

MUN





THE CITY'S MOST LOVED ALL-DAY DINER, MYNT IS A BRIGHT AND LIVELY SPACE THAT IS AT THE HEART OF THE HOTEL'S GOURMET ADVENTURES, OUR TEAM OF EXPERIENCED CHEFS HAVE CRAFTED A MENU THAT SERVES AUTHENTIC GLOBAL CUISINES, FROM CONTINENTAL TO WORLD CUISINES. WHETHER IT'S INDIAN STREET FOOD, PIZZAS, PASTAS OR A STUNNING VARIETY OF KEBABS - YOUR TASTE BUDS ARE ASSURED OF A THRILLING RIDE AT MYNT. THERE ARE SPECIALIZED MENUS FOR FITNESS ENTHUSIASTS, MYO (MAKE YOUR OWN) SANDWICH OPTIONS AND FINE CHOICES FOR POST-MIDNIGHT MUNCHIES. OUR REGIONAL MENU OFFERS A HOME STYLE, AUTHENTIC TASTE OF THE CITY'S FAMOUS VEGETARIAN CUISINE WITH SEASONAL DELIGHTS, SERVED IN THALIS (TRADITIONAL PLATTERS). THE WEEKEND BRUNCHES AT MYNT ARE ADORED IN THE CITY, WITH A HOST OF LIVE FOOD STATIONS CREATING A WARM, LIVELY ATMOSPHERE.

SIGNATURE DISHES – UNDHIYU (A WINTER DELICACY USING SEASONAL EXOTIC VEGETABLES COOKED IN A GREEN GARLIC AND CHILLI PASTE), GUJARATI KADHI (SWEET AND SPICY YOGHURT AND GRAM-BASED GRAVY), BATAKA RINGNA NU RASAWALU SHAAK (GUJARATI STYLE POTATO AND BRINJAL CURRY), LASOONI PALAK (GOLDEN GARLIC-FLAVOURED SPICED SPINACH CURRY), DAL MAKHANI (CREAMY BLACK LENTIL CURRY), TANDOORI CHICKEN (SPIT OVEN ROASTED TENDER CHICKEN), LEHSUNI TANGDI (CHAR GRILLED CHICKEN DRUMSTICK), ARRAY OF PANEER

(SWEET COTTAGE CHEESE DUMPLINGS)

It is our endeavour to always take very special care of all our guests in our restaurants.

If you or anyone in your group is allergic to any one of the below mentioned

food allergens, please inform our associate before ordering your meal.

Common food allergens:

Celery

B Cereals containing gluten

🖊 Crustaceans

Eggs

> Fish

Lupin

Milk

Molluscs

Mustard

NutsPeanuts

Sesame seeds

Soya

Sulphur dioxide

We would like to inform you that all our menus are

Trans-fat-free •Refined oil is used
 All prices are in Indian rupees and subject to government taxes.
 We do not levy any service charge.

BREAKFAST

À LA CARTE

(07:00 AM TO 10:30 AM)

INDIAN

●IDLI 460

667 Kcal | 400 gms | steamed rice cake served with sambar and chutney



● DOSA 460

774 Kcal | 450 gms | traditional rice pancake plain or masala served with sambar and chutney, available with choice of plain / ghee paper roast / potato masala /onion and dry chutney powder



●UTTAPAM 460

738 Kcal | 475 gms | South Indian savoury pancake made with rice served plain or topped with masala, tomatoes or onions, served with sambar and chutney



SEMOLINA UPMA

460

1408 Kcal | 620 gms | South Indian breakfast speciality made with semolina and vegetables, served with sambar and chutney



● POHA 460

410 Kcal | 350 gms | tangy tempered flattened rice preparation with potatoes, green peas and peanuts



● PURI WITH ALOO BHAJI

460

579 Kcal | 300 gms | a mildly spiced potato curry served with fried puffed Indian bread



460

789 Kcal | 440 gms | deep fried lentil dumplings served with sambar and chutney



PARATHA (2 NOS)

460

808 Kcal | 250 gms | aloo / gobhi / paneer served with yoghurt and pickle



THE INDIAN PLATTER

690

2408 Kcal | 700 gms | choice of tea, coffee, buttermilk or lassi with specially crafted Indian breakfast platter of paratha, puri bhaji and poha or specially crafted South Indian platter of dosa, idli, upma of the day or vada



INTERNATIONAL

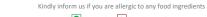
▲ CONTINENTAL BREAKFAST

575

1043 Kcal | 700 gms | freshly squeezed seasonal fruit juice, two varieties of breakfast rolls and toast served with butter and preserves, freshly brewed coffee, tea or hot chocolate



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1574 Kcal | 700 gms | freshly squeezed seasonal juice, buttermilk or lassi ,egg white omelette, whole wheat toast served with preserves, freshly brewed coffee, tea or hot chocolate, served with skimmed milk or soya milk



