
YELLOW BRICK ROAD

Volume no.21

AMBASSADOR
BY SELEQTIONS

Special edition

India is known throughout the world as a culturally rich country that has a plethora of traditions and in turn, a variety of cuisines as well. Delhi, the melting pot of cultures, is the perfect destination to devour food from different parts of India – from the by lanes of Old Delhi to the artistically curated dishes – this paradise for foodies promises a joyful culinary ride.

The essence of Dilli Dilawaalon Ki lies in its food and the dynamic variety that's served throughout the city is not just loved by locals but also commended by the travellers, visiting from different corners of the world.

When we talk about the historical importance of Delhi, it's evident to talk about the fact that it was built and demolished many times but the one

thing that remains intact is its magnificence. Delhi was earlier known as Indraprastha, the capital of the Pandavas, which featured in the Mahabharata over 3000 years ago, and was once ruled by many emperors. We can witness the traces of these hierarchies in the monuments and ruins of the capital city that are still being researched and preserved by the Archaeological Department.

From emperor Sher Shah to Qutb-ud-din, who occupied the city in 1193, Delhi has truly evolved and has been a witness to centuries of expansion. When the British captured Delhi in 1803, it became a commercial centre and needless to say, it didn't have the tag of 'Capital City'. Shortly after that, Delhi became the capital of our independent country.

About SeleQtions

Ambassador, as a brand, has consistently aimed towards providing seamless hospitality to the patrons. An ensemble of curated experiences, SeleQtions encapsulates an inimitable collection of properties with a distinct character - often in differentiated location. With a strong story beneath; either of its historic lineage, design principle or just the creative premise, these spaces make for matchless experiences for the experiential traveller. The theme, décor, service and even the cuisine is special and peculiar to its premise.

Following this vision, Ambassador Hotel has redefined the way travellers choose a sojourn and make beautiful memories worth reminiscing.



Food facts that will blow your mind

1. Ketchup was once believed to have medicinal qualities

In the early 1800s, tomatoes were believed to have medicinal qualities. A doctor in Ohio in the 1830s claimed that tomatoes could treat diarrhea and indigestion, publishing recipes for a kind of tomato ketchup that he soon turned into a concentrated pill.

2. Many shredded cheeses and cereals contain cellulose (wood pulp).

Cellulose, which is essentially sawdust, is often used in various shredded cheese products and cereals to prevent them from clumping.

3. Green, yellow, and red bell peppers are not actually the same vegetable.

These vegetables are not always the same plant. Though some green peppers are unripe red peppers, green, yellow, orange, and red peppers are all unique plants with their own seeds.

4. Foods, like ranch dressing or coffee creamer, can contain titanium dioxide, which can also be found in paint, plastic, and sunscreen.

5. A typical ear of corn has an even number of rows. Ears of corn generally have an even number of rows, usually 16.

6. Scientists can turn peanut butter into diamonds.

Scientists at the Bayerisches Geoinstitut in Germany have discovered that since peanut butter is so rich in carbon, it's possible to turn simple Skippy into diamonds. All you need is to extract the oxygen from the carbon dioxide found in the peanut spread, and then enact immense pressure on the carbon left behind.

7. White chocolate isn't actually chocolate.

Despite its name, white chocolate doesn't actually contain any real chocolate components. According to Bon Appetit, the item is made up of a

blend of sugar, milk products, vanilla, lecithin, and cocoa butter — no chocolate solids.

8. Fruit snacks and cars are coated in the same type of wax.

Did you ever wonder how gummy candies get that glossy sheen? They're coated with carnauba wax, the same stuff that is used on cars to make them shiny.

9. Ripe cranberries will bounce like rubber balls.

Cranberries are commonly referred to as "bounce berries" because they bounce when they're ripe. In fact, bouncing cranberries is a common ripeness test for farmers and consumers alike.

10. Potatoes can absorb and reflect Wi-fi signals.

Test out their wireless signal on new planes in 2012, they placed giant piles of potatoes on seats. Because of their high water content and chemical makeup, potatoes absorb and reflect radio and wireless signals just like humans do.

11. The Aztecs used chocolate as currency.

The Aztecs may be known for their love of chocolate, but according to the International Cocoa Organization, they also used cocoa beans as currency. People under Aztec rule could use cocoa to pay their taxes.

