“As per the guidelines issued by Food Safety and 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.”
- Almond and Broccoli Soup  -------- 275
  369 kcal | 220 ml | almond | broccoli | butter

- Tamatar Dhaniya Ka Shorba  -------- 275
  118 kcal | 220 ml | clear tomato soup | coriander | spices

- Cream Of Chicken  -------- 300
  308 kcal | 220 ml | chicken | cream | thyme

- Murgh Badami Shorba  -------- 300
  154 kcal | 220 ml | chicken bouillon | almond flakes

Sweet Corn Soup
- 63 kcal | 220 ml | vegetable

- 111 kcal | 220 ml | chicken

Caesar Salad
- romaine lettuce | garlic- anchovy dressing | grated parmesan | bread croutons

Choice of toppings:
- 118 kcal | 220 gms | grilled chicken breast

- 664 kcal | 200 gms | crispy bacon bits

- 118 kcal | 200 gms | vegetables

Greek Salad  -------- 275
- 273 kcal | 260 gms | cucumber | onion | tomatoes | feta cheese | olive oil-lemon dressing | oregano

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Weight (gms)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mediterranean Quinoa Salad</td>
<td>579 kcal</td>
<td>260 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>quinoa</td>
</tr>
<tr>
<td>Avocado and Feta Cheese Bruchetta</td>
<td>541 kcal</td>
<td>260 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>white bread crostini</td>
</tr>
<tr>
<td>Focaccia Sandwich</td>
<td>748 kcal</td>
<td>280 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>grilled vegetables</td>
</tr>
<tr>
<td>Popular Indian Chaats</td>
<td>206 kcal</td>
<td>180 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>papdi chaat</td>
</tr>
<tr>
<td></td>
<td>296 kcal</td>
<td>180 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>sev puri</td>
</tr>
<tr>
<td>Grilled / Toasted Sandwich</td>
<td>407 kcal</td>
<td>220 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>vegetable</td>
</tr>
<tr>
<td></td>
<td>472 kcal</td>
<td>180 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>chicken</td>
</tr>
<tr>
<td>Chicken Tikka</td>
<td>951 kcal</td>
<td>240 gms</td>
</tr>
<tr>
<td></td>
<td></td>
<td>kachumber salad</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aubergine Parmigiana</td>
<td>877</td>
<td>300</td>
</tr>
<tr>
<td>Whole Wheat Penne Pasta</td>
<td>1332</td>
<td>300</td>
</tr>
<tr>
<td>Green Pea Risotto</td>
<td>670</td>
<td>300</td>
</tr>
<tr>
<td>Spaghetti Carbonara</td>
<td>1162</td>
<td>240</td>
</tr>
<tr>
<td>Nile Perch Steak</td>
<td>513</td>
<td>320</td>
</tr>
<tr>
<td>Grilled Chicken Breast</td>
<td>775</td>
<td>380</td>
</tr>
<tr>
<td>Herb Garlic Prawns</td>
<td>668</td>
<td>200</td>
</tr>
<tr>
<td>Grilled Indian Lamb Chops</td>
<td>1019</td>
<td>320</td>
</tr>
<tr>
<td>Grilled Tenderloin Steak</td>
<td>856</td>
<td>320</td>
</tr>
</tbody>
</table>

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Milk, Eggs, Fish, Meat, Soy, Nuts, Sesame, Milk, Peanuts, Gluten

Crustaceans, Mustard, Nuts, Sesame, Cilantro, Soy

Seafood mark indicates non-vegetarian preparation.
INDIAN STARTERS

- **Mushroom Galouti**
  659 kcal | 180 gms | smoked mushroom mash | ginger

- **Beetroot Peanut Tikki**
  564 kcal | 180 gms | grated beetroot | crushed peanut | spices

- **Malai Paneer Tikka**
  398 kcal | 240 gms | cottage cheese | yogurt | spices

- **Ajwaini Fish Tikka**
  1089 kcal | 240 gms | spiced fish chunks | yogurt | carom seeds

