

**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  

- 207 kcal | 140 gms** | Open omelets  

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

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


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  


List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

🌱 Vegetarian
 🍳 Non-vegetarian
 🌰 Contains Nuts
 🐷 Contains Pork
 🕒 Available Round-the-Clock

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

All prices are subject to Government taxes.

### GARHWALI NAASHTA

- 🌱 **Gahat ke parathe, jakhiya wali kaddu 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

### 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  


List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

🌱 Vegetarian
 🍳 Non-vegetarian
 🌰 Contains Nuts
 🐷 Contains Pork
 🕒 Available Round-the-Clock

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

All prices are subject to Government taxes.

## SMALL PLATE

(served in between 11 am to 11 pm)

- ▲ **Canja de galinha** INR 570  
**193 kcal | 250 ml** | A Portuguese soup with roasted chicken, green chillies, and coriander
  
- ▲ **Suan la tang** INR 570  
**156 kcal | 250 ml** | Hot and sour soup with shredded Chinese greens or chicken  

  
- **Himalayan green minestrone** INR 570  
**167 kcal | 250 ml** | Parmigiano flakes, extra-virgin olive oil  

  
- **Tamatar chukander, quinoa ka shorba** INR 570  
**179 kcal | 250 ml** | Fresh pahari herbs-flavoured tomato and beetroot soup  

  
- ▲ **Sesame prawns** INR 1325  
**430 kcal | 250 gms** | Ginger, scallion, and chilli  

  
- ▲ **Nagauri methi ke murg tikkey** INR 1100  
**384 kcal | 300 gms** | Fenugreek-flavoured chicken tikka, chilli-pineapple relish  

  
- ▲ **Sticky chicken wings** INR 1025  
**684 kcal | 305 gms** | Crispy potatoes, teriyaki sauce  


- ▲ **Khasta kheeme ki seekh** INR 1025  
**605 kcal | 300 gms** | Minced lamb skewers with home-ground spices  

  
- **Teekhe matar, broccoli ke kebab** INR 995  
**264 kcal | 210 gms** | Pan-fried pounded green peas and malai broccoli cakes with pahari fresh spices  

  
- **Lotus stem honey chilli** INR 890  
**524 kcal | 250 gms**  

  
- **Crispy corn salt n' pepper** INR 890  
**592 kcal | 185 gms** | Spring onion, celery  

  
- **Delhi chaat platter** INR 1025  
**1113 kcal | 500 gms** | Tawa aloo, sev-poori, samosa, and chutney wala dahi bhalla  


### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

● Vegetarian
 ▲ Non-vegetarian
  Contains Nuts
  Contains Pork
  Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

● Vegetarian
 ▲ Non-vegetarian
  Contains Nuts
  Contains Pork
  Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## PAHADI KHANA

- ▲ **Tawa gandla machhi** INR 1075  
 480 kcal | 260 gms | Griddle fish with stone-grounded local spices  

- **Garhwali paneer tikkey** INR 995  
 690 kcal | 275 gms | Pudine ki chutney  

- ▲ **Bhune murg ki tari** INR 1160  
 508 kcal | 480 gms | A local home-style chicken curry  

- ▲ **Pahadi saag gosht** INR 1175  
 573 kcal | 500 gms | Indigenous-styled mutton curry  

- **Tawa aloo jakhiya mirchi** INR 730  
 417 kcal | 365 gms | Tawa-fried potatoes with broiled wild mustard and chilli flakes  

- **Gahat ki dal** INR 675  
 460 kcal | 500 gms | Horse gram lentil stewed with humble spices  

- ▲ **Garhwali thali** INR 2000  
 1236 kcal | 1250 gms | ● Vegetarian ▲ Non-vegetarian  
 With a choice of mandua ki roti or poori  


### List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  
 Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

● Vegetarian ▲ Non-vegetarian  Contains Nuts  Contains Pork  Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## SALADS AND SANDWICHES

### BUDDHA BOWLS

- ⊘ **Satvik Buddha bowl** INR 995  
 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** INR 1025  
 610 kcal | 300 gms | Sous vide cooked chicken and pineapple, Parma ham, Turkey pastrami, boutique greens, Caesar dressing, garlic thyme crostini  

- ▲ **Panini chicken temptation** INR 925  
 766 kcal | 500 gms | Jalapeno pesto, English cheese melt  

- ▲ ⊘ **Classic bacon, lettuce, tomato sandwich** INR 925  
 749 kcal | 380 gms | Wood-smoked bacon, iceberg, roma tomatoes, and honey oatmeal bread  

- ▲ ⊘ **The Taj club** INR 1100  
 994 kcal | 450 gms | Toasted double decker sandwich, chicken, fried egg, crispy bacon, tomato, iceberg lettuce  

- ▲ **Portuguese chicken burger** INR 1025  
 870 kcal | 460 gms | Pure chicken patty, fried egg, grilled onion, cornichon, mustard, and chives mayo  

- **Himalayan apple and carrot slaw croissant** INR 825  
 725 kcal | 220 gms | Fresh cilantro and chilli dip  

- **Crispy soya potato cutlet and paneer tikka burger** INR 890  
 827 kcal | 530 gms | Desi kachumber salad and mint chutney  

- **The vegetarian club** INR 1100  
 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  


### List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  
 Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

● Vegetarian ▲ Non-vegetarian  Contains Nuts  Contains Pork  Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## TAJ SIGNATURES

Autograph dishes curated by our chefs from the world of Taj

-  **Cobb salad** 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**  


## W O K E R I E

-  **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**  


List of Allergens:

        
 Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten  
       
 Crustaceans Mustard Nuts Sesame Celery Sulphites

 Vegetarian  Non-vegetarian  Contains Nuts  Contains Pork  Available Round-the-Clock

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

All prices are subject to Government taxes.