CHOICE OF FRESHLY **SQUEEZED SEASONAL JUICE**

285

180 Kcal | 300 gms | squeezed seasonal juice pineapple/watermelon/orange/sweet lime

SMOOTHIE

315

180 Kcal | 300 gms | banana and praline / blueberry and cherry / dates and nuts smoothie



CEREALS - CORN FLAKES, WHEAT FLAKES, CHOCOS, MUESLI

315

1085 Kcal | 300 gms | served with hot / cold milk / skimmed milk / soya milk with assorted nuts and dates



OATMEAL PORRIDGE

315

210 Kcal | 300 gms | served with hot / cold milk / skimmed milk and assorted nuts and dates



BAKERS BASKET

345

515

1031 Kcal | 250 gms | assortment of freshly baked croissant, danish pastry, muffin, doughnuts and whole wheat bread toast with butter, fruit preserves and honev



▲ EGGS COOKED TO ORDER

138 Kcal | 230 gms | scrambled, sunny side up, over easy turn over poached / boiled or omelette of your choice served with choice of - chicken sausages and hash brown potatoes



▲ GOOD OLD FASHIONED PANCAKES

400 735 Kcal | 360 gms | plain, banana, apple and cinnamon, served with maple syrup, melted butter, whipped cream, chocolate sauce



BELGIAN WAFFLES

400

1219 Kcal | 400 gms | Crunchy waffles served with maple syrup, melted butter, whipped cream, chocolate sauce.



BAKED BEANS ON TOAST

400

838 Kcal | 270 gms |



▲ FRENCH TOAST

400

468 Kcal | 190 gms | served with maple syrup and melted butter



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DICED FRESH PAPAYA BOWL WITH HONEY OR FRESH FRUIT PLATTER

400

308 Kcal | 400 gms |

ALL TIME FAVORITE

(11:00 AM TO 11:00 PM)

PANEER KATHI ROLL

545

878 Kcal | 400 gms | a traditional Indian to go snack wrap with charcoal-grilled cottage cheese



▲ CHICKEN TIKKA KATHI ROLL

690

1604 Kcal | 400 gms | a traditional Indian to go snack wrap with charcoal-grilled spicy chicken morsels



545

369 Kcal | 350 gms | Mumbai street favourite combination of buttered mini bread with spicy mashed vegetable curry





PINDI CHOLE KULCHA

575

1012 Kcal | 350 gms | combo meal platter with spicy chickpea curry and tandoori kulcha





VEGETABLE AND PANEER PAKORA

430

982 Kcal | 300 gms | Indian street hot favourite batter fried vegetables served hot with mint chutney, sweet and spicy tamarind dip





CURD RICE

345

389 Kcal | 400 gms | South Indian tempered mélange of yoghurt and over boiled rice





OLIVE AND PEPPERS CHEESE CHILLI TOAST

430

229 Kcal | 165 gms | toasted bread topped with spiced cheese and gratinated







BAKED MAC 'N' CHEESE

515

660 Kcal | 280 gms | baked soft boiled macaroni in cheese sauce







FRENCH FRIES / HASH BROWN / SMILEYS

300



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REGIONAL SPECIALTIES

(11:00 AM TO 11:00 PM)

BATAKA RINGAN NU RASAWALU SHAAK 500

845 Kcal | 350 gms | potato and brinjal cooked in Gujarati style



RINGAN NO OLO

550

418 Kcal | 350 gms | roasted brinjals cooked in Gujarati style



UNDHIYU (SEASONAL)

550

576 Kcal | 350 gms | exotic local vegetables cooked in paste of green garlic and chili paste





FLOWER VATANA NU SHAAK

550

290 Kcal | 300 gms | a delicious vegetable preparation of cauliflower and green peas



BHINDA NU SHAAK

500

314 Kcal | 300 gms | okra cooked home style with Gujarati spices



SEV TAMETA

450

65 Kcal | 350 gms | a tangy sweet and spicy traditioanl tomato curry with fried gram flour noodles



GUJARATI KADHI

500

492 Kcal | 350 gms | a sweet and spicy traditional buttermilk curry thickened with gram flour







GUJARATI DAL

550

716 Kcal | 350 gms | a delicacy of yellow lentil tempered with traditional spices and peanuts







METHI NA THEPLA (2 PCS) (SEASONAL)

225

370 Kcal | 110 gms | flat breads with fenugreek served with ghee/yoghurt, sweet raw mango pickle(chundo)









BAJRE KA ROTLA (2 PCS)

225

424 Kcal | 120 gms | Gujarati style whole millet bread, served with ghee and jaggery



GUJARATI SAMPLER

850

2402 Kcal | 700 gms | a set meal comprising of buttermilk and farsan, any of the above mentioned two seasonal vegetables, Gujarati kadhi or Gujarati dal, steamed rice and two numbers of breads a traditional dessert and accompaniments











