SEAGULL
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.
## BREAKFAST
(7:00 am to 11:00 am)

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloo paratha</td>
<td>400 kcal</td>
<td>182 gms</td>
<td>Set curd, pickle</td>
</tr>
<tr>
<td>Poori</td>
<td>268.5 kcal</td>
<td>220 gms</td>
<td>Served with stewed potato curry</td>
</tr>
<tr>
<td>Masala dosa</td>
<td>433 kcal</td>
<td>220 gms</td>
<td>Served with sambar and chutney</td>
</tr>
<tr>
<td>Idli</td>
<td>518 kcal</td>
<td>220 gms</td>
<td>Served with sambar and chutney</td>
</tr>
<tr>
<td>Eggs to order</td>
<td>170.12 kcal</td>
<td>180 gms</td>
<td>Poched egg,</td>
</tr>
<tr>
<td></td>
<td>298 kcal</td>
<td>180 gms</td>
<td>Scrambled,</td>
</tr>
<tr>
<td></td>
<td>226.48 kcal</td>
<td>180 gms</td>
<td>Omelette,</td>
</tr>
<tr>
<td></td>
<td>251 kcal</td>
<td>180 gms</td>
<td>Masala omelette</td>
</tr>
<tr>
<td>Homemade pancakes</td>
<td>1207 kcal</td>
<td>250 gms</td>
<td>Melted butter, whipped cream and maple syrup</td>
</tr>
<tr>
<td>French toast</td>
<td>409 kcal</td>
<td>220 gms</td>
<td>Melted butter, whipped cream and maple syrup</td>
</tr>
<tr>
<td>Baker's basket (choice of any 3)</td>
<td>336.42 kcal</td>
<td>225 gms</td>
<td>Croissant, danish, muffin, doughnut, toast</td>
</tr>
</tbody>
</table>

*Vegetarian | Non vegetarian

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SOUPS & STARTERS
(11:00 am to 11:00 pm)

SOUPS
- Roasted tomato basil soup
  142 kcal | 200 ml
- Sweet corn soup
  90 kcal | 200 ml | Vegetable
- 220 kcal | 200 ml | Chicken
- Bhutte aur dhaniya ka shorba
  379 kcal | 200 ml
- Black pepper rasam
  350 kcal | 200 ml

STARTERS
- Laal mirch ka paneer tikka
  849 kcal | 250 gmsl | Cottage cheese, red chili, yoghurt marination
- Wasabi paneer tikka
  863 kcal | 250 gms | Cottage cheese, wasabi marination
- Kasundi do phool
  692 kcal | 250 gms | Broccoli, cauliflower, mustard marination
- Cheddar stuffed vegetable shammi
  692 kcal | 300 gms | Cheese stuffed vegetable galettes
- Cheese chili toast
  207 kcal | 180 gms | French fries
- Ajwaini jhinga (4 pieces)
  635 kcal | 250 gms | Jumbo prawns, carom seeds
- Bhatti ka murgh tikka
  837 kcal | 250 gms | Chicken morsels, red marination
- Gosht seekh kebab
  445 kcal | 250 gms | Tender lamb mince, aromatic spices
- Lasooni murgh malai tikka
  876 kcal | 250 gms | Garlic and cream infused chicken
- Mutton ki shammi
  1059 kcal | 250 gms | Minced lamb, lentil, aromatic spices

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## STARTERS, SNACKS & SALADS

### STARTERS

- **Crispy fish finger**
  - 1211 kcal | 250 gms | Tartar sauce
  - ₹ 825

- **French fries**
  - 493 kcal | 180 gms
  - ₹ 350

- **Garlic bread**
  - 1216 kcal | 150 gms
  - ₹ 450

### SNACKS...

- **Chili chicken with bell peppers**
  - 671 kcal | 250 gms | Chicken, bell pepper, onion
  - ₹ 750

- **Chicken 65**
  - 3827 kcal | 250 gms | Masala fried morsels of chicken
  - ₹ 750

- **Chicken kathi roll**
  - 726 kcal | 350 gms | Chicken tikka, mint chutney
  - ₹ 850

