BREVIEW
7:30 am to 10:30 am

The Taj Breakfast 1000

- Choice of seasonal fresh fruit juice, Watermelon / Pineapple Freshly cut seasonal fruits l kcal 60
- Cereal with hot or cold milk l kcal 130
- Two farm fresh eggs cooked to your liking Choice of hash brown and your choice of bacon (pork), chicken sausage, baked beans, sautéed mushrooms l kcal 310
- Toast or breakfast rolls served with butter and preserves l kcal 154
- Freshly brewed tea, coffee or hot chocolate l kcal 60

Continental breakfast 950

- Choice of seasonal fresh fruit juice or vegetable juice l kcal 60
- Tropical fresh fruits in season l kcal 60
- White bread, whole wheat, multigrain bread, croissants, muffins, brioche, danish pastry or doughnuts l kcal 239
- Freshly brewed coffee or tea, hot chocolate l kcal 60

Indian breakfast 950

- Choice of seasonal fresh fruit juice or vegetable juice l kcal 60
- Tropical fresh fruits in season l kcal 60
- Aloo or paneer paratha l kcal 212
  Griddled Indian bread filled with mildly spiced potatoes or cottage cheese served with pickle and yoghurt
  Or
- Poori bhaji l kcal 441
  Deep fried fluffy wheat bread served with a potato curry tempered with cumin
  Or
- Masala or plain dosa l kcal 440
  Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

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

* Kindly inform us if you are allergic to any food ingredients. * All prices are in Indian Rupees and subject to Government taxes.
List of Allergens:
- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

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**Vegetarian**

Or

- **Idli or vada kcal 115**  
  Steamed rice and lentil cakes or crispy lentil doughnuts served with sambar, tomato and coconut chutney  
  Freshly brewed coffee or tea, hot chocolate 150 ml

**Low Calorie Breakfast kcal 290**  

- **Tender coconut water kcal 25**  
  Or

- **Fresh vegetable juices kcal 25 - 75**  
  Cucumber, tomato, carrot and papaya

- **Fresh papaya diced or boat shaped kcal 75**

- **Fluffy egg white omelette kcal 135**  
  Served with multi grain bread or whole wheat bread, low fat butter and preserves

  Or

- **Poached egg kcal 75**  
  Served with multi grain bread or whole wheat bread, low fat butter and preserves

  Or

- **Boiled egg kcal 78**  
  Served with multi grain bread or whole wheat bread, low fat butter and preserves

- **Green tea**

Or

- **Idli or vada kcal 115**  
  Steamed rice and lentil cakes or crispy lentil doughnuts served with sambar, tomato and coconut chutney  
  Freshly brewed coffee or tea, hot chocolate 150 ml

**Low Calorie Breakfast kcal 290**

- **Tender coconut water kcal 25**  
  Or

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  Cucumber, tomato, carrot and papaya

- **Fresh papaya diced or boat shaped kcal 75**

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  Served with multi grain bread or whole wheat bread, low fat butter and preserves

  Or

- **Poached egg kcal 75**  
  Served with multi grain bread or whole wheat bread, low fat butter and preserves

  Or

- **Boiled egg kcal 78**  
  Served with multi grain bread or whole wheat bread, low fat butter and preserves

- **Green tea**
A La Carte Breakfast
7:30 am to 10:30 am

- **Seasonal fresh fruit juices I kcal 60/140** 450
  Orange, sweet lime, watermelon, pineapple or grape

- **Vegetable juices I kcal 60** 450
  Carrot, cucumber, beetroot or tomato

- **Lassi / Butter milk I kcal 153/40** 450
  Plain, salted, masala

- **Tea I kcal 20** 350
  Darjeeling, nilgiri, assam, earl grey, chamomile or green tea

- **Coffee I kcal 30** 350
  Espresso, cappuccino, french press, filter coffee

- **Eggs cooked to your choice I kcal 310** 700
  Fried, scrambled, poached, omelette with vegetables, cheese, ham, mushrooms or chicken sausage served with hash brown potatoes and grilled tomato, prime bacon or breakfast sausage

