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.
BREAKFAST COMBINATIONS
(07:00 HRS TO 10:30 HRS)

- CHIA PARFAIT 370 kcal|240 gms| coconut milk soaked muesli, honey, yogurt and fresh fruits

- TRADITIONAL BIRCHER MUESLI 370 kcal|310 gms| rolled oats, orange pulp, apple, raisins, nuts, honey and yogurt

CONTINENTAL
(07:00 HRS TO 10:30 HRS)

- BREAKFAST GRILL 600 kcal|235 gms| sausages, pork bacon rashers, hash brown, roast tomato, field mushroom and fried egg

- AMERICAN PANCAKE STACK 500 kcal|215 gms| served with chocolate sauce and maple syrup

- APPLE CINNAMON BAKED FRENCH TOAST 500 kcal|200 gms| sliced bread soaked in beaten egg and milk, pan fried, served with berry compote and maple syrup

- TWO EGGS - boiled, poached and fried 450 kcal|160 gms

- THREE EGGS OMELET 450 kcal|225 gms

- SLICED SEASONAL FRUITS 425 kcal|275 gms

- BAKERS BASKET 425 kcal|150 gms| croissant / Danish / muffin fresh from the oven, served with butter, honey and preserves

Kindly inform us if you are allergic to any food ingredients.
All prices are in Indian Rupees and subject to government taxes.
Vegetarian ▶️ Non-Vegetarian ▲ Vegan

List of Allergens:
Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten
Crustaceans Mustard Nuts Sesame Celery Sulphites
THE PAN INDIAN FARE
(07:00 HRS TO 10:30 HRS)

- **IDLI**
  470 kcal | 550 gms
  Traditional south Indian steamed rice cake, served with sambhar and chutney

- **UTTAPAM**
  470 kcal | 615 gms
  Fluffy rice and lentil pancake, served with sambhar and chutney

- **DOSA PLAIN | MASALA | 455 kcal | 640 kcal**
  644 kcal | 1118 kcal
  Traditional south Indian crispy crepe, choice of plain / masala, served with sambhar and chutney

- **POORI BHAJI**
  470 kcal | 490 gms
  Golden fried whole wheat puffs, served with spiced potato curry dish

- **PUNJABI TAWA PARATHA**
  470 kcal | 500 gms
  Griddled Indian bread with spiced potato filling served with yogurt and pickle

---

**List of Allergens:**

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

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.

- Vegetarian
- Non-Vegetarian
- Vegan
GLOBAL DELIGHTS
(12:30 HRS TO 23:30 HRS)

SOUP AND SALAD

- ROASTED TOMATO BASIL SOUP 445
  200 kcal | 300 ml | served with garlic crostini

- MUSHROOM CREAMIER SOUP 445
  136 kcal | 300 ml | served with cheese twist

- CHICKEN AND BARLEY SOUP 475
  191 kcal | 200 ml | served with mascarpone and olive crisp

- CAESAR IN OUR WAY 920/720
  275 kcal | 240 gms / 164 kcal | 190 gms | young lettuce leaves, roast chicken and parmesan shavings

- FRESH MOZZARELLA AND TOMATO CAPRESE 720
  536 kcal | 180 gms | layered salad of tomato and mozzarella with pesto, balsamic glaze and basil

- NOSTALGIA SUPER GRAIN SALAD 720
  204 kcal | 160 gms | quinoa, mesclun leaf, roasted almond flakes and fresh greens

List of Allergens:

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

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.

Vegetarian ▲ Non-Vegetarian ▲ Vegan
MAINS

- **GRILLED PRAWNS**
  572 kcal | 360 gms
  with crushed garlic aioli, olive mash and buttered vegetables

- **FISH MARINARA**
  599 kcal | 320 gms
  pan seared fillet of sole with tomato sauce, capers and oregano

- **FISH AND CHIPS**
  900 kcal | 360 gms
  crumbed fried fillet of fish, served with French fries and tartar sauce

- **MUSHROOM CHICKEN BREAST**
  528 kcal | 380 gms
  served with buttered vegetable and pepper jus

- **CHICKEN TERIYAKI**
  480 kcal | 350 gms
  char grilled chicken served with sticky rice and teriyaki sauce

- **ROASTED CHICKEN RISOTTO**
  834 kcal | 390 gms
  with parmesan crisp, parsley and olive oil

- **PENNE CACCIATURE**
  1079 kcal | 390 gms
  pulled chicken, garlic and tomato sauce

- **SPAGHETTI BOLOGNESE**
  731 kcal | 350 gms
  Italian classic with lamb spicy sauce

