



CLUB HOUSE

MENU

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

🟢 CEREALS 450

KCAL 281.02 | 160gms Choice of corn flakes, choco flakes, wheat flakes or muesli served with hot or cold milk



🟢 HOUSE BREADS 450

KCAL 366.42 | 300 gms Choose any three – croissant, muffin, danish or choice of whole wheat or white bread



EGGS TO ORDER 525

All egg preparations served with potato rosti and baked beans

▲ Boiled egg

KCAL 233 | 220 gms Choice of soft or hard-boiled egg



▲ Classic plain omelette

KCAL 227 | 220gms Farm fresh eggs



▲ Masala omelette

KCAL 240 | 220gms Onion, tomato, green chilli and coriander



▲ Ham and cheese omelette

KCAL 264 | 220gms Classic omelette with breakfast ham and swiss cheese




▲ Classic sunny side up

KCAL 226.28 | 220gms Bulls eye of farm fresh eggs




🟢 Vegetarian ▲ Non-Vegetarian

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 Classic scrambled egg
KCAL 294 | 220gms Soft, rich and smooth




 Classic buttermilk pancake
KCAL 821 | 160gms Fluffy pancakes with berry compote and whipped cream




625


 Nutella waffle
KCAL 865 | 140gms Classic waffle with hazelnut butter and vanilla ice cream





 French toast
KCAL 299 | 140gms Cinnamon flavored toast with whipped cream and fruit compote



 Idli **525**
KCAL 641.15 | 300gms Steamed rice cakes made of fermented rice and lentil batter served with sambar and chutney

 Dosa - plain or masala
KCAL 466 | 180gms Pancake of fermented rice and lentil batter served with sambar and chutney


 Medu vada
KCAL 435 | 180gms Crispy lentil savoury doughnut served with sambar and chutney

 Pongal
KCAL 814 | 220gms Savory mash of rice and lentil, tempered with ghee served with sambar and chutney



 Aloo paratha
KCAL 384 | 220gms Spicy potato stuffed Indian flat bread



 Poori bhaji
KCAL 991 | 160gms Fluffy whole wheat bread with potato curry






             

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Available between 12 noon to 11:00 pm






SOUPS & STARTERS

- Roasted tomato and basil soup 475
KCAL 71 | 200gms With garden vegetable, fresh basil(No Allergens)
- ▲ Murgh Mukroot ka rus 525
KCAL 49.8 | 200gms Chicken & lemon leaf flavored soup with Indian spices (No Allergens)
- ▲ Manhattan seafood chowder 525
KCAL 105 | 220gms With dollops of fresh cream

- Podi idli 525
KCAL 70 | 200gms Mini idlis tempered in a typical madras spice powder
- French Fries 525
KCAL | 120gms
- Chilli cheese toast 625
KCAL 472.2 | 120gms Chilli and cheese gratinated on toast

- Chatpate aloo 750
KCAL 218.9 | 200gms New potatoes tossed with dried pomegranate seeds

- Jaitooni malai paneer tikka 750
KCAL 438.2 | 200gms Olive's stuffed cottage cheese lazed with cream

- ▲ Murgh angara tikka 825
KCAL 267.2 | 200gms Chicken marinated in yoghurt and crushed chillies




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 Fish fingers KCAL 362.3 / 220gms Crumbed fish goujons 	875
 Eral kurumilagu roast KCAL 175.5 / 300gms Plump coastal prawns tossed with crush pepper 	925
 Usilampatti kari sukka KCAL 383.4 / 250gms Dry roasted tender lamb tossed with garlic (No Allergens)	975

*Tandoor preparations available between 12.30 pm to 2.45 pm & 7 pm to 11.00 pm
















Gluten Milk Egg Crustaceans Fish Mustard Nuts molluscs Lupin Soy beans Peanuts Celery Sesame Sulphite

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SALADS, SANDWICHES AND WRAPS

