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.
All Day Breakfast
0700 hrs to 1030 hrs

- **Fruit platter**
  - 186 kcal | 210 gms | Seasonal fruits

- **Choice of cereal**
  - 141 kcal | 115 gms | Hot cold milk

- **Baker's basket**
  - 265 kcal | 100 gms | Croissant muffin Danish fruit bread

- **Eggs to order**
  - 144 kcal | 100 gms | Poached
  - 182 kcal | 120 gms | Scrambled
  - 215 kcal | 120 gms | Omelette
  - 488 kcal | 188 gms | Benedict

- **Akuri**
  - 182 kcal | 120 gms | Egg | onion spices

- **Idli**
  - 321 kcal | 350 gms | Sambar podi chutneys

- **Dosa | Uttappam (plain / masala)**
  - 322 kcal | 350 gms | Sambar podi chutneys

- **Kanda Batata Poha**
  - 333 kcal | 250 gms | Flattened rice onion potatoes

Above kcal are based on per portion

List of Allergen

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
<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poori Bhaji</td>
<td>339 kcal</td>
<td>350 gms</td>
<td>Whole wheat bread - fried potato curry</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chole - Bhature</td>
<td>376 kcal</td>
<td>370 gms</td>
<td>Chickpea cumin coriander</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paratha</td>
<td>260 kcal</td>
<td>190 gms</td>
<td>Aloo</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>239 kcal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whole wheat bread-stuffed curd pickle</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>112 kcal</td>
<td>300 ml</td>
<td>Apple / beetroot / celery / chia seed / beetroot / Carrot watermelon pomegranate</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoothies</td>
<td>280 kcal</td>
<td>300 ml</td>
<td>Probiotic curd / fermented blueberry / Banana pineapple / coconut / apple spinach</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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Vegetarian  Non Vegetarian
## Starters, Salads, Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Himalayan Green Tomato Minestrone</td>
<td>350 kcal</td>
<td>200 gms</td>
<td>Parmigiano flakes extra virgin olive oil</td>
</tr>
<tr>
<td>Mountain Mushroom Cappuccino</td>
<td>350 kcal</td>
<td>200 gms</td>
<td>Mushroom dust thyme garlic</td>
</tr>
<tr>
<td>Born in Tijuana</td>
<td>675 kcal</td>
<td>120 gms</td>
<td>Caesar salad toppings</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pan-seared shrimp grilled chicken ham vegetable</td>
</tr>
<tr>
<td>Titicaca Greens</td>
<td>550 kcal</td>
<td>150 gms</td>
<td>Quinoa micro greens asparagus beetroot Baby spinach soy-chilly dressing</td>
</tr>
<tr>
<td>Malay Chichen Satay</td>
<td>600 kcal</td>
<td>150 gms</td>
<td>Chichen lemongrass galangal</td>
</tr>
<tr>
<td>Forest Rocks</td>
<td>450 kcal</td>
<td>200 gms</td>
<td>Crispy corn wasabi mayo</td>
</tr>
<tr>
<td>Aloo Chana Papdi Chat</td>
<td>450 kcal</td>
<td>300 gms</td>
<td>Spiced potato chich pea saunth chutney</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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- Vegetarian
- Non Vegetarian
<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight (gms)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Vegetable Avocado Focaccia Sandwich</td>
<td>274</td>
<td>150</td>
<td>Grilled vegetable focaccia pesto</td>
</tr>
<tr>
<td>The Vivanta Club</td>
<td>811</td>
<td>380</td>
<td>Tomato, chicken breast, bacon, iceberg, mayo, fries</td>
</tr>
<tr>
<td>Periyar club sandwich</td>
<td>817</td>
<td>349</td>
<td>coleslaw, cucumber, cheese, tomato, lettuce</td>
</tr>
<tr>
<td>Chicken burger</td>
<td>365</td>
<td>165</td>
<td>Chicken, sesame bun, crispy iceberg, fried onions, tomato, gherkins, BBQ sauce</td>
</tr>
<tr>
<td>Vegetable burger</td>
<td>752</td>
<td>425</td>
<td>Potato - vegetable patty, sesame bun, iceberg, tomato, avocado, cheese, mayonnaise</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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Vegetarian Non Vegetarian
### Western