- **BARBEQUE COTTAGE CHEESE SKEWER**
  951 kcal | 360 gms
  with peppers, onion, masala rice and house salad

- **SPAGHETTI AL FUNGI**
  1045 kcal | 400 gms
  pasta cooked with mushroom, cream, garlic and olive oil

- **WHOLE WHEAT PENNE WITH GREENS**
  845 kcal | 320 gms

- **SUNDRIED TOMATO RISOTTO**
  749 kcal | 430 gms
  grilled vegetable, mascarpone and olive oil

---

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

*Kindly inform us if you are allergic to any food ingredients*
*All prices are in Indian rupees and subject to government taxes.*

- Vegetarian
- Non-Vegetarian
- Vegan
<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Protein</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Barbeque Pizza</strong></td>
<td>1285 kcal</td>
<td>480 gms</td>
<td>Chicken tikka, bell pepper, cilantro, jalapeno and onion</td>
</tr>
<tr>
<td><strong>Diavola Pizza</strong></td>
<td>1159 kcal</td>
<td>460 gms</td>
<td>Pork pepperoni and chili flakes</td>
</tr>
<tr>
<td><strong>Margherita Pizza</strong></td>
<td>894 kcal</td>
<td>310 gms</td>
<td>Mozzarella, basil and tomato sauce</td>
</tr>
<tr>
<td><strong>Vegetable Market Pizza</strong></td>
<td>1152 kcal</td>
<td>370 gms</td>
<td>Onion, pepper, corn, mushroom, jalapeno, tomato and zucchini</td>
</tr>
<tr>
<td><strong>Taj Club Sandwich</strong></td>
<td>1773 kcal</td>
<td>580 gms</td>
<td>Three layers of toasted bread, pork bacon, fried egg, chicken salad, tomato and fresh lettuce</td>
</tr>
<tr>
<td><strong>Three “C” Grilled Sandwich</strong></td>
<td>873 kcal</td>
<td>280 gms</td>
<td>Chicken, cheese and chili</td>
</tr>
<tr>
<td><strong>Moroccan Spiced Chicken Burger</strong></td>
<td>783 kcal</td>
<td>350 gms</td>
<td>Served with mesclun salad and masala wedges</td>
</tr>
<tr>
<td><strong>Turkish Lamb Kebab Hotdog</strong></td>
<td>733 kcal</td>
<td>330 gms</td>
<td>Served with walnut mint spread, kachumber and masala wedges</td>
</tr>
<tr>
<td><strong>Vegetable Quinoa Burger</strong></td>
<td>904 kcal</td>
<td>390 gms</td>
<td>Roasted chili spread, iceberg lettuce, pickle and fries</td>
</tr>
<tr>
<td><strong>Mexican Two Pepper Grilled Sandwich</strong></td>
<td>1108 kcal</td>
<td>390 gms</td>
<td>Vegetable, jalapeno and cilantro</td>
</tr>
<tr>
<td><strong>Vegetable Club Sandwich</strong></td>
<td>1675 kcal</td>
<td>545 gms</td>
<td>Three layers of toasted bread, coleslaw, tomato, cucumber and fresh lettuce</td>
</tr>
</tbody>
</table>

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

**Kindly inform us if you are allergic to any food ingredients.**

**All prices are in Indian rupees and subject to government taxes.**

- Vegetarian
- Non-Vegetarian
- Vegan
## REGIONAL INDULGENCE
(12:30 HRS TO 23:30 HRS)

### SOUP AND APPETIZER

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Serving Size</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BADAMI MURGH SHORBA</strong></td>
<td>475</td>
<td>375 kcal</td>
<td>240 ml</td>
</tr>
<tr>
<td><strong>MULLIGATAWNY</strong></td>
<td>445</td>
<td>515 kcal</td>
<td>220 ml</td>
</tr>
<tr>
<td><strong>GOSHT KI GALAWAT</strong></td>
<td>1020</td>
<td>726 kcal</td>
<td>275 gms</td>
</tr>
<tr>
<td><strong>HALDI CHILI FISH</strong></td>
<td>990</td>
<td>504 kcal</td>
<td>250 gms</td>
</tr>
<tr>
<td><strong>TANDOORI MURGH</strong></td>
<td>950</td>
<td>1270 kcal</td>
<td>410 gms</td>
</tr>
<tr>
<td><strong>MURGH TIKKA ANGARA</strong></td>
<td>950</td>
<td>641 kcal</td>
<td>345 gms</td>
</tr>
<tr>
<td><strong>NIZAMI ROLL</strong></td>
<td>950/850</td>
<td>789 kcal</td>
<td>624 kcal</td>
</tr>
<tr>
<td><strong>KUTTI MIRCH KA PANEER TIKKA</strong></td>
<td>720</td>
<td>717 kcal</td>
<td>230 gms</td>
</tr>
<tr>
<td><strong>KHUMB KI GALAWAT</strong></td>
<td>720</td>
<td>599 kcal</td>
<td>275 gms</td>
</tr>
<tr>
<td><strong>PALAK MOONGFALI KI SEEKH</strong></td>
<td>720</td>
<td>355 kcal</td>
<td>180 gms</td>
</tr>
</tbody>
</table>

