrs - 2300 hrs

- **CHOICE OF FRESHLY SQUEEZED JUICES** 350 kcal | 300 ml
  - 166 kcal | 300 ml Orange
  - 150 kcal | 300 ml Sweet lime
  - 170 kcal | 300 ml Watermelon
  - 180 kcal | 300 ml Pineapple

- **CHOICE OF FRESH CUT FRUIT PLATTER** 575 kcal | 350 gms
  - 144 kcal | 350 gms Papaya, watermelon, honeydew, pineapple

- **CHOICE OF CEREALS** 425 kcal | 240 gms
  - 260 kcal | 240 gms Corn flakes
  - 289 kcal | 240 gms Wheat flakes
  - 262 kcal | 240 gms Chocos
  - 300 kcal | 240 gms Muesli

- **BIRCHER MUESLI** 450 kcal | 275 gms
  - 724 kcal | 275 gms Apple, carrot, raisin

- **COUNTRY OATMEAL PORRIDGE** 425 kcal | 220 gms
  - 427 kcal | 220 gms Dates, banana

- **ALMOND AND RAISIN FRENCH TOAST** 425 kcal | 220 gms
  - 531 kcal | 220 gms Maple syrup

- **PANCAKE** 425 kcal | 220 gms
  - 586 kcal | 220 gms Choice of banana, chocolate, berry

- **BAKERS BASKET (CHOOSE ANY 3)** 525 kcal | 180 gms
  - 580 kcal | 180 gms Croissant, danish, muffin, chocolate doughnut, whole wheat bread or multigrain bread

- **EGGS TO ORDER** 575 kcal | 250 gms
  - 527 kcal | 250 gms Choice of fried, boiled, scrambled, bhurji or omelette served with golden hash brown & choice of bacon or chicken sausage

- **POORI BHAJI** 575 kcal | 325 gms
  - 301 kcal | 325 gms Fried whole wheat bread with potato curry

- **STUFFED PARATHA** 575 kcal | 320 gms
  - 699 kcal | 320 gms Aloo paratha, pyaaz paratha, gobhi paratha, paneer paratha served with yoghurt & pickle

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Vegetarian • Non-Vegetarian • Vegan

Kindly inform us if you are allergic to any food ingredients.

List of Allergens:
- Milk
- Nuts
- Gluten
- Mustard
- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Peanuts
- Crustaceans
- Sesame
- Celery
- Sulphites

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**SHARING PLATES & APPETISERS**
Timing 1130 hrs - 2300 hrs

- **IDLI**
  575 kcal | 450 gms | Steamed rice & lentil cakes, sambhar & assortment of chutneys

- **DOSA**
  575 kcal | 425 gms | Plain or masala, sambhar & assortment of chutneys

- **ROASTED TOMATO AND GARLIC SOUP**
  375 kcal | 220 ml | Basil pesto

- **BROCCOLI AND WALNUT SOUP**
  375 kcal | 220 ml | Cheddar crostini

- **MINESTRONE SOUP**
  395 / 375 kcal | 220 ml | Chicken / Vegetable

- **MANCHOW SOUP**
  395 / 375 kcal | 220 ml | Chicken / Vegetable

- **KASOORI PANEER TIKKA**
  775 kcal | 220 gms | Cottage cheese, red chilli, yoghurt marinade

- **PALAK AUR CHILGOZE KI SHAMMI**
  775 kcal | 220 gms | Spinach, pine nuts, yoghurt

- **TANDOORI BHALWAN ALOO**
  775 kcal | 225 gms | Nuts, cottage cheese

- **LOTUS FIERY**
  775 kcal | 210 gms | Honey chilli sauce

- **CRISPY CORN KERNEL**
  775 kcal | 260 gms | Black pepper, onion

- **MUSHROOM TAI CHI**
  775 kcal | 320 gms | Fried mushrooms, hoisin sauce
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**FISH HUNAN STYLE**
502 kcal | 340 gms | River sole, chilies