12. Honey will never ever go bad.

Honey in its natural state is very low in moisture and very acidic: two primary defenses against food spoilage. In a low moisture and high-acid environment like a sealed jar, bacteria Pollination Center at the Robert Mondavi Institute at University of California.

This could explain why archaeologists have found pots of honey from

thousands of years ago that still looked fresh.

13. Grapes will explode if you put them in the microwave.

Here's a fun (and dangerous) science experiment: If you split a grape almost in half and put it in the microwave, it will create an explosive fireball of plasma and lighting. Scientists have explained that microwaves work by using microwave radiation to generate heat. If you heat up "nothing" in the microwave — or in this case a very small grape that doesn't absorb enough power — the electromagnetic waves have nothing to work on and become concentrated.

14. Eating too much nutmeg has the effect of hallucinogenic drug.

Nutmeg may be the perfect addition to your hot beverage, but don't sprinkle on too much. Eating too much nutmeg can have the physical effects of a hallucinogenic drug, including out-of-body sensations, nausea, dizziness, and sluggish brain activity. But, according to The New York Times, it takes a lot of nutmeg— more than two tablespoons — to start feeling the spice's drug like effects, so there's no need to worry too much.

15. Chili peppers contain a chemical that tricks your mouth into "thinking" it's being burned — that's why spicy food hurts so much.

That burning sensation you get when you eat spicy peppers is a mental reaction, not a physical one. Chili peppers contain a chemical known as capsaicin, which naturally binds to the pain receptors on our nerves.

Your brain thinks you are ingesting something hot, so you begin sweating and your face turns red. This is your body's way of trying to cool you down, even though there is no real temperature threat, only a perceived one.

On Your Marks
Starters / Soup

Noon to midnight



- Iceberg caesar's salad

₹ 949

seared chicken, bacon, parmesan shavings and garlic croutons, with chefs special caesar dressing
- Kurkuri idli chaat

895

combination of mini fried idlis, chickpeas, cottage cheese and masala potatoes topped with tamarind, curd and mint chutney
- 10/10 weight watcher's salad

895

a salad of ten natural vegetables and freshly cut fruits seasoned to perfection
- Bruschetta caprese

895

plum tomatoes, basil and mozzarella
- Basket of garlic bread

550
- Cream of mushroom soup

550
- Mulligatawny

550

a curry flavoured lentil soup
- Tuscany tomato soup

550

pesto croutons
- Tomato dhaniya shorba

550

traditional indian tomato soup

Indicates vegetarian dishes

Govt. taxes as applicable.

Indicates non-vegetarian dishes

We levy no service charge.

Buzz On, Buzz Off

By the 1840s the British Empire was at full tilt, operating colonies on every continent apart from Antarctica. Key for Britain's domination of world trade was India, which provided cotton, lumber, and one of the most formidable foes the Empire had yet faced. For all of its mercantile successes, the British Empire was nearly brought to its knees by the humble, irritating mosquito.

Malaria was rampant in the tropical colonies. Its initial onset was marked by high fevers, chills, and vomiting. In extreme cases it lead to seizures,



coma, and death. Left untreated the disease resurged in prior victims, incapacitating those who had battled through a first encounter. The causal link between malaria and insects had been observed as far back as the Roman occupation of Northern Africa. Despite this, the parasitic

protozoans that the mosquitoes carried—and that ultimately caused the disease—were not discovered until the turn of the 20th century. What was known was an effective, if gustatorially unpleasant, treatment.

Quinine, derived from the bark of the cinchona tree native to South America, was known to be an effective treatment for malaria as early as the late 16th century. The dried and powdered bark was shipped around the Empire to battle malaria and maintain British presence in the colonies. The unpalatable taste of the bitter alkaloid was a common complaint, and as a remedy, colonists began mixing the substance with water and sugar. This crude 'tonic water' took the colonies by storm. In short order the officers in the British military began adding this new, more pleasant dose of malaria prevention to their afternoon tipple. Gin, a favorite among the military elite, was the natural choice. And thus the gin and tonic was born.

It may never be known who was the first to mix anti-malarial business with pleasure, but the gin and tonic's historical relevance should not be overlooked. So next time the summertime resurgence of mosquitoes proves to be too much, raise a G&T to your health. And perhaps add a wedge of lime to ward off that pesky scurvy.

[Ed. Note: We do not endorse gin and tonic as a sole means of mitigating mosquito related diseases. See your medical professional for more details.]