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APPETIZER SALADS AND SOUP

(11:00 AM TO 11:00 PM)

APPETIZER SALADS

MEZZE PLATTER

515

544 Kcal | 350 gms | savory arabic dip sampler-hummus, moutabal, vegetable jardinières and marinated olives with freshly baked pita and garlic crispies





© CHEESE TAPAS PLATTER

650

1346 Kcal | 350 gms | melange of crunchy cheese balls, cheddar corn cigars, jalapeno cheese toasts and freshly whipped ranch dip





GREEK SALAD

550

211 Kcal | 250 gms | crunchy mediterranean salad with iceberg lettuce, diced cucumber, peppers, onion, tomato, feta cheese and olives tossed in oregano flavored vinaigrette dressing



DOUBLE MUSHROOM BRUSCHETTA

500

166 Kcal | 250 gms | toasted Italian bread topped with wild and farm fresh button mushrooms, in chunky tomato sauce







CAESAR OF ICEBERG AND **ROMAINE HEARTS**

600

357 Kcal | 250 gms | crispy lettuce dressed with creamy caesar dressing and parmesan shavings









ACAESAR OF ICEBERG AND ROMAINE HEARTS

600

483 Kcal | 250 gms | crispy lettuce dressed with creamy caesar dressing and parmesan shavings, with chicken and poached eggs











▲OATS CRUMBED CHICKEN NUGGETS

625

1128 Kcal | 550 gms | with barbeque tomato sauce







▲ BREADED FISH FINGERS AND FRIES

750

📤 Lupin 🦺 Soya 🎻

1567 Kcal | 600 gms | crumb fried breaded fish fingers and fries, served with tartar sauce







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Vegetarian Non-Vegetarian



SOUP

®BROCCOLI AND ROASTED ALMOND CREAM 375

214 Kcal | 230 gms | a rich creamy fresh broccoli soup



ROSEMARY FLAVOURED MUSHROOM CREAM SOUP

375

240 Kcal | 230 gms | rosemary herb scented fresh and preserved mushroom puree soup.



TOMATO ITALIAN BASIL SOUP

375

91 Kcal | 230 gms | traditional tomato soup with basil made from plum tomatoes



MEXICAN SOPA DE FRIJOL

kidney bean broth with dash of tabasco and roasted cumin

WITH MACEDOINE VEGETABLES AND CRUNCHY NACHOS

375

117 Kcal | 230 gms |



■WITH CHOPPED CHICKEN SAUSAGES AND RUNCHY NACHOS

400

662 Kcal |240 gms |





CLASSIC MINESTRONE AND PASTA SOUP

a traditional Italian broth finished with parmesan cheese and pasta

VEGETABLE

375

140 Kcal | 230 gms |







▲LAMB 400

230 Kcal | 240 gms |







ENTRÉE

(11:00 AM TO 11:00 PM)

CHEESE BAKED CREAMY POLENTA

690

466 Kcal | 550 gms |





SWEET PEPPERS AND ASSORTED MUSHROOM STROGANOFF

690

679 Kcal | 550 gms | served with herbed butter rice





BAKED VEGETABLES FLORENTINE

575

📤 Lupin 🦺 Soya 🐠

1038 Kcal | 550 gms | gratinated creamy vegetables with sautéed spinach







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APAN SEARED CHICKEN BREAST WITH CREAMY POTATO MASH, SERVED WITH MUSHROOM PAN JUS.

750

1661 Kcal | 650 gms | succulent pan seared chicken served with mushroom jus, mashed potatoes and



AOVEN BAKED ALASKAN SALMON STEAKS 1100

855 Kcal | 550 gms | alaskan pink salmon steak grilled to perfection with caper lemon butter







△CHIMICHURRI GRILLED FILLET OF FISH

775

688 Kcal | 600 gms | with timbale of sautéed spinach and button mushroom, potato mash and lemon butter sauce









▲CLASSIC FRIED FISH AND CHIPS

775

1090 Kcal | 600 gms | served with tartar sauce









▲GRILLED NEWBERG PRAWNS

1100

589 Kcal | 550 gms | skillet Prawns, grilled to perfection, served on a bed of herbed rice topped with rich saffron SALICE







PIZZA, PASTA AND RISOTTO

PIZZA

(11:00 AM TO 11:00 PM)