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Weight</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Whole Wheat Penne Arrabiata</strong></td>
<td>415 kcal</td>
<td>350 gms</td>
<td>Garlic chilli flakes chunky tomato sauce</td>
</tr>
<tr>
<td><strong>Farfale Primavera</strong></td>
<td>391 kcal</td>
<td>350 gms</td>
<td>Tomato seasonal vegetable basil</td>
</tr>
<tr>
<td><strong>Mountain Mushroom Risotto</strong></td>
<td>442 kcal</td>
<td>300 gms</td>
<td>Wild mushroom parmesan butter</td>
</tr>
<tr>
<td><strong>Grilled Vegetable</strong></td>
<td>219 kcal</td>
<td>230 gms</td>
<td>Green asparagus mushrooms carrots eggplants tomatoes olive oil parmesan shavings</td>
</tr>
<tr>
<td><strong>Roasted Pumpkin Tortellini</strong></td>
<td>670 kcal</td>
<td>350 gms</td>
<td>Pumpkin cheese cream tomato sauce</td>
</tr>
<tr>
<td><strong>Pan Seared Bhetki</strong></td>
<td>348 kcal</td>
<td>210 gms</td>
<td>Fish saute vegetable baby potato lemon capers</td>
</tr>
<tr>
<td><strong>Chicken Breast</strong></td>
<td>484 kcal</td>
<td>200 gms</td>
<td>Potato grilled vegetable pepper jus</td>
</tr>
<tr>
<td><strong>New Zealand Lamb Chops</strong></td>
<td>558 kcal</td>
<td>250 gms</td>
<td>Vegetables cilantro tabbouleh mint sauce</td>
</tr>
<tr>
<td><strong>Parmesan &amp; sundried tomato crushed salmon</strong></td>
<td>457 kcal</td>
<td>160 gms</td>
<td>Leek carrot baby potato</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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- Vegetarian
- Non Vegetarian
From the clay oven

<table>
<thead>
<tr>
<th>Dish Description</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable Shikampuri Kebab</td>
<td>650</td>
<td>341 kcal</td>
<td>250 gms</td>
<td>Vegetable dumplings, curd, chilly</td>
</tr>
<tr>
<td>Tandori Mushroom</td>
<td>650</td>
<td>520 kcal</td>
<td>160 gms</td>
<td>Button mushroom, spices, curd</td>
</tr>
<tr>
<td>Angara Murgh Tikka</td>
<td>750</td>
<td>501 kcal</td>
<td>290 gms</td>
<td>Boneless chicken cubes, spices, yoghurt</td>
</tr>
<tr>
<td>Sarson Mahi Tikka</td>
<td>850</td>
<td>348 kcal</td>
<td>250 gms</td>
<td>Fish mustard, spices, yoghurt</td>
</tr>
<tr>
<td>Tandoori Jhinga</td>
<td>1300</td>
<td>481 kcal</td>
<td>150 gms</td>
<td>Prawns, spices, yoghurt</td>
</tr>
</tbody>
</table>