Solution

PUZZLE

Across: 1. Just, 4. Secure, 7. Exert, 8. Kelp, 9. Archer, 10. Egg, 11. Rudder, 13. Emerge, 15. Casual, 17. Septet, 18. Puppet, 20. Adhere, Rot, 24 Beetle, 25. Vase, 26. Niece, 27. Emand, 28. Next.
Down: 1. Joker, 2. Tepid, 3. Sveral, 4. Stage, 5. Usherette, 6. Eamest, 12. Disapperar, 14. Mae, 15. Capable. 16. Ale, 17. Scatter, 19. Trend, 21. Haven, 22. Elect.

5 Interesting Facts about Delhi Which Even the Locals Are Unaware Of

1. 20% of delhi's landmass is covered by forests



And it remains one of the greenest cities in the world

2. Entire public transport system in Delhi runs on CNG



From the auto rickshaws to the

famous DTC buses, everything runs on the eco-friendly Compressed Natural Gas.

3. 5 of the original 14 gates of the walled city of Delhi are stillstanding



Namely, the Ajmeri Gate - facing Ajmer in Rajasthan, Lahori Gate - facing Lahore in Pakistan, Kashmiri Gate - pointing North to Kashmir, Delhi Gate - pathway to earlier cities in the state and Turkman Gate - named after religious saint Hazrat Shah Turkman.

4. It's the second most populated city in the world after Tokyo



Delhi is the second most populous city with 25 million inhabitants! Census, in 2015, recorded 18.2 million people living in the city.

5. Delhi's Khari Baoli market is Asia's largest wholesale spice market



This is a must visit place for anyone who loves spicy food.

Gluten free and Lactose free selection

Breakfast Selection

- Dosa-plain or masala

₹ 799

south indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney
- Uttapam-plain, masala, onion or tomato

₹ 799

a thick rice and lentil pancake served with sambhar and chutney
- Idli

₹ 650

steamed rice and lentil cake, served with sambhar and chutney

Lunch and dinner

- 10/10 Weight watcher's salad

₹ 895

a salad of ten natural vegetables and freshly cut fruits seasoned to perfection
- Pan grilled river sole

₹1349

filled with peppered rice and served with buttered greens
- Risotto e pomodoro

₹1149

tomatoes and spring vegetables cooked with arborio rice
- Dal tadka

₹ 995

yellow dal cooked dhaba style served with steamed rice
- Cut fresh fruits

₹ 550

Around The World

Yellow Brick Road favourites

Simply thai



- Flame grilled prawns

country style baked potato and buttered greens

₹ 2199
- Pan grilled river sole

filled with peppered rice and served with buttered greens

₹ 1399
- YBR mixed grill

chicken breast, sausages, pork chop and bacon rashers served with fried egg and french fries

₹ 1399
- YBR chicken

red wine marinated spicy grilled chicken served with sautéed vegetables and jacket potato

₹ 1399
- Crumbed fried chicken cutlet

served with potatoes wedges and sauté vegetable

₹ 1399
- Cheese delight

grilled cottage cheese steaks filled with pesto and tomatoes served with buttered vegetables and rice

₹ 1149
- Vegetable railway cutlets

served with french fries and tangy tomato sauce

₹ 1149

- Pattaya prawn curry

prawns cooked in chefs style thai red curry

₹2199
- Bangkok chicken curry

sliced chicken cooked in chefs style thai red curry

₹1399
- Thai green curry

garden fresh vegetables cooked in chefs style thai green curry

₹1149

Italian fare

- Spaghetti carbonara

bacon, egg, cream and parmesan

₹ 1200
- Spaghetti bolognese

Spaghetti tossed with meat sauce and finished with grated parmesan cheese

₹1200
- Fusilli pollo e funghi

pasta spirals tossed in a cream sauce with mushroom and pan-roast chicken

₹1200
- Spaghetti al pesto

tossed with basil pesto and string beans

₹1149
- Penne arrabiatta

fresh tomato sauce with garlic, basil and hand pounded peppers

₹1149
- Whole wheat spaghetti

tossed with extra virgin olive oil, garlic and sautéed green vegetables

₹1149
- Risotto e pomodoro

tomatoes and spring vegetables cooked with arborio rice

₹1149

Indicates vegetarian dishes

Indicates non-vegetarian dishes

Govt. taxes as applicable.
We levy no service charge.

