



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.

BREAKFAST COMBINATIONS

(07:00 HRS TO 10:30 HRS)

- **CHIA PARFAIT** **370**
309 kcal | 240 gms | coconut milk soaked muesli, honey, yogurt and fresh fruits

- **TRADITIONAL BIRCHER MUESLI** **370**
986 kcal | 310 gms | rolled oats, orange pulp, apple, raisins, nuts, honey and yogurt


CONTINENTAL

(07:00 HRS TO 10:30 HRS)

- ▲ **BREAKFAST GRILL** **600**
682 kcal | 235 gms | sausages, pork bacon rashers, hash brown, roast tomato, field mushroom and fried egg

- ▲ **AMERICAN PANCAKE STACK** **500**
238 kcal | 215 gms | served with chocolate sauce and maple syrup

- ▲ **APPLE CINNAMON BAKED FRENCH TOAST** **500**
374 kcal | 200 gms | sliced bread soaked in beaten egg and milk, pan fried, served with berry compote and maple syrup

- ▲ **TWO EGGS - boiled, poached and fried** **450**
371 kcal | 160 gms

- ▲ **THREE EGGS OMELET** **450**
608 kcal | 225 gms

- **SLICED SEASONAL FRUITS** **425**
157 kcal | 275 gms
- ▲ **BAKERS BASKET** **425**
261 kcal | 150 gms | croissant / Danish / muffin fresh from the oven, served with butter, honey and preserves


List of Allergens:

       
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 ✓ Vegan

THE PAN INDIAN FARE

(07:00 HRS TO 10:30 HRS)

-  **IDLI** **470**
573 kcal | 550 gms | traditional south Indian steamed rice cake,
served with sambhar and chutney
 
-  **UTTAPAM** **470**
603 kcal | 615 gms | fluffy rice and lentil pancake,
served with sambhar and chutney
 
-  **DOSA PLAIN | 455 gms / MASALA | 640 gms** **470**
644 kcal | 1118 kcal | traditional south Indian crispy crepe,
choice of plain / masala, served with sambhar and chutney
 
-  **POORI BHAJI** **470**
1698 kcal | 490 gms | golden fried whole wheat puffs,
served with spiced potato curry dish
  
-  **PUNJABI TAWA PARATHA** **470**
662 kcal | 500 gms | griddled Indian bread with spiced potato
filling served with yogurt and pickle
  

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GLOBAL DELIGHTS

(12:30 HRS TO 23:30 HRS)

SOUP AND SALAD

- 🌱 **ROASTED TOMATO BASIL SOUP** **445**
200 kcal | 300 ml | served with garlic crostini

- 🌱 **MUSHROOM CREAMIER SOUP** **445**
136 kcal | 300 ml | served with cheese twist

- ⚠️ **CHICKEN AND BARLEY SOUP** **475**
191 kcal | 200 ml | served with mascarpone and olive crisp

- ⚠️ 🌱 **CAESAR IN OUR WAY** **920/720**
275 kcal | 240 gms / 164 kcal | 190 gms | young lettuce leaves, roast chicken and parmesan shavings

- 🌱 **FRESH MOZZARELLA AND TOMATO CAPRESE** **720**
536 kcal | 180 gms | layered salad of tomato and mozzarella with pesto, balsamic glaze and basil

- 🌱 **NOSTALGIA SUPER GRAIN SALAD** **720**
204 kcal | 160 gms | quinoa, mesclun leaf, roasted almond flakes and fresh greens


List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten

 Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

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MAINS

- ▲ **GRILLED PRAWNS**
572 kcal | 360 gms | with crushed garlic aioli, olive mash and buttered vegetables


1499
- ▲ **FISH MARINARA**
599 kcal | 320 gms | pan seared fillet of sole with tomato sauce, capers and oregano


1225
- ▲ **FISH AND CHIPS**
900 kcal | 360 gms | crumbed fried fillet of fish,
served with French fries and tartar sauce


1225
- ▲ **MUSHROOM CHICKEN BREAST**
528 kcal | 380 gms | served with buttered vegetable and pepper jus


1120
- ▲ **CHICKEN TERIYAKI**
480 kcal | 350 gms | char grilled chicken served with sticky rice and teriyaki sauce


1120
- ▲ **ROASTED CHICKEN RISOTTO**
834 kcal | 390 gms | with parmesan crisp, parsley and olive oil


950
- ▲ **PENNE CACCIATORE**
1079 kcal | 390 gms | pulled chicken, garlic and tomato sauce


950
- ▲ **SPAGHETTI BOLOGNESE**
731 kcal | 350 gms | Italian classic with lamb spicy sauce


950
- **BARBEQUE COTTAGE CHEESE SKEWER**
951 kcal | 360 gms | with peppers, onion, masala rice and house salad


775
- **SPAGHETTI AL FUNGI**
1045 kcal | 400 gms | pasta cooked with mushroom, cream, garlic and olive oil


775
- **WHOLE WHEAT PENNE WITH GREENS**
845 kcal | 320 gms


775
- **SUNDRIED TOMATO RISOTTO**
749 kcal | 430 gms | grilled vegetable, mascarpone and olive oil


