

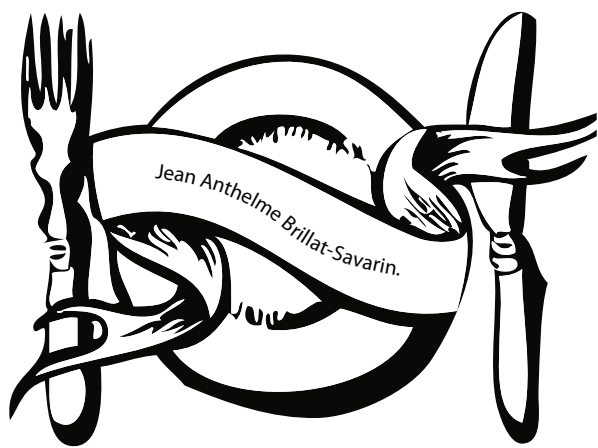
YELLOW BRICK ROAD

Volume no. 1

VIVANTA
AMBASSADOR NEW DELHI
BY TAJ

Special edition

Tell me what you eat, and I'll tell you who you are



The type of food we eat, how we prepare the ingredients to make a certain recipe and ultimately how we consume and share it, is very telling of the actual essence of who we are and where we are from. Indeed food encompasses everything that is important to people; it marks social differences and strengthens social bonds.

Perhaps, for instance one could imagine you would have to be drunk on whisky to enjoy haggis, a Scottish favourite made from the chopped heart, lungs and liver of lamb or beef and mixed with suet, oats, onions, herbs and spices and stuffed into a sheep's stomach! In times of famine the dish was developed

from leftovers of sheep - the most common livestock in Scotland. In spite of its humble beginnings it is still appreciated as a cultural delicacy today.

Food customs often correlate with particular religious and spiritual rituals; births, weddings and funeral ceremonies. For instance, in which European country is it believed that a piece of baked apple placed in a newly born baby's mouth sanctifies the baby's right to life? The mere suggestion that a piece of fruit possesses such an influence or that people would believe this tradition may seem unusual, yet it holds great significance in Germany.

In Ireland, it was common for a married couple to keep a tier from their white iced fruit wedding cake for the christening gathering of their first born which was to symbolize good fortune and a long life for their child.

Religion and dietary practices present a complex relationship. Various religious groups include food as a vital and inherent component of the expression of their faith. Yet the role of food in binding a religious community together is fundamental to all. As significant as the breaking of bread is

intrinsic to the Christian faith, so too is the abstention from food.

People may decide to move on and make another country their home or indeed return to their own homeland, the impact on both host and guest will be impressively embedded in their mutual cultural landscapes.

Ice cream that keeps you slim!

Being on a diet over the summer does not have to mean months of denial. Instead of picking your way through salads and piles of fresh fruit, you can afford to indulge your sweet tooth.

Most slimmers believe ice cream is off the menu, but there are ways you can eat it without falling off the diet wagon.

By substituting calorie-laden dairy ice creams with fruit-based sorbets you are saving nearly 50 calories per portion. And switching from 'luxury' ice creams to 'family' brands can save you pounds — in money and in calories. At the end of the day, switching to a low-fat version is better for you and your diet plans.

Four health benefits of wine

Here's how a glass of Chianti or Chardonnay can help fight heart disease and diabetes, and improve your bone and liver health.

If you're looking for a new excuse to toast your fabulous self, we've got a few that are bound to make you happy and healthy. Stick to a drink a day or less to reap the most benefits. Salute!

Fight heart disease: A daily glass of wine may increase the level of inflammation-fighting omega-3 fatty acids in the blood, according to a recent report in the American Journal of Clinical Nutrition. Translation — healthier arteries for you.

Boost your bones: Have a drink now, lower your risk of hip fracture later by as much as 20 per cent. Scientists suspect the effect is due to the fact that alcohol increases estrogen and other hormones important to strong bones.

Protect your liver: People who drink one glass of wine regularly have half the risk of fatty



liver disease compared to teetotalers, say researchers from the University of California, San Diego. Only vino appears to work though and those who had equal amounts of liquor actually increased their odds.

Ditch diabetes: Downing the cheer of your choice can improve your body's sensitivity to insulin, according to a study. The more effectively your body responds to this hormone, the lower are your odds of developing Type 2 diabetes.



Breakfast Selection

Till noon

Buffet breakfast 0700 hours to 1030 hours	₹ 950	█ Eggs to order fried, boiled, scrambled, poached, omelette or akuri served with crispy bacon, chicken sausages and golden hash browns	₹ 475
Continental buffet breakfast choice of fruits, juices, morning bakeries and cereals from the buffet	₹ 625		
█ Breakfast on the go cheese sandwich, breakfast rolls, fruits and tetra pack juice	₹ 625	█ Parantha whole wheat bread, griddled and filled with a choice of potato, cauliflower or cottage cheese, served with pickle and yoghurt	₹ 475
Breakfast a la carte			
█ Cut fresh fruits	₹ 450	█ Poori bhaji mildly spiced potato curry, served with fried puffed Indian bread	₹ 475
█ Your choice of cereals cornflakes, wheat flakes, choco flakes, all bran or dry muesli served with hot or cold milk	₹ 395	█ Dosa-plain or masala south indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney	₹ 595
█ Baker's basket choice of croissant, danish, muffin, doughnut or whole wheat, multi grain and white bread toast with preserves, butter and honey	₹ 450	█ Uttapam-plain, masala, onion or tomato a thick rice and lentil pancake served with sambhar and chutney	₹ 595
█ Belgian waffles melted butter, honey or maple syrup	₹ 475	█ Idli steamed rice and lentil cake, served with sambhar and chutney	₹ 475
█ Pancakes melted butter, honey or maple syrup	₹ 475		



█ Indicates vegetarian dishes Govt. taxes as applicable.
█ Indicates non-vegetarian dishes We levy no service charge.

