### THE CAFÉ BAR
- Espresso: 300
- Café Latte: 300
- Cappuccino: 300
- Machaccino: 300
- Americano: 300

### TEA'S
- Green Tea: 350
- Jasmine Tea: 350
- Assam Tea: 350
- English Breakfast Tea: 350
- Earl Grey Tea: 350
- Peppermint Tea: 350
- Home Made Masala Tea: 350

### AERATED AND STILL
- Fresh Lime Soda/Water: 200
- Diet Coke: 200
- Coca Cola: 200
- Sprite: 200
- Ginger Ale: 200
- Tonic Water: 200
- Canned Juice: 150
- Seasonal Fresh Fruit Juice: 350
- Perrier 330ML/750ML: 300/450
- Himalayan Still 1000ML: 150

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**SEASONS LOUNGE**
**11 AM TO 07 PM**
As per guidelines issued by Food Safety & Standards Authority of India (FSSAI) on average active adult requires **2000 kcafs** of energy per day. However the actual calories needed may vary per person.

**SOUPS**
- **Murgh Badami Shorba** 690
  Chicken, Almond and Bay Leaf
  (Grm 220, Kcal 210)
- **Tomato Dhaniya Ka Shorba** 575
  Tomato, Coriander and Peppercorn
  (Grm 200, Kcal 217)

**SALADS**
- **Chicken House Caesar Salad** 870
  Chicken, Garlic Mayonnaise and Parmesan
  (Grm 260, Kcal 1072)
- **Spiced Chicken & Sprouts Salad** 870
  Murgh Tikka With Minted Yogurt Dressing
  (Grm 260, Kcal 439)
- **Vegetable House Caesar Salad** 820
  Vegetables, Garlic Mayonnaise and Parmesan
  (Grm 260, Kcal 439)
- **Caramalized Fig and Brie Salad** 810
  Toasted Walnuts and Olives
  (Grm 260, Kcal 439)

**SANDWICHES AND BURGERS**
- **Chicken Burger** 920
  Chicken Minced Patty, Cheese and Cucumber
  (Grm 350, Kcal 1397)
- **Charcoal Buffalo Burger** 1020
  Buffalo Patty, Bacon, Pickles and Devil Sauce
  (Grm 380, Kcal 1160)
- **Club Chicken Sandwich** 920
  (Grm 320, Kcal 1150)

- **Vegetable Burger** 820
  Crumbed Vegetable Pattie, Cheese and Cucumber
  (Grm 350, Kcal 1179)

- **Grilled Vegetable Sandwich** 820
  (Grm 240, Kcal 1005)

**HEALTHY JUICES**
- **Anti Diabetic** 300
  Carrot, Spinach and Celery
  (330ML, 307Kcal)

- **Detox** 300
  Carrot, Watermelon, Cucumber and Cilantro
  (330ML, 961Kcal)

- **Green Chia** 350
  Chia Seeds, Dill, Kiwi, Guava and Spinach
  (330,117Kcal)

**SMOOTHIES**
- **Banana oat Meal** 350
  Banana, Yogurt, Rolled Oats and Honey
  (330ML, 210Kcal)

- **Apple Crisp Smoothie** 350
  Apple, Yogurt, Oats, Cinnamon, Pecan nuts and Nutmeg
  (330ML, 161Kcal)

- **Turmeric Latte Turmeric** 350
  Powder, Milk, Banana, Honey, Cinnamon Powder, Pink Salt
  (330ML,7 0Kcal)