ROCK FLOUR
ALL-DAY DINING
**BREAKFAST COMBINATIONS**
*(served in between 7 am to 11:30 am)*

### BREAKFAST BUDDHA BOWLS

- **Himalayan chia-berry overnight oats**
  - INR 625
  - 525 kcal | 420 gms
  - Dry nut muesli, oats, roasted flax, chia seeds, wild berries, and Himalayan honey, served with low-fat yoghurt or warm milk and caramelized banana bread

- **Millet bowl**
  - INR 625
  - 501 kcal | 420 gms
  - Lactose-free ragi flakes and sorghum porridge, sunflower seeds, almonds, and Afghani black raisins, served with soya milk and cinnamon toast

### BREAKFAST

#### FARM FRESH

- **Two eggs prepared to your liking:**
  - INR 525
  - 193 kcal | 140 gms
  - Scrambled, boiled, poached, and fried

- **Open omelets**
  - 207 kcal | 140 gms

- **Egg white scrambles**
  - 136 kcal | 140 gms

- **Parsi akuri with pao**
  - 312 kcal | 210 gms

- **All egg preparations are served with either chicken sausages or bacon or pork sausages**

- **Canadian pancake stack**
  - INR 525
  - 678 kcal | 250 gms
  - Fruit compote, mascarpone cheese, and pure maple syrup

- **Apple cinnamon baked French toast**
  - INR 525
  - 592 kcal | 210 gms
  - Berry lemon curd and pure maple syrup

### THE PAN INDIAN FARE

- **Idli**
  - INR 625
  - 152 kcal | 400 gms
  - Served with sambar and chutneys

- **Uttappam**
  - INR 625
  - 377 kcal | 420 gms
  - Served with sambar and chutneys

- **Dosa**
  - INR 625
  - 131 kcal | 250 gms | plain
  - 131 kcal | 400 gms | masala
  - Served with sambar and chutneys

- **Poori bhaji**
  - INR 625
  - 671 kcal | 200 gms
  - Deep fried whole wheat puffs, potato, and tomato curry

- **Punjabi tawa paratha**
  - INR 675
  - 508 kcal | 350 gms
  - With a choice of:
    - Aloo-pyaz (potato and onion)
    - Masala matar (spiced green peas)
    - Ajwaini gobhi (caraway-flavoured cauliflower)
  - Served with white butter, curd, and pickle

### GARHWA LI NAASHTA

- **Gahat ke parathe, jakhiya wali kadu ki subzi**
  - INR 825
  - 516 kcal | 350 gms
  - Horse gram stuffed flat bread, high-altitude green pumpkin preparation

- **Mandua ki poori, pahari arbi**
  - INR 825
  - 575 kcal | 200 gms
  - Himalayan delicacy of buckwheat puffed bread, coco-yam
  - Served with curd and homemade pickle

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

Please inform our associates if you are allergic to any ingredients.

All prices are subject to Government taxes.
### SMALL PLATE
*(served in between 11 am to 11 pm)*