- **Chennai assorted bhajji**
  - 1572 kcal | 250 gms | Cottage cheese, onion, potato, raw banana
  - ₹ 550
  - Allergens: - Lupin

- **Paneer kathi roll**
  - 842 kcal | 350 gms | Grilled paneer tikka, mint chutney
  - ₹ 750

### SALADS

- **Caesar with grilled vegetables**
  - 447 kcal | 250 gms | Caesar dressing, parmesan and garlic croute
  - ₹ 450

- **Caesar with grilled chicken (contains pork)**
  - 674 kcal | 250 gms | Caesar dressing, parmesan and garlic croute with choice of bacon bits
  - ₹ 500

- **Greek salad**
  - 324 kcal | 250 gms | Herb marinated feta, tomato, cucumber, kalamata olives, red onion
  - ₹ 450

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Veg Vegetarian  |  Non vegetarian

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SANDWICHES, BURGERS & PIZZAS

SANDWICHES

Grilled potato and mint chutney  700 kcal | 250 gms | French fries
Grilled vegetable  700 kcal | 250 gms | French fries, salad leaves
Grilled chicken  750 kcal | 250 gms | French fries, salad leaves
Vegetable club  800 kcal | 350 gms | Toasted double decker, pan roasted vegetables, tomato, cheese, salad leaves, mayonnaise, French fries
Fisherman’s cove club (contains pork)  850 kcal | 350 gms | Toasted double decker, chicken, fried egg, ham, tomato, salad leaves, mayonnaise, French fries

BURGERS

Tenderloin  850 kcal | 350 gms | Homemade sesame bun, caramelised onion, lettuce hearts, gherkins, French fries
Chicken and thyme  850 kcal | 350 gms | Homemade sesame bun, caramelised onion, lettuce hearts, gherkins, French fries
Spiced cumin and cilantro  800 kcal | 350 gms | French fries

PIZZAS

Pizza verde – 9”  800 kcal | 225 gms | Basil pesto, spinach, broccoli, olives, capers, mozzarella
Pizza Indiana – 9”  850 kcal | 225 gms | Chicken tikka, cilantro, red onion, peppers
Pizza California- 9”  850 kcal | 225 gms | Chicken, chicken Buckhurst sausage, feta, onion and bell pepper

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PASTAS, INTERNATIONAL & ASIAN

PASTAS

Penne / spaghetti alfredo
Creamy cheese sauce
847 kcal | 300 gms | Vegetables 800

952 kcal | 300 gms | Chicken 850

Penne / spaghetti arrabbiata
Spicy tomato sauce
398 kcal | 300 gms | Vegetables 800

497 kcal | 300 gms | Chicken 850

Porcini pinot grigio risotto
742 kcal | 300 gms | Carnevali, mushrooms 850

INTERNATIONAL | ASIAN

Fish and chips
1189 kcal | 325 gms | Fish fillet, beer batter, chunky chips, mushy peas, tartar sauce, fresh lemon 900

Grilled salmon
811 kcal | 350 gms | Sautéed greens, caper beurre blanc 1400

Rosemary and garlic roasted chicken
1435 kcal | 450 gms | Half roast chicken served with potato wedges 900

Thai green curry
858 kcal | 450 gms | Vegetable 800

1118 kcal | 450 gms | Chicken 850

952 kcal | 450 gms | Prawn 900

Oriental tofu in Hunan chili sauce
284 kcal | 450 gms | Stir-fried silken tofu, vegetables 800

Vegetable and shiitake in black bean sauce
338 kcal | 450 gms | Wok tossed vegetables, shiitake 800

Stir fried chicken in kung pao sauce
1018 kcal | 450 gms 850

Sichuan fried rice
889 kcal | 350 gms | Vegetable 600

913 kcal | 350 gms | Chicken 650

Vegetarian 🌽 Non vegetarian 🍗

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ASIAN & SOUTH INDIAN

- **Burnt garlic fried rice** 650 kcal | 350 gms | Rice, tossed vegetable, crisp garlic
  - Vegetarian