MEXICANA - ON MULTIGRAIN BASE

660

919 Kcal | 420 gms | assorted bell peppers, corn kernels, button mushrooms, black olives, onions and jalapenos







MARGHERITA

660

919 Kcal | 420 gms | fresh tomato cheese and basil







TANDOORI PANEER

660

937 Kcal | 430 gms | classic Indian clay oven roasted spicy cottage cheese with pepper and onions







PIZZA CORN AND FUNGI

660

946 Kcal | 430 gms | on cheese cream base







▲ CHICKEN TIKKA PIZZA

745

839 Kcal | 430 gms | classic Indian clay oven roasted spicy chicken morsels with pepper and onions







▲SHRIMP AND TUNA PIZZA

800

1364 Kcal | 430 gms | grilled shrimps and preserved tuna chunks with pickled onions









▲ FATTORIA – ON MULTIGRAIN BASE

745

839 Kcal | 430 gms | grilled chicken, sundried tomatoes, caramelized pineapple and black olives







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PASTA

FARFALLE WITH ITALIAN PESTO TOSSED WINTER VEGETABLES

1455 Kcal | 400 gms | Italian basil pesto, garlic and olive oil tossed bow pasta and vegetables



■ GOLDEN CORN AND RATATOUILLE LASAGNE 650

512 Kcal | 400 gms | baked, layered pasta sheets with freshly tossed ratatouille and golden corn



LASAGNE BOLOGNAISE

750

650

564 Kcal | 400 gms | minced lamb meat lasagne



BAKED SPAGHETTI AL FORNO WITH OLIVES AND SWEET PEPPERS 650

558 Kcal | 400 gms | arabiata spiced pasta baked and served



SPIRAL PASTA WITH FARM FRESH FUNGIAGLIO E OLIO PEPPERONCINI STYLE650

580 Kcal | 400 gms | fusilli and farm fresh mushrooms tossed aglio e olio style with garlic, olive oil, roasted chili flakes and parmesan



▲ FETTUCCINI CARBONARA

700

612 Kcal | 400 gms | pasta fettuccini in heavy cream sauce with crunchy bacon rashers and goodness of parmesan



RISOTTO - GLUTEN FREE

SPINACH AND MUSHROOM RISOTTO

650

708 Kcal | 400 gms | Italian creamy arborio rice with fleshy shitake, button mushroom and spinach



▲ RISOTTO DE POLLO

700

725 Kcal | 400 gms | creamy Italian arborio rice with chunks of chicken on a bed of mild tomato concasse



▲ LEMONY FRESH HERB RISOTTO WITH GARLIC MARINARA

700

725 Kcal | 400 gms | lime and fresh herb spiked arborio rice with chunks of shrimps, fish and fresh peas



650

518 Kcal | 400 gms | gluten free penne arabiata with olives and broccoli



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INDIAN FARE

(11:00 AM TO 11:00 PM)

KEBABS

▲ TANDOORI CHICKEN

725

472 Kcal | 330 gms | spring chicken marinated in traditional Indian spices cooked in its own juices in a clav charcoal oven





▲ LAAL MIRCH MURGH TIKKA

725

474 Kcal | 300 gms | spicy spit roasted chicken morsels



▲ LEHSUNI TANGDI

725

588 Kcal | 400 gms | pungent garlic spiced chicken drumsticks spit oven roasted





▲ MURGH MALAI TIKKA

725

429 Kcal | 300 gms | creamy mildly spiced spit roasted chicken morsels





▲ MURGH RESHMI SEEKH KEBAB

725

439 Kcal | 280 gms | mild spicy minced chicken skewers



A HUSSAINI GOSHT SEEKH KEBAB

800

583 Kcal | 280 gms | succulent minced spicy lamb skewers



▲ PEELI MIRCH KA JHEENGA

1100

260 Kcal | 250 gms | scrumptious char roasted spicy prawns







AJWAINI FISH TIKKA

775

345 kcal | 270 gms | tandoor cooked cubes of fish marinated with red chilli and yoghurt







675

PANEER TIKKA

717 Kcal | 250 gms | spit oven roasted cottage cheese morsels - choice of marinations

- · lime and turmeric spiked
- · spicy chilli and yoghurt
- · creamy yoghurt- mild





SUBZ BAGHEECHA KEBAB

625

130 Kcal | 250 gms | minced fresh vegetable patties stuffed with cheese and nuts







CHATPATEY TANDOORI ALOO

625

458 Kcal | 250 gms | baby potatoes roasted in tandoor



KHUMB KI SHAMMI

675

🗠 Lupin b Soya 🎻

554 Kcal | 250 gms | minced in fresh mushroom with melange of Indian spices -grilled







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DAHI KE KEBAB

625

504 Kcal | 250 gms | shallow fried hung yoghurt and cottage cheese medallions mixed with chopped onions and green chillies