34 of the world's funniest one-liners

1. Ninety-nine per cent of lawyers give the rest a bad name.
2. Borrow money from a pessimist. They don't expect it back.
3. Time is what keeps things from happening all at once.
4. Lottery: A tax on people who are bad at math.
5. I didn't fight my way to the top of the food chain to be a vegetarian.
6. Never answer an anonymous letter.
7. It's lonely at the top; but you do eat better.
8. I don't suffer from insanity; I enjoy every minute of it.
9. Always go to other people's funerals, or they won't go to yours.
10. Few women admit their age; few men act it.
11. If we aren't supposed to eat animals, why are they made with meat?
12. No one is listening until you make a mistake.
13. Give me ambiguity or give me something else.
14. We have enough youth. How about a fountain of 'Smart'?
15. He who laughs last thinks slowest.
16. Campers: Nature's way of feeding mosquitoes.
17. Always remember that you are unique; just like everyone else.
18. Consciousness: That annoying time between naps.
19. There are three kinds of people: Those who can count and those who can't.
20. Why is 'abbreviation' such a long word?
21. If you don't like the news, go out and make some.
22. I started out with nothing and I still have most of it.
23. Change is inevitable, except from a vending machine.
24. Out of my mind. Back in five minutes.
25. A clear conscience is usually the sign of a bad memory.
26. As long as there are tests, there will be prayer in public schools.
27. Laugh alone and the world thinks you're an idiot.
28. Sometimes I wake up grumpy; other times I let her sleep.
29. The severity of the itch is inversely proportional to the ability to reach it.
30. You can't have everything; where would you put it?
31. I took an I.Q. test and the results were negative.
32. Okay, who stopped the payment on my reality check?
33. We are born naked, wet and hungry. Then things get worse.
34. Eat right. Stay fit. Die anyway.

Appetizers and Soups

Noon to midnight



- Iceberg caesar’s salad

₹ 750

seared chicken, bacon, parmesan shavings and garlic croutons, with chef’s special caeser dressing
- Chicken trio salad

₹ 750

chicken ham, smoked chicken and chicken sausage salad
- 10/10 Weight watcher’s salad

₹ 695

a salad of ten natural vegetables and freshly cut fruits seasoned to perfection
- Kurkuri idli chaat

₹ 750

combination of mini fried idlis, chickpeas, cottage cheese and masala potatoes topped with tamarind, curd and mint chutney
- Bruschetta caprese

₹ 695

plum tomatoes, basil and mozzarella
- Get mushy

₹ 695

cilantro flavored chopped mushrooms served with garlic bread
- Basket of garlic bread

₹ 450
- Paloc

₹ 495

cumin and tomato flavoured hungarian lamb soup with beans, potatoes and sour cream
- Canja de galina

₹ 495

a flavourful portuguese broth of rice and chicken with fresh coriander
- Sweet corn soup

₹ 450

vegetables or chicken
- Mulligatawny

₹ 450

a curry flavoured lentil soup
- Minestrone

₹ 450

the traditional italian soup of mixed vegetables, pasta and parmesan cheese
- Tuscany tomato soup

₹ 450

pesto croutons

■

 Indicates vegetarian dishes

■

 Indicates non-vegetarian dishes

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

How do culturally different people interpret non verbal communication?

Let’s say that you’re travelling to a country where you don’t speak the language. You didn’t have time to pick up a dictionary or a book of common phrases, so you’ll have to get around using only hand gestures. At a restaurant, you try to indicate which dishes you’d like by nodding or giving the server a thumbs-up, but all you get is the opposite of what you wanted and an offended look. No one will look you in the eye, and one person seemed downright affronted by your attempts to point out on a map where you’d like to go.

We may think that non verbal communication is universal, but it’s not. Every culture interprets body language, gestures, posture and carriage, vocal noises (like shrieks and grunts), and degree of eye contact differently. In the example above, the poor traveller might have expected that nodding his or her head up and down would indicate yes, but in some countries, it means just the opposite. In the Middle East, nodding the head down indicates agreement, while nodding it up is a sign of disagreement; in Japan, a up-and-down nod might just be a signal that someone is listening. The thumbs-up signal is vulgar in Iran. The ‘OK’ signal made by forming a circle with the thumb and forefinger refers to money in some countries, while in others it’s an extremely offensive reference to a private body part. Point with the wrong finger, or with anything less than your entire hand, and you risk offending somebody, and while some cultures value eye contact as a sign of respect, averting your eyes may be the sign of respect in others.

The list goes on and on: Some countries consider a handshake rude, and it’s always rude to hand an object to another person with your left hand in the Middle East—after all, that hand is reserved for matters of personal hygiene. While burping after a meal is considered the height of uncouthness in the U.S., a hearty belch is a sign of appreciation for the cook here in India.

In some places, people value a certain degree of personal space in conversation, while those from the Middle East might get right up in your face when they want to converse. In Latin America, it’s expected that you’ll get very touchy-feely with both strangers and friends - perhaps exchanging a hearty embrace - whereas in the U.S., such contact might be considered sexual. And restrain the desire to pat a child on the head in Asia; there’s a belief that such a touch would damage the child’s soul.

Facial expressions might be the only form of non verbal communication that could be considered universal. It was Charles Darwin who first proposed that all cultures express emotions the same way with their faces, a hypothesis that was supported by laboratory studies in the 1960s. Researchers determined that there are six universal facial expressions: anger, disgust, fear, happiness, sadness and surprise. In more recent years, other researchers have argued that looks of contempt and embarrassment may also constitute universal expressions. No matter where you are, it seems, you must remember that your body is always saying something, even when you’re not speaking.