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Calories</th>
<th>Served</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canja de galinha</td>
<td>193 kcal</td>
<td>250 ml</td>
<td>INR 570</td>
<td>A Portuguese soup with roasted chicken, green chillies, and coriander</td>
</tr>
<tr>
<td>Suan la tang</td>
<td>156 kcal</td>
<td>250 ml</td>
<td>INR 570</td>
<td>Hot and sour soup with shredded Chinese greens or chicken</td>
</tr>
<tr>
<td>Himalayan green minestrone</td>
<td>167 kcal</td>
<td>250 ml</td>
<td>INR 570</td>
<td>Parmigiano flakes, extra-virgin olive oil</td>
</tr>
<tr>
<td>Tamatar chukander, quinoa ka shorba</td>
<td>179 kcal</td>
<td>250 ml</td>
<td>INR 570</td>
<td>Fresh pahari herbs-flavoured tomato and beetroot soup</td>
</tr>
<tr>
<td>Sesame prawns</td>
<td>430 kcal</td>
<td>250 gms</td>
<td>INR 1325</td>
<td>Ginger, scallion, and chilli</td>
</tr>
<tr>
<td>Nagauri methi ke murg tikkey</td>
<td>384 kcal</td>
<td>300 gms</td>
<td>INR 1100</td>
<td>Fenugreek-flavoured chicken tikka, chilli-pineapple relish</td>
</tr>
<tr>
<td>Sticky chicken wings</td>
<td>684 kcal</td>
<td>305 gms</td>
<td>INR 1025</td>
<td>Crispy potatoes, teriyaki sauce</td>
</tr>
<tr>
<td>Khasta kheeme ki seekh</td>
<td>605 kcal</td>
<td>300 gms</td>
<td>INR 1025</td>
<td>Minced lamb skewers with home-ground spices</td>
</tr>
<tr>
<td>Teekhe matar, broccoli ke kebab</td>
<td>264 kcal</td>
<td>210 gms</td>
<td>INR 995</td>
<td>Pan-fried pounded green peas and malai broccoli cakes with pahari fresh spices</td>
</tr>
<tr>
<td>Lotus stem honey chilli</td>
<td>524 kcal</td>
<td>250 gms</td>
<td>INR 890</td>
<td>Spring onion, celery</td>
</tr>
<tr>
<td>Crispy corn salt n’ pepper</td>
<td>592 kcal</td>
<td>185 gms</td>
<td>INR 890</td>
<td>Pan-fried pounded green peas and malai broccoli cakes with pahari fresh spices</td>
</tr>
<tr>
<td>Delhi chaat platter</td>
<td>1113 kcal</td>
<td>500 gms</td>
<td>INR 1025</td>
<td>Tawa aloo, sev-poori, samosa, and chutney wala dahi bhalla</td>
</tr>
</tbody>
</table>

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- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

Vegetarian ☀️
Non-vegetarian ☐
Contains Nuts ☐
Contains Pork ☐
Available Round-the-Clock ☑

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PAHADI KHANA

- Tawa gandla machhi  
  480 kcal | 260 gms | Griddle fish with stone-grounded local spices
- Garhwali paneer tikkey  
  690 kcal | 275 gms | Pudine ki chutney
- Bhune murg ki tari  
  508 kcal | 480 gms | A local home-style chicken curry
- Pahadi saag gosht  
  573 kcal | 500 gms | Indigenous-styled mutton curry
- Tawa aloo jakhiya mirchi  
  417 kcal | 365 gms | Tawa-fried potatoes with broiled wild mustard and chilli flakes
- Gahat ki dal  
  460 kcal | 500 gms | Horse gram lentil stewed with humble spices
- Garhwali thali  
  1236 kcal | 1250 gms | Vegetarian | Non-vegetarian  
  With a choice of mandua ki roti or poori

INR 1075
INR 995
INR 1160
INR 1175
INR 730
INR 675
INR 2000

SALADS AND SANDWICHES

B U D D H A  B O W L S

- Satvik Buddha bowl  
  577 kcal | 280 gms | Bistro greens, fresh herb zoodles, asparagus, beets, avocado, sweet potatoes, and pahari apples in our own walnut-mayo, served with sun-dried tomato bruschetta
- Zen bowl  
  610 kcal | 300 gms | Sous vide cooked chicken and pineapple, Parma ham, Turkey pastrami, boutique greens, Caesar dressing, garlic thyme crostini
- Panini chicken temptation  
  766 kcal | 500 gms | Jalapeno pesto, English cheese melt
- Classic bacon, lettuce, tomato sandwich  
  749 kcal | 380 gms | Wood-smoked bacon, iceberg, roma tomatoes, and honey oatmeal bread
- The Taj club  
  994 kcal | 450 gms | Toasted double decker sandwich, chicken, fried egg, crispy bacon, tomato, iceberg lettuce
- Portuguese chicken burger  
  870 kcal | 460 gms | Pure chicken patty, fried egg, grilled onion, cornichon, mustard, and chives mayo
- Himalayan apple and carrot slaw croissant  
  725 kcal | 220 gms | Fresh cilantro and chilli dip
- Crispy soya potato cutlet and paneer tikka burger  
  827 kcal | 530 gms | Desi kachumber salad and mint chutney
- The vegetarian club  
  898 kcal | 430 gms | Toasted triple decker sandwich, coleslaw, grilled vegetables, tomato, cucumber, and cheese  
  All sandwiches served with house salad, choice of French fries or masala fries