**LAAL MIRCHI KA CHICKEN TIKKA**
969 kcal | 250 gms | Cooked in clay oven

**MUTTON GILAFI SEEKH KEBAB**
924 kcal | 195 gms | Goat mince, onion, spices

**CHICKEN DRAGON**
800 kcal | 310 gms | Diced chicken, garlic, dry red chilli

**CRISPY FRIED PRAWNS**
608 kcal | 280 gms | Chilli, lemongrass

**AJWAINI TAWA MACCHI**
691 kcal | 200 gms | River sole cooked on griddle

**REGIONAL SPECIALITY**
Timing 1130 hrs - 2300 hrs

**ALOO DUM BENARASI**
1610 kcal | 520 gms | Served with tikona paratha

**BENARASI KACHORI BHAJI**
301 kcal | 325 gms | Lentil stuffed whole wheat bread

**SATTU PARATHA WITH CHOKHA**
1094 kcal | 325 gms | Roasted gram flour stuffed

**NIMONA WADI**
758 kcal | 650 gms | Served with ghee bhaat

**BHANTA KALOUNJI**
761 kcal | 360 gms | Stir fried baby brinjal served with paratha
TAJ SIGNATURE
Timing 1130 hrs - 2300 hrs

FISH AND CHIPS 975
811 kcal | 200 gms| River sole, served with tartar sauce

SHISH TAOUK 975
1500 kcal | 250 gms| Pita bread, garlic aioli, herbed salad

NASI GORENG 975
1124 kcal | 325 gms| Fried rice, egg, chicken satay, peanut sauce

CHICKEN KATHI ROLL 975
680 kcal | 335 gms| Chicken, bell pepper, onion

FISH EXOTICA 975
1665 kcal | 350 gms| Fish & shrimp coconut curry, tomato, aubergine, sambal, served with Asian herbed salad, brown, white rice

PANEER KATHI ROLL 875
702 kcal | 335 gms| Cottage cheese, bell pepper, onion

SALADS, SANDWICHES & BURGERS
Timing 1130 hrs - 2300 hrs

CAESAR SALAD 675 / 575
468 kcal | 220 gms| Iceberg lettuce with choice of:
Chicken / Bacon
Seasonal vegetables

GREEK SALAD 575
101 kcal | 200 gms| Cucumber, peppers, tomato, olives, feta cheese, lime, oregano dressing

MEZZE PLATTER 575
652 kcal | 220 gms| Hummus, babaganoush, tzatziki, marinated olives, pita bread

SMOKED SALMON 975
291 kcal | 150 gms| Caper cream cheese, red onion rings

CHICKEN, PEPPERS AND BASIL SALAD 675
440 kcal | 200 gms| Cherry tomato, nachos

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Milk ⚠ Nuts ⚠ Gluten ⚠ Mustard ⚠ Molluscs ⚠ Eggs ⚠ Fish ⚠ Lupin ⚠ Soya ⚠ Peanuts ⚠ Crustaceans ⚠ Sesame ⚠ Celery ⚠ Sulphites

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<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NON-VEGETARIAN CLUB SANDWICH</strong></td>
<td>875</td>
<td>1674 kcal</td>
<td>455 gms</td>
<td>Bacon, lettuce, tomato, cheese, chicken, fried egg</td>
</tr>
<tr>
<td><strong>MASALA OMELETTE SANDWICH</strong></td>
<td>775</td>
<td>720 kcal</td>
<td>280 gms</td>
<td>Ice berg, cheese</td>
</tr>
<tr>
<td><strong>GRILLED CHICKEN SALAMI SANDWICH</strong></td>
<td>775</td>
<td>680 kcal</td>
<td>280 gms</td>
<td>Jalapeno, cheese</td>
</tr>
<tr>
<td><strong>VEGETARIAN CLUB SANDWICH</strong></td>
<td>775</td>
<td>1005 kcal</td>
<td>455 gms</td>
<td>Coleslaw, cheese, lettuce, tomato, roasted bell pepper</td>
</tr>
<tr>
<td><strong>MEDITERRANEAN STYLE FOCACCIA SANDWICH</strong></td>
<td>775</td>
<td>512 kcal</td>
<td>280 gms</td>
<td>Grilled vegetables, goat cheese</td>
</tr>
<tr>
<td><strong>MUMBAI MASALA TOASTY</strong></td>
<td>675</td>
<td>913 kcal</td>
<td>255 gms</td>
<td>Spiced potato mix</td>
</tr>
<tr>
<td><strong>THYME CHICKEN BURGER</strong></td>
<td>875</td>
<td>1107 kcal</td>
<td>325 gms</td>
<td>Served with thousand island sauce</td>
</tr>
<tr>
<td><strong>FISH FILLET BURGER</strong></td>
<td>875</td>
<td>1225 kcal</td>
<td>325 gms</td>
<td>Served with tartar sauce</td>
</tr>
<tr>
<td><strong>VEGETABLE BURGER</strong></td>
<td>775</td>
<td>1068 kcal</td>
<td>325 gms</td>
<td>Tandoori mayo, tomato, lettuce, cheese</td>
</tr>
</tbody>
</table>