<p> Classic Greek salad 625 KCAL 193 / 160gms Herb marinated feta, tomatoes, cucumber, kalamata olive, red onion   </p>
<p> Caesar salad 625 KCAL 404 / 240gms Romaine lettuce, homemade croutons, parmesan cheese   </p>
<p> Classic grilled chicken caesar salad 675 KCAL 389 / 240gms Romaine lettuce, homemade croutons, parmesan cheese, anchovies, bacon   </p>
<p> Vegetable club sandwich 825 KCAL 405.8 / 220gms Peppers, tomato & cheese  </p>
<p> Classic club sandwich 875 KCAL 969 / 250gms Chicken, egg & bacon</p>
<p> Paneer kathi roll 825 KCAL 366.3 / 250gms Cottage cheese wrap.  </p>
<p> Chicken kathi roll 875 KCAL 268.7 / 250gms Chicken tikka wrap  </p>
<p> Crumbed vegetable patty burger 825 KCAL 247.1 / 450gms Toasted sesame bun, crumbed vegetable patty and cheese. </p>
<p> Crumbed chicken burger 875 KCAL 560.2 / 450gms Toasted sesame bun, crumbed chicken patty and cheese   </p>

























All sandwiches are served along with fries or wedges



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ENTRÉE

 Penne al'arrabiata KCAL 241.6 / 240gms Penne with chilli, parsley and tomato sauce	875
 Penne al funghi KCAL 547.5 / 240gms Penne in porcini cream sauce 	875
 Spaghetti aglio olio e pepperoncino with mélange of seafood KCAL 545.36 / 240gms Spaghetti with seafood, garlic, chilli flakes and olive oil   	925
 Smoked chicken, feta cheese siciliana with penne KCAL 418.5 / 240gms A unique blend of tomato sauce and fresh cream 	925
 Grilled chicken and garden herbs spaghetti with parmesan KCAL 596.2 / 240gms Pesto de basilica  	925
 Roasted free range chicken breast KCAL 344.9 / 350gms Boiled vegetables, country mash and pepper jus  	1150
 Domestic Tenderloin KCAL 329 / 300gms Boiled vegetables, country mash and pepper jus 	1150
 Grilled fish KCAL 327.9 / 300gms Fresh catch, country mash, grilled vegetables, dill cream sauce  	1250
 Sambar sadam KCAL 210 / 300gms Ponni rice and sambar tempered with spices 	675
 Khichdi KCAL 326 / 300gms Plain / masala / vegetables (No Allergens)	675
 Pachakari stew KCAL 81 / 320gms Seasonal vegetables, gently simmered in creamy coconut milk	825



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| <p>  Moppla kuruma </p> <p> KCAL 477.9 320gms <i>Chicken - cooked in traditional freshly ground spices (No Allergens)</i> </p> <p> KCAL 445.8 320gms <i>prawn - cooked in traditional freshly ground spices</i> </p> <p>  </p> | <p>925/1050</p> |
| <p>  Madras meen kozhambu </p> <p> KCAL 264.2 250gms <i>Slow cooked fish in tamarind pulp and chilli gravy</i> </p> <p>  </p> | <p>1050</p> |
| <p>  Sutta meen varuval </p> <p> KCAL 246.7 220gms <i>Pan seared fresh catch with home ground spices</i> </p> <p>  </p> | <p>1250</p> |





