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

**KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.**
MAINS

**KADHAI JHEENGA**
464 kcal | 300 gms | prawns cooked with peppers, roasted coriander in tomato masala gravy

**MALABARI FISH CURRY**
540 kcal | 270 gms | mouth watering fish delicacy cooked with tamarind, coconut and curry leaves

**LUCKNOWI BHUNA GOSHT**
751 kcal | 350 gms | slow cooked mutton with a variety of spices in rich brown gravy

**KASHMIRI ROGAN JOSH**
770 kcal | 355 gms | Kashmiri style aromatic curry preparation of mutton

**MURGH TIKKA MAKHAN MASALA**
840 kcal | 400 gms | chicken morsels cooked in rich onion tomato gravy

**HOME STYLE CHICKEN CURRY**
658 kcal | 290 gms | chicken cooked with grounded spices, onion, tomatoes, fresh ginger and coriander

**PANEER BUTTER MASALA**
903 kcal | 330 gms | cottage cheese cooked in onion tomato masala

**ANJEEr KE KoFTE**
661 kcal | 380 gms | fig dumpling in creamy lehsuni palak gravy

**BHINDI Do PYAZA**
436 kcal | 350 gms | okra cooked with double the amount of onions

**DAL MAKHANI**
558 kcal | 320 gms | black lentil simmered overnight with tomatoes, cream and butter

**LEHSUNI DAL TADKA**
375 kcal | 320 gms | yellow lentils tempered with cumin, garlic, onion, tomato and green chili

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

Kindly inform us if you are allergic to any food ingredients.
All prices are in Indian rupees and subject to government taxes.

Vegetarian ▶️ Non-Vegetarian ▲ Vegan
<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Net Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOSHT BIRYANI</td>
<td>754 kcal</td>
<td>520 gms</td>
</tr>
<tr>
<td>MURGH BIRYANI</td>
<td>738 kcal</td>
<td>485 gms</td>
</tr>
<tr>
<td>SUBZ BIRYANI</td>
<td>597 kcal</td>
<td>460 gms</td>
</tr>
<tr>
<td>STEAMED OR JEERA RICE</td>
<td>289 kcal</td>
<td>530 kcal</td>
</tr>
<tr>
<td>BOONDI RAITA</td>
<td>227 kcal</td>
<td>250 gms</td>
</tr>
<tr>
<td>STUFFED BREAD</td>
<td>375 kcal</td>
<td>160 gms</td>
</tr>
<tr>
<td>LACCHA PARATHA</td>
<td>394 kcal</td>
<td>115 gms</td>
</tr>
<tr>
<td>BUTTER NAAN</td>
<td>451 kcal</td>
<td>130 gms</td>
</tr>
<tr>
<td>TANDOORI ROTI</td>
<td>164 kcal</td>
<td>50 gms</td>
</tr>
</tbody>
</table>

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

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.
ASIAN WOKERY
(12:30 HRS TO 23:30 HRS)

SOUP AND APPETIZER

📅 CLEAR SOUP - chicken |240 ml / vegetable |210 ml 250 kcal|172 kcal
📅 MANCHOW - chicken |220 ml / vegetable |210 ml 264 kcal|224 kcal
📅 HOT AND SOUR - chicken |240 ml / vegetable |210 ml 181 kcal|154 kcal
📅 FISH SALT AND PEPPER 529 kcal|335 gms
📅 CHICKEN DRY ROAST CHILI 893 kcal|320 gms
📅 CHILI PANEER 871 kcal|310 gms
📅 CRISPY CORN PEPPER SALT 779 kcal|250 gms
📅 VEGETABLE SPRING ROLL 641 kcal|365 gms
📅 CHILI POTATOES 978 kcal|315 gms

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

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.
- Vegetarian
- Non-Vegetarian
- Vegan
MAINS