Seven banned books you read as a child

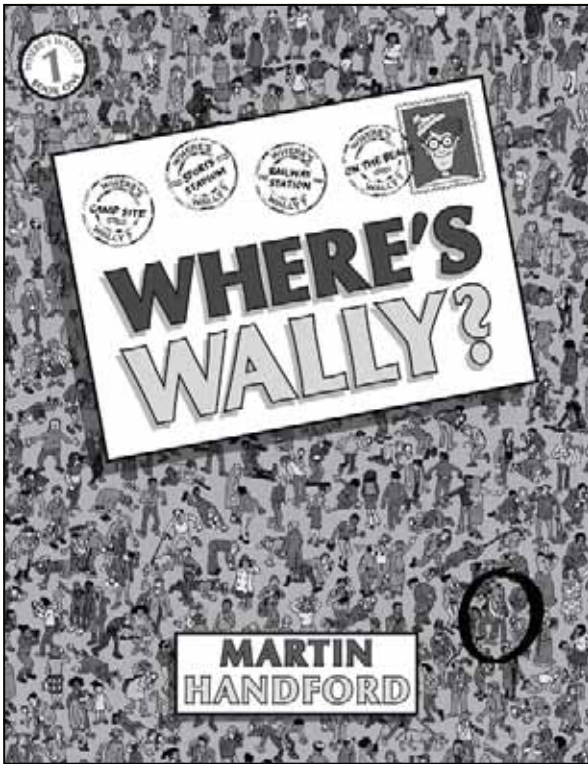
or as an adult... don't judge us. In honor of Banned Books Week here are a few novels you can pull out of the attic.



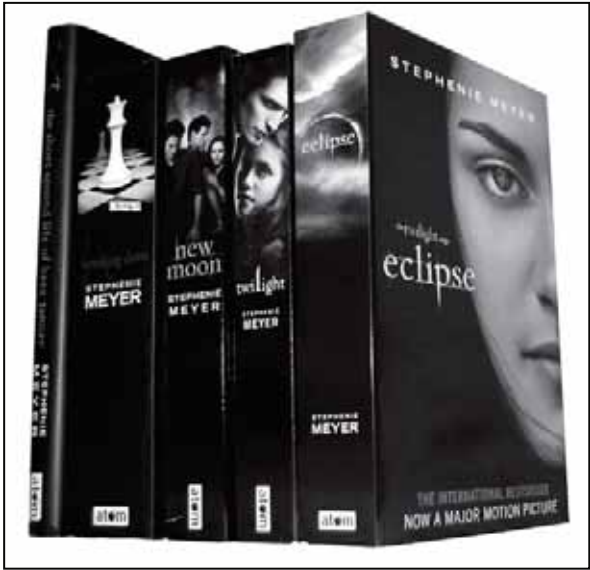
Reasoning: Promotes witchcraft and main character has no moral story arc. Position on American Library Association List Of Banned Books 2000-2009: #1



Reasoning: Inappropriate for age group, desensitizes children to murder and encouraged violence as entertainment, drug use. Position on American Library Association List Of Banned Books 2010: #5



Reasoning: Tanning female with partially exposed breast on the beach. Position on American Library Association List Of Banned Books 1990-1999: #87



Reasoning: Inappropriate themes, explicit sexuality and offensive language. Position on American Library Association List Of Banned Books 2010: #10

Gluten free and Lactose free selection

Breakfast Selection

- Dosa-plain or masala ₹ 595
south indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney
- Uttapam-plain, masala, onion or tomato ₹ 595
a thick rice and lentil pancake served with sambhar and chutney
- Idli ₹ 475
steamed rice and lentil cake, served with sambhar and chutney

Lunch and dinner

- 10/10 Weight watcher's salad ₹ 695
a salad of ten natural vegetables and freshly cut fruits seasoned to perfection
- Pan grilled river sole ₹ 975
filled with peppered rice and served with buttered greens
- Minced chicken steak ₹ 975
minced chicken patty cooked on a hot griddle served with tomato sauce
- Risotto e pomodoro ₹ 850
tomatoes and spring vegetables cooked with arborio rice
- Vegetable brochette ₹ 850
balsamic grilled vegetables cooked with tangy tomato sauce served on a bed of oriental rice
- Dal tadka ₹ 850
yellow dal cooked dhaba style served with steamed rice
- Cut fresh fruits ₹ 450

International Selection

Yellow Brick Road favourites



- Flame grilled prawns
country style baked potato and buttered greens
- Norwegian salmon steak
buttered parsley rice, greens and white wine sauce
- Pan grilled river sole
filled with peppered rice and served with buttered greens
- Fried fish with tartare sauce
- YBR mixed grill
chicken breast, sausages, pork chop and bacon rashes served with fried egg and french fries
- Grilled tenderloin fillet
choice of sauce - pepper, mushroom or garlic
- Glazed pork chops
bbq sauce
- YBR chicken
red wine marinated spicy grilled chicken served with sautéed vegetables and jacket potato
- Chicken country captain
an anglo-indian chicken preparation with steamed rice and chef's salad
- Oat Crusted Chicken
oat crusted chicken stuffed with mozzarella cheese and flavored with freshly ground pepper
- Cheese delight
grilled cottage cheese steaks filled with pesto and tomatoes served with buttered vegetables and rice
- Vegetable crepes
assorted vegetable crepes with tomato and bechamel sauce
- Vegetable brochette
balsamic grilled vegetables cooked with tangy tomato sauce served on a bed of oriental rice
- Vegetable railway cutlets
served with french fries and tangy tomato sauce

Simply thai

- Pattaya prawn curry ₹ 1295
prawns cooked in chef's style thai red curry
- Bangkok chicken curry ₹ 975
sliced chicken cooked in chef's style thai red curry
- Thai green curry ₹ 850
garden fresh vegetables cooked in chef's style thai green curry

Italian fare

- Spaghetti carbonara ₹ 975
bacon, egg, cream and parmesan
- Pasta south hall ₹ 975
your choice of pasta with spicy keema
- Fusilli pollo e funghi ₹ 975
pasta spirals tossed in a cream sauce with mushroom and pan-roast chicken
- Risotto de pollo con asparagi ₹ 975
chicken and asparagus with arborio rice
- Penne aglio e olio ₹ 850
penne tossed in extra virgin olive oil, hot pepper flakes, herbs and garlic
- Spaghetti al pesto ₹ 850
tossed with basil pesto, boiled potatoes and string beans
- Penne arrabiatta ₹ 850
fresh tomato sauce with garlic, basil and hand pounded peppers
- Whole wheat spaghetti ₹ 850
tossed with extra virgin olive oil, garlic and sautéed green vegetables
- Canneloni al calabrese ₹ 850
Tubes of fresh pasta stuffed with spinach and cheese, baked with bechamel sauce
- Risotto e pomodoro ₹ 850
tomatoes and spring vegetables cooked with arborio rice

What can be made from recovered paper?