- **Gilafi Seekh Kebab**
  494 kcal | 240 gms | lamb mince | bell peppers | seasoning

- **Tandoori Chicken**
  477 kcal | 400 gms | kachumber salad | mint chutney

- **Tandoori Malai Jhinga**
  684 kcal | 180 gms | prawns | yogurt | spices

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<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
<th>Calories</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bhutta Methi Palak</strong></td>
<td>525</td>
<td>650</td>
<td>436 kcal</td>
</tr>
<tr>
<td><strong>Dhingri Dolma</strong></td>
<td>525</td>
<td>558</td>
<td>558 kcal</td>
</tr>
<tr>
<td><strong>Kadhai Paneer</strong></td>
<td>550</td>
<td>538</td>
<td>538 kcal</td>
</tr>
<tr>
<td><strong>Dal Makhani</strong></td>
<td>500</td>
<td>671</td>
<td>671 kcal</td>
</tr>
<tr>
<td><strong>Methi Murgh</strong></td>
<td>575</td>
<td>688</td>
<td>688 kcal</td>
</tr>
<tr>
<td><strong>Achari Macchi Curry</strong></td>
<td>600</td>
<td>319</td>
<td>319 kcal</td>
</tr>
<tr>
<td><strong>Gosht Rogan Josh</strong></td>
<td>650</td>
<td>696</td>
<td>696 kcal</td>
</tr>
</tbody>
</table>

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* Indicates vegetarian preparation  
# Indicates non-vegetarian preparation
### Dum Biryani

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>426 kcal</td>
<td>170 gms</td>
<td>vegetable</td>
</tr>
<tr>
<td>579 kcal</td>
<td>520 gms</td>
<td>chicken</td>
</tr>
<tr>
<td>718 kcal</td>
<td>550 gms</td>
<td>lamb</td>
</tr>
</tbody>
</table>

### Choice of Rice

<table>
<thead>
<tr>
<th>Variety</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>steamed rice</td>
<td>207 kcal</td>
<td>360 gms</td>
</tr>
<tr>
<td>green peas pulao</td>
<td>600 kcal</td>
<td>360 gms</td>
</tr>
<tr>
<td>jeera pulao</td>
<td>733 kcal</td>
<td>360 gms</td>
</tr>
</tbody>
</table>

### Indian Breads

<table>
<thead>
<tr>
<th>Bread</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>naan</td>
<td>806 kcal</td>
<td>230 gms</td>
</tr>
<tr>
<td>roti</td>
<td>619 kcal</td>
<td>160 gms</td>
</tr>
<tr>
<td>pudina paratha</td>
<td>423 kcal</td>
<td>180 gms</td>
</tr>
<tr>
<td>malabari paratha</td>
<td>426 kcal</td>
<td>170 gms</td>
</tr>
</tbody>
</table>

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## LOCAL STARTERS

- **Potato Dumplings**
  - 286 kcal | 180 gms | balchao masala | cashew | vegetables | semolina

- **Mushroom & Cheese Rissois**
  - 901 kcal | 180 gms | mushroom | melted cheese parcels | refined flour | spices

- **Chicken Skewers**
  - 616 kcal | 180 gms | chicken supreme | cashew nut | coconut cream

- **Filled Crab Shells**
  - 238 kcal | 180 gms | picked crabmeat | onion | tomato | coriander | spices

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### LOCAL MAIN COURSE

- **Tambdi Bhaji**
  - 541 kcal | 360 gms | amaranth leaves | coconut | chili | onion | mustard seeds

- **Bhindi Sola**
  - 165 kcal | 360 gms | okra | cumin seeds | onion | green chillies | tomato | coconut | kokum

- **White Pumpkin Caldine**
  - 647 kcal | 360 gms | dices of pumpkin | coconut milk | spices

- **Choice of meat** -
  - 375 gms | **Chicken**
  - 400 gms | **Mutton**

  - 1075 kcal | chicken xacuti
  - 469 kcal | chicken vindaloo
  - 658 kcal | chicken sukhem
  - 319 kcal | chicken cafreal
  - 1225 kcal | mutton xacuti
  - 833 kcal | mutton vindaloo
  - 762 kcal | mutton sukhem
  - 434 kcal | mutton cafreal