■ HAND-CRAFTED VEGETARIAN KEBAB PLATTER 950

1058 Kcal | 470 gms | an assortment of vegetable kebabs, paneer tikka, dahi kebab and tandoori potatoes



■ HAND-CRAFTED NON-VEGETARIAN KEBAB PLATTER

1100

1108 Kcal | 470 gms | with an assortment of chicken, lamb and fish kebabs



CURRIES

MALAI KOFTEY

650

1573 Kcal | 450 gms | rich milk solid dumplings in a medium spiced cream nuts based gravy



LEHSOONI PALAK -PLAIN / MAKKAI / KUMBH

650

689 Kcal | 450 gms | Indian style pureed spinach cooked to your choice with mushrooms or corn



KADAI SUBZ

550

761 Kcal | 450 gms | spicy mixed vegetables curry



• KUMBH MATTAR HARA PYAZ

650

564 Kcal | 540 gms | mushroom and fresh peas with spring onions



VILAYATI SUBZION KA MEL

650

504 Kcal | 450 gms | curried melange of exotic winter vegetables



DAHI WALEY DUM ALOO

550

765 Kcal | 450 gms | baby potatoes simmered in tangy yoghurt gravy



BHINDI MASALA

500

472 Kcal | 450 gms | home style - lady finger tempered lightly with Indian home ground spices



GHAR KA TADKA - TUAR OR MOONG DHULI

550

666 Kcal | 450 gms | mild spiced curried lentils



CHOLEY MASALA

550

721 Kcal | 450 gms | home style chickpea curry



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▲ ROGHNI KADIPATTA FISH CURRY

725

726 Kcal | 450 gms | thin curried fish cubes cooked with tomatoes, onions and curry leaves



▲ HOME STYLE CHICKEN CURRY

725

610 Kcal | 500 gms | thin curried chicken cuts cooked with fresh tomatoes & onions



▲ BUTTER CHICKEN

725

731 Kcal | 500 gms | spit oven cooked shredded chicken morsels finished in rich creamy tomato gravy



▲CHICKEN TIKKA

725

796 Kcal | 500 gms | masala tandoor roasted chicken morsels finished in tangy tomato gravy





775

898 Kcal | 500 gms | age old speciality - mild spicy lamb curry with boiled eggs





▲ KHADE MASALEY KA GOSHT

775

898 Kcal | 500 gms | thick curried spicy lamb with whole Indian spices







1100

458 Kcal | 450 gms | tender Shrimps tossed in spiced tomato gravy with peppers and onion







PANEER AAP KI PASAND

MATTAR PANEER

675

718 Kcal | 450 gms | home style curried cottage cheese and green peas





PALAK PANEER

675

800 Kcal | 450 gms | cottage cheese and blended spinach puree





PANEER SHIMLA MIRCH KI BHURJEE

675

1013 Kcal | 450 gms | mildly spiced -coarsely crumbled cottage cheese and chopped peppers





PANEER TIKKA MASALA

675

516 Kcal | 450 gms | spit oven roasted cottage cheese steaks in a tangy tomato gravy





PANEER BUTTER MASALA

675

1024 Kcal | 450 gms | cottage cheese in a thick creamy tomato based sweet, sour and spicy gravy



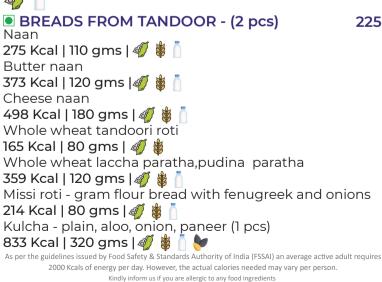
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Peanuts Crustaceans Sesame Celery Sulphites

KADHAI PANEER 675 1024 Kcal | 450 gms | cottage cheese and pimentos tossed in a fiery hot tomato based gravy with crushed chilies and dry coriander A MUST WITH INDIAN MEAL 225 146 Kcal | 250 gms | raita – boondi / mixed vegetable yoghurt / pineapple mint GREEN SALAD 225 73 Kcal | 280 gms | **RICE & BREADS** (11:00 AM TO 11:00 PM) **RICE** VEGETABLE BIRYANI 725 571 Kcal | 450 gms | spring vegetables and basmati rice cooked on dum with saffron, cardamom, mace and mint, served with raita CHICKEN BIRYANI 775 691 Kcal | 450 gms | chicken and basmati rice cooked on dum with saffron, cardamom, mace and mint, served with raita MUTTON BIRYANI 825 866 Kcal | 450 gms | mutton and basmati rice cooked on dum with saffron, cardamom, mace and mint, served with raita PULAO 375 564 Kcal | 400 gms | jeera, green peas or mixed vegetables STEAMED RICE 300 447 Kcal | 350 gms | 6) MOONG DAL KHICHADI 450 564 Kcal | 400 gms | (masala, plain, with or without vegetable) a gooey porridge with over boiled rice and lentils served with a bowl of yoghurt BREADS FROM TANDOOR - (2 pcs) 225 Naan 275 Kcal | 110 gms | 🎻 🍍 🧻 Butter naan 373 Kcal | 120 gms |🎻 🐞 🧂 Cheese naan 498 Kcal | 180 gms | 🧳 🝍 🧻 Whole wheat tandoori roti 165 Kcal | 80 gms | 🧳 🐞 Whole wheat laccha paratha, pudina paratha



lupin 🐧 Soya 🐠

Vegetarian Non-Vegetari

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159 Kcal | 60 gms | grilled, cooked, fluffy Indian bread



