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

*Scan QR to know nutritional value of each dish*
Breakfast

International selection

- **Yoghurt**
  - 37 kcal
  - Natural or fruit flavoured
  - 375

- **Cereals**
  - 379 kcal
  - Choice of corn flakes, wheat flakes, chocolate flakes, muesli, with hot, cold or skimmed milk
  - 475

- **Breakfast Bread**
  - 280 kcal
  - Multi-grain, whole wheat bread, sugar-free jam, honey
  - 475

- **Baker’s Basket**
  - 765 kcal
  - Choice of any three- croissant, Danish pastry, muffin, doughnut, pain au chocolat or toast – Natural white, whole wheat or multi-grain with butter, preserves
  - 475

- **Cinnamon-Scented French Toast**
  - 385 kcal
  - Melted butter, maple syrup, berry compote
  - 500

- **Pancakes**
  - 385 kcal
  - Choice of plain, banana, apple, blueberry, with melted butter, maple syrup, whipped cream
  - 525

- **Traditional Golden Waffles**
  - 385 kcal
  - Maple syrup, honey, whipped cream
  - 525

- **Three Eggs Omlette**
  - 282 kcal
  - Choice of vegetables, ham, cheese, with hash brown potato, grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves
  - 525

- **No-Yolk Omlette**
  - 71 kcal
  - Egg white cooked with extra-virgin olive oil, with hash brown potato, grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves
  - 525

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**Poached Eggs**

- **156 kcal** Grilled tomato, whole wheat bread or multi-grain bread, low-fat butter, preserves

**Smoked Norwegian Salmon Platter**

- **247 kcal** Capers, lime, horseradish sauce

**Griddle-Cooked Sausages**

- **464 kcal** Chicken
- **625 kcal** Pork

### Indian Selection

**Dosa**

- **182 kcal** Choice of plain, masala, onion, rawa, podi, mysore masala, served with sambar, chutney

**Idli**

- **509 kcal** Steamed rice, lentil cakes, served with sambar, chutney, podi

**Vada**

- **903 kcal** Crisp savoury deep-fried lentil doughnut, served with sambar, chutney

**Bisi Bele Bath**

- **570 kcal** Rice and lentil preparation, vegetables, cashew nuts, served with ghee and boondi

**Uttapam**

- **218 kcal** Choice of plain, masala, podi – Griddle cooked rice pancake served with sambar and chutney

**Poori Bhaji**

- **886 kcal** Potatoes tempered with cumin seeds, Indian spices accompanied with deep-fried whole wheat Indian bread

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## Parathas
Choice of:
- **518 kcal** Aloo (potatoes)
- **556 kcal** Gobhi (cauliflower)
- **264 kcal** Paneer (cottage cheese), plain unleavened bread cooked on a hot griddle, served with yoghurt, pickle

## Khara Bath
468 kcal Delicious local specialty – semolina preparation with south Indian tempering

## Pesarattu
329 kcal Andhra style moong bean crepes served with sambar, chutney

### Soups
- **Asparagus Veloute** 210 kcal Golden almonds and hazelnut oil
- **Mushroom Soup** 354 kcal Porcini milk foam and truffle oil
- **Minestrone Milanese Soup** 102 kcal Basil pesto drizzle, Parmigiano Reggiano
- **Murgh Shorba** 233 kcal Indian-style spicy chicken soup

**Hot and Sour Soup**
- **113 kcal** Chicken
- **74 kcal** Vegetable

**Sweet Corn Soup**
- **99 kcal** Chicken
- **92 kcal** Vegetable

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Salads

Caesar Salad
- 375 kcal Pan-Roasted Vegetables and Garlic Croute  
- 237 kcal Grilled Chicken and Garlic Croute  
Smoked Norwegian Salmon
- 247 kcal Onion, caper, lime and horseradish sauce
Marinated Tomato and Bocconcini
- 648 kcal Fresh bocconcini, modena balsamic cold pressed extra virgin olive oil and basil pesto
Classic Greek Salad
- 264 kcal Marinated Kalamata olives and feta cheese, cucumber, tomato, pepper, onion