Local SELECTIONS

<div><div></div><div>Ambassador tandoori chicken</div></div> <div>tandoori chicken tikka tossed in butter, garlic and chilies</div> <div>₹1349</div>	<div><div></div><div>Chicken kathi roll</div></div> <div>skewer roasted chicken wrapped in paratha bread, sliced onions, mint sauce</div> <div>₹1249</div>
<div><div></div><div>Keema matar with tawa paratha</div></div> <div>minced lamb with green peas served with crisp home style tawa paratha</div> <div>₹1349</div>	<div><div></div><div>Mutton seekh roll</div></div> <div>lamb seekh rabab wrapped in indian bread</div> <div>₹1249</div>
<div><div></div><div>Keema pao</div></div> <div>minced lamb with green peas served with pao bread</div> <div>₹1349</div>	<div><div></div><div>Rajma chawal</div></div> <div>red kidney beans curry with steamed rice, a delhi favorite</div> <div>₹1149</div>
<div><div></div><div>Meat chawal</div></div> <div>dhaba style mutton curry with rice</div> <div>₹1349</div>	<div><div></div><div>Pao bhaji</div></div> <div>a mumbai favorite-melange of potatoes, onions and tomatoes served with pao bread</div> <div>₹1149</div>
<div><div></div><div>Sharma ji bread omlette</div></div> <div></div> <div>₹750</div>	<div><div></div><div>Paneer kathi roll</div></div> <div>soft cottage cheese in a spicy mixture of onions and tomatoes rolled in soft paratha bread</div> <div>₹1149</div>

Indicates vegetarian dishes

Indicates non-vegetarian dishes

Govt. taxes as applicable.
We levy no service charge.



Indian Selection

Taendoari

1200 hours till 2345 hours

- Machali tikka

fish tikka infused with freshly crushed mustard grains

₹ 1249
- Meat ki seekh

scented mutton mince seekh flavoured with hand pounded indian spices

₹ 1249
- Murg tikka

succulent morsels of chicken with roasted garlic, yoghurt and red chillies

₹ 1249
- Murg malai tikka

chicken marinated and cooked and covered in yoghurt, cheese, coriander and chilli

₹ 1249
- Non-vegetarian kebab platter

assortment of murg tikka, seekh kebab and fish tikka achari

₹ 1800
- Tandoori malai broccoli

₹ 1149
- Tandoori paneer tikka

cottage cheese cubes flavoured with cardamom, chillies and mint chutney

₹ 1149
- Palak ke shami kebab

griddled spinach patty stuffed with cheese, ginger, chilli and raisins

₹ 1149
- Vegetarian kebab platter

assortment of paneer tikka, palak ke shami and tandoori broccoli

₹ 1400

Curries & more

- Home style mutton

tender lamb curry in a flavourful onion tomato gravy

₹ 1349
- Rahra gosht

unique combination of lamb mince and pieces cooked in north frontier style

₹ 1349
- Butter chicken ludhiana

chicken tikka cooked in rich tomato gravy

₹ 1349
- Chote miyan biryani

boneless lamb biryani served with mint raita

₹ 1349
- Kadhai Vegetable Jhalfrezi

melange of vegetables tossed with indian spices and finished with lemon

₹ 1149
- Paneer tikka palak

creamed spinach and cubes of cheese cooked with a special blend of spices

₹ 1149
- Paneer punjabi bagh

fresh cottage cheese in buttered tomato gravy, reminiscent of delhi

₹ 1149
- Palak corn ki bhurjee

shredded spinach and corn, seasoned with chefs special masala

₹ 1149
- Kurkuri bhindi

crispy fried ladies finger with spicy pungent flavours

₹ 1149
- Vegetable biryani

a delicate combination of assorted vegetables and basmati rice flavoured with saffron

₹ 1149
- Dal makhani

black lentils simmered overnight on a slow fire and finished with cream

₹ 1149
- Dal tadka

yellow dal cooked dhaba style

₹ 995
- Indian breads

₹ 299
- Steamed rice

₹ 299
- Yoghurt or raita

₹ 299

Indian curry dishes are served with choice of indian breads or steamed rice.

Indicates vegetarian dishes
 Indicates non-vegetarian dishes

Govt. taxes as applicable.
We levy no service charge.