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**Vegetarian**

**Non-Vegetarian**

**Vegan**

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**GRILLS / PAN SEARED**

Timing 1130 hrs - 2300 hrs

- **NEW ZEALAND LAMB CHOPS**
  398 kcal | 350 gms| Garlic mashed potato, seasonal vegetables, red wine jus

- **PAN SEARED RIVER SOLE**
  330 kcal | 380 gms| Parsley potatoes, lime, chilly butter

- **STUFFED CHICKEN BREAST**
  501 kcal | 345 gms| Spinach, mushroom, peppercorn jus

- **GNOCCHI WITH TOMATO, OLIVES AND BROCCOLI**
  564 kcal | 380 gms| Pomodoro sauce

- **CAJUN SPICED COTTAGE CHEESE STEAK**
  438 kcal | 345 gms| Tomato salsa, garlic bread

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**COMFORT FOOD**

Timing 1130 hrs - 2300 hrs

- **BENARASI BHAJIA**
  402 kcal | 200 gms| Onion, brinjal, cauliflower, chilli, potato, spinach

- **KAJU KISHMISH SAMOSA**
  609 kcal | 245 gms| Served with saunth chutney

- **KHICHDI**
  392 kcal | 380 gms| Masala / Plain

- **SUBZ DIWANI HANDI**
  368 kcal | 415 gms| Seasonal vegetables, tomato, onion

- **LAHSUNI MOTIA PALAK**
  543 kcal | 380 gms| Spinach, corn kernel, garlic

- **MATAR MUSHROOM CURRY**
  770 kcal | 380 gms| Button mushrooms, green peas, tomatoes

- **HING DHANIYE KE CHATPATE ALOO**
  487 kcal | 280 gms| Potatoes, green chilies, coriander
**Vegetarian**  
**Non-Vegetarian**  
**Vegan**

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- Soya
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- **Paneer Tikka Butter Masala**  
  678 kcal | 400 gms | Cottage cheese, tomatoes, butter

- **Malai Kofta**  
  1336 kcal | 400 gms | Milk dumplings, saffron gravy

- **Kadhi Pakoda**  
  1461 kcal | 550 gms | Served with steamed basmati rice

- **Rogani Gosht**  
  979 kcal | 415 gms | Boneless goat meat, onion, tomatoes

- **Murgh Tariwala**  
  645 kcal | 415 gms | Tomatoes, coriander, chilli

- **Chicken Butter Masala**  
  693 kcal | 425 gms | Roast chicken, fenugreek leaves in rich tomato gravy

- **Khade Masale Ki Macchi**  
  510 kcal | 400 gms | River sole, tomatoes, onions, peppers

**Biryani**

Saffron flavoured basmati rice cooked on dum, served with raita

- **721 kcal | 380 gms** | Vegetable
- **1177 kcal | 430 gms** | Mutton
- **1015 kcal | 430 gms** | Chicken

- **Palak Paneer**  
  617 kcal | 400 gms | Cottage cheese, spinach

- **Curd Rice**  
  708 kcal | 380 gms | Topped with pomegranate seeds

- **Dal Makhani**  
  1650 kcal | 410 gms | Black lentils, butter, cream

- **Yellow Dal Tadka**  
  294 kcal | 380 gms | Yellow lentils, tomatoes, onion

- **Quesadilla**  
  770 kcal | 340 gms | Barbequed chicken / Grilled vegetables

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PIZZA ORTOLANA 775
574 kcal | 380 gms | Grilled vegetables, sun dried tomato