Indian main course

<table>
<thead>
<tr>
<th>Dish Description</th>
<th>Price</th>
<th>Calories</th>
<th>Weight</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katla Kaliya</td>
<td>800</td>
<td>818 kcal</td>
<td>350 gms</td>
<td>Fish curd, onion, tomato, spices</td>
</tr>
<tr>
<td>Dhungar Maas</td>
<td>900</td>
<td>942 kcal</td>
<td>350 gms</td>
<td>Smoke mutton, spices, onion, tomato</td>
</tr>
<tr>
<td>Murgh Tikka Lababdar</td>
<td>800</td>
<td>900 kcal</td>
<td>425 gms</td>
<td>Boneless chicken cube, onion, tomato</td>
</tr>
<tr>
<td>Dal Makhani</td>
<td>550</td>
<td>432 kcal</td>
<td>275 gms</td>
<td>Black urad dal, butter, cream</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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- Vegetarian
- Non Vegetarian
<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight (gms)</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhindi Do Pyaz</td>
<td>550</td>
<td>326</td>
<td>180 gms</td>
</tr>
<tr>
<td>Dal Tadka</td>
<td>550</td>
<td>430</td>
<td>275 gms</td>
</tr>
<tr>
<td>Aloo Gobi Hara Pyaz</td>
<td>650</td>
<td>308</td>
<td>200 gms</td>
</tr>
<tr>
<td>Kadai Paneer</td>
<td>750</td>
<td>682</td>
<td>250 gms</td>
</tr>
<tr>
<td>Selection Of Indian Breads</td>
<td>250</td>
<td>373</td>
<td>120 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>255</td>
<td>120 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>446</td>
<td>160 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dum Biriyani</td>
<td>850</td>
<td>788</td>
<td>560 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>774</td>
<td>560 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>959</td>
<td>680 gms</td>
</tr>
<tr>
<td>Choice Of Rice Pulao</td>
<td>350</td>
<td>273</td>
<td>200 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>354</td>
<td>250 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>354</td>
<td>250 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>441</td>
<td>300 gms</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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Vegetarian Non Vegetarian
## Flavors of Sikkim

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight (gms)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phaley</td>
<td>478 kcal</td>
<td>200</td>
<td>Chicken</td>
</tr>
<tr>
<td>Seal roti with aloo dum</td>
<td>914 kcal</td>
<td>250</td>
<td>Rice bread</td>
</tr>
<tr>
<td>Tingmo and sepen</td>
<td>223 kcal</td>
<td>250</td>
<td>Nepali chicken curry</td>
</tr>
<tr>
<td>Seal roti with aloo dum</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Momo</td>
<td>Jhol momo</td>
<td>250 kcal</td>
<td>180</td>
</tr>
<tr>
<td>Ghy thuk</td>
<td>261 kcal</td>
<td>250</td>
<td>Noodle/ Vegetable</td>
</tr>
<tr>
<td>Nepali pork curry with rayo saag</td>
<td>690 kcal</td>
<td>300</td>
<td></td>
</tr>
<tr>
<td>Nepali non vegetarian thali</td>
<td>1332 kcal</td>
<td>500</td>
<td>Chicken</td>
</tr>
<tr>
<td>Nepali vegetarian thali</td>
<td>1289 kcal</td>
<td>500</td>
<td>Dal, saag, achar, papad, dhindo, rice</td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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- Vegetarian
- Non Vegetarian
## Asian classic

<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight</th>
<th>Vegetarian Options</th>
<th>Non Vegetarian Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hot &amp; sour soup</strong></td>
<td>350 kcal</td>
<td>200 gms</td>
<td>Vegetarian</td>
<td></td>
</tr>
<tr>
<td></td>
<td>97 kcal</td>
<td>200 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>134 kcal</td>
<td>200 gms</td>
<td>Non vegetarian</td>
<td></td>
</tr>
<tr>
<td><strong>Sweet corn soup</strong></td>
<td>350 kcal</td>
<td>200 gms</td>
<td>Vegetarian</td>
<td></td>
</tr>
<tr>
<td></td>
<td>86 kcal</td>
<td>200 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>179 kcal</td>
<td>200 gms</td>
<td>Non vegetarian chicken</td>
<td></td>
</tr>
<tr>
<td><strong>Spring roll</strong></td>
<td></td>
<td></td>
<td>Vegetarian</td>
<td></td>
</tr>
<tr>
<td></td>
<td>375 kcal</td>
<td>150 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>410 kcal</td>
<td>160 gms</td>
<td>Non vegetarian</td>
<td></td>
</tr>
<tr>
<td><strong>Mapo Dofu</strong></td>
<td>650 kcal</td>
<td>250 gms</td>
<td>Tofu, chilli, black bean, noodle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>767 kcal</td>
<td>250 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mossy shucai</strong></td>
<td>650 kcal</td>
<td>236 gms</td>
<td>Vegetable green curry, jasmine rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>307 kcal</td>
<td>236 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thai red veg curry</strong></td>
<td>650 kcal</td>
<td>236 gms</td>
<td>Thai red curry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>328 kcal</td>
<td>236 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thai red chicken curry</strong></td>
<td>750 kcal</td>
<td>236 gms</td>
<td>Thai red curry, galangal, lemongrass</td>
<td></td>
</tr>
<tr>
<td></td>
<td>328 kcal</td>
<td>236 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chicken</strong></td>
<td>750 kcal</td>
<td>250 gms</td>
<td>Kung pao</td>
<td>Hot garlic</td>
</tr>
<tr>
<td></td>
<td>522 kcal</td>
<td>250 gms</td>
<td></td>
<td>719 kcal 200 gms</td>
</tr>
<tr>
<td><strong>Fried rice</strong></td>
<td></td>
<td></td>
<td>Burnt garlic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>777 kcal</td>
<td>250 gms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>420 kcal</td>
<td>250 gms</td>
<td>Egg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>876 kcal</td>
<td>250 gms</td>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>405 kcal</td>
<td>250 gms</td>
<td>Sea food</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Above kcal are based on per portion