INR 995
INR 1025
INR 925
INR 925
INR 1100
INR 1025
INR 825
INR 890
INR 1100
TAJ SIGNATURES
Autograph dishes curated by our chefs from the world of Taj

- Cobb salad
  Vegetarian
  INR 1075
  635 kcal | 500 gms
  An American garden salad or chicken, bacon, avocado, lettuce, tomato, hard-boiled egg, cilantro, with spring onion, and buttermilk dressing
  - Pierre Hotel, New York

- Fish & chips
  INR 1195
  838 kcal | 280 gms
  White fish fillet fried in beer batter served with chips, tartar sauce, green peas mash, and fresh lemon
  - Taj, St. James Court, London

- Sheesh taouk
  INR 1025
  873 kcal | 280 gms
  Traditional Middle Eastern sheesh kebabs, pita breads, and condiments
  - Taj, Dubai

- Chicken kathi roll
  INR 975
  669 kcal | 435 gms
  Grilled chicken tikka, kachumber, and mint chutney
  - Taj Palace, New Delhi

- Paneer kathi roll
  INR 825
  560 kcal | 370 gms
  Spicy paneer wrap, kachumber, and mint chutney
  - Taj Palace, New Delhi

- WOKERIE

- Slow-fried prawns with greens in XO sauce
  INR 1625
  784 kcal | 310 gms

- Stir-fried sole, black mushroom, and bokchoy in chilli oyster sauce
  INR 1195
  604 kcal | 420 gms

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## COMFORT MAINS & BIG PLATES

### Slow-grilled salmon with pistachio crust
- **INR 1425**
- 445 kcal | 300 gms | Allumettes of spiced sweet potatoes, orange fennel sauce

### Chermoula spiced grilled fish
- **INR 1295**
- 701 kcal | 560 gms | Olive mash potatoes and Himalayan spinach

### Walnut roast chicken
- **INR 1075**
- 877 kcal | 330 gms | Mushroom pepper jus

### Mushroom arancini with grilled aubergine stack
- **INR 875**
- 588 kcal | 370 gms | Cherry tomato pepper ragout

### Balsamic chicken and lemon quinoa bowl
- **INR 1075**
- 584 kcal | 440 gms | Roasted chicken breast, boiled eggs, tossed sausages, local grown crudites, lemon quinoa, and olive tomato salsa

### Buddha bowl of roots and greens
- **INR 975**
- 479 kcal | 320 gms | A selection of confit roots, charred vegetables, wilted spinach and roasted nuts crumble, and Himalayan basil red rice

### Spaghetti bolognaise
- **INR 1075**
- 758 kcal | 538 gms | Slow-cooked lamb ragout, crispy onion, pesto drizzle, and parmesan

### Penne aglio olio
- **INR 975**
- 597 kcal | 234 gms | Tossed with grilled chicken, olive oil, and garlic chilli flakes

### Fusilli tomato marinara
- **INR 945**
- 628 kcal | 452 gms | Tomato caper and olive ratatouille, parmesan and crumbled ricotta

### Punjabi butter chicken
- **INR 1160**
- 840 kcal | 425 gms | Barbecued chicken in fenugreek-tomato gravy finished with full cream