- **Pancakes I kcal 376** 700
  With apple compote served with honey, maple syrup and melted butter

- **Waffles I kcal 339** 700
  Vanilla bean flavoured served with honey, maple syrup and melted butter

- **Grilled ham, bacon or sausages I kcal 250** 700

- **Akuri on toast I kcal 350** 700
  Scrambled egg with turmeric, ginger, onion, tomato, green chillies and fresh coriander

- **French toast I kcal 268** 700
  Served with honey, maple syrup and melted butter

- **Oven fresh breakfast pastries I kcal 878** 750
  Any three morning bakeries that includes croissants, muffins, brioche, danish pastry or doughnuts

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

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- Vegetarian:  A  Non-Vegetarian
List of Allergens:

- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
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Cereals kcal 130
Cornflakes, wheatflakes, chocos, muesli served with hot or cold milk, skimmed milk or soya milk

Tropical fresh fruit platter in season kcal 142

Hot chocolate, Bournvita or Horlicks kcal 78 - 100

Choice of plain or toasted bread kcal 154
White, whole wheat, multi grain, brown

Indian Selection

Appam with vegetable or chicken stew kcal 139/278
Deep fried fluffy wheat bread served with a potato curry tempered with cumin

Poori bhaji kcal 441
Deep fried fluffy wheat bread served with a potato curry tempered with cumin

Paratha kcal 212/305
Stuffed wheat bread with a filling of potatoes or cottage cheese served with yoghurt and pickles

Plain or Masala dosa kcal 440
Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney

Idli kcal 115
Steamed rice and lentil cake

Medu vada kcal 122
Fried south Indian lentil doughnut

Uthappam kcal 166
Thick rice and lentil pancake cooked on a hot griddle, served plain or with a choice of toppings of onions or masala

*All South Indian dishes are served with sambar and chutney
SALADS
- **Garden Green Salad** kcal 89
  Simple salad of cucumber, carrots, tomatoes and onion, served with chili and lime
- **Greek salad** kcal 130
  Lettuce, garden fresh vegetables, olives, feta
- **Traditional Caesar salad**
  With vegetables kcal 240
  With grilled Chicken kcal 290
- **Beetroot and Goat Cheese Salad** kcal 132
  Honey Roasted beetroot, Balsamic, Salted goat Cheese

SOUPS
- **Cream of Mushroom Soup** kcal 143
- **Tomato and Basil Soup** kcal 147
- **Minestrone** kcal 127
  Italian tomato and vegetable soup with pasta
- **Dal Dhaniya Shorba** kcal 147
  Thin cumin scented broth with Lentils
- **Rasam** kcal 89
  A thin soup/curry made of ground pepper and tomatoes
- **Tangra Bowl**
  Manchow kcal 328 (Veg / Chicken)
  Hot and Sour Soup kcal 163 (Veg / Chicken)
  Sweet Corn Soup kcal 340 (Veg / Chicken)

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

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- Vegetarian / Non-Vegetarian
### APPETIZERS

