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 I 200 gm

Coffee 275
Freshly-brewed coffee- regular or decaffeinated espresso / cafe latte / cappuccino / cold coffee- with or without ice cream hot chocolate kcal 152 I 100 ml

Tea 275
Darjeeling, English breakfast, Assam, earl grey, green tea, chamomile and Indian masala chai kcal 102 I 100 ml

Fruit Juices 325
Pineapple, orange, watermelon or sweet lime kcal 140 I 200 ml

Selection of Freshly Squeezed Vegetable Juices 325
Carrot, tomato or cucumber kcal 120 I 200 ml

Chas 325
Buttermilk - plain, sweet, salted or masala kcal 280 I 200 ml

Lassi 325
Plain, sweet or salted kcal 285 I 200 ml

Choice of Milkshakes 325
Vanilla, strawberry, chocolate, banana or mango kcal 328 I 200 ml

Light and Healthy Omelette 450
Baked beans, mixed leaves salad, herbs kcal 146 I 130gm

Choice of Cereals 450
Kcal 379 I 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

Egg Specialities 450
Three Eggs Any Style 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

Indian breakfast
Bharwan Paratha 450
Griddled north Indian flat whole wheat bread with a choice of filling potatoes, cauliflower and coriander chutney kcal 577 I 250 gm
Idlis 450
Steamed lentil and rice cakes accompanied by lentil stew, coconut, tomato and coriander chutney kcal 450 I 250 gm
Poori Bhaji 450
Deep-fried whole wheat flour bread with mildly-spiced potato curry kcal 709 I 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 I 200gm
Upma 450
Semolina porridge tempered with curry leaves and mustard seeds served with coconut, tomato and coriander chutney kcal 452 I 150 gm
Medu Vada 450
Deep fried lentil dumplings accompanied with lentil stew, coconut, tomato and coriander chutney kcal 451 I 150 gm

Cinnamon French Toast 450
With fruit compote, forest honey, melted butter, whipped cream kcal 752 I 200 gm

Classic Waffles 450
With maple syrup, forest honey, melted butter, whipped cream kcal 710 I 200 gm

Inspired Pancakes 450
With maple syrup, forest honey, melted butter, whipped cream kcal 655 I 200 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.
**Backwater Café**

**LUNCH & DINNER MENU**

11:00am to 3.30pm/ 7:00Pm to 11:00pm

---

**ALL DAY DINNING**

### SALADS

- **Meze Sampler**
  - Hummus, babaganoush, fattoush, marinated feta, crispy pita
  - Kcal 378 ± 200 gm

- **Goat Cheese, Lettuce, Organic Vegetables Salad**
  - Citrus fruit, lemon vinaigrette, caramelized walnut
  - Kcal 285 ± 200 gm

- **Chef’s Caesar Salad**
  - Iceberg lettuce, parmesan shavings and garlic croutons - tossed with chef’s dressing with choice of:
  - Sun - dried tomatoes
  - Kcal 396 ± 200 gm

- **Aloo Chana Papdi Chaat**
  - Thin crispy flatbread, potatoes and chickpeas, tossed with Indian herbs and spices
  - Kcal 259 ± 150 gm

### SANDWICH AND WRAP

- **Backwater Green Club**
  - Toasted leaf slices, lettuce, tomato, cheese slice, pesto tossed grilled veggies
  - Kcal 368 ± 250 gm

- **Backwater Non vegetarian Club**
  - Toasted leaf slices layered with lettuce, roasted chicken, tomato, cheese, ham and fried egg
  - Kcal 593 ± 250 gm

- **Mediterranean Panini**
  - Pesto vegetables, caramelized onion, tomato, feta cheese
  - Kcal 565 ± 300 gm

- **Panner Kathi Roll**
  - Tandoor cooked cottage cheese rolled in thin refined flour bread, pan grilled, laacha onion and mint chutney
  - Kcal 540 ± 300 gm

- **Chicken Kathi Roll**
  - Tandoor cooked chicken rolled in thin refined flour bread, pan grilled, laacha onion and mint chutney
  - Kcal 562 ± 300 gm

- **Sandwich Board**
  - Vegetarian
    - Choose filling – cucumber, tomato, lettuce, cheese, coleslaw
    - Kcal 380 ± 250 gm
  - Non-Vegetarian
    - Choose filling – masala omelette, roasted chicken cheese and ham
    - Kcal 558 ± 250 gm
  - Select from plain, toasted or grilled white, multigrain or whole wheat bread
  - All Sandwiches are served with French fries

### BURGER

- **Vegetable Burger**
  - Mixed vegetable, potatoes and chickpeas, cheese slice
  - Kcal 759 ± 150 gm

- **Chicken Burger**
  - With lettuce, grilled chicken patty, molten cheese center, caramelized onion, mustard, fried egg
  - Kcal 1416 ± 250 gm

- **Ham Burger**
  - Ground tenderloin patty, caramelized onion, gherkins, tomato, cheese slice, burger sauce
  - Kcal 933 ± 375 gm