Most recovered paper is recycled back into paper and paperboard products.

With a few exceptions, recovered paper is generally recycled into a grade similar to, or of lower quality than the grade of the original product.

For example, old corrugated boxes are used to make new recycled corrugated boxes. Recovered printing and writing paper can be used to make new recycled copy paper. Recovered paper can be used in a variety of other products as well.

Recycled pulp can be molded into egg cartons and fruit trays. Recovered paper can be used for fuel, ceiling and wall insulation, paint filler, and roofing. Nearly 100,000 tons of shredded paper is used each year for animal bedding. Even cat litter can be made from recovered paper!

What happens to the ink once it is removed?

As you have learned, ink and stickies are trapped in the froth produced during flotation deinking. This material is collected, and much of its water is removed and reused in the mill. The remaining material, which is still 30% to 50% water, also contains very small fibres which have washed out of the pulp during the deinking process.

This material can be burned to make energy, composted, or land filled. It can also be used to make concrete and gravel for roads.

The disposal method depends upon the content of the material. In a typical deinking plant, every 100,000 dry lb. of recovered paper placed in the pulper will result in as much as 35,000 dry lbs. of ink, stickies, and small fibre.

Can all of my recovered paper be recycled?

As much as 80% of the content of typical recovered paper can actually be used in the recycling process, but 20% cannot.

A lot of what's contained in a bale of recovered 'paper' isn't paper! Trash, such as wire, staples, paper clips, and plastic, must be removed during pulping, cleaning, and screening. This trash is usually sent to a landfill, just like your trash at home.

Recovered paper contains some fibres which have become too small to be recycled into paper. Your recovered paper may contain fibres which already have been recycled once, twice, or perhaps several times! Wood fibres can only be recycled five to seven times before they become too short and brittle to be made into new paper.



This menu puts a smile on the faces of not just our customers, but also the environment. It is made up of recycled paper.

Indian Selection

From our tandoor

1200 hours till 2345 hours

- Tandoori ajwaini jheenga

carom seeds flavoured prawn with yoghurt, garam masala and garlic

₹ 1295
- Tandoori pomfret ajwaini

whole pomfret marinated in a blend of lime juice, carom and green cardamom

₹ 975
- Machli tikka achari

pickle-flavoured chunks of tandoori fish

₹ 975
- Meat ki seekh

scented mutton mince seekh flavoured with hand pounded indian spices

₹ 975
- Tandoori chicken

char grilled chicken in a spicy marinade

₹ 975
- Murg tikka

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

₹ 975
- Non-vegetarian kebab platter

assortment of murg tikka, seekh kebab and fish tikka achari

₹1200
- Tandoori paneer tikka

cottage cheese cubes flavoured with cardamom, chillies and mint chutney

₹ 795
- Palak ke shami kebab

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

₹ 795
- Vegetarian kebab platter

assortment of paneer tikka, palak ke shami and tawa arvi ke kebab

₹ 950



■ Indicates vegetarian dishes
■ Indicates non-vegetarian dishes

Curries from our bylanes

- Gosht roganjosh

tender lamb curry in a flavourful onion tomato gravy

₹ 975
- Gol boti angara

semi dry lamb curry flavored with mint and tossed with onion rings

₹ 975
- Keema pao

spicy lamb mince and green peas served with pao bread

₹ 975
- Butter chicken ludhiana

chicken tikka cooked in rich tomato gravy

₹ 975
- Murg kathi roll

spiced chicken and egg parantha wrap, served with mint chutney

₹ 975
- Chote miyan biryani

boneless lamb biryani served with mint raita

₹ 975
- Paneer punjabi bagh

fresh cottage cheese in buttered tomato gravy, reminiscent of delhi

₹ 850
- Palak corn ki bhurjee

shredded spinach and corn, seasoned with chef's special masala

₹ 850
- Kurkuri bhindi

crispy fried ladies finger with spicy pungent flavours

₹ 850
- Pao bhaji

mumbai special-a mélange of potatoes, green peas, tomatoes and onions served with pao bread

₹ 850
- Paneer kathi roll

curry-flavoured cottage cheese and besan parantha wrap, served with mint chutney

₹ 850
- Vegetable biryani

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

₹ 850
- Dal makhani

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

₹ 850
- Dal tadka

yellow dal cooked dhaba style

₹ 850
- Indian breads

₹ 225
- Steamed rice

₹ 225
- Yoghurt or raita

₹ 225

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

South indian trail

1200 hours till 2000 hours

- Mutton pepper fry

a semi dry preparation of tender mutton pieces sautéed in black pepper, ginger and chillies

₹ 975
- Chicken chettinad

chicken curry with the unique regional flavour of aniseed and black pepper

₹ 975
- South indian platter

assortment of idli, vada, mini uttapam and dosa

₹ 975
- Bisi bele huliyaana

rice and dal cooked together with vegetables and tamarind in the classic karnataka style

₹ 595
- Curd rice

₹ 595
- Choice of dosa

plain, masala or mysore masala

₹ 595
- Uttapam

plain, onion or masala

₹ 595
- Idli

steamed rice and lentil cake

₹ 475
- Sambhar and fresh coconut chutney.

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

21 ways to get in a good mood

Tired? Sad? Stressed? Here’s how to reverse your bad day.