- **Hakka noodles** 650 kcal | 350 gms | Vegetable
  - Vegetarian

- **Egg** 700 kcal | 350 gms
  - Vegetarian

- **Chicken** 750 kcal | 350 gms
  - Vegetarian

- **Jasmine rice** 450 kcal | 350 gms
  - Vegetarian

SOUTH INDIAN

- **Carrot and beans poriyal** 700 kcal | 350 gms | Beans, carrot
  - Vegetarian

- **Urulai roast** 700 kcal | 350 gms | Crusted potatoes tossed with South Indian spices
  - Vegetarian

- **Chinna vengaya poondu kuzhambu** 700 kcal | 450 gms | Shallots, garlic, tangy gravy
  - Vegetarian

- **Meen varuval** 800 kcal | 350 gms | Grilled fillet of fish, local spice
  - Vegetarian

- **Kovalam fish curry** 800 kcal | 450 gms | Spicy fish curry, fresh tomatoes, chili, tamarind
  - Vegetarian

- **Sambar sadam** 550 kcal | 450 gms | Simmered lentil, vegetable, and rice with home ground spice mix
  - Vegetarian

- **Rasam sadam** 450 kcal | 450 gms
  - Vegetarian

- **Thayir sadam** 400 kcal | 450 gms
  - Vegetarian

- **Malabar paratha – 2 nos** 250 kcal | 150 gms
  - Vegetarian

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## NORTH INDIAN

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight (gms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dal tadka</td>
<td>1142</td>
<td>450</td>
</tr>
<tr>
<td>Dal makhani</td>
<td>1512</td>
<td>450</td>
</tr>
</tbody>
</table>
| Paneer tikka saag wala                    | 1363     | 450          | Cottage cheese in a cumin tempered spinach gravy
| Khumb matar                               | 488      | 450          | Mushroom, green peas, cashew nut gravy
| Subz diwani handi                         | 717      | 450          | Mélange of vegetables cooked in mild spices
| Lasooni makai palak                       | 676      | 450          | Corn, spinach, garlic
| Aloo gobi Shimla mirch                    | 392      | 450          | Stir fried cauliflower, potatoes and bell peppers with Indian spices
| Methi paneer                              | 2069     | 450          | Cottage cheese cooked in a fenugreek flavoured tomato gravy
| Methi murgh                               | 1753     | 450          | Fresh fenugreek flavoured chicken curry
| Murgh makan wala                          | 914      | 450          | Tandoori chicken morsels, cooked in a onion - tomato gravy
| Mutton rogan josh                         | 902      | 450          | Spicy and rich lamb dish from Kashmir
| Awadhi biryani                            |          |              | Awadhi style biryani cooked with homemade ground spices
| Mutton                                    | 1854     | 550          |
| Chicken                                   | 1265     | 550          |
| Vegetable                                 | 1183     | 550          |
| Steamed ponni rice                        | 352      | 350          |
| Steamed Basmati rice                      | 132      | 350          |

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NORTH INDIAN & DESSERTS

- Jeera rice 400 kcal | 350 gms

- Masala khichdi 650 kcal | 250 gms

- Choice of Indian breads 250 kcal | 250 gms
  - Tandoori roti – 2 Nos.
  - Naan – 2 Nos.
  - Butter naan – 2 Nos.
  - Garlic naan – 2 Nos.
  - Laccha paratha – 2 Nos.
  - Kulcha – 2 Nos.
  - Phulka - 3 Nos.

DESSERTS

- Moong dal halwa 500 kcal | 180 gms
  - Rajasthani speciality of lentil pudding

- Mocha and espresso fudge cake 500 kcal | 120 gms

- Bitter chocolate crème pavê 500 kcal | 120 gms
  - Raspberry coulis

- Blueberry cheesecake 500 kcal | 180 gms
  - Blueberry compote

- Dates and figs halwa 500 kcal | 120 gms

- Choice of ice creams 450 kcal | 120 gms
  - Vanilla, chocolate, strawberry, butter scotch, mango, South Indian filter coffee

- Gulab jamun 450 kcal | 120 gms

- Seasonal cut fruits 450 kcal | 200 gms

Vegetarian  |  Non-vegetarian

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