The curry story from down south

1200 hours till 2000 hours

- Chicken chettinad ₹ 1399
chicken curry with the unique regional flavour of aniseed and black pepper
- Home style south indian fish curry ₹ 1399
- Bisi bele huliyana ₹ 700
rice and dal cooked together with vegetables and tamarind in the classic karnataka style

Indicates vegetarian dishes
Indicates non-vegetarian dishes

quick gun murugan

- Curd rice ₹ 650
- Choice of dosa ₹ 799
plain, masala or mysore masala
- Uttapam ₹ 799
plain, onion or masala
- Idli ₹ 650
steamed rice and lentil cake

Sambhar and fresh coconut chutney.

Govt. taxes as applicable.
We levy no service charge.

The Story of the Bull’s Eye

Once upon a time on the Chilly Night of 23rd December we had a brilliant restaurant manager whom we used to lovingly call Bully, since he was so huge and imposing in one of the best coffee shops of busy days, Bully was feeling very hungry and it was 3 a.m in the morning and the chef said "sorry buddy all stuff is over!!..now Bully had to eat something and had to eat something really fast so he decides to go in one of those huge refrigerators that we in a hotel call Walkins,..poor Bully, all that he could find in the fridge is fresh fruits and some vegetables !!! He looks here and there and suddenly in one corner of the Walkin he finds a chocolate truffle pastry block, It's cold in the Walkin and he can't take the whole cake with him so he hurriedly cuts the cake, puts it onto his plate and walks out of the Walkin. Poor Bully still can't have the cake coz it's so cold...he has a funny idea in his mind, he decides to heat it in the microwave oven and so he tells chef to heat it, and they heat it and when

it comes out it's nice and hot and chocolate sauce oozing out, Bully just can't wait for it to go in his mouth!! But suddenly he has an idea...why not add a scoop of creamy vanilla ice cream in this! They add a scoop of ice cream in the center of the cake and it looks just like an 'EYE' Bully then thinks that if he has liked the dessert so much than the public would just love it!!! And so he speaks to his food and

beverage manager and they also love the new dessert and decide to have it on the menu. What should they name the dessert? Now since Bully has discovered it the management decide we will name it after him and since it had an EYE SHAPE they name it the BULL'S EYE and hence Bull's eye was born and is still so popular amongst the people of Delhi.

PUZZLE

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ACROSS

1. Only (4)

4. Safe (6)

7. Strive (5)

8. Seaweed (4)

9. Tasmin—singer (6)

10. Ovum (3)

11. Boat guiding device (6)

13. Materialise (6)

15. Offhand (6)

17. Seven-piece band (6)

18. Sandie Shaw song, on a String (6)

20. Stick fast (6)

23. Corrode (3)

24. Insect (6)

25. Flowers holder (4)

26. Sister's daughter (3)

27. Mission (6)

28. Following (4)

DOWN

1. Humorist (5)

2. Lukewarm (5)

3. Numerous (7)

4. Phase (5)

5. Cinema worker (9)

6. Determined (7)

12. Vanish (9)

14. Actress,—West (3)

15. Competent (7)

16. Beer (3)

17. Strew (7)

19. Latest fashion (5)

21. Safe place (5)

22. Vote into office (5)

ANNUAL HOROSCOPES

We just wanted to give everyone a general preview of their year ahead. Naturally, this is very general, since the interpretation only relates to your sun or ascendant. You can always learn more about the year ahead with specifics if you get an astrological reading by another astrologer. Good luck and take some positive action.



Aries Sun or Ascendant

This can be an especially eventful year for the ram; so much going on, it's enough to make your head spin. As busy as it will be, generally speaking, most things should go your way. How ever watch out for your ruling planet mars to bring to you some unusual eccentricities. Handle things as they occur. Procrastinating will only complicate matters. Most of the year you may feel that you are on a fast forward course and the sudden stops may startle you. Use this time to put things in perspective and regroup, because before you know it, the whole shebang will start all over again.



Aquarius Sun or Ascendant

Planets Uranus and Neptune have been sitting in your solar first house and have been causing quite an upheaval. By no means is life dull for my Aquarian friends. You are so busy with the here and now, that you have not given much thought to your future. However, now you need to take some alone time and concentrate on it. Where do you want to be a year from now??? You may take some time in deciding, but do begin to make a game plan. You have been distracted you say? And you have loose ends to tie up before you can move on?? No more excuses. There is no time like the present to put things in the proper perspective. Stop procrastinating... If it has not worked out to this point, it won't. So shelve it and move on to your next adventure.