Not having such a great day? It happens to every mom, especially during the harried holiday season, and for all sorts of reasons: You were up all night. You’re feeling inexplicably sad. You’re stressed to the max. (Or maybe a little bit of all three!) First, remember that you can’t do it all perfectly and you won’t always be in a good mood, says psychologist Patricia Farrell, Ph D., author of ‘How to Be Your Own Therapist’. “Life isn’t a straight highway-your baby needs to learn this, too.” Then try a few of the following solutions to U-turn a day that’s headed south.

When you’re exhausted, don’t try to burn the candle at both ends today. Take it easy instead.

Hit the floor. Set your baby up with a bunch of toys and activities on the rug or carpet, then lie down next to her while she plays, suggests Paige Babcock, a mom of two in New Milford, Connecticut. She’ll enjoy having you nearby, and you’ll sneak in some rest.

Enforce naptime for everyone. We know, it’s hard to give up your only time to check email, but just this once sleep while your baby sleeps-you’ll be surprised by how easily you doze off (and how much better you feel when you wake up).

Meter your java dose. “Having more (or less) than your usual amount of caffeine can lead

to irritability and exacerbate fatigue,” says Cynthia Sass, R.D., former spokesperson for the American Dietetic Association and co-author of ‘Your Diet Is Driving Me Crazy’.

But do drink up! Dehydration can leave you feeling even more tired than you already are. Aim for at least eight 8-ounce servings of fluid, including fruit and vegetable juice, milk, and even coffee and tea.

Don’t skip meals. Too conked to cook? Just chowing down on a simple PB&J-if it’s on wholegrain bread with an all-fruit spread supplies complex carbs that can boost serotonin levels in your brain and help you feel more focused, according to Andrew Packard, M.D., author of ‘The Packard Weight Health Plan’.

Save sweets for last. Treats are fine, but eating sugary foods on an empty stomach can bring on a huge energy crash, says Sass.

Give yourself an extension. Instead of feeling bad that you’re too tired to accomplish much, reprioritize and put off everything that doesn’t need to be done immediately. Tweak your sleep. Move bedtime - yours and your baby’s - earlier to-night. “Most likely she’ll still sleep until the same time tomorrow, and you’ll both feel refreshed,” says sleep expert Jodi Mindell, Ph D., author of ‘Sleeping Through the Night’.



Some healthful tips on enjoying your favourite comfort foods

Top low-fat ice cream with granola, or try sherbet topped with fruit.

Opt for oatmeal-raisin, vanilla wafers or ginger snaps cookies.

If you prefer salty foods, try popcorn, pretzels dipped in spicy mustard or baked tortilla chips and salsa.

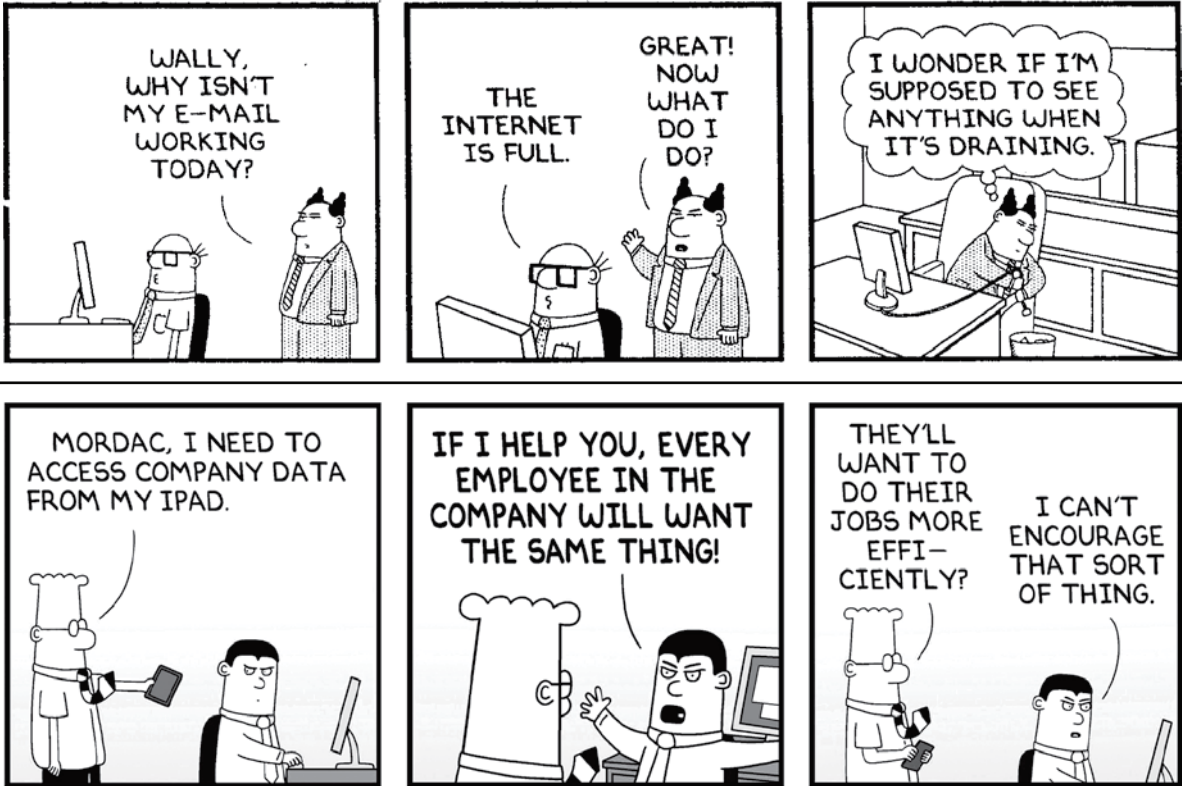
Instead of having seconds of hot chocolate, milkshakes, and eggnog, drink a glass of water.

Add naturally sweet sliced or dried fruit to cereal, yogurt or pancakes.

Add grated, shredded or chopped vegetables-zucchini, spinach, carrots-to lasagna, meat loaf, mashed potatoes, poultry, pasta, and grain dishes.