Appetisers

Spicy Crispy Prawns, Golden Garlic and Cilantro
- 277 kcal
Chilli Chicken Dry
- 284 kcal
Chicken Tikka
- 663 kcal Boneless chicken thigh marinated with chilli and yogurt, cooked in clay oven
Gilafi Seekh Kebab
- 581 kcal Skewered kebab of spiced ground lamb and bell peppers
Vegetable Spring Roll with Sweet Chilli Sauce
- 628 kcal
Water Chestnut and Lotus Stem in Honey Chilli
- 573 kcal
Lal Mirch ka Paneer Tikka
- 1026 kcal Yoghurt and chilli marinated cottage cheese cooked in tandoor with pounded Indian spices
Palak Dahi Kebab
- 263 kcal Pan fried spinach patty, yoghurt filling

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## Pasta

Choice of Spaghetti/ penne/ fusilli with choice of sauce

<table>
<thead>
<tr>
<th>Calories</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>758 kcal</td>
<td>Alla Carbonara – Bacon, Parmesan, Egg yolk, Pepper</td>
<td>950</td>
</tr>
<tr>
<td>494 kcal</td>
<td>Arrabiata – Spicy tomato, basil sauce</td>
<td>900</td>
</tr>
<tr>
<td>265 kcal</td>
<td>Pestorosso – with artichokes</td>
<td>900</td>
</tr>
<tr>
<td>234 kcal</td>
<td>Primavera – Eggplant, zucchini, asparagus, cream</td>
<td>900</td>
</tr>
</tbody>
</table>

## Risotto

<table>
<thead>
<tr>
<th>Calories</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>407 kcal</td>
<td>Frutti de Mare</td>
<td>1100</td>
</tr>
<tr>
<td>370 kcal</td>
<td>Wild Mushroom Risotto – Truffle scented</td>
<td>900</td>
</tr>
<tr>
<td>364 kcal</td>
<td>Winter Vegetable Risotto – Asparagus essence</td>
<td>900</td>
</tr>
</tbody>
</table>

## Pizza

<table>
<thead>
<tr>
<th>Calories</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>769 kcal</td>
<td>Pizza Pepperoni – Spicy pork pepperoni and mozzarella</td>
<td>900</td>
</tr>
<tr>
<td>873 kcal</td>
<td>Pizza Pazza – Minced chicken, basil pesto, pepper and olive</td>
<td>900</td>
</tr>
<tr>
<td>675 kcal</td>
<td>Classical Pizza Margherita – Tomato, mozzarella and basil</td>
<td>800</td>
</tr>
<tr>
<td>726 kcal</td>
<td>Pizza Ortolana – Grilled pepper, zucchini, parmesan, mozzarella</td>
<td>800</td>
</tr>
</tbody>
</table>

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European Grills

*Served with one choice of side order,
One choice of potato preparation and choice of one sauce*

- 1009 kcal Roast Chicken 🍗 1050
- 1254 kcal Tenderloin 🍗 1200
- 224 kcal Pan Seared John Dory with Red Wine and Martini Veloute 🦟 1150
  (Chef’s Signature dish)

**Choices of sauce:**
Creamy mushroom sauce/ red wine jus/ caper lemon sauce

**Choices of potato:**
French fries/ potato mash

**Side order:**
Mesclun greens/ sautéed vegetables/ mushrooms

Oriental Mains:

(Available from 11 AM to 11PM)

- 295 kcal Sauteed Prawns in Dry Chilli and Garlic 🦞 1300
- 564 kcal Sliced Lamb with Ginger and Spring Onion 🍘 1025
- 949 kcal Barbequed Pork Spare Ribs 🍗 1025
- 956 kcal Wok Fried Chicken with Dried Chilly, Kung Pao Style 🍗🌶️ 975
- 239 kcal Tofu with Shitake Mushroom in Ginger Soy Sauce 🍗 950
- 272 kcal Stir Fried Greens with Burnt Garlic 🌿 950

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Wok Fried Rice
- 1220 kcal Chicken 🍚 1000
- 1100 kcal Egg 🍳 950
- 1076 kcal Vegetable 🥗 900

Hakka Noodles
- 780 kcal Chicken 🍚 1000
- 670 kcal Egg 🍳 950
- 628 kcal Vegetable 🥗 900