12:30 pm to 3:00 pm - 7:30 pm to 11 pm

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Price</th>
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<tbody>
<tr>
<td>Lal Mirch ka Paneer Tikka I kcal 407</td>
<td></td>
<td>1000</td>
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<tr>
<td>Tandoor cooked, Chilli marinated Paneer</td>
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<tr>
<td>Sarson wali Gobhi I kcal 180</td>
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<tr>
<td>Charred florets of Cauliflower marinated</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>with curd and pounded spiced</td>
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</tr>
<tr>
<td>Kacche Kele Ke Kebab I kcal 180</td>
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</tr>
<tr>
<td>Raw banana galettes, stuffed with dry</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fruits</td>
<td></td>
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<tr>
<td>Mushroom pepper fry I kcal 125</td>
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<tr>
<td>Kerala style stir fried mushrooms with</td>
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<tr>
<td></td>
<td>black pepper</td>
<td></td>
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<tr>
<td>Cheesy Piri Piri Potato Wedges I kcal 330</td>
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<tr>
<td>Cheese melt laden piri piri potato</td>
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<tr>
<td></td>
<td>wedges</td>
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<tr>
<td>Tandoori Chicken Tikka I kcal 329</td>
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<tr>
<td>Tandoor Cooked chicken marinated in</td>
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<tr>
<td></td>
<td>traditional spices</td>
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<tr>
<td>Kozhi varatiathu I kcal 354</td>
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<td>Stir fried chicken, cooked with a special</td>
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<tr>
<td></td>
<td>blend of masala</td>
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<td>Mutton pepper Fry I kcal 466</td>
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<td>boneless cunks of lamb, simmered with</td>
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<tr>
<td></td>
<td>pounded spices</td>
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<tr>
<td>Meen Varuval I kcal 241</td>
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<tr>
<td>Griddle cooked fish marinated in coastal</td>
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<td></td>
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<tr>
<td></td>
<td>spices</td>
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<tr>
<td>Cajun Fish Fingers I kcal 214</td>
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<tr>
<td>Tartare sauce, French fries</td>
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<tr>
<td>Cheemen Nei Roast I kcal 216</td>
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<tr>
<td>Masala marinated tawa fried prawns, served</td>
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<td>with salad</td>
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### ASIAN APPETIZERS

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<tr>
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<td>Quick fried vegetables- salt and pepper</td>
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<tr>
<td>I kcal 175</td>
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<tr>
<td>Stir Fried - Kung Pao / Chilli / Manchurian</td>
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<tr>
<td>Paneer I kcal 264</td>
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<td>1000</td>
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<tr>
<td>Chicken I kcal 250</td>
<td></td>
<td>1000</td>
</tr>
<tr>
<td>Fish I kcal 290</td>
<td></td>
<td>1000</td>
</tr>
<tr>
<td>Prawns I kcal 376</td>
<td></td>
<td>1500</td>
</tr>
</tbody>
</table>

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MAIN COURSE

CONTINENTAL SELECTION GRILLS

- Grilled Salmon I kcal 315  
  With herbed Grilled vegetables and roasted baby potatoes and lemon butter Sauce
  1800

- Grilled chicken breast I kcal 263  
  With spiced Grilled vegetables and roasted baby potatoes and Jus
  1200

- Grilled Tenderloin I kcal 358  
  With spiced Grilled vegetables and roasted baby potatoes and Jus
  1200

- Grilled Lamb Rack I kcal 398  
  With spiced Grilled vegetables and roasted baby potatoes and Jus
  1500

ASIAN SELECTION

- Thai Red / Green curry with your choice of
  Vegetables I kcal 183  
  Chicken I kcal 294  
  Prawns I kcal 315
  1200

- Stir fried Noodles / Rice with your choice of
  Asian vegetables I kcal 317
  Chicken I kcal 372
  Prawns I kcal 340
  1000

INDIAN SELECTION

- Paneer Makhani I kcal 301  
  Cottage cheese cubes cooked in tomato gravy
  1000

- Bhindi Amchuri I kcal 152  
  Stir fried okra with onions, tomatoes and tangy mango powder
  1000

- Mutton Rogan Josh I kcal 415  
  Mutton simmered with pounded spices
  1200

- Butter Chicken I kcal 420  
  Tandoor cooked Chicken cooked in rich tomato and cashew gravy
  1200

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- Vegetarian  Non-Vegetarian
**SOUTH INDIAN SPECIALITIES**

- **Mix Vegetable Mappas I kcal 292**
  Vegetables simmered in a rich coconut based gravy

- **Avial I kcal 456**
  A melange of vegetables simmered in coarsely ground coconut, turmeric, finished with curd

- **Aloo Jeera I kcal 456**
  Baby potatoes tossed with red cillies, mustard and curry leaves

- **Nadan Chicken Curry I kcal 485**
  Spicy chicken curry with coconut milk, curry leaves and pounded spices

- **Meen Kudamplulli Curry I kcal 310**
  Fish simmered in coconut milk infused with raw mango served with rice