Dilbert



Burgers, Sandwiches and More

- Vivanta club sandwich
three tiers of white or whole wheat bread
- Non-vegetarian

chicken salad, ham, fried egg, tomato

₹ 995
- Vegetarian

cheese, lettuce, tomato, cucumber and coleslaw

₹ 895
- BLT

bacon, lettuce and tomato on toasted bread

₹ 895
- YBR delight

grilled sandwich with chicken tikka onions and mint chutney

₹ 895
- Croissant-wich

freshly baked large croissant filled with chicken salad

₹ 895
- American chicken burger

topped with fried egg

₹ 895
- Very veggie burger

topped with melted cheese and house salad

₹ 795
- Country sandwich

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

₹ 795
- Jalapeno and cheddar cheese melt

a mouth watering combination of jalapeno and Cheddar on garlic bread

₹ 795

All sandwiches and burgers are served with french fries.

■ Indicates vegetarian dishes
■ Indicates non-vegetarian dishes

Pizzas



- ₹ 895

■ Mafia bite

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

₹ 895
- ₹ 795

■ Pizza passionara

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

₹ 895
- ₹ 795

■ Italian temptation

topped with sundried tomatoes mushrooms and garlic jalapeno peppers olives, gherkins and mozzarella cheese

₹ 795
- ₹ 795

■ Margherita

tomatoes, mozzarella, basil & oregano with tomato sauce

₹ 795

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

Chef's Column

Chef Malik

Award winning Chef Malik has been with the Taj Group for 28 years!



In 1985 he joined the Taj Group of Hotels and had a great privilege of working with renowned Chefs like Chef Arvind Saraswat. Through his years of learning and training of the culinary art, he has had many mentors who have molded him into the warm, innovative award-winning Chef he is today!

Moving into Vivanta by Taj Ambassador in 1998, he has been there from the launch of the iconic 'Yellow Brick Road' fondly called 'YBR'. He has been the face of the restaurant for 15 years and loved by all guests old and new! Through the years he has been bringing in changes in the menu, innovative dishes but understanding that YBR in so engrained into the culture of Delhiites that some of the 'comfort food dishes' are always available!

Chef Malik's philosophy on food goes back into putting much emphasis on using the freshest quality of ingredients backed by a lot of hard work to create innovate and produce a dish that is not only technically solid with perfect flavour but most importantly made with passion and warmth!

The YBR Chicken, Kurkuri Idli Chaat and the famous 'Bull's Eye' are some of Chef Malik's signature dishes.

■ 10 by 10 salad recipe

Ingredients

- Watermelon
- Papaya
- Pineapple
- Bellpeppers
- Broccoli
- Mushroom
- Asparagus
- Zucchini
- Babycorn fresh
- Pink carrot

Quantity

- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms
- 15 gms

For dressing

- Olive oil

5 ml
- Lemon juice

5 ml
- Basil fresh

3 gms
- Parsley fresh

2 gms
- Salt to taste
- Blackpepper crushed to taste



Method:

- Cut all the vegetables and fruits in finger size baton
- In boiling water, blanch the vegetables and cool them
- Assemble all the fruits and vegetables in a salad bowl and add dressing and mix it
- Arrange properly in a serving plate and garnish with chopped parsley

For dressing:

In a mixing bowl add olive oil, lemon juice, salt, crushed pepper, freshly chopped basil and parsley and whisk it until it emulsifies.

10 completely false ‘facts’ everyone knows

From geography to physiology, there are many examples of people collectively doing it wrong by learning fiction as truth. Here are 10 of the biggest errors walking around masquerading as well-known facts.

1. Mount Everest is the tallest mountain in the world.

Above sea level, Mauna Kea (in Hawaii) is only 13,799 feet (4,206 m). But when you count the crazy enormous portion of it that’s underwater, it’s 33,465 feet tall (10,200 m). Everest, that snobby little upstart, is only 29,029 feet (8,848 m) above sea level, with none of it below sea level.

2. Body heat dissipates mainly through the head.

The sad truth is, you lose just as much heat per square inch through your head as you do through the rest of the body.

3. The Great Wall of China is the only man-made object visible from space.

It cannot, in fact, be seen from the space, at least not with the naked eye. At some lower altitudes it might be visible from outer space, especially with the use of binoculars, but it’s hardly the most visible manmade object. While the wall is long, it is only a few metres wide, and it’s not very different in color from its surroundings.

4. Glass is a slow-moving liquid.

Contrary to what some science teachers and tour guides may say, glass is NOT a ‘slow-moving’ liquid. That’s an urban legend. Many years ago, the method of making glass panes involved spinning a glob of glass on a flat disk until the glass flattened, which caused the outside edge to be thicker than the centre. When the disk of glass was cut into panes, one edge was always slightly thicker.

5. Mother birds will abandon babies if you touch them.

While this is wrong on several levels, it’s not because you touched the bird.

Baby birds usually don’t leave the nest until they’re ready (or at least readyish) to fly. But, just like how well you drove during your very first driving lesson, they typically stink at flying at first. So needless to say, they suffer a few false starts and end up on the ground, whining like a teenager who wants the keys but hasn’t completely got the hang of which is the gas and which is the brake.

But that doesn’t mean the fledgling’s parents aren’t supervising their offspring. They’re probably in a nearby tree, shuddering as

their little dunce forgets all the lessons they taught it. And if you leave the baby bird alone, chances are they’ll be there soon to smack it upside the head and tell it to pay more attention during the next round of flying lessons.

6. Different parts of your tongue detect different tastes.

Most people are familiar with the tongue map from grade school. The tongue map is a picture of the tongue displaying areas of taste sensitivities.

But most scientists now believe that taste buds can detect all tastes, and the sensitivity differences along the perimeter of the tongue are of probably no significance.

7. People thought the world was flat before columbus.

If you learned in school that Christopher Columbus sailed from Spain in 1492 and crossed the Atlantic Ocean, disproving a common belief in those days that the Earth was flat, then the lesson was wrong.