### Keema wala meat
- **INR 1225**
- 815 kcal | 450 gms | Lamb cooked in spicy brown onion gravy

### Moradabadi chicken biryani
- **INR 1295**
- 976 kcal | 615 gms | Fragrant basmati rice layered with chicken, cooked in a sealed pot, Kumaoni raita

### Methi, mirch wala matar paneer
- **INR 1050**
- 477 kcal | 446 gms | Home-style preparation of cottage cheese with soft green peas and fenugreek
- 238 kcal | 223 gms | Half portion

### Makai palak ki bhurjee
- **INR 975**
- 494 kcal | 305 gms | Dry preparation of spinach and corn kernels
- 247 kcal | 155 gms | Half portion

### Pyazi pakore wali kadi
- **INR 750**
- 448 kcal | 436 gms | A Sunday lunch specialty in most Punjabi homes. Onion and gram flour dumplings in yoghurt gravy tempered with curry leaves and dry red chillies.

### Mah ki dal
- **INR 890**
- 576 kcal | 438 gms | Overnight cooked black lentils, double cream, and dairy butter

### Vegetable biryani
- **INR 1210**
- 645 kcal | 562 gms | Melange of spiced vegetables and rice cooked together

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DESSERTS

- Winter pot pie
  910 kcal | 222 gms | Caramelized banana and almonds baked in a crispy puff pastry, salted caramel drizzled ice cream
  🦊

- Tiramisu
  614 kcal | 115 gms | Mascarpone cheese, amaretto espresso cream, and cocoa dust
  🖤

- Bull's eye
  572 kcal | 156 gms | Chocolate fudge with ice cream
  🦊

- Himalayan orange pannacotta
  260 kcal | 105 gms | Sugar-free

- Badami gulab jamun
  508 kcal | 200 gms | With ice cream and almond flakes
  🦊

- Jhangore ki kheer
  422 kcal | 158 gms | A rich textured pahari pudding made from a local millet, goodness of milk, cashews, and raisins
  Available in sugar-free

- Launch pad chocolate brownie
  310 kcal | 108 gms

- Choice of ice cream
  289 kcal | 132 gms

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KIDS’ MENU
(served in between 11 am to 11 pm)

SOUP & APPETIZER

- Yankee doodle soup
  276 kcal | 250 ml | Chicken noodle soup
  🦊

- Goofy nuggets
  532 kcal | 180 gms | Chicken nuggets with potato chips and cocktail sauce
  🦊

- Fish fingers
  508 kcal | 160 gms

MAINS

- Pokemon penne
  210 kcal | 160 gms | With chunky tomatoes
  🦊

- Spaghetti n cheese
  296 kcal | 180 gms

- Tom and Jerry sandwich
  536 kcal | 186 gms | With strawberry jam & fries
  🦊

- Mickey burger
  354 kcal | 165 gms | Mini burger with crumb fried chicken and cheese
  🦊

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### Sides

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<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indian breads</td>
<td>210 kcal</td>
<td>68 gms</td>
</tr>
<tr>
<td>Mandua ki poori</td>
<td>323 kcal</td>
<td>110 gms</td>
</tr>
<tr>
<td>Dal tadka</td>
<td>380 kcal</td>
<td>450 gms</td>
</tr>
<tr>
<td>Khichdi</td>
<td>514 kcal</td>
<td>524 gms</td>
</tr>
<tr>
<td>Steamed rice</td>
<td>270 kcal</td>
<td>280 gms</td>
</tr>
<tr>
<td>Pahadi rice</td>
<td>207 kcal</td>
<td>260 gms</td>
</tr>
<tr>
<td>French fries</td>
<td>628 kcal</td>
<td>200 gms</td>
</tr>
<tr>
<td>Raita</td>
<td>98 kcal</td>
<td>180 gms</td>
</tr>
</tbody>
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