Capricorn Sun or Ascendant

Prepare yourself for a year of mixed blessings, especially in the area of finances and career. The usually hard working goat likes to know where he or she is going and exactly how he or she is getting there. They do not take kindly to surprises and usually do not get involved with financial speculation that involves risk of any kind. Slow but steady is their motto; building their financial portfolio a little at a time. Well, get ready for a bit of shake up. Whether it be to your credit or debit, financial fluctuations can occur during this year.



Cancer Sun or Ascendant

Things have been running smoothly and have been relatively quiet lately for the moon child, however, that is likely to change. This is the year for you to take reigns in hand and make up your mind to just do it. I have often written that cancer is one of the strongest signs of the zodiac. You are sensitive, intuitive, nurturing and shrewd. Very often you can gain the advantage in any given situation when you utilize these traits. This year you should be presented with ample opportunity to flourish, to meet any challenge head on. There is nothing that you cannot accomplish once you make up your mind, and that is what it is about this year... knowing what you want and going after it. Remember your character is your power, your indecisiveness your weakness.



Gemini Sun or Ascendant

Hold on tight and fasten your seat belts, you are in a cycle of major change. In the year past you started to get a sense of what I am talking about. You felt the reins tighten

and began to experience increased responsibility. There are decisions that will have to be made with no more procrastinating. Are you backed into a corner?? I hope not. One thing I can promise is if you do not face things head on... that corner will start to look pretty good. The reality is that planet Saturn, which represents the taskmaster and karmic lessons, is sitting in your solar first house and is in very good company with your sun sign. Sounds heavy, you say?? It is!! Sounds bad you say??? Not necessarily... It is Whatever you make of it.



Leo Sun or Ascendant

Clear the cluttered path by putting things in the proper perspective. Rebuild you energy, acquire new and healthier habits and you should have no problem finding the road that leads straight to prosperity. The Road has lightened for the warmhearted lion who by now knows the tricks of the trade while getting things done. Now let us take it a step further. Break the ice, introduce yourself to new things and new groups of people. Investigate ideas for a second source of income. You now possess the innovation and energy to make things happen. For too long you have encountered one obstacle after another, that is yesterday's news and is certainly not the case this year. You are now in control of your own destiny. Show them how it's done.



Libra Sun or Ascendant

You seem to be right on target and have bounced back remarkably well. Remember just a few years ago when your life was full of upheaval and chaos? Well things have settled down, for the most part anyway. I don't know if Libra will ever be completely on an even keel, after all you are ruled by the scales and keeping them balanced is not a easy task. Being an enthusiastic, multi-talented individual you are fortunate to enjoy the gifts of both intellect and creativity. Still, keep in mind it is not a trade off of one versus the other, rather it is finding a middle ground where you can strike some sort of a symmetry and unity. This year brings with it the opportunity to create in every sense of the word, however you must maintain that balance in order for you to do your very best work.



Pisces Sun or Ascendant

This new chapter of your life begins with heavy emphasis on your solar 12th house. Many things are now coming to a head. What you have for so long put off until tomorrow can be put off no longer. Tomorrow has arrived. In accordance to what life stage you happen to be in, this will mean a variety of different things. Some of you have come full term with a difficult relationship, others aspire to change directions with their job and than there are those of you who have unresolved conflicts concerning a medley of different life changing decisions. Still, for the fishes, the time and opportunity has come to get to the core of these matters and firmly tie up any and all loose ends. You usually do more giving then getting; it is time to attend to your needs. Make the decision not to be intimidated.



Scorpio Sun or Ascendant

You may be blessed with abundant energy throughout this entire year. After being side tracked for the

past few years. You are once again focused and back in the game... You can now concentrate on the specific tasks at hand and move forward steadily and progressively, leaving behind the various former obstacles that you have had to deal with at every turn. Your mind is sharp and unencumbered. Physically and mentally you should be feeling much better. Planet Saturn has finished making an opposition to your Sun sign. However, while he was visiting you, he taught you a lifetime of valuable lessons, and while they often seemed harsh, they have helped you grow, mentally, emotionally and spiritually. Take a trip down memory lane and recall where you were a few years ago and recognize how far you have come. All areas of your life should now improve. Your goals are within reach as the stars are now at your command. You have paid the price and now it is time to be duly rewarded.