- **Chemeen Moilee I kcal 299**
  Prawns simmered in coconut milk, flavoured with curry leaves and Ginger

**INDIAN SIDE ORDERS AND ACCOMPANIMENTS**

- **Dal Makhani I kcal 299**
  Black lentils cooked with tangy tomatoes and cream simmered overnight

- **Dal Lasooni**
  Yellow lentils tempered with crushed garlic, tomatoes and cumin

- **Naan**
  Refined wheat flour soft flat bread baked in the clay oven
  - Plain / butter / garlic

- **Tandoori roti**
  Whole wheat crisp flat bread baked in the clay oven
  - Plain / butter / garlic

- **Lachha paratha**
  Layered wheat soft flat bread baked in the clay oven
  - Pudina (mint) / Methi (fenugreek) / Pyaaz (onion)

- **Phulka**

- **Steamed basmati rice**

- **Curd rice**

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  - Non-Vegetarian: 🍗
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### Masala Khichadi
Simple preparation of Rice and lentils with onion and tomatoes, tempered with cumin, spiced with chilies.

**Price:** $700

### Masala Peanut

**Price:** $750

### Masala Papad

**Price:** $750

### Biryani

- **Vegetable**
- **Chicken**
- **Mutton**

**Price:**
- Vegetable: $1200
- Chicken: $1300
- Mutton: $1400

### PASTA SELECTION

- **Choice of pasta**
  - Penne, Fusilli, Fettuccini, Farfalle, Spaghetti
  - **Price:** $1000 / $1100

- **Choice of sauce**
  - **Pomodori** - Tomatoes and basil kcal 285
  - **Napolitana** - with robust tomatoes and capers and Olives kcal 285
  - **Pasta alla Genovese** - Pesto with basil, walnuts and virgin olive oil kcal 285
  - **Aglio Olio e peperencino** - Olive oil, garlic and Peperencino Chilies kcal 285
  - **Carbonara** - pork bacon, eggs and cream kcal 405
  - **Cream Sauce** kcal 285

### SANDWICHES

- **Kovalam club vegetable sandwich** kcal 312
  - Coleslaw, vegetables and cheese
  - **Price:** $1000

- **Kovalam club non-vegetarian sandwich** kcal 382
  - Grilled Ham, lettuce, egg
  - **Price:** $1100

- **Tomato and chicken sandwich** kcal 362
  - Ask for your preference of white, whole-wheat, multi grain bread
  - **Price:** $1100

- **Bombay chowpati sandwich** kcal 227
  - (Potato, Beetroot, Green peas)
  - **Price:** $1000

- **Healthy sandwich** kcal 258
  - Grilled vegetables, Olive oil, Multigrain Bread
  - **Price:** $1000
**BURGERS**
- Veg patty, coleslaw and cheese I kcal 310
- Chicken patty, coleslaw and cheese I kcal 390
  *(All sandwiches and burgers are served with French fries)*

**KATHI ROLLS**
Refined flour pancake with your choice of filling
- Cottage cheese and onions I kcal 390
- Chicken tikka and egg I kcal 210

**SMALL BITES - TEA TIME**
04:00 pm - 07:00 pm
- **Masala French Fries I kcal 249**
  Fries topped with a lip smacking homemade spice mix, Grated Cheese
- **Ulli Vada I kcal 266**
  Onion fritters, spiced with chillies, fennel and curry leaves
- **Aloo bonda I kcal 289**
  Batter fried potato galletes
- **Paneer pakoda I kcal 323**

**JAIN SELECTION**
- **Jain tomato soup I kcal 132**
- **Mix vegetable subzi I kcal 278**
  Seasonal vegetables with tossed hand pounded spices
- **Homestyle Bhindi I kcal 256**
  Dry fried okra with a tangy flavour and sesame sprinkled
- **Fusilli, Penne or farfalle I kcal 336**
  Pasta with tomato basil or cream cheese sauce
- **Gobi mutter I kcal 218**
  Cauliflower and green peas cooked in tangy tomato masala
- **Paneer makhani I kcal 388**
  Cottage cheese cubes cooked in tomato gravy
- **Palak makai I kcal 205**
  Sweet corn kernels tossed in an aromatic spinach gravy
- **Dal tadka I kcal 180**
  Yellow lentil tempered with ghee, green chilli and cumin