PIZZA FIAMMA 775
574 kcal | 380 gms | Onions, chillies, oregano

PIZZA VERDURE 775
574 kcal | 380 gms | Spinach, eggplant, bell peppers, zucchini, mushrooms, capers, olives

PIZZA CON POLO INDIANA 875
574 kcal | 380 gms | Chicken tikka, onion, cilantro

SPAGHETTI CARBONARA 875
1050 kcal | 350 gms | Egg yolk, parmesan cheese, bacon

PENNE ALFREDO 875
958 kcal | 350 gms | Chicken meatballs

FUSILLI AL PESTO 775
976 kcal | 350 gms | Pesto cream, seasonal vegetables

SPAGHETTI AGLIO OLIO PEPPERONCINO 775
443 kcal | 150 gms | Olive oil, garlic, chilli flakes

MUSHROOM RISOTTO 775
526 kcal | 340 gms | Truffle essence

THAI RED/GREEN CURRY - SERVED WITH JASMINE RICE 1425
681 kcal | 750 gms | Chilli, lemon grass, coconut milk

Prawn 1425
Chicken 925
Vegetable 825

523 kcal | 260 gms | HAKKA NOODLES

Chicken 650
Egg 600
Vegetable 575

514 kcal | 300 gms | WOK TOSS FRIED RICE

Chicken 650
Egg 600
Vegetable 575

Vegetarian 🌼 Non-Vegetarian 🍔 Vegan 🍽️

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Milk 🥛 Nuts 🥜 Gluten 🐚 Mustard 🥒 Molluscs 🍌 Eggs 🍌 Fish 🐟
Lupin 🥜 Soya 🍌 Peanuts 🦀 Crustaceans 🥒 Sesame 🥒 Celery 🥒 Sulphites 🌾

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<tr>
<td><strong>THAI CHILLY PRAWNS</strong></td>
<td>560 kcal</td>
<td>380 gms</td>
<td>Sweet basil</td>
</tr>
<tr>
<td><strong>SLICED FISH OYSTER BUTTER</strong></td>
<td>576 kcal</td>
<td>385 gms</td>
<td>Black peppercorn flavoured</td>
</tr>
<tr>
<td><strong>GONG BAO JI DING</strong></td>
<td>786 kcal</td>
<td>400 gms</td>
<td>Diced chicken, red chilli, peanuts</td>
</tr>
<tr>
<td><strong>TOFU, BROCCOLI, MUSHROOM, SPINACH AND POK CHOI</strong></td>
<td>253 kcal</td>
<td>345 gms</td>
<td>Dry red chilly, soy garlic sauce</td>
</tr>
</tbody>
</table>

**SIDE ORDERS**
- 258 kcal | 200 gms | Plain curd / raita | 195
- 97 kcal  | 180 gms | Green salad        | 195
- 170 kcal | 135 gms | Masala papad        | 225
- 79 kcal  | 130 gms | Buttered vegetables | 375
- 260 kcal | 165 gms | Mashed Potato       | 225
- 492 kcal | 145 gms | Cheese, Garlic Bread| 325
- 513 kcal | 130 gms | French fries        | 325

**BREADS FROM TANDOOR**
Timing 1230 hrs - 1500 hrs & 1900 hrs - 2300 hrs
- 351 kcal | 140 gms | Tandoori roti       | 175
- 599 kcal | 140 gms | Laccha paratha      | 175
- 587 kcal | 140 gms | Missi roti          | 175
- 525 kcal | 140 gms | Naan                | 175
- **STUFFED KULCHA**
  - 589 kcal | 235 gms | Potato / paneer / onion or mix | 195

**BREADS FROM GRIDDLE**
- 351 kcal | 140 gms | Tawa roti           | 175
- 351 kcal | 140 gms | Tawa paratha        | 175

- **STEAMED BASMATI RICE**
  - 384 kcal | 300 gms | Green peas / cumin / mix vegetables | 475

**PULAO**
- 493 kcal | 300 gms | Green peas / cumin / mix vegetables | 550

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DESSERTS
Timing 1130 hrs - 2300 hrs