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- 🍗 Indicates non-vegetarian preparation
<table>
<thead>
<tr>
<th>Choice of seafood</th>
<th>700</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 gms</td>
<td>Prawns</td>
</tr>
<tr>
<td>300 gms</td>
<td>Kingfish</td>
</tr>
<tr>
<td>300 gms</td>
<td>Pomfret</td>
</tr>
</tbody>
</table>

- Rawa masala fry
  - 712 kcal | prawn
  - 1151 kcal | kingfish/pomfret

- Recheado masala fry
  - 518 kcal | prawn
  - 985 kcal | kingfish/pomfret

- Xacuti
  - 1140 kcal | prawn
  - 1633 kcal | kingfish/pomfret

- Vindaloo
  - 482 kcal | prawn
  - 974 kcal | kingfish/pomfret

- Balchao
  - 486 kcal | prawn
  - 978 kcal | kingfish/pomfret

- Cafreal
  - 486 kcal | prawn
  - 793 kcal | kingfish/pomfret

- Butter garlic
  - 630 kcal | prawn
  - 1151 kcal | kingfish/pomfret

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<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight (gms)</th>
<th>Price (in INR)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Crab</strong> - 360 gms</td>
<td>464 kcal</td>
<td>260</td>
<td>650</td>
</tr>
<tr>
<td></td>
<td>1075 kcal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>658 kcal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>567 kcal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traditional Goan Curry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>coconut paste</td>
<td>spices</td>
<td>kokum</td>
<td>744 kcal</td>
</tr>
<tr>
<td></td>
<td>443 kcal</td>
<td>300 gms</td>
<td>prawns</td>
</tr>
<tr>
<td>Chicken Pulao</td>
<td></td>
<td></td>
<td>575</td>
</tr>
<tr>
<td>801 kcal</td>
<td>360 gms</td>
<td>basmati rice</td>
<td>chicken</td>
</tr>
<tr>
<td>Goan Rice</td>
<td></td>
<td></td>
<td>300</td>
</tr>
<tr>
<td>698 kcal</td>
<td>360 gms</td>
<td>boiled unpolished red rice</td>
<td></td>
</tr>
<tr>
<td>Goan Bread</td>
<td></td>
<td></td>
<td>200</td>
</tr>
<tr>
<td>441 kcal</td>
<td>180 gms</td>
<td>poi</td>
<td></td>
</tr>
<tr>
<td></td>
<td>637 kcal</td>
<td>260 gms</td>
<td>pao</td>
</tr>
<tr>
<td>Dish</td>
<td>Calories</td>
<td>Weight</td>
<td>Ingredients</td>
</tr>
<tr>
<td>----------------------</td>
<td>----------</td>
<td>--------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Tom Kha</td>
<td>120 kcal</td>
<td>360 gms</td>
<td>coconut milk</td>
</tr>
<tr>
<td>Nasi Goreng</td>
<td>515 kcal</td>
<td>380 gms</td>
<td>fried rice</td>
</tr>
<tr>
<td>Stir Fried Vegetables And Tofu</td>
<td>597 kcal</td>
<td>360 gms</td>
<td>seasonal vegetables</td>
</tr>
<tr>
<td>Kung Pao Chicken</td>
<td>500 kcal</td>
<td>380 gms</td>
<td>chicken cubes</td>
</tr>
<tr>
<td>Snapper Oyster- Chilli</td>
<td>286 kcal</td>
<td>360 gms</td>
<td>snapper stripes</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>569 kcal</td>
<td>360 gms</td>
<td>vegetable</td>
</tr>
<tr>
<td></td>
<td>541 kcal</td>
<td>360 gms</td>
<td>chicken</td>
</tr>
<tr>
<td>Noodles</td>
<td>576 kcal</td>
<td>360 gms</td>
<td>vegetable</td>
</tr>
<tr>
<td></td>
<td>648 kcal</td>
<td>360 gms</td>
<td>chicken</td>
</tr>
</tbody>
</table>