Sagittarius Sun or Ascendant

The playful spirits of the zodiac are about to settle down, regardless of whether they are prepared to or not. Starting in April of 2019. Planet Saturn began a two and a half year opposition to your sun sign and make no mistake, this is a life changing cycle. Many of you who are early archers have already felt Saturn's iron hand and have a good idea of what I am talking about. This is a time of awareness, of taking responsibility, of making major decisions that will alter your life forever. There will be those of you who will experience endings in your life, still, keep in mind that when one door closes another one opens. Yes! This transit is going to ruffle your feathers a little... To that I have no doubt. Nevertheless avoid looking at this cycle as being unfavorable. Indeed, it is challenging. But then again who loves a challenge more than a Sagg.



Taurus Sun or Ascendant

The bull has paid its dues and is now back on track. Most things have come full circle, and you are certainly the wiser for it. It is time to relish in this major planetary transition and quietly move forward in your life. Yes, you have recently shifted away from a cycle that had brought more than it's share of editing and changes. Still, with it all said and done, it is yesterday's news. The cycle now is clear and new. It is time to get back in balance and move eagerly and optimistically ahead.



Virgo Sun or Ascendant

The squeaky wheel gets the grease. It would be to your advantage to remember this phrase throughout this year, my Virgo friend. Attend to matters in order of their importance, however, do not take on the whole load solo. When you are in need of help, ask for it. The cycle you are currently in is one of power. Still, in order to reach your potential, you will need the assistance and guidance of others.

Planet Saturn, which entered your solar tenth house in April 2018, will remain there throughout the year. The ball is in your court and there are tough career choices to be made. Many of you may choose to totally change your profession, while others will initiate other and different types of change. Contract negotiations, starting new businesses and firming up deals is favored during this transit.

Burgers, Sandwiches and More

Ambassador club sandwich
three tiers of white or whole wheat bread

- Non-vegetarian

chicken salad, ham, fried egg, tomato

₹1149
- Vegetarian

cheese, lettuce, tomato, cucumber and coleslaw

₹ 995
- BLT

bacon, lettuce and tomato on toasted bread

₹ 995
- YBR delight

grilled sandwich with chicken tikka onions and mint chutney

₹ 995
- Masala omelette sandwich

₹ 995
- American chicken burger

topped with fried egg

₹ 995
- Very veggie burger

topped with melted cheese and house salad

₹ 895
- Country sandwich

grilled zucchini, button mushrooms, onions and cheddar on toasted wheat bread

₹ 895
- Jalapeno and cheddar cheese melt

a mouth watering combination of jalapeno and Cheddar on garlic bread

₹ 895

All sandwiches and burgers are served with french fries.

■ Indicates vegetarian dishes
■ Indicates non-vegetarian dishes

Pizzas



- Mafia bite

chicken salami, chicken ham, capsicum, tomatoes, sliced onions and mozzarella

₹ 995
- Pizza passionara

chicken tikka pizza with green chilies, onions, tomatoes and mozzarella

₹ 995
- Italian temptation

topped mushrooms and garlic jalapeno peppers olives, gherkins and mozzarella cheese

₹ 895
- Margherita

tomatoes, mozzarella, basil & oregano with tomato sauce

₹ 895

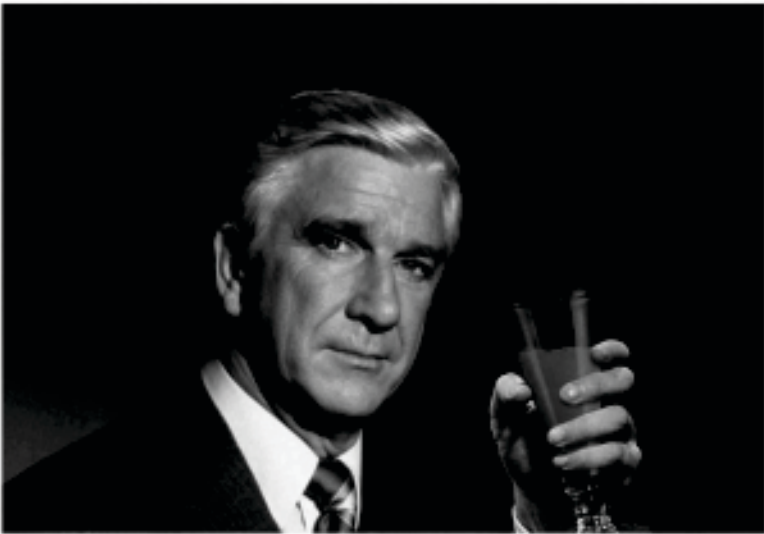
Govt. taxes as applicable.
We levy no service charge.