Historians say there is no doubt that the educated in Columbus’s day knew quite well that the Earth was not flat but round. In fact, this was known many centuries earlier.

As early as the sixth century B.C., Pythagoras - and later Aristotle and Euclid - wrote about the Earth as a sphere. Ptolemy wrote ‘Geography’ at the height of the Roman Empire, 1,300 years before Columbus sailed, and he considered the idea of a round planet as a fact.

‘Geography’ became a standard reference, and Columbus himself owned a copy.

For him, the big question was not the shape of the Earth but the size of the ocean he wanted to cross.

8. Deoxygenated blood is blue.

No! Once your blood has stopped by the bank (your lungs) and picked up a withdrawal of cash monies (oxygen) it’s flushed with greenbacks (bright red blood). Once it’s spent a night on the town (circulated through your body), it returns with a massive hangover (the blood has turned dark red) and it goes to curl up on the couch (take another pass through the heart).

9. Chameleons change colour to blend in with surroundings.

Chameleon colour-changing is triggered by physical, physiological and emotional changes. If they’re feeling fussy, say angry or afraid or combative, they’ll change colours using their chromatophores. They’ll also change colours as a way of communicating in various manners (insert romantic music here) and to pick a fight with a competitor. Light and temperature play a big part, too, in how these little fancy pantses look.

10. Humans have five senses.

In addition to the classical five senses we can sense temperature, pain and equilibrium (balance). We also have countless other senses which work subconsciously to keep us alive (water, sugar, salt balance).



If you have finished relating your birth signs to animals, birds, fruits, colours, numbers and what not, here is something to mull on!!! Happy Reading!!

BASED ON YOUR SUNSIGNS YOUR EXPECTED BEHAVIOUR AFTER A FEW DRINKS!!

ARIES: Drinking style Impulsive Aries people like to party and sometime don't know when to call it a night. Their competitive streak makes them prone to closing-time shot contests. They're sloppy, fun drunks, and they get mighty flirty after a couple tipples. Getting Aries people drunk is a good way to get what you want out of them, should other methods fail. Aries can become bellicose when blotto, but they will assume that whatever happened should be forgiven (if not forgotten) by sunrise. They can be counted on to do the same for you -- so long as you haven't gone and done anything really horrible to them last night, you sneaky Gemini.

TAURUS Drinking style Taurus prefers to drink at a leisurely pace, aiming for a mellow glow rather than a full-on zonk. Since a truly intoxicated Taurus is a one-person stampede, the kind of bull-in-a-china-shop inebriate who spills red wine on white carpets and tells fart jokes to employers, the preference for wining and dining (or Bud and buddies) to body shots and barfing is quite fortunate for the rest of us. This is not to say that the Bull is by any means a teetotaler -- god, no. A squiffy Taurus will get, er, gregarious (full of loud mouth soup, some would say) and is extremely amusing to drag to a karaoke bar when intoxicated.

GEMINI Drinking style Gemini's can drink without changing their behavior much-- they're so naturally chatty and short-attention-spanned that it's just hard to tell sometimes. They can amaze you by conversing with finesse and allusion, then doing something to belie an extremely advanced state of intoxication, like puking in your shoe. Gemini's possess the magic ability to flirt successfully (and uninfuriatingly, which is very tricky) with several people at once. They like to order different cocktails every round -- repetition is boring -- and may create a theme (like yellow drinks: beer, sauvignon blanc and limoncello) for their own amusement.

CANCER Drinking style Cancer is a comfort drinker -- and an extra wine with dinner or an after-work beer or six can be extra comforting, can't it, Cancer darling? Like fellow water signs Scorpio and Pisces, Crabs must guard against lushery. Cancers are brilliant at ferreting out secret parties and insinuating themselves on VIP lists -- and, in true Hollywood style, Cancers are never really drunk; instead, they get "tired and emotional" (read: weepy when lubricated). But there's nothing better than swapping stories (and spit) over a few bottles of inky red wine with your favorite Cancer. Even your second-favorite Cancer will do. The sign also rules the flavor vanilla, and you'd be adored if you served up a vanilla vodka and soda.

LEO Drinking style Leo likes to drink and dance -- they're often fabulous dancers, and usually pretty good drinkers as well, losing their commanding dignity and turning kittenish. Of course, they're quite aware they're darling -Leos will be Leos, after all. They generally know their limit, probably because they loathe losing self-control. When they get over-refreshed, expect flirting to ensue -- and perhaps not with the one what rung them. But Leo's not the type to break rules even when drunk, so just try to ignore it (try harder, Cancer) and expects a sheepish (and hung over) Lion to make it up to you the next day.



VIRGO Drinking style Cerebral Virgos are compelled to impose order onto their bender. Their famously fussy quest for purity could lead to drinking less than other signs, sure --but it could also lead to drinking booze neat, to sucking down organic wine or just to brand loyalty. They rarely get fully shellacked -- but, oh, when they do! Virgo's controlled by the intellect, but there's an unbridled beast lurking within, and they let it loose when walloped. It's dead sexy (and surprisingly unsloppy). As one Virgo friend used to declare, "I'm going to drink myself into a low-level of intelligence tonight." A toast to the sub genius IQ!

LIBRA Drinking style "I'm jusht a social drinker," slurs Libra, "it's jusht that I'm so damn social?" Libra loves nothing more than to party, mingle and relate to everyone. Whether dipped in favor of Good Libra (with Insta-Frienddevice set to "on") or heavier on the Evil Libra side (they are little instigators when bored), the Scales can really work a room. Charming as they are, Libras are notoriously lacking in self-control, however, which can get them into all sorts of trouble --including wearing their wobbly boots waaaay too early in the evening, flirting with every man/woman in the room or even blacking out the night's events entirely. Oops!