775

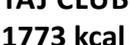
List of Allergens:



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PIZZA, SANDWICHES AND BURGERS

	BARBEQUE PIZZA 1285 kcal 480 gms chicken tikka, bell pepper, cilantro, jalapeno and onion 	920
	DIAVOLA PIZZA 1159 kcal 460 gms pork pepperoni and chili flakes 	920
	MARGHERITA PIZZA 894 kcal 310 gms mozzarella, basil and tomato sauce 	870
	VEGETABLE MARKET PIZZA 1152 kcal 370 gms onion, pepper, corn, mushroom, jalapeno, tomato and zucchini 	870
	TAJ CLUB SANDWICH 1773 kcal 580 gms three layers of toasted bread, pork bacon, fried egg, chicken salad, tomato and fresh lettuce 	900
	THREE "C" GRILLED SANDWICH 873 kcal 280 gms chicken, cheese and chili 	900
	MOROCCAN SPICED CHICKEN BURGER 783 kcal 350 gms served with mesclun salad and masala wedges 	900
	TURKISH LAMB KEBAB HOTDOG 733 kcal 330 gms served with walnut mint spread, kachumber and masala wedges 	900
	VEGETABLE QUINOA BURGER 904 kcal 390 gms roasted chili spread, iceberg lettuce, pickle and fries 	810
	MEXICAN TWO PEPPER GRILLED SANDWICH 1108 kcal 390 gms vegetable, jalapeno and cilantro 	810
	VEGETABLE CLUB SANDWICH 1675 kcal 545 gms three layers of toasted bread, coleslaw, tomato, cucumber and fresh lettuce 	810

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REGIONAL INDULGENCE

(12:30 HRS TO 23:30 HRS)

SOUP AND APPETIZER

-  **BADAMI MURGH SHORBA** **475**
375 kcal | 240 ml | flavorful chicken soup with almond, cream and spices

-  **MULLIGATAWNY** **445**
515 kcal | 220 ml | split red lentil soup with apple, curry and lime

-  **GOSHT KI GALAWAT** **1020**
726 kcal | 275 gms | classic Awadhi cuisine minced lamb kebab flavoured with green cardamom and mace

-  **HALDI CHILI FISH** **990**
504 kcal | 250 gms | turmeric infused griddled fish

-  **TANDOORI MURGH** **950**
1270 kcal | 410 gms | half a chicken marinated with traditional spices, char-grilled to perfection

-  **MURGH TIKKA ANGARA** **950**
641 kcal | 345 gms | boneless chicken, Kashmiri chili, yogurt and fenugreek

-   **NIZAMI ROLL - murgh 400 gms / paneer 340 gms** **950/850**
789 kcal | 624 kcal traditional Indian wrap, filled with spiced chicken / spiced cottage cheese, served with red onion rings and mint sauce

-  **KUTTI MIRCH KA PANEER TIKKA** **720**
717 kcal | 230 gms | cottage cheese marinated with freshly grounded red chili, onion and bell pepper, cooked in clay oven

-  **KHUMB KI GALAWAT** **720**
599 kcal | 275 gms | griddled minced mushroom kebab, floral aromats, served on ultra tawa paratha

-  **PALAK MOONGFALI KI SEEKH** **720**
355 kcal | 180 gms | spiced mixture of spinach and peanut cooked in skewers served with masala onion and fresh coriander


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MAINS

-  **KADHAI JHEENGA** **1499**
464 kcal | 300 gms | prawns cooked with peppers, roasted coriander in tomato masala gravy

-  **MALABARI FISH CURRY** **1275**
540 kcal | 270 gms | mouth watering fish delicacy cooked with tamarind, coconut and curry leaves

-  **LUCKNOWI BHUNA GOSHT** **1275**
751 kcal | 350 gms | slow cooked mutton with a variety of spices in rich brown gravy

-  **KASHMIRI ROGAN JOSH** **1275**
770 kcal | 355 gms | Kashmiri style aromatic curry preparation of mutton

-  **MURGH TIKKA MAKHAN MASALA** **1150**
840 kcal | 400 gms | chicken morsels cooked in rich onion tomato gravy

-  **HOME STYLE CHICKEN CURRY** **1150**
658 kcal | 290 gms | chicken cooked with grounded spices, onion, tomatoes, fresh ginger and coriander

-  **PANEER BUTTER MASALA** **800**
903 kcal | 330 gms | cottage cheese cooked in onion tomato masala

-  **ANJEER KE KOFTE** **800**
661 kcal | 380 gms | fig dumpling in creamy lehsuni palak gravy

-  **BHINDI DO PYAZA** **800**
436 kcal | 350 gms | okra cooked with double the amount of onions

-  **DAL MAKHANI** **770**
558 kcal | 320 gms | black lentil simmered overnight with tomatoes, cream and butter

-  **LEHSUNI DAL TADKA** **770**
375 kcal | 320 gms | yellow lentils tempered with cumin, garlic, onion, tomato and green chili