Indian Mains:
- Chicken Tikka Butter Masala 🍚 950
  1455 kcal Tandoori chicken morsels cooked in fresh tomato gravy
- Mutton Rogan Josh 🍚 1000
  762 kcal Indian lamb meat chunks cooked in brown onion and tomato gravy finished with yogurt
- Kundapur Chicken Curry 🍚 950
  881 kcal Boneless chicken cooked in traditional coastal preparation enriched with coconut milk
- Mangalore Fish Curry 🍚 950
  599 kcal Traditional fish preparation with local masala with coconut and tamarind
- Mutton Sukka 🍚 950
  674 kcal Dry lamb preparation enriched with coconut and spices
- Prawn Ghee Roast 🍚 1100
  475 kcal Kundapur’s popular fiery red tangy and spicy fresh prawns
- Paneer Butter Masala 🍚 850
  1512 kcal Cottage cheese cooked in creamy onion tomato gravy

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Makai Palak  91 kcal Spinach and corn kernels tempered with garlic and dried red chilli  850

Adhraki Gobhi Matar  129 kcal Ginger infused stir-fried cauliflower with green peas  850

Subzi Diwani Handi  995 kcal Mélange of vegetables cooked in mild spices  850

Dal Makhani  277 kcal Black lentil preparation finished with rich cream and butter  825

Dal Panchphoran  754 kcal Mixed lentils cooked with Bengali five spice tempering  825

Dal Tadka  664 kcal Home-style yellow lentil tempered with butter, cumin and chilli  825

Breads

250 kcal Kulcha  Aloo/ onion/ paneer  300

288 kcal Naan  Plain/ butter/ garlic  225

231 kcal Paratha  Lachha/ pudina  225

197 kcal Tandoori Roti  225

185 kcal Chapati/ Phulka  225

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### Rice

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gosht Dum Biryani</td>
<td>1050</td>
<td>1089 kcal</td>
<td>Aromatic basmati rice, lamb chunks, served with raita</td>
</tr>
<tr>
<td>Murgh Dum Biryani</td>
<td>1000</td>
<td>1090 kcal</td>
<td>Flavourful basmati rice, chicken, served with raita</td>
</tr>
<tr>
<td>Subz Dum Biryani</td>
<td>950</td>
<td>612 kcal</td>
<td>Vegetables, basmati rice, dum cooked with saffron and spices served with raita</td>
</tr>
<tr>
<td>136 kcal Steamed Basmati Rice</td>
<td>550</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Comfort Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Calories</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable Pakoda</td>
<td>650</td>
<td>1346 kcal</td>
<td>Spiced gram flour, batter fried vegetables</td>
</tr>
<tr>
<td>Punjabi Samosa</td>
<td>650</td>
<td>1895 kcal</td>
<td>Fried pastry, savoury potato filling</td>
</tr>
<tr>
<td>Rajma Chawal</td>
<td>950</td>
<td>531 kcal</td>
<td>Red kidney beans in spicy gravy, with steamed rice</td>
</tr>
<tr>
<td>Khichdi</td>
<td>700</td>
<td>292 kcal</td>
<td>Tenderly-cooked rice and lentils, tempered with spices</td>
</tr>
<tr>
<td>Curd Rice</td>
<td>550</td>
<td>131 kcal</td>
<td>Tempered soft cooked rice, yogurt, pomegranate seeds</td>
</tr>
</tbody>
</table>

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# Sandwiches, Burgers and Wraps