SCORPIO Drinking style Don't ever tell Scorpios they've had enough, for they'll smirk at you and quietly but intentionally keep tipping till they're hog-whimpering drunk, out of 100-proof spite. Scorpios like to drink, and screw you if you have a problem with that. Most of them seethe sauce as something to savor in itself, and not as a personality-altering tool -- though if depressed, self-loathing Scorps seek total obliteration. But generally, they're fascinating drinking pals, brilliant conversationalists and dizzying flirts. They also remember everything -- especially what you did when you were blitzed. Only drink with a Scorpio who likes you.

SAGITTARIUS Drinking style In vino veritas -- and, for Sagittarius, in booze blurtiness: When buttered, they'll spill all your secrets and many of their own. Tactlessness aside, Sagittarius is just plain fun to drink with. This is a sign of serious partying (what else would you expect from the sign of Sinatra, Keith Richards, the Bush twins and Anna Nicole Smith?). They're the people who chat up everyone in the room, then persuade the entire crowd to travel somewhere else -- like a nightclub, or a playground, or Cancun. Good-

natured hijinks are sure to ensue (including a high possibility of loopy groping; spontaneous Sag is a brilliant booty call).

CAPRICORN Drinking style Capricorn is usually described as practical, steadfast, money-hungry and status-thirsty -- no wonder they get left off the astrological cocktail-party list. But this is the sign of David Bowie and Annie Lennox, not to mention Elvis. Capricorn is the true rock star: independent, powerful and seriously charismatic, not too eager to please. And if they make money being themselves, who're you to quibble? But just like most rock stars, they're either totally on or totally off, and they generally need a little social lubricant to loosen up and enjoy the after party, especially if they can hookup with a cute groupie.

AQUARIUS Drinking style Aquarius and drinking don't go together that well(except for water, that is). They have an innate tendency toward know-it-allism, and if they get an idea while sizzled, they're more stubborn than a stain or a stone. If they're throwing a party or organizing an outing, however, they're too preoccupied with their duties to get combative -- and they make perfectly charming drunks in that case. Fortunately, they're usually capital drink-nurses. They also make the best designated drivers (if you can get them before they start raising their wrist):Aquarius is fascinated by drunk people and capable of holding interesting conversations with soused strangers while sober.

PISCES Drinking style If you're a Pisces, you've probably already heard that you share a sign and an addictive personality --with Liz Taylor, Lisa Minnelli and Kurt Cobain. Not only do Pisces like to lose themselves in the dreamy, out-there feeling that only hooch can give, but they build up a mighty tolerance fast. Who needs an expensive date like that? On the other hand, they're fabulously enchanting partners, whether in conversation or in crime. With the right Pisces, you can start out sharing a pitcher of margaritas and windup in bed together for days. The phrase "addictive personality" can be read two ways, you know. ...

Desserts and Beverages

Sweet nothings Drink and D(e)rive

<div><div></div><div>Bull's eye</div><div>two scoops of ice cream</div></div>	₹ 650	Choice of tea	₹ 295
<div><div></div><div>Apple pie with ice cream</div></div>	₹ 575	Choice of coffee	₹ 295
<div><div></div><div>Crème caramel</div></div>	₹ 575	Horlicks / Hot Chocolate / Bournvita	₹ 295
<div><div></div><div>Banana split</div><div>chocolate, vanilla and strawberry ice cream on banana, topped with pineapple chunks, almonds and chocolate sauce</div></div>	₹ 575	Shake of your choice	₹ 350
<div><div></div><div>Hot chocolate fudge</div><div>heaps of vanilla ice cream topped with hot fudge and nuts</div></div>	₹ 575	Cold coffee with or without ice cream	₹ 350
<div><div></div><div>Gulab jamun with ice cream</div></div>	₹ 495	Iced tea	₹ 350
<div><div></div><div>Kulfi falooda</div><div>traditional indian ice cream</div></div>	₹ 495	Choice of seasonal fresh fruit juices	₹ 350
<div><div></div><div>Choice of ice cream</div></div>	₹ 450	Lassi or chaas	₹ 350
<div><div></div><div>Cut fresh fruits</div></div>	₹ 450	Tender coconut water	₹ 350
		Fresh lime soda / water	₹ 295
		Aerated water	₹ 295
		Packaged drinking water (1 Lt.)	₹ 275

Indicates vegetarian dishes

Indicates non-vegetarian dishes

Govt. taxes as applicable
We levy no service charge



“We are proud to serve the local flavours of this region. Please ask your server for more menu selections.”

Please inform our associates if you are allergic to any ingredients.

Some food preparations may contain Mono Sodium Glutamate. Please inform our associates in case you would like your food prepared without it.

Alcoholic beverages

BEER	
Kingfisher (330ml)	₹ 350
Corona (355ml)	₹ 500
VODKA	
Smirnoff	₹ 425
Absolut	₹ 475
RUM	
Bacardi Carta Blanca	₹ 425
Old Monk	₹ 375
GIN	
Bombay Sapphire	₹ 475
WHISKY	
Glenlivet 12 Y.O	₹ 650
JW Black Label	₹ 575
Chivas Regal 12YO	₹ 550
Jack Daniel's	₹ 575
Black dog 8	₹ 400

Our standard measure is 30ml

All prices are in Indian Rupees.
Government taxes as applicable.
We levy no services charge.

Wines

	Per bottle	Per glass
WHITE WINES		
Domestic		
Sula Sauvignon Blanc Nasik, India	₹ 3000	₹ 650
Turning Point, Chenin Blanc Nashik, India	₹ 3000	₹ 650
Imported		
La Isla Tarapaca sauvignon blanc	₹ 4500	₹ 950
RED WINES		
Domestic		
Merlot, Satori Nasik, India	₹ 3000	₹ 650
Turning Point, Shiraz Cabernet Nashik, India	₹ 3000	₹ 650
Imported		
El Rosal Tarapaca Pinot noir	₹ 4500	₹ 950

Our standard measure for wine is 150ml by glass.
Vintage years are subject to change.
No service of alcoholic beverages after 0030 hrs.