-  **Kung pao chicken** INR 1270  
**563 kcal | 480 gms**  

-  **Sichuan chicken with water chestnut, ginger, and two pepper oil** INR 1175  
**628 kcal | 480 gms**  

-  **“Ma Po” tofu** INR 1160  
**486 kcal | 410 gms**  

-  **Stir-fried Chinese greens and shitake with soy garlic** INR 1050  
**335 kcal | 460 gms**  

-  **Eggplant, broccoli, and bokchoy in Hunan sauce** INR 975  
**333 kcal | 460 gms**  

- Wok-tossed hakka noodles/stir-fried rice**

  -  **Vegetables** INR 570  
**488 kcal | 380 gms**  

  -  **Chicken** INR 625  
**588 kcal | 380 gms**  

  -  **Seafood** INR 725  
**545 kcal | 380 gms**  


List of Allergens:

        
 Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten  
       
 Crustaceans Mustard Nuts Sesame Celery Sulphites

 Vegetarian  Non-vegetarian  Contains Nuts  Contains Pork  Available Round-the-Clock

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

All prices are subject to Government taxes.

## 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  


### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

🍷 Vegetarian 🍷 Non-vegetarian 🍷 Contains Nuts 🍷 Contains Pork 🕒 Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

🍷 Vegetarian 🍷 Non-vegetarian 🍷 Contains Nuts 🍷 Contains Pork 🕒 Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## DESSERTS

- ⊘ ▲ **Winter pot pie** INR 750  
**910 kcal | 222 gms |** Caramelized banana and almonds baked in a  
 crispy puff pastry, salted caramel drizzled ice cream  

- ⊘ ▲ **Tiramisu** INR 795  
**614 kcal | 115 gms |** Mascarpone cheese, amaretto espresso cream,  
 and cocoa dust  

- ▲ **Bull's eye** INR 795  
**572 kcal | 156 gms |** Chocolate fudge with ice cream  

- **Himalayan orange pannacotta** INR 750  
**260 kcal | 105 gms |** Sugar-free  

- ⊘ ● **Badami gulab jamun** INR 795  
**508 kcal | 200 gms |** With ice cream and almond flakes  

- ⊘ ● **Jhangore ki kheer** INR 795  
**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** INR 425  
**310 kcal | 108 gms**  

- **Choice of ice cream** INR 450  
**289 kcal | 132 gms**  


### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

● Vegetarian ▲ Non-vegetarian ⊘ Contains Nuts 🚫 Contains Pork 🕒 Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## KIDS' MENU

(served in between 11 am to 11 pm)

## SOUP & APPETIZER

- ▲ **Yankee doodle soup** INR 400  
**276 kcal | 250 ml |** Chicken noodle soup  

- ▲ **Goofy nuggets** INR 450  
**532 kcal | 180 gms |** Chicken nuggets with potato chips and  
 cocktail sauce  

- ▲ **Fish fingers** INR 450  
**508 kcal | 160 gms**  


## MAINS

- **Pokemon penne** INR 550  
**210 kcal | 160 gms |** With chunky tomatoes  

- **Spaghetti n cheese** INR 550  
**296 kcal | 180 gms**  

- **Tom and Jerry sandwich** INR 590  
**536 kcal | 186 gms |** With strawberry jam & fries  

- ▲ **Mickey burger** INR 550  
**354 kcal | 165 gms |** Mini burger with crumb fried chicken and cheese  


### List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten  
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

● Vegetarian ▲ Non-vegetarian ⊘ Contains Nuts 🚫 Contains Pork 🕒 Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.  
 All prices are subject to Government taxes.

## SIDES

- Indian breads **INR 240**  
210 kcal | 68 gms  
 
- Mandua ki poori **INR 275**  
323 kcal | 110 gms  

- Dal tadka **INR 595**  
380 kcal | 450 gms  

- Khichdi **INR 1025**  
514 kcal | 524 gms  

- Steamed rice **INR 375**  
270 kcal | 280 gms
- Pahadi rice **INR 350**  
207 kcal | 260 gms
- French fries **INR 375**  
628 kcal | 200 gms
- Raita **INR 240**  
98 kcal | 180 gms  


### List of Allergens:

         
Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten  
       
Crustaceans Mustard Nuts Sesame Celery Sulphites

 Vegetarian  Non-vegetarian  Contains Nuts  Contains Pork  Available Round-the-Clock

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

All prices are subject to Government taxes.