Tastes on a Plane

Consumption of tomato juice is unusually popular on commercial airline flights. For example, German airline Lufthansa estimates they serve about 53,000 gallons (about 200,000 liters) of the stuff a year, which is not too far off from the 59,000 gallons (223,000 liters) of beer they serve annually on their airplanes. Its popularity has something to do with the history of drink service on airplanes. When commercial flights began, alcohol was complimentary and therefore hugely popular. Because of the expense, airlines eventually began charging for booze, but the mixers remained available free of charge.

However, that’s not the whole story. Studies in chambers that mimic airplane cabins in flight indicate there’s a scientific reason for tomato juice’s airborne popularity. The modern airplane cabin’s combination of low pressure, loud engine noise, and desert-like humidity has an impact on a human’s sense of taste. These factors dull humans’ sensitivity to sweet and salty flavors by about 30%, but do not impact the umami flavors that are important to the taste of tomato juice. As a result, people consistently rate tomato juice as tasting better in conditions observed in an airplane than in conditions normally seen on the ground. These studies also found that sour, bitter, and spicy flavors are mostly unaffected.

The same effects that enhance the flavor of tomato juice seem to be partially to blame for airline food’s infamous lack of appeal. In an effort to circumvent the phenomenon, some airlines conduct taste tests in simulated airplane cabins.



Breakfast Selection

All Day Breakfast

Buffet breakfast 0700 hours to 1030 hours	₹1350	🍳 Eggs to order	₹799
Continental buffet breakfast choice of fruits, juices, morning bakeries and cereals from the buffet	₹ 899	fried, boiled, scrambled, poached, omelette or akuri served with crispy bacon, chicken sausages and golden hash browns	
Breakfast a la carte		🍳 Punjabi Parantha	₹799
🍷 Cut fresh fruits	₹ 550	whole wheat bread, griddled and filled with a choice of potato, cauliflower or cottage cheese, served with pickle and yoghurt	
🍷 Your choice of cereals cornflakes, wheat flakes, choco flakes, all bran or dry muesli served with hot or cold milk	₹ 595	🍳 Poori bhaji	₹799
		mildly spiced potato curry, served with fried puffed Indian bread	
🍷 Belgian waffles melted butter, honey or maple syrup	₹ 750	🍳 Dosa-plain or masala	₹799
		south indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney	
🍷 Pancakes melted butter, honey or maple syrup	₹ 750	🍳 Uttapam-plain, masala, onion or tomato	₹799
		a thick rice and lentil pancake served with sambhar and chutney	
		🍳 Idli	₹650
		steamed rice and lentil cake, served with sambhar and chutney	



🍷 Indicates vegetarian dishes
🍳 Indicates non-vegetarian dishes

Govt. taxes as applicable.
We levy no service charge.

Desserts and Beverages

Sweet nothings Drink and D(e)rive

🍷 Bull's eye	₹ 799	Horlicks / Hot Chocolate / Bournvita	₹ 350
two scoops of ice cream			
🍷 Hot chocolate fudge	₹ 695	Shake of your choice	₹ 350
heaps of vanilla ice cream topped with hot fudge and nuts		Cold coffee with or without ice cream	₹ 350
🍷 Gulab jamun with ice cream	₹ 650	Iced tea	₹ 350
🍷 Kulfi falooda	₹ 650	Choice of seasonal fresh fruit juices	₹ 350
traditional indian ice cream		Lassi or chaas	₹ 350
🍷 Choice of ice cream	₹ 450	Tender coconut water	₹ 350
Cut fresh fruits	₹ 550	Fresh lime soda/water & services	₹ 299
Choice of tea	₹ 350	Aerated water & services	₹ 299
Choice of coffee	₹ 350	Packaged drinking water (1 Lt.) & services	₹ 299



🍷 Indicates vegetarian dishes
🍳 Indicates non-vegetarian dishes

Govt. taxes as applicable
We levy no service charge

Yellow Brick Road

AMBASSADOR

III. SELECTIONS