![Vegetarian] [Non-Vegetarian] [Vegan]

**CHOCOLATE WALNUT BROWNIE**
730 kcal | 160 gms | Served with vanilla ice cream

**APPLE CRUMBLE PIE (SUGAR FREE)**
593 kcal | 180 gms | Stewed apples, cinnamon

**TIRAMISU**
448 kcal | 135 gms | Mascarpone, coffee liqueur

**BLUEBERRY CHEESE CAKE**
261 kcal | 140 gms | Cream cheese, berry compote

**CHOCOLATE MOUSSE**
265 kcal | 120 gms | Hazelnut flavoured

**GULAB JAMUN**
1020 kcal | 180 gms | Cottage cheese dumplings, pistachio, saffron

**BADAM KA HALWA**
896 kcal | 180 gms | Topped with raisins

**KESARI RASMALAI**
338 kcal | 165 gms | Cottage cheese dumplings, saffron milk

**KESARI PHIRNI (SUGAR FREE)**
441 kcal | 180 gms | Saffron, coconut milk

**SELECTION OF ICE-CREAM**
274 kcal | 120 gms | Vanilla, strawberry, kesar pista, mango, chocolate

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- Eggs 🍳
- Fish 🐟
- Lupin 🥦
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- Peanuts 🥜
- Crustaceans 🦀
- Sesame 🥛
- Celery 🥛
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WELLNESS MENU
Timing 1130 hrs - 2300 hrs

SOUP AND APPETISER

- **VEGETABLE CLEAR SOUP** 375
  22 kcal | 220 ml| Ginger flavoured
  🌿 🌿 🌿 🌿

- **BEANS AND SPROUT SALAD** 575
  454 kcal | 260 gms | Sprouts, green beans, lemon coriander dressing
  🌿 🌿 🌿 🌿 🌿

HEALTHY MAINS

- **POACHED RIVER SOLE** 975
  276 kcal | 320 gms | Tomato, basil broth
  🌿 🌿 🌿

- **GRILLED CHICKEN BREAST** 975
  289 kcal | 270 gms | Steamed pok choi, broccoli
  🌿 🌿 🌿 🌿

- **MULTIGRAIN KHICHDI** 675
  586 kcal | 380 gms | Olive oil tempered
  🌿 🌿 🌿 🌿

- **WOK TOSED SPRING VEGETABLES WITH TOFU** 775
  253 kcal | 345 gms | Flavoured with sesame oil
  🌿 🌿 🌿 🌿 🌿

- **WHOLE WHEAT SPAGHETTI AGLIO OLIO PEPERONCINO** 775
  443 kcal | 150 gms | Olive oil, garlic, chilli flakes
  🌿 🌿 🌿 🌿

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**BEVERAGES**

- **CHOICE OF COFFEE**  
  90 kcal | 150 ml | Cappuccino  
  90 kcal | 150 ml | Cafe Latte  
  18 kcal | 150 ml | Americano  
  90 kcal | 30 ml | Espresso  

- **384 kcal | 300 ml | COLD COFFEE**  

- **CHOICE OF TEA**  
  11 kcal | 150 ml | Readymade tea  
  150 ml | English breakfast tea  
  150 ml | Earl grey tea  
  150 ml | Assam tea  
  150 ml | Jasmine tea  
  150 ml | Green tea  

- **332 kcal | 300 ml | CHOICE OF SMOOTHIE**  
  Banana, blueberry, papaya & green  

- **398 kcal | 150 ml | HOT CHOCOLATE**  
  Chocolate flavoured milk  

- **384 kcal | 300 ml | CHOICE OF MILK SHAKE**  
  Chocolate, strawberry, vanilla  

- **366 kcal | 300 ml | BENARASI LASSI**  
  Cardamom flavoured  

- **115 kcal | ENERGY DRINK & SERVICES**  

- **SPARKLING WATER & SERVICES**  

- **90 kcal | 300 ml | FRESH LIME SODA / WATER & SERVICES**  

- **100 kcal | AERATED BEVERAGE & SERVICES**  

- **PACKAGED DRINKING WATER & SERVICES**  

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