KEBAB AND CURRY SAMPLER

VEGETARIAN INDIAN SET MEAL

750

1003 Kcal | 700 gms | vegetarian soup of the day, paneer tikka, lehsooni makkai palak, dal makhani/tadka, pulao/steamed rice, 2 mini tandoori breads and gulab jamun







NON-VEGETARIAN INDIAN SET MEAL

775

1249 Kcal | 700 gms | non-veg soup of the day, chicken tikka, mutton rassewala / murgh makhani, dal makhani/tadka, pulao/steamed rice, 2 mini tandoori breads and gulab jamun







SANDWICHES & BURGERS (11:00 AM TO 11:00 PM) SANDWICHES

MAKE YOUR OWN SANDWICH

625

706 Kcal | 280 gms | style:-grilled or toasted or plain







Choice of stuffing:tomato, cucumber, cheese, lettuce, coleslaw & jalapenos, paneer tikka Choice of breads:white or whole wheat or multigrain

TRADITIONAL CLUB SANDWICH VEG AND NON VEG

in your choice of toasted white or brown or multigrain breads

VEGETARIAN CLUB

675

712 Kcal | 320 gms | double layered coleslaw, cheese, tomato and cucumber







NON-VEGETARIAN CLUB

725

800 Kcal | 320 gms | double layered creamy roasted chicken, fried egg, cheese and tomato







▲ GRILLED CHICKEN TIKKA CHEESE **SANDWICH**

725

584 Kcal | 280 gms |





OVEN-ROASTED CHICKEN SANDWICH

625

700 Kcal | 280 gms | plain, grilled or toasted in your choice of white or brown or multigrain bread



MULTIGRAIN MEXICAN COLESLAW AND EGG WHITE CLUB SANDWISH WITH ROASTED PEPPERS

625

869 Kcal | 280 gms |



CHEF CRAFTED BARBEQUE PINEAPPLE, **ROASTED CHICKEN AND PEPPERS** IN TOASTED MULTICEREAL BREAD WITH **CHEDDAR MELT**

675

712 Kcal | 320 gms |

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BURGER

■ CRUMBED CHICKEN STEAKS AND CHEESE IN SESAME BURGER BUN

1005 Kcal | 450 gms | paprika marinated crumb fried sliced chicken steaks topped with a slice of cheddar cheese and cocktail dressing within a toasted sesame bun, served with fries and tossed salad



CURRIED VEGETABLE BURGER

625

675

1002 Kcal | 450 gms | crispy curry flavored crunchy vegetable patties with cheese and tomato slice topped with generous horseradish sauce, served with fries and tossed salad



DESSERTS

(11:00 AM TO 11:00 PM)

© GULAB JAMUN 400

292 Kcal | 100 gms | sweetened deep fried cottage cheese balls



244 Kcal | 180 gms | a traditional carrot delicacy

203 Kcal | 90 gms | poached chenna (milk solids) dumplings in saffron-flavoured milk, served chilled

© CUT FRESH FRUITS
158 Kcal | 250 gms |

CHOICE OF ICE CREAMS 400

183 Kcal | 90 gms | two scoops of vanilla, mango, chocolate, strawberry or butterscotch



WARM CHOCOLATE WALNUT PUDDING 400

604 Kcal | 180 gms | steamed dark chocolate pudding, served with scoop of vanilla ice cream



425

425

492 Kcal | 180 gms | layered soft cream cheese with coffee vanilla fingers



▲ MOLTEN LAVA CAKE 425

568 Kcal | 180 gms | paired with frozen berries hot molten chocolate centre cake



▲ CREAM CARAMEL 400

276 Kcal | 170 gms |



604 Kcal | 160 gms | Austrian dark chocolate gooey sponge lined with apricot jam



A SIZZLING HOT CHOCOLATE BROWNIE

832 Kcal | 180 gms | Austrian dark chocolate gooey sponge lined with apricot jam





SUGAR FREE MOCHA AND ROASTED ALMOND MOUSSE

400

500

27 Kcal | 60 gms |



PHIRNI

400

223 Kcal | 180 gms | sugar free



WELLNESS MENU (11:00 AM TO 11:00 PM)

HEALTHY CONCOCTIONS

300

APPLE, SPINACH AND CARROT JUICE 285 Kcal | 300 gms |

(calories125, fat free, dietary fiber2%, sodium1%, carbohydrate 10%, vitamin c 118%, calcium 3%, iron 2 %)

PINEAPPLE, GINGER, LIME AND MINT

300

156 Kcal | 300 gms | (calories125, fat1%, dietary fiber2%, sodium 0%, protein2%, carbohydrate10%, vitamin c130%, vitamin a 12%, calcium 4%, iron 4%)

SALADS

ICEBERG, PEPPERS, SPROUTS IN LEMON AND OLIVE OIL.