List of Allergen

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

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Vegetarian | Non Vegetarian
Noodles

- 777 kcal | 250 gms Burnt garlic
- 577 kcal | 250 gms Egg
- 876 kcal | 250 gms Chicken
- 179 kcal | 370 gms Sea food

Comfort food

- Kaziranga kathi kebab 650 kcal | 300 gms Egg rolls, chicken tikka, peppers
- Paneer masala kathi kebab 650 kcal | 300 gms Tandoori paneer, capsicum, onion, mint chutney
- Khichdi 500 kcal | 300 gms Mashed rice, moong dal, ghee, cumin
- Bhetki tarter 650 kcal | 210 gms Fish, chips

Above kcal are based on per portion
List of Allergen

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- Peanuts
- Gluten
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- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

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Desert

- **Caramel custard**
  - 525 kcal | 150 gms | Caramel, sauce

- **Chocolate - walnut brownie**
  - 525 kcal | 150 gms | Vanilla ice cream, chocolate sauce

- **Pistachio gulab jamun**
  - 375 kcal | 190 gms | Fried milk dumplings, sugar syrup

- **Baked cheese cake**
  - 525 kcal | 160 gms | Blueberry compote

- **Fresh cut fruits**
  - 400 kcal | 210 gms

- **Choice of ice cream**
  - 263 kcal | 120 gms | Vanilla
  - 245 kcal | 120 gms | Chocolate
  - 263 kcal | 120 gms | Strawberry
  - 275 kcal | 120 gms | Butterscotch

Above kcal are based on per portion
List of Allergen

- Molluscs
- Eggs
- Fish
- Lupin
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- 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
Cold Beverages

- **Smoothie**
  - Triple blueberry: 148 kcal | 280 ml
  - Roasted bangur and forest honey: 250 kcal | 280 ml

- **Milk shake**
  - Vanilla milkshake: 348 kcal | 280 ml
  - Pinacolada milkshake: 486 kcal | 280 ml
  - Chocolate peanut butter milkshake: 514 kcal | 280 ml

- **Lassi**
  - Keshar lassi: 347 kcal | 280 ml
  - Salted: 150 kcal | 280 ml

- **Seasonal fresh fruit juice**
  - From our fresh fruits selection:
    - Watermelon: 210 kcal | 300 ml
    - Citrus: 470 kcal | 300 ml
    - Pineapple: 450 kcal | 300 ml

- **Vegetable juice**
  - Apple, beetroot and carrot: 188 kcal | 300 ml
  - Cucumber, aloe vera and mint: 70 kcal | 300 ml

- **Selection of Coffee**
  - Espresso / Americano: 61 kcal | 150 ml
  - Cafe latte

- **Selection of Tea**
  - Darjeeling / Earl grey / Green: 114 kcal | 300 ml
  - Masala Chai

- **Energy Drink and services**
  - Sparkling water and services

- **Aerated Beverage and services**

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Above kcal are based on per portion

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

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Vegetarian | Non Vegetarian