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 Bhuna saag KCAL 223.6 480gms <i>Slow cooked spinach tempered with fenugreek and garlic</i> 	825
 Paneer lababdar KCAL 602 320gms <i>Slow braised cottage cheese in a rich onion and tomato gravy</i>  	825
 Subzi panchphoran KCAL 108 400gms <i>Assorted vegetable pan grilled, finished in home style gravy (No Allergens)</i>	825
 Dal makhani KCAL 562.9 300gms <i>Homemade black dal enriched with cream and clarified butter</i> 	825
 Urulai vathakal KCAL 365 320gms <i>Potatoes tossed in turmeric and roasted homemade spice powder</i>  	825
 Tadkewali dal KCAL 326 300gms <i>Mélange of three lentils tempered with royal cumin</i> 	675
 Pakthooni murgh KCAL 225.5 300gms <i>Chicken cooked with pureed chillies and Indian spices (No Allergens)</i>	925
 Murgh tawa masala KCAL 182.1 300gms <i>Chicken in a smooth sauce with crushed peppercorns</i> 	925
 Dum ka Gosht KCAL 275 320gms <i>Seared lamb cooked in spices from Kashmir (No Allergens)</i>	975
 Dum subz biryani KCAL 431 400gms <i>Melange of vegetables with basmati rice dum cooked with aromatic spice</i> 	825
 Kacche gosht ki biryani KCAL 352 400gms <i>Tender lamb dum cooked with basmati rice</i> 	1050

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■ SIDES AND BREADS

Iddiyapam <i>Kcal 130 / 120gms String hoppers</i>	300
Steamed ponni or basmati rice <i>KCAL 234 / 300gms Local short grain or basmati rice (No Allergens)</i>	300
Malabar paratha <i>KCAL 164 / 160gms Flaky refined flour bread</i>  	300
Raita <i>KCAL 101 / 120gms</i> 	275
Naan* (plain/butter/garlic) <i>KCAL 258 / 100gms</i> 	225
Tandoori roti* / Pudhina paratha* <i>KCAL 223 / 100gms</i> 	225














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ORIENTAL

 Lemon grass soup KCAL 62.2 200gms Vegetable (No Allergens)	475
 Lemon grass soup KCAL 76.5 200gms Chicken/prawn 	525
 Fried rice KCAL 702 300gms Vegetable (No Allergens)	650
 Noodles KCAL 286 300gms Vegetable 	650
 Vegetable Manchurian Dumpling dry/gravy KCAL 336 300gms Vegetable 	750
 Thai curry red/green KCAL 778.8 400gms Served with boiled long grain rice(No Allergens)	950
 Fried rice KCAL 636 300gms Egg / chicken(No Allergens)	750
 Noodles KCAL 327 300gms Egg / chicken  	750
 Chili garlic sauce <i>dry/gravy</i> KCAL 277 320gms Chicken / KCAL 174.2 300gms prawn  	825/925
 Thai curry red/green KCAL 840 400gms Chicken /prawn (No Allergens) Served with boiled long grain rice	1050/1150

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DESSERTS

450

Anjeer badam halwa

KCAL 723 / 150gms *A mélange of dried figs and almond*



Mississippi mud pie

KCAL 963 / 160gms *Goey chocolate cake*



Gulab Jamun

KCAL 486 / 100gms



Choice of ice cream

KCAL 289 / 120gms *Almond and nuts, black currant, dark chocolate, vanilla & strawberry*

Fruit platter

KCAL 318.3 / 180gms *Seasonal fruits*



Gluten



Milk



Egg



Crustaceans



Fish



Mustard



Nuts



molluscs



Lupin



Soy
beans



Peanuts



Celery



Sesame



Sulphite



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BEVERAGES

Seasonal fruit juice 300gms KCAL 115 Watermelon / KCAL 224 Orange	375
Cappuccino KCAL 47 /150ml / Café latte KCAL 43 /210ml / Espresso KCAL 1 30ml 	375
Madras filter coffee KCAL 78 / 150ml 	375
Masala / Earl grey / Green / Darjeeling / English breakfast tea KCAL 2 /150ml 	375
Hot chocolate KCAL 122 / 150ml 	375
Sweet lassi KCAL 225 / 300ml 	375
Salted or masala buttermilk KCAL 122 / 300ml 	375
Packaged bottled water	200
Choice of milkshake KCAL 325 / 300ml <i>Almond and nuts, black currant, dark chocolate, vanilla & strawberry</i>  	475

AERATED BEVERAGES

Sparkling water (330 ml)	350
Aerated beverages	200
Fresh lime soda/water KCAL 128/ 300ml	225

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