300

140 Kcal | 220 gms | (calories123, fat192%, dietary fiber8%, sodium0%, protein4%, carbohydrate2%, vitamin c11%, calcium4%, iron22%)

SOUPS

VEGETABLE CLEAR SOUP

350

100 Kcal | 230 gms | (calories13, fat 0%, dietary fiber8%, sodium20%, protein1%, carbohydrate1%, vitamin c2%, vitamin al3%,calcium 1%, iron1%)





▲ CHICKEN CLEAR SOUP

375

87 Kcal | 240 gms | ((calories 3, fat 0%, dietary fiber 8%, sodium20%, protein1%, carbohydrate1%, vitamin c2%, vitamin a13%, calcium 1%, iron1%)





MAIN COURSE

725

▲ GRILLED CHICKEN 1479 Kcal | 650 gms | succulent piccata of chicken marinated, grilled and served with olive oil tossed vegetables and pan jus (Calories296, fat10%, dietary fiber15%, sodium4%, protein120%, carbohydrate 0%, vitamin c1%,vitamin a1%, calcium 1%, iron 5%)





LEEKS AND SCALLIONS POACHED FISH WITH STEAMED VEGETABLES

432 Kcal | 400 gms | (calories 39, fat 2%, dietary fiber 15%, sodium34%, protein10%, carbohydrate1%, vitamin c1%, vitamin a 0%, calcium 7%, iron3%)



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STEAMED VEGETABLES AND COTTAGE CHEESE

600

304 Kcal | 400 gms | (calories215, fat15%, dietary fiber15%, sodium20%, tein50%, carbohydrate1%, vitamin c15%, vitamin a17%, calcium13%, iron1%)



MULTIGRAIN BREAD SANDWICH(TOASTED/PLAIN) WITH ROASTED CHICKEN AND LETTUCE

648 Kcal | 280 gms | (calories311, fat15%, dietary fiber10%, sodium23%, protein42%, carbohydrate14%, vitamin c4%, vitamin a3%, calcium 30%, iron19%)







WITH TOMATO CUCUMBER AND LETTUCE

706 Kcal | 280 gms | (calories 303, fat 15%, dietary fiber 10%, sodium23%, protein30%, carbohydrate13%, vitamin c3%, vitamin a2%, calcium31%, iron18%)





WELLNESS COMBO MEAL MULTIGRAIN ROTI AND INDIAN CURRY

SPINACH CURRY WITH MUSHROOM **OR PANEER**

256 kcal | 360 gms | (calories 330, fat 15%, dietary fiber 22%, sodium23%, protein25%, carbohydrate17%, calcium10%, iron20%)



ACHOPPED SPINACH AND CHICKEN TIKKA IN TOMATO CURRY

700

814 kcal | 380 gms | (calories 450, fat 15%, dietary fiber 45%, sodium30%, protein54%, carbohydrate30%, vitamin c22%, vitamin a2%, alcium 15%, iron 29%)







WHOLE WHEAT - PENNE NAPOLETANA TOSSED WITH COARSE TOMATO CONCASSE AND FRESH BASIL

WITH VEGETABLES

816 Kcal | 640 gms | (calories 450, fat 15%, dietary fiber 59%, sodium2%, protein32%, carbohydrate27%, vitamin c16 %, vitamin a96%, calcium4%, iron23%)









▲WITH CHICKEN

700

1178 Kcal | 650 gms | (calories 420, fat 15%, dietary fiber 44%, sodium40%, protein50%, carbohydrate24%, calcium3%, iron20%)







BEVERAGES

(11:00 AM TO 11:00 PM)