### APPETIZERS

- **Koonu Cholam Ularthiyathu**
  - Mushrooms and baby corn tossed with pepper and shallots
  - Kcal 378 ± 200 gm

- **Kaikari 65**
  - Mushrooms and baby corn tossed with spiced lentil mixture and clarified butter
  - Kcal 295 ± 150 gm

- **Podi Idli**
  - Cocktail size idli tossed with spiced lentil mixture and clarified butter
  - Kcal 345 ± 150 gm

- **Golden Corn Niblets**
  - Crispy American corn kernels tossed with salt and pepper
  - Kcal 545 ± 200 gm

- **Tofu with Soya Ginger Sauce**
  - Kcal 513 ± 150 gm

- **Vegetable Spring Rolls**
  - Kcal 333 ± 150 gm

- **Bruschetta**
  - Tomato, kalamaata olives and basil
  - Kcal 310 ± 150 gm

- **Tehdar Soya Chaap**
  - Soya chaap marinated with mint and garlic
  - Kcal 451 ± 200 gm

- **Bhuttiyan De Kebab**
  - Green peas, spinach, yoghurt, onion and mint
  - Kcal 345 ± 150 gm

- **Kadriyali Kebab**
  - Patties of sweet corn kernels blended with herbs and spices
  - Kcal 330 ± 150 gm

- **Tandoori Paneer Tikka**
  - Morsels of cottage cheese, spicy marinade, mint chutney
  - Kcal 380 ± 150 gm

- **Karipeppilai Chemmeen Chuttathu**
  - Chilli fennel marinated medium prawn flavoured with fresh curry leaves
  - Kcal 452 ± 200 gm

- **Prawn Pinkish Curry**
  - Prawns marinated with yoghurt and saffron, cooked in a tandoor
  - Kcal 327 ± 200 gm

- **Hong Kong Style, Prawns**
  - Kcal 444 ± 150 gm

- **Mali Tikka**
  - Char – grilled fish with mustard and spices
  - Kcal 276 ± 200 gm

- **Tawa Masala Fried Fish**
  - Chilli ginger garlic lemon marinated fish
  - Kcal 436 ± 200 gm

- **Mapilla Kozhi Roast**
  - Chicken roasted with cinnamon, black pepper and fennel
  - Kcal 560 ± 200 gm

- **Erachi Ularthiyathu**
  - Cubes of tenderloin cooked dry with coconut chips and pepper
  - Kcal 525 ± 200 gm

- **Chilli Mountain Chicken**
  - Crispy fried chicken, chilies
  - Kcal 436 ± 200 gm

- **Tandoori Chicken Tikka**
  - The iconic Indian kebab cooked in traditional clay oven
  - Kcal 375 ± 200 gm

- **Mutton Shami Kebab**
  - Spicy mutton patties with spices
  - Kcal 363 ± 200 gm

### SOUPS

- **Mulligatawny**
  - Lentil, coconut milk, Madras curry powder
  - Kcal 126 ± 150 gm

- **Minestrone Genoves**
  - Kcal 114 ± 150 gm

- **Chicken**
  - Kcal 365 ± 150 gm

- **Cream Soup**
  - Kcal 114 ± 150 gm

- **Tomato**
  - Kcal 120 ± 150 gm

- **Roasted Mushroom**
  - Kcal 206 ± 150 gm

- **Chicken**
  - Kcal 270 ± 150 gm

- **Choice of oriental soup veg**
  - Kcal 121 ± 150 gm

- **Choice of oriental soup non-veg**
  - Kcal 132 ± 150 gm

- **Drumstick Rasam**
  - South Indian style spiced drumstick broth
  - Kcal 122 ± 150 gm

### ENTREE

- **Pan Fried Tiger Prawns**
  - With a light bouillabaisse sauce charred veggie, potato wedges
  - Kcal 605 ± 200 gm

- **Slow – Roasted Salmon**
  - Truffle oil flavored risotto, wilted spinach
  - Kcal 634 ± 200 gm

- **Crumbed Fish**
  - Crumb fried fish, green peas mash, tartar sauce
  - Kcal 553 ± 200 gm

- **Pan – Roasted Chicken**
  - Olive crushed potato, seared mushroom, smoked pepper, wine jus
  - Kcal 498 ± 200 gm

- **New Zealand Lamb Chops**
  - Mashed potato, vichy carrots, pepper jus
  - Kcal 148 ± 200 gm

- **Red Wine Braised Tenderloin**
  - Root vegetable ragout
  - Kcal 770 ± 200 gm

- **Gnocchi**
  - Gnocchi with creamy blue cheese sauce
  - Kcal 502 ± 200 gm

- **Balsamic Grilled Vegetables**
  - Bocconicni spears, walnut
  - Kcal 156 ± 150 gm

### INNERGISE

- **PRABHAVA BOWL**
  - Red rice, spinach, cabbage, carrots, raw papaya, spring onion, tomato, beans, bean sprout, orange, beet roots, honey lemon dressing
  - Kcal 152 ± 150 gm

- **AMBAREESH ANUBHAV BOWL**
  - 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**
  - Greek salad, barley, baba ganoush, grilled fish, crispy pita, lemon olive dressing
  - Kcal 186 ± 150 gm