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Taj Club Sandwich</strong></td>
<td>950</td>
<td>1166 kcal</td>
</tr>
<tr>
<td>Tender chicken salad, cheese, ham, fried egg, tomato and mesclun on toasted bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetable Club Sandwich</strong></td>
<td>800</td>
<td>1023 kcal</td>
</tr>
<tr>
<td>Salad leaves, tomato, cucumber, cheddar, grilled vegetables and mesclun on toasted bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grilled Sandwich</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken</strong></td>
<td>950</td>
<td>1157 kcal</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>750</td>
<td>1059 kcal</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>750</td>
<td>1339 kcal</td>
</tr>
<tr>
<td><strong>Mediterranean Panini</strong></td>
<td>800</td>
<td>454 kcal</td>
</tr>
<tr>
<td>Ciabatta, pesto vegetables, caramelized onion, tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Greek Grilled Cheese</strong></td>
<td>800</td>
<td>702 kcal</td>
</tr>
<tr>
<td>Sourdough, shredded mozzarella, feta, roasted bell peppers, Kalamata olives, dill</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Italia</strong></td>
<td>800</td>
<td>695 kcal</td>
</tr>
<tr>
<td>Focaccia, roast chicken, truffle mustard, fresh mozzarella, tomato, basil, balsamic, arugula</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lamb Baguette</strong></td>
<td>950</td>
<td>547 kcal</td>
</tr>
<tr>
<td>French baguette, braised lamb, sauerkraut, grain mustard, roasted garlic, swiss cheese, rosemary butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Classic Chicken Burger</strong></td>
<td>925</td>
<td>1768 kcal</td>
</tr>
<tr>
<td>Ground chicken patty, caramelised onion, cheddar</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Smoke Attack</strong></td>
<td>925</td>
<td>662 kcal</td>
</tr>
<tr>
<td>Brioche bun, smoked chicken mince patty, monetary jack cheese, caramelized onions, bacon, pickles</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Byonic Burger</strong></td>
<td>925</td>
<td>1066 kcal</td>
</tr>
<tr>
<td>Rye bun, lamb patty, molten cheese center, caramelized onion jam, pickles, mustard, onions, arugula, sunny side up</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Bean Burger</td>
<td>575 kcal</td>
<td>800</td>
</tr>
<tr>
<td>Sourdough bun, black bean patty, onion, charred bell peppers, avocado, cilantro lime sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Beyond Burger (Vegan)</td>
<td>516 kcal</td>
<td>800</td>
</tr>
<tr>
<td>Pumpernickel bun, pulled jackfruit, homemade barbeque sauce, lettuce, American vegan cheese, tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curried Vegetable Burger</td>
<td>1621 kcal</td>
<td>800</td>
</tr>
<tr>
<td>Curry spiced vegetable and potato patty, cheese, jalapeno</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Selection of Fries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet potato, crinkle cut, french fries, smashed potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kathi Roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>459 kcal</td>
<td>900</td>
</tr>
<tr>
<td>Paneer</td>
<td>693 kcal</td>
<td>800</td>
</tr>
<tr>
<td>Vegetable</td>
<td>339 kcal</td>
<td>750</td>
</tr>
</tbody>
</table>

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Desserts

- 414 kcal Warm Apple Pie with Vanilla Ice Cream  
- 443 kcal Chocolate Fudge Brownie with Salted Caramel Ice Cream  
- 173 kcal Panna Cotta (Sugar-free)  
- 903 kcal Gulab Jamun  
- 307 kcal Kesar Rasmalai  
- 893 kcal Gajar ka Halwa  
- Choice of Ice Creams  
  - 205 kcal Vanilla, Chocolate, Strawberry, Butterscotch, Mango, South Indian Filter Coffee  
- 202 kcal Freshly-cut Seasonal Fruit Platter  
- 108 kcal Chocolate Velvette (Gluten-free)  
- 454 kcal Raspberry and Basil Mousse (Lactose-Free)  

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Hot and Cold Beverages

- Coffee
  100-150 kcal Espresso, doppio, ristretto, cappuccino, café latte, south Indian filter coffee, freshly brewed, decaffeinated

- Tea
  10-105 kcal Darjeeling, assam, english breakfast, earl grey, chamomile

- 190-210 kcal Hot Chocolate, Horlicks, Bournvita

- Whole Milk
  2% low-fat or soya bean milk, served hot or cold

- Milkshakes
  350 kcal Vanilla, Chocolate, Strawberry, Banana, Butterscotch

- Cold Coffee
  282 kcal With Ice Cream

- 160 kcal Lassi

- Freshly Squeezed Fruit or Vegetable Juice
  120-150 kcal Orange, watermelon, pineapple, cantaloupe melon, sweet lime, carrot, orange, Celery, apple

- 50 kcal Tender Coconut Water

- 180 kcal Canned Juice

- Fresh Lime Soda/Water

- Tonic Water

- Ginger Ale

- Red Bull

- Himalayan Mineral Water

- Perrier (750ml or 330ml)

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