COLD COFFEE

300

32 Kcal | 300 gms | with or without ice cream



MILK SHAKES

300

116 Kcal | 300 gms | vanilla, chocolate, strawberry, mango, banana, butterscotch



CHAAS

275

83 Kcal | 300 gms | low fat buttermilk - plain, salted, masala

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■ LASSI 179 Kcal 300 gms sweet, gulkand, salted, plain	300
SMOOTHIE 179 Kcal 300 gms fresh yoghurt and honey churned with berries and cherries or dates and nuts or banana and praline	315
SEASONAL FRESH FRUIT JUICE 104 Kcal 300 gms	285
■ FRESH VEGETABLE JUICES 104 Kcal 300 gms cucumber/ carrot/ tomato / bee	250 troot
FRESH APPLE JUICE 156 Kcal 300 gms	300
● HOT CHOCOLATE / BOURNVITA / HORLICKS 234 Kcal 300 gms	275
COFFEE 23 Kcal 150 gms instant, decaffeinated, espresso or cappuccino	275
■ ICED TEA 52 Kcal 300 gms lime and mint, green apple, passion fruit"	275
■TEA 38 Kcal 300 gms masala, ginger, lemon, earl grey, green tea, herbal or chamomile	275
■ ENERGY DRINK - RED BULL kcal ml as per the bottle specification	350
■ AERATED BEVERAGES kcal ml as per the bottle specification	275
■ FRESH LIME WITH- WATER OR SODA - SALTED OR SWEET OR MASALA kcal ml as per the bottle specification	250
■ HIMALAYAN mI as per the bottle specification	250
■ BOTTLED WATERml as per the bottle specification	150
■SODA kcal ml as per the bottle specification	200
■ SAN BENEDETTO kcal ml as per the bottle specification ■ PERRIER	350375
ml as per the bottle specification	

MIDNIGHT BITES (11:00 PM TO 01:00 AM) FRESH JUICES - WATERMELON OR 275 **PINEAPPLE** 156 Kcal | 300 gms | MILK SHAKES - VANILLA/CHOCOLATE/ BANANA/STRAWBERRY 300 116 Kcal | 300 gms | COLD COFFEE 300 32 Kcal | 300 gms | with or without ice cream TEA OR COFFEE 275 32 Kcal | 250 gms | BAKED BEANS WITH TOAST 400 788 Kcal | 250 gms | PLAIN PANCAKE 400 735 Kcal | 360 gms | served with chocolate sauce, whipped cream and maple syrup **▲ EGGS TO ORDER** 515 413 Kcal | 130 gms | three farm fresh eggs cooked to your style-boiled eggs or masala omelette served with hash brown and grilled tomatoes SANDWICHES choice of toasted or plain white bread or whole wheat bread sandwich CHEESE, CUCUMBER AND TOMATO 615 869 Kcal | 280 gms | **▲ GRILLED CHICKEN, LETTUCE, MUSTARD** AND MAYONNAISE 625 584 Kcal | 280 gms | **CLUB SANDWICHES** choice of white or brown bread toasted VEGETARIAN 675 712 Kcal | 320 gms | cheese, tomato, cucumber, lettuce and coleslaw NON-VEGETARIAN 725 800 Kcal | 320 gms | cheese, tomato, lettuce and chicken coleslaw FRENCH FRIES 300 710 Kcal | 250 gms |

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■ FISH FINGER 1567 Kcal 600 gms	725
 PAV BHAJI 369 Kcal 350 gms 	545
ANDA BHURJEE PAV	550
769 Kcal 390 gms TOMATO BASIL SOUP	375
91 Kcal 230 gms	
CREAM OF CHICKEN SOUP 635 Kcal 330 gms	400
■ KHICHDI AND DAHI 564 Kcal 400 gms choice of masala or plain with or without vegetable	450
© CURD RICE 389 Kcal 400 gms	345
DAL TADKA OR MAKHANI 920 Kcal 450 gms	550
MURGH MAKHANI 599 Kcal 500 gms	725
HOME STYLE MUTTON CURRY 881 Kcal 500 gms	775
PANEER MAKHANI 1290 Kcal 450 gms	675
SUBZ MILONI 761 Kcal 450 gms	550
TAWA PARATHA (2 PCS) 240 Kcal 80 gms	225
TAWA CHAPATTI (3 PCS) 794 Kcal 60 gms	225
STEAMED RICE 447 Kcal 350 gms	300
■JEERA PULAO OR VEGETABLE PULAO 564 Kcal 400 gms	375
As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adul	t requires

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Vegetarian

Non-Vegetarian



ACLASSIC BREADED FISH AND CHIPS 775 1567 Kcal | 600 gms | served with tartar sauce MUSTARD GARLIC MARINATED GRILLED 775 **FILLET OF FISH** 745 Kcal | 650 gms | with potato mash, buttered legumes and lemon butter sauce **▲ ROSEMARY MARINATED GRILLED CHICKEN 725** 1366 Kcal | 650 gms | with potato mash and sautéed legumes and pan gravy **PASTA** choice of penne or spaghetti choice of cream or tomato sauce **▲**CHICKEN 700 725 Kcal | 400 gms | VEGETABLES 625 612 Kcal | 400 gms | GULAB JAMUN 400 292 Kcal | 100 gms | KESAR RASMALAI 425 203 Kcal | 90 gms | WARM BROWNIE 375 832 Kcal | 180 gms | with chocolate sauce and ice cream CUT FRUITS 400

158 Kcal | 250 gms | with or without ice cream

• CHOICE OF ICE CREAM (2 SCOOPS) 400 183 Kcal | 90 gms | vanilla, chocolate, mango, strawberry, butterscotch





VADODARA