- **STIR FRIED PRAWNS**
  614 kcal | 350 gms with chili garlic sauce

- **STIR FRIED FISH IN MAHLA SAUCE**
  750 kcal | 390 gms

- **SLICED LAMB BLACK PEPPER**
  843 kcal | 460 gms

- **KUNG PAO CHICKEN**
  598 kcal | 420 gms

- **PRAWN IN THAI RED CURRY**
  939 kcal | 440 gms

- **CHICKEN IN THAI RED CURRY**
  813 kcal | 520 gms

- **VEGETABLE IN THAI GREEN CURRY**
  708 kcal | 470 gms

- **VEGETABLE MANCHURIAN**
  511 kcal | 310 gms

- **MAPO TOFU**
  345 kcal | 400 gms

- **STIR FRIED CHINESE GREENS IN LIGHT SOYA GARLIC**
  377 kcal | 270 gms

- **CHICKEN FRIED RICE**
  1493 kcal | 470 gms

---

List of Allergens:

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

Kindly inform us if you are allergic to any food ingredients.

All prices are in Indian Rupees and subject to government taxes.

Vegetarian  Non-Vegetarian  Vegan
EGG FRIED RICE
1306 kcal | 425 gms

VEGETABLE FRIED RICE
1247 kcal | 400 gms

CHICKEN NOODLES
1495 kcal | 450 gms

EGG NOODLES
1462 kcal | 425 gms

VEGETABLE NOODLES
1366 kcal | 425 gms

PAN FRIED NOODLE - chicken | 530 gms / vegetable | 540 gms
1050 kcal | 1045 kcal

Kindly inform us if you are allergic to any food ingredients.
All prices are in Indian Rupees and subject to government taxes.
DESSERTS

[HEART] HOT CHOCOLATE BROWNIE 550
797 kcal|150 gms served with melted chocolate sauce and vanilla ice cream

[HEART] BLUEBERRY CHEESE CAKE 550
621 kcal|150 gms cookies crumb and quark cheese served with blueberry fondue

[HEART] CRÈME BRULEE 550
277 kcal|150 gms baked custard with pistachio crisp

[HEART] TIRAMISU 550
548 kcal|150 gms coffee flavored dessert made of mascarpone cheese and espresso soaked savoiardi

[HEART] RASMALAI 550
674 kcal|150 gms cottage cheese dumpling poached in saffron sweetened flavored milk

[HEART] GULAB JAMUN 550
329 kcal|150 gms cottage cheese dumpling deep fried in clarified butter and soaked in flavored sugar syrup

[HEART] KULFI FALOODA 550
761 kcal|200 gms kesar pista, freshly cut fruits

[HEART] CHOICE OF ICE CREAM 550
253 kcal|120 gms vanilla, chocolate, strawberry, coffee and butter scotch

List of Allergens:

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

KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS
ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.
Vegetarian Non-Vegetarian Vegan
POWER JUICES AND BASIC SMOOTHIES

- **ABC**
  139 kcal | 320 ml | apple, beetroot and carrot

- **CAROTENE**
  359 kcal | 320 ml | carrot, orange, cucumber and ginger

- **TROPICA**
  389 kcal | 320 ml | pineapple, coconut, mint, banana and roasted flax seeds

- **GREEN DETOX**
  248 kcal | 320 ml | English cucumber, mint, spinach and celery

- **THE STRESS BUSTER**
  311 kcal | 320 ml | banana, papaya, yogurt, honey and roasted pumpkin seed

BEVERAGE

- **ENERGY DRINK**
  345 kcal

- **SPARKLING WATER**
  345 kcal

- **SEASONAL FRESH JUICE | 320 ml**
  275 kcal

- **SHAKES - chocolate / vanilla**
  570 kcal | 320 ml

- **LASSEI - sweet / salted**
  295 kcal / 195 kcal | 320 ml

- **MASALA CHAAS**
  96 kcal | 320 ml

- **COLD COFFEE**
  386 kcal | 320 ml

- **TEA / COFFEE**
  275 kcal

- **AERATED BEVERAGE**
  275 kcal

- **CANNED JUICE**
  215 kcal

- **MINERAL WATER**
  165 kcal

---

List of Allergens:

- 🦀 Molluscs
- 🐔 Eggs
- 🐟 Fish
- 🌌 Lupin
- 🌽 Soya
- 🌽 Milk
- 🍂 Peanuts
- 🍂 Gluten
- 🦀 Crustaceans
- 🌽 Mustard
- 🌽 Nuts
- 🌽 Sesame
- 🌽 Celery
- 🌽 Sulphites

**KINDLY INFORM US IF YOU ARE ALLERGIC TO ANY FOOD INGREDIENTS**

**ALL PRICES ARE IN INDIAN RUPEES AND SUBJECT TO GOVERNMENT TAXES.**

- 🌽 Vegetarian
- 🔴 Non-Vegetarian
- 🌿 Vegan