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- **Pizza Margherita**  
  770 kcal | 470 gms | crushed tomatoes | mozzarella cheese | oregano  

- **Paneer Kathi Roll**  
  582 kcal | 420 gms | spiced cottage cheese | onion | capsicum

- **Pav Bhaji**  
  494 kcal | 360 gms | pav | potato | vegetables | butter

- **Dal Khichdi**  
  695 kcal | 360 gms | moong dal | garam masala | tomatoes

- **Hawaiian Chicken Pizza**  
  770 kcal | 525 gms | tomato sauce | mozzarella cheese | pineapples | grilled chicken breast

- **Chicken Kathi Roll**  
  777 kcal | 440 gms | chicken | onion | capsicum

- **Keema Pav**  
  604 kcal | 385 gms | pav | lamb mince | butter

- **Club Sandwich**  
  586 kcal | 220 gms | vegetarian

  589 kcal | 250 gms | non vegetarian

- **Burger**  
  582 kcal | 300 gms | vegetarian

  668 kcal | 320 gms | chicken

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Moong Dal Halwa
855 kcal | 180 gms | split gram | clarified butter | sugar

Shahi Tukda
303 kcal | 160 gms | fried bread | thickened sweetened milk | saffron | nuts

Caramel Custard
174 kcal | 160 gms | egg | milk | sugar | nutmeg

Dark Chocolate Mousse
685 kcal | 200 gms | dark chocolate | egg | sugar | cream

Kulfi Falooda
423 kcal | 180 gms | churn frozen reduced milk

Choice Of Ice Cream
225 kcal | 160 gms | ask the server for choices

Serradura
336 kcal | 220 gms | cream | condensed milk | cookie crumbs

Goan Sweet Delicacy
186 kcal | 220 gms | bebinca | dodol or doce
with coconut ice-cream

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A LA CARTE BREAKFAST

- **Choice Of Freshly Squeezed Seasonal Juice**  
  130 kcal | 290 ml | sweet lime | pineapple | watermelon | orange

- **Sliced Seasonal Fresh Fruits**  
  337 kcal | 380 gms | fresh cut fruits platter

- **Freshly Baked Breads, Morning Pastries (Any Three)**  
  261 kcal | 260 gms | croissant | danish pastry | muffin | doughnut | whole wheat bread | butter | fruit preserves | marmalade, honey

- **Cereals / Muesli**  
  407 kcal | 180 gms | homemade muesli | all-bran | wheat flakes | corn flakes | choco flakes | soya milk | low-fat milk | yoghurt

- **Platter Of Cheese Wedges (Four Types)**  
  120 kcal | 150 gms | hard cheese | soft cheese | semi hard cheese | blue cheese

- **Eggs Cooked To Order**  
  330 kcal | 200 gms | scrambled  
  153 kcal | 160 gms | boiled  
  96 kcal | 145 gms | fried  
  300 kcal | 180 gms | akuri  
  153 kcal | 145 gms | poached  
  153 kcal | 170 gms | omelette  
  served with bacon | sausage | hash brown | tomato

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Paratha -------- 350
426 kcal | 320 gms | stuffed flat bread with potatoes

Dosa or Uttapam -------- 350
731 kcal | 380 gms | rice | lentil pancake | plain | masala | sambar | chutney

Upma -------- 350
750 kcal | 280 gms | semolina | tempered | vegetables

Poori Bhaji -------- 350
309 kcal | 300 gms | deep-fried whole-wheat bread | potato curry | masala | sambar | chutney

Paratha -------- 350
426 kcal | 320 gms | stuffed flat bread with potatoes
426 kcal | 320 gms | cottage cheese
555 kcal | 320 gms | cauliflower

Salad Bhaji With Poi -------- 350
351 kcal | 360 gms | cottage cheese | onion | tomato | mustard seeds | ginger | garlic | chili

Ros Omelette -------- 400
693 kcal | 300 gms | goan poi with masala omelette | xacuti gravy

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