

# THE PROMENADE LOUNGE

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

Mentioned Calorie values for all dishes in the menu are considered as per portion size of the same.

Please scan the below mentioned QR code for detailed information on the Nutritional Values of each item in the menu.



## SALAD

-   **BURRATA** **950**  
957 kcal | 250g | rocket leaves, plum tomatoes marinated with trebbiano grapes balsamic and basil  
  
-  **CAPRESE** **950**  
972 kcal | 200g | plum tomatoes, fresh mozzarella and basil, aged balsamico reduction  
 

## SANDWICH

-  **MUMBAI MASALA TOASTIES** **850**  
2601 kcal | 350g | home style curried potato  
 
-  **PANEER TIKKA POCKETS** **850**  
1777 kcal | 350g | whole wheat pita, pickled lemon  
  
-  **CLASSIC VEGETARIAN CLUB SANDWICH** **850**  
1797 kcal | 500g | toasted double decker sandwich with coleslaw, tomato, cheese  
  
-  **MUSTARD CHICKEN IN MILK BREAD** **950**  
1808 kcal | 470g | grilled sandwich with mustard marinated roast chicken served with potato wedges  
  
-  **CLASSIC NON VEGETARIAN CLUB SANDWICH** **950**  
2269 kcal | 500g | toasted double decker sandwich with chicken, fried egg, crispy bacon, tomato  
   

Kindly inform us if you are allergic to any food ingredients

 Vegetarian  Non-Vegetarian  Vegan  Signature Dishes

List of Allergens:

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

All prices are in Indian Rupees. Government taxes as applicable.

## LIGHT BITES

●	<b>FRENCH FRIES</b> 755 kcal   200g   French fries / potato wedges	425
●	<b>CHEESE CHILLI TOAST</b> 173 kcal   350g   melange of the green chilli and processed cheddar melted on the milk bread 🥛🍞	700
●★	<b>BRUSCHETTA</b> 941 kcal   300g   bocconcini & plum tomato, artichoke & brie, hummus and avocado 🥛🥑🍞	700
▲	<b>FISH FINGER</b> 1170 kcal   260g   panko crumbed fish fingers with tartar sauce Fish, 🐟🍞🥛	800
▲	<b>FRIED CHICKEN NUGGETS</b> 806 kcal   300g   sweet and sour tomato sauce 🍞🥑	800
▲	<b>LAMB SEEKH KEBAB</b> 1668 kcal   300g   mix lamb mince with few tbsp of vinegar, fenugreek leaves 🥛	950

## LOCAL DELIGHTS

●✔	<b>SINGARA</b> 1438 kcal   350g   Indian puff pastry case filled with spiced tossed aloo and green peas 🥛🍞	700
●	<b>PAPRI CHART</b> 728 kcal   250g   refined flour crispy with spiced potato and tamarind relish 🥛🍞	700
▲	<b>LAMB CUTLET</b> 1808 kcal   350g   spiced lamb mince croquet 🍞🍞	950
●★✔	<b>KATHI ROLL VEGETARIAN</b> 1058 kcal   500g   flaky plated bread rolled with crunchy onion, seasoning with vegetables 🥛🍞	950
▲★	<b>KATHI ROLL NON-VEGETARIAN</b> 1273 kcal   500g   flaky plated bread rolled with crunchy onion, seasoning with egg and chicken tikka 🥛🍞🐟	1050

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## DESSERT

 	<b>MUD PIE</b> 1175 kcal   225g   Cochin vanilla ice cream 	<b>650</b>
	<b>CRÈME CARAMEL</b> 583 kcal   110g   steamed milk with a layer of clear caramel 	<b>650</b>

## COFFEES

<b>JAMAICAN BLUE MOUNTAIN</b> 39 kcal   80 ml   The world's best coffee lightly roasted to produce a mild mellow coffee	<b>450</b>
<b>BRAZILIAN CERRADO VINTAGE</b> 39 kcal   80 ml   Vintage the Brazilian coffee is appreciated for its full body medium to dark roasted	<b>450</b>
<b>JAVA ESTATE</b> 39 kcal   80 ml   Java's finest golden beans medium roasted to yield earthy and spicy flavours	<b>450</b>
<b>INDIAN AGED MONSOON MALABAR</b> 39 kcal   80 ml   A full bodied coffee from India dried in the winds of monsoon for a strong flavour	<b>450</b>
<b>ESPRESSO</b> 39 kcal   40 ml   Freshly grounded Arabica coffee beans, for a rich and concentrated flavour	<b>400</b>
<b>CAPPUCCINO</b> 135 kcal   190 ml   Espresso blended with equal parts of steamed milk and velvety milk foam 	<b>400</b>
<b>CAFÉ MOCHA</b> 149 kcal   180 ml   Espresso blended with chocolate sauce and milk 	<b>400</b>
<b>LATTE</b> 135 kcal   190 ml   Espresso with a liberal helping of steamed milk 	<b>400</b>

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## TEAS

<b>CASTLETON RARE MUSCATEL</b> 0 kcal   180 ml   Known as champagne of teas for its muscatel flavour a renowned tea from Kurseong's south valley of Darjeeling since 1885	450
<b>HALMARI GOLDEN TIPS</b> 0 kcal   180 ml   An exclusive tea with strong flavor and full bodied goes well with milk from Dibrugarh of Assam since 1913	450
<b>JUNGPANA FIRST FLUSH</b> 0 kcal   180 ml   The prize winning estate offers this prestigious tea with vibrant aromaone of the finest tea estate from Darjeeling since 1899	450
<b>AVONGROVE WHITE</b> 0 kcal   180 ml   Very smooth and antioxidant best of teas the connoisseurs choice from Rangbhang valley of Darjeeling	450
<b>MASALA CHAI</b> 71 kcal   180 ML   	400
<b>GREEN TEA</b> 0 kcal   180 ML	400

## BEVERAGE

<b>FRESH FRUIT JUICE</b> Choice from seasonal fresh fruits 238/446/427 kcal   300 ml   watermelon / pineapple / seasonal citrus	450
<b>CHOICE OF MILKSHAKE</b> 705/479/581 kcal   300 ml   Chocolate, vanilla, strawberry 	450
<b>COLD COFFEE</b> 494 kcal   320 ML 	450
<b>AERATED BEVERAGES</b> 45 kcal /100 ml   Regular 00 /100ml   Diet 36 kcal / 100 ml   Ginger ale 36 kcal /100 ml   Tonic water	350
<b>FRESH LIME SODA</b> 54kcal   275 ml   sweet 07 kcal   275 ml   salted	350
<b>MINERAL WATER</b> Sparkling water	250
<b>DOMESTIC</b>	250
<b>IMPORTED SMALL / BIG</b>	350 / 450

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