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

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

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

- **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

- **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

- **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

- **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

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

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Vegetarian  Non vegetarian

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SOUP, SALAD AND APPETIZERS

- **OVEN-ROASTED TOMATO AND BURNT PEPPER SOUP**  
  219.9 kcal | 200 gms

- **MURGH DHANIYA SHORBA**  
  376.7 kcal | 200 gms | North Indian spicy chicken soup

- **HARA BHARA KEBAB**  
  232 kcal | 200 gms | Indian snack made with spinach, potatoes and green peas

- **CHILLI PESTO PANEER TIKKA**  
  233.5 kcal | 200 gms | Homemade cottage cheese marinated in yoghurt, basil pesto and aromatic spices

- **MURGH ANGARA KEBAB**  
  368.7 kcal | 150 gms | Chunks of chicken leg marinated in yoghurt and aromatic spice mix

- **LAMB SEEKH KEBAB**  
  232 kcal | 150 gms | Minced lamb cooked on skewers with herbs and spices

- **NUTTY BEETROOT SALAD WITH APPLE**  
  126 kcal | 150 gms | Roasted beetroot, apple, peppers, walnut and arugula lettuce, balsamic dressing with flax seeds

- **NICOISE SALAD WITH TUNA**  
  233.5 kcal | 150 gms | Tomato, haricot beans, baby potato, tuna, soft-boiled eggs, olives, and anchovies, dressed with vinaigrette

- **CAESAR SALAD**  
  Caesar salad with pan roasted vegetables and garlic croute  
  197.3 kcal | 150 gms

  Caesar salad with grilled chicken and garlic croute  
  197.3 kcal | 150 gms

*Vegetarian  🌿  Non-vegetarian*

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

- 562 kcal | 250 gms | Tender chicken salad, cheese, pork bacon, fried egg, tomatoes and mesclun on toasted bread 650

BURGERS

- CURRIED VEGETABLE BURGER
476.9 kcal | 250 gms | Curry spiced vegetable and potato patty with jalapeno, served with salad and potato wedges 650

- CHICKEN BURGER WITH GRILLED CHICKEN FILLET
621.6 kcal | 250 gms

- GOURMET LAMB BURGER
634.6 kcal | 250 gms | Topped with cheddar cheese, gherkins, tabasco, onions, crispy bacon, French mustard and mayonnaise served with salad and potato wedges 850

- GOURMET TENDERLOIN BURGER
821.8 kcal | 250 gms | Topped with cheddar cheese, gherkins, tabasco, onions, crispy bacon, French mustard and mayonnaise served with salad and potato wedges 800
INTERNATIONAL SELECTION

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

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

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

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

PIZZA SELECTION

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

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

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

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

PASTA AND RISOTTO

- **MAC ‘N’ CHEESE**
  620 kcal | 200 gms
  🍝
  650

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

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

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

**Vegetarian** 🍤 **Non vegetarian** 🍤

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PASTA AND RISOTTO

FETTUCCINE TENDERLOIN BOLOGNESE
384.1 kcal | 250 gms

INDIAN FLAVOURS
VIA CHENNAI

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

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

URULAI PATTANI MASALA
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
289.3 kcal | 200 gms | Kothu paratha vegetable

KAIKARI BRINJI
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
213 kcal | 200 gms | Madurai dosa chicken
215 kcal | 200 gms | Madurai dosa paneer

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

Vegetarian | Non vegetarian
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INDIAN FLAVOURS
VIA CHENNAI

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

THANJAVUR SAIVA VIRUNDHU / ASAIVA VIRUNDHU
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,

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COMFORT MAINS

**KADHAI JHINGA**
107.2 kcal | 150 gms | Spiced medium sized prawns cooked with bell peppers, Kadhai masala and fresh coriander

**TANDOORI CHICKEN**
821.8 kcal | 200 gms | Yoghurt & spices marinated chicken cooked to perfection on charcoal embers in Indian clay oven

**KOZHI CHETTINADU**
544 kcal | 200 gms | Chettinad dry roasted spices and kalpasi cooked with yoghurt marinated chicken

**ROTISERIE CHICKEN**
231.7 kcal | 200 gms | Half a chicken perfectly roasted with pan juices, potatoes and butter tossed vegetables

**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

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

**BHINDI APKI PASAND**
120.5 kcal | 150 gms | Tender okra cooked to perfection with spiced onion and tomatoes or your choice of masala

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

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

**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

**VEGETABLE OF THE DAY**
232.5 kcal | 200 gms | Home-style vegetable curry served with steamed basmati rice and pickle

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## SIDES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>RAITA</td>
<td>70.4 kcal</td>
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<td>Mesclun Salad</td>
<td>58 kcal</td>
<td>100 gms</td>
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## STAPLES

<table>
<thead>
<tr>
<th>Item</th>
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<th>Weight</th>
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</table>
| DAL TADKA                   | 434.6 kcal| 150 gms| All time favourite lentil curry made with toor dal and tempered with spices
| Dal Makhani                 | 438.3 kcal| 200 gms| A Punjabi delicacy, lentil cooked on slow flame with butter and cream
| Indian Breads               | 340.2 kcal| 120 gms| Roti / chapathi / phulka | 571.2 kcal | 150 gms
| Rice Preparations           |          |        |
| Steamed Rice                | 352 kcal  | 200 gms|
| Curd Rice                   | 356.6 kcal| 150 gms|
| Masala Khichdi              | 436.5 kcal| 150 gms|
| 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
| Gosht Biryani                | 252.8 kcal| 200 gms | Fragrant basmati rice layered with lamb