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- Fish
- Lupin
- Soya
- Milk
- Peanuts
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KIDS SELECTION

- **Vegetable nuggets** I kcal 256  
  With french fries
- **Macaroni and cheese** I kcal 260  
- **Butter tossed noodles** I kcal 120  
- **Chicken nuggets** I kcal 220  
  With french fries

DESSERTS

- **Rasmalai** I kcal 213  
  Sweetened cottage cheese dumplings in saffron flavoured milk
- **Gulab jamoon** I kcal 450  
  Flavoured reduced milk dumplings soaked in sugar syrup
- **Pazham nurukku** I kcal 222  
  Ripe slices of plantain tossed in ghee with cashewnut, grated coconut sugar and cardamom
- **Ari payasam** I kcal 268  
  Local rice pudding known as Kerala kheer
- **Kulfi** I kcal 328  
  Traditional Indian ice cream made with slowly simmered whole milk.
- **Ice cream (choice of two scoops)** I kcal 280  
  Please check with the order taker on selection of flavours
- **Tiramisu** I kcal 303  
  Classic Italian delight
- **Warm chocolate brownie** I kcal 478  
  With vanilla ice-cream and chocolate sauce
- **Blueberry cheese cake** I kcal 302  
  Creamy smooth blue berry infused with cheese

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

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  Vegetarian: A Non-Vegetarian
**BEVERAGES**

- **Tea I kcal 20**
  Darjeeling, Assam, earl grey, camomile or green tea
  Cost: 350

- **Coffee I kcal 30**
  Espresso, cappuccino or filter coffee
  Cost: 350

- **Decaffeinated coffee I kcal 30**
  Cost: 350

- **Cold coffee with espresso ice cream I kcal 297**
  Cost: 500

- **Milk shake I kcal 328**
  Vanilla, strawberry, mango, butterscotch and chocolate
  Cost: 450

- **Smoothies I kcal 395**
  Papaya and honey, banana and caramel, apple and mint
  Cost: 450

- **Seasonal fresh fruit juices I kcal 60/140**
  Orange, sweet lime, watermelon, pineapple or grape
  Cost: 450

- **Tender coconut water I kcal 25**
  Cost: 350

- **Lassi I kcal 153**
  Plain, salted, sweet
  Cost: 450

- **Butter milk I kcal 40**
  Plain, masala
  Cost: 450

- **Hot chocolate, bournvita or horlicks I kcal 78/100**
  Cost: 400

- **Fresh lime juice I kcal 110**
  Sweet, salted or plain with soda or water
  Cost: 300

- **Sparkling water (small)**
  Cost: 350

- **Sparkling water (large)**
  Cost: 700

- **Energy drinks**
  Cost: 300

- **Aerated drinks**
  Cost: 300

- **Himalayan water**
  Cost: 250

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- Milk
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<tr>
<th>Dish</th>
<th>Calories</th>
<th>Portions</th>
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<tbody>
<tr>
<td>Tender coconut Water with Basil Seeds</td>
<td>400 kcal</td>
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<tr>
<td>Chukku Kaapi</td>
<td>400 kcal</td>
<td>1 kcal 176</td>
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<tr>
<td>Fruit and vegetable Salad with Quinoa</td>
<td>900 kcal</td>
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<tr>
<td>Tomato - Basil bruschetta</td>
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<td>Ragi Dosa - Finger millet</td>
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<td>Banana and Oat Meal Pancakes</td>
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<td>Steamed Kerala Banana</td>
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<td>Elaneer Payasam</td>
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<tr>
<td>Chia Seed Pudding</td>
<td>600 kcal</td>
<td>1 kcal 152</td>
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List of Allergens:
- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

• Kindly inform us if you are allergic to any food ingredients. • All prices are in Indian Rupees and subject to Government taxes.

**V** Vegetarian. **A** Non-Vegetarian.