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	GOSHT BIRYANI 754 kcal 520 gms  	1120
	MURGH BIRYANI 738 kcal 485 gms  	990
	SUBZ BIRYANI 597 kcal 460 gms  	850
	STEAMED OR JEERA RICE 289 kcal 530 kcal 310 gms	345
	BOONDI RAITA 227 kcal 250 gms  	250
	STUFFED BREAD 375 kcal 160 gms 	225
	LACCHA PARATHA 394 kcal 115 gms  	165
	BUTTER NAAN 451 kcal 130 gms  	165
	TANDOORI ROTI 164 kcal 50 gms 	165

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ASIAN WOKERY

(12:30 HRS TO 23:30 HRS)

SOUP AND APPETIZER

 	CLEAR SOUP - chicken 240 ml / vegetable 210 ml 250 kcal 172 kcal 	475/445
 	MANCHOW - chicken 220 ml / vegetable 210 ml 264 kcal 224 kcal 	475/445
 	HOT AND SOUR - chicken 240 ml / vegetable 210 ml 181 kcal 154 kcal 	475/445
	FISH SALT AND PEPPER 529 kcal 335 gms 	990
	CHICKEN DRY ROAST CHILI 893 kcal 320 gms 	870
	CHILI PANEER 871 kcal 310 gms 	820
	CRISPY CORN PEPPER SALT 779 kcal 250 gms 	670
	VEGETABLE SPRING ROLL 641 kcal 365 gms 	670
	CHILI POTATOES 978 kcal 315 gms 	670

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MAINS

	STIR FRIED PRAWNS 614 kcal 350 gms with chili garlic sauce 	1499
	STIR FRIED FISH IN MAHLA SAUCE 750 kcal 390 gms 	1195
	SLICED LAMB BLACK PEPPER 843 kcal 460 gms 	1175
	KUNG PAO CHICKEN 598 kcal 420 gms 	1150
	PRAWN IN THAI RED CURRY 939 kcal 440 gms 	1499
	CHICKEN IN THAI RED CURRY 813 kcal 520 gms 	1120
	VEGETABLE IN THAI GREEN CURRY 708 kcal 470 gms 	1000
	VEGETABLE MANCHURIAN 511 kcal 310 gms 	920
	MAPO TOFU 345 kcal 400 gms 	920
	STIR FRIED CHINESE GREENS IN LIGHT SOYA GARLIC 377 kcal 270 gms 	920
	CHICKEN FRIED RICE 1493 kcal 470 gms 	700

List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten

 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

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	EGG FRIED RICE 1306 kcal 425 gms 	650
	VEGETABLE FRIED RICE 1247 kcal 400 gms 	600
	CHICKEN NOODLES 1495 kcal 450 gms 	700
	EGG NOODLES 1462 kcal 425 gms 	650
	VEGETABLE NOODLES 1366 kcal 425 gms 	600
 	PAN FRIED NOODLE - chicken 530 gms / vegetable 540 gms 1050 kcal 1045 kcal 	800/700

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DESSERTS

-  **HOT CHOCOLATE BROWNIE** **550**
797 kcal | 150 gms served with melted chocolate sauce and vanilla ice cream

-  **BLUEBERRY CHEESE CAKE** **550**
621 kcal | 150 gms cookies crumb and quark cheese
served with blueberry fondue

-  **CRÈME BRULEE** **550**
277 kcal | 150 gms baked custard with pistachio crisp

-  **TIRAMISU** **550**
548 kcal | 150 gms coffee flavored dessert made of mascarpone cheese and
espresso soaked savoiardi

-  **RASMALAI** **550**
674 kcal | 150 gms cottage cheese dumpling poached in
saffron sweetened flavored milk

-  **GULAB JAMUN** **550**
329 kcal | 150 gms cottage cheese dumpling deep fried in clarified butter
and soaked in flavored sugar syrup

-  **KULFI FALOODA** **550**
761 kcal | 200 gms kesar pista, freshly cut fruits

-  **CHOICE OF ICE CREAM** **550**
253 kcal | 120 gms vanilla, chocolate, strawberry, coffee and butter scotch


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POWER JUICES AND BASIC SMOOTHIES

	ABC 139 kcal 320 ml apple, beetroot and carrot	350
	CAROTENE 359 kcal 320 ml carrot, orange, cucumber and ginger	350
	TROPICA 389 kcal 320 ml pineapple, coconut, mint, banana and roasted flax seeds	350
	GREEN DETOX 248 kcal 320 ml English cucumber, mint, spinach and celery 	350
	THE STRESS BUSTER 311 kcal 320 ml banana, papaya, yogurt, honey and roasted pumpkin seed 	350

BEVERAGE

ENERGY DRINK	345
SPARKLING WATER	345
SEASONAL FRESH JUICE 320 ml	275
SHAKES - chocolate / vanilla 570 kcal 320 ml 	275
LASSI - sweet / salted 295 kcal / 195 kcal 320 ml 	275
MASALA CHAAS 96 kcal 320 ml 	275
COLD COFFEE 386 kcal 320 ml 	275
TEA / COFFEE	275
AERATED BEVERAGE	275
CANNED JUICE	215
MINERAL WATER	165

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