Vegetarian  Non vegetarian

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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

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

- **KUZHI PANIYARAM**  
  126 kcal | 200 gms | Savoury rice and lentil dumplings, served with tomato chutney

- **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

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

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PUDDINGS AND DESSERTS

- **GAJAR KA HALWA**
  158.5 kcal | 100 gms | Grated carrots cooked with ghee, milk and cardamom

- **SEASONAL FRUIT PLATTER**
  50 kcal | 150 gms

- **SAFFRON RASMALAI**
  158.5 kcal | 100 gms | Cottage cheese dumpling soaked in saffron flavoured milk, served chilled

- **TIRAMISU**
  158.5 kcal | 100 gms | Popular coffee flavoured Italian dessert

- **TART AU CITRON**
  158.5 kcal | 100 gms | Served with berry compote

- **DARK CHOCOLATE INDULGENCE**
  158.5 kcal | 100 gms | Delectable dark chocolate mousse, walnut brownie and chocolate ice cream

- **BULL’S EYE**
  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 kcal | 200 gms | Traditional rice and lentil pancake, plain or masala, served with sambār and chutney

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

- **PARATHA** 400 kcal | 150 gms | 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 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 kcal | 200 gms | Crispy papdi, boiled potatoes, chick peas, green and sweet chutneys, yoghurt, chopped coriander, onions and sev

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

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

- **URULAI PATTANI MASALA** 650 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 500
  197.3 kcal | 150 gms
  Caesar salad with pan roasted vegetables and garlic croute

- CAESAR SALAD 600
  197.3 kcal | 150 gms
  Caesar salad with grilled chicken and garlic croute

- THE VEGETABLE CLUB 600
  197.3 kcal | 150 gms
  Salad leaves, tomato, cucumber, cheddar, grilled vegetables and mesclun on toasted bread

- THE NON VEGETARIAN CLUB 650
  197.3 kcal | 150 gms
  Caesar salad with grilled chicken and garlic croute

- 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**
  369.7 kcal | 150 gms
- **MARGHERITA**
  203.2 kcal | 200 gms | Mozzarella, tomato and basil
- **PIZZA PRIMAVERA**
  127.2 kcal | 200 gms | Mozzarella, zucchini, bell peppers, onions and olives
- **CHICKEN TIKKA PIZZA**
  394.2 kcal | 250 gms | Pizza topped with chicken tikka, green peppers, jalapenos and cilantro
- **WILD MUSHROOM RISOTTO**
  290 kcal | 200 gms
- **PENNE ARRABIATA**
  284.4 kcal | 200 gms
- **FETTUCCINE TENDERLOIN BOLOGNESE**
  384.1 kcal | 250 gms

### MAIN COURSE

- **SUBZ MILONI**
  223.5 kcal | 150 gms | Vegetables cooked with tomatoes, onion, spinach and spices
- **METHI PANEER**
  305.1 kcal | 150 gms | Cottage cheese simmered in fenugreek-flavoured tomato gravy
- **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
- **MUTTON ROGANJOSH**
  272.4 kcal | 200 gms | Slow braised lamb in onion tomato gravy and Indian spices

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NIGHT MENU
2330 hrs - 0600 hrs

MAIN COURSE

- **GOSHT BIRYANI**  
  252.8 kcal | 200 gms | Fragrant basmati rice layered with lamb

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

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

- **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

- **INDIAN BREADS**  
  Naan | 340.2 kcal | 120 gms  
  Roti / chapathi / phulka | 571.2 kcal | 150 gms

- **STEAMED RICE**  
  352 kcal | 200 gms

- **MASALA KHICHI**  
  436.5 kcal | 150 gms

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

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

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## Wellness Section

<table>
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<tr>
<th>Item</th>
<th>Calorie Content</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td><strong>Avocado, Quinoa, Cherry Tomato Pesto Dressing (Gluten free)</strong></td>
<td>207.6 kcal</td>
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<tr>
<td><strong>Vegetable Sandwich (Gluten free)</strong></td>
<td>390.5 kcal</td>
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</tr>
<tr>
<td><strong>Risotto Funghi (Gluten free)</strong></td>
<td>267.4 kcal</td>
<td>650</td>
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<tr>
<td><strong>Marinated Tomato Bocconcini Salad Balsamic Dressing (Gluten free)</strong></td>
<td>169.9 kcal</td>
<td>500</td>
</tr>
<tr>
<td><strong>Herb Grilled Chicken with Sautéed Asparagus and Mesclun Salad</strong></td>
<td>255.0 kcal</td>
<td>900</td>
</tr>
<tr>
<td><strong>Penne Aglio E Olio (Lactose free)</strong></td>
<td>409.5 kcal</td>
<td>650</td>
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<tr>
<td><strong>Risotto with Chicken and Parmesan (Gluten free)</strong></td>
<td>353.1 kcal</td>
<td>700</td>
</tr>
<tr>
<td><strong>Raspberry and Basil Mousse (Lactose free)</strong></td>
<td>387.2 kcal</td>
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</tr>
<tr>
<td><strong>Chocolate Velvette (Gluten free)</strong></td>
<td>324.4 kcal</td>
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<tr>
<td><strong>Orange Pistachio Panna Cotta (Sugar free)</strong></td>
<td>210.6 kcal</td>
<td>500</td>
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</table>

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