- **MEDITERRANEAN CHICKEN BOWL**
  - Ice burg, spinach, couscous, grilled vegetables, broccoli, roasted red peppers, grilled chicken, sundried tomato, hummus, feta, walnut, basil pesto dressing
  - Kcal 343 ± 140 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.
### KERALA SPECIALTIES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meen Kudampuli Curry</td>
<td>1050 kcal</td>
<td></td>
</tr>
<tr>
<td>Kozhi Kurumalagu Curry</td>
<td>1000 kcal</td>
<td></td>
</tr>
<tr>
<td>Chicken Moilee</td>
<td>1200 kcal</td>
<td></td>
</tr>
<tr>
<td>Mutton Stew</td>
<td>1150 kcal</td>
<td></td>
</tr>
<tr>
<td>Vegetable Stew</td>
<td>875 kcal</td>
<td></td>
</tr>
<tr>
<td>Kaikari Mappas</td>
<td>325 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Avial</td>
<td>800 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Thoran of the day</td>
<td>750 kcal</td>
<td></td>
</tr>
<tr>
<td>Kerala Sambhar</td>
<td>325 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Matta Rice</td>
<td>325 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Malabar Paratha</td>
<td>275 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Appam</td>
<td>225 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### ASIAN STIR-FRIES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schezwan Stir - Fried Prawns</td>
<td>1300 kcal</td>
<td></td>
</tr>
<tr>
<td>Kung Pao Chicken</td>
<td>1050 kcal</td>
<td></td>
</tr>
<tr>
<td>Stir - Fried Beef with Oyster Sauce and Black Pepper</td>
<td>1100 kcal</td>
<td></td>
</tr>
<tr>
<td>Stir Fried Asian Greens in Butter Garlic Sauce</td>
<td>925 kcal</td>
<td></td>
</tr>
<tr>
<td>Mapo Tofu with Vegetables</td>
<td>925 kcal</td>
<td></td>
</tr>
<tr>
<td>Vegetable Manchurian</td>
<td>925 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### COMFORT MAINS

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kadhai Vegetables</td>
<td>900 kcal</td>
<td></td>
</tr>
<tr>
<td>Pav Bhaji</td>
<td>800 kcal</td>
<td></td>
</tr>
<tr>
<td>“Mom Style” Khichdi</td>
<td>775 kcal</td>
<td></td>
</tr>
<tr>
<td>Curd Rice</td>
<td>600 kcal</td>
<td></td>
</tr>
<tr>
<td>Dal Tadka</td>
<td>650 kcal</td>
<td></td>
</tr>
<tr>
<td>Dal Makhani</td>
<td>700 kcal</td>
<td></td>
</tr>
<tr>
<td>Paneer Tikka Butter Masala</td>
<td>925 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### RICE, NOODLES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable</td>
<td>800 kcal</td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td>336 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Seafood</td>
<td>388 kcal</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>343 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### NASI GORENG

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indonesian fried rice</td>
<td>800 kcal</td>
<td></td>
</tr>
<tr>
<td>Shrimp</td>
<td>65 kcal</td>
<td>150 gm</td>
</tr>
</tbody>
</table>

### NOODLES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hakka</td>
<td>210 kcal</td>
<td>150 gm</td>
</tr>
<tr>
<td>Egg</td>
<td>276 kcal</td>
<td></td>
</tr>
<tr>
<td>Seafood</td>
<td>420 kcal</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>318 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### SWEET EATS

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Créme Brulee</td>
<td>800 kcal</td>
<td></td>
</tr>
<tr>
<td>Baked Cheese cake</td>
<td>850 kcal</td>
<td></td>
</tr>
<tr>
<td>Bulls Eye</td>
<td>850 kcal</td>
<td></td>
</tr>
<tr>
<td>Venezuela Cocoa and Hazelnut Pave</td>
<td>900 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### PASTA AND PIZZA

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choice of pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nepotillato</td>
<td>900 kcal</td>
<td></td>
</tr>
<tr>
<td>Alfredo</td>
<td>900 kcal</td>
<td></td>
</tr>
<tr>
<td>Spinach and Goat Cheese Ravioli</td>
<td>1000 kcal</td>
<td></td>
</tr>
<tr>
<td>Carbonara</td>
<td>1100 kcal</td>
<td></td>
</tr>
<tr>
<td>Pizza Margarita</td>
<td>1000 kcal</td>
<td></td>
</tr>
<tr>
<td>Pizza Fiamma</td>
<td>1000 kcal</td>
<td></td>
</tr>
<tr>
<td>Make your own vegetarian pizza</td>
<td>1050 kcal</td>
<td></td>
</tr>
<tr>
<td>Make your non-vegetarian Pizza</td>
<td>1150 kcal</td>
<td></td>
</tr>
</tbody>
</table>

### SIDES

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indian Breads</td>
<td>225 kcal</td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td>600 kcal</td>
<td></td>
</tr>
<tr>
<td>Mashed Potato</td>
<td>350 kcal</td>
<td></td>
</tr>
</tbody>
</table>

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]