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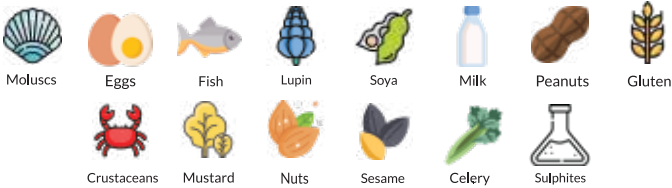
" As per the guidelines issued by Food Safety and Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person."





STARTERS | SALADS | SANDWICHES

<div> <div></div> <div>Almond and Broccoli Soup</div> </div> <div>369 kcal 220 ml almond broccoli butter</div> <div>   </div>	-----	275
<div> <div></div> <div>Tamatar Dhaniya Ka Shorba</div> </div> <div>118 kcal 220 ml clear tomato soup coriander spices</div> <div>  </div>	-----	275
<div> <div></div> <div>Cream Of Chicken</div> </div> <div>308 kcal 220 ml chicken cream thyme</div> <div>  </div>	-----	300
<div> <div></div> <div>Murgh Badami Shorba</div> </div> <div>154 kcal 220 ml chicken bouillon almond flakes</div> <div>   </div>	-----	300
Sweet Corn Soup		
<div> <div></div> <div>63 kcal 220 ml vegetable</div> </div> <div>  </div>	-----	275
<div> <div></div> <div>111 kcal 220 ml chicken</div> </div> <div>   </div>	-----	300
Caesar Salad		
romaine lettuce garlic- anchovy dressing grated parmesan bread croutons		-----275
Choice of toppings:		
<div> <div></div> <div>118 kcal 220 gms grilled chicken breast</div> </div> <div>     </div>	-----	300
<div> <div></div> <div>664 kcal 200 gms crispy bacon bits</div> </div> <div>     </div>	-----	300
<div> <div></div> <div>118 kcal 200 gms vegetables</div> </div> <div>   </div>	-----	275
<div> <div></div> <div>Greek Salad</div> </div> <div>273 kcal 260 gms cucumber onion tomatoes feta cheese olive oil-lemon dressing oregano</div> <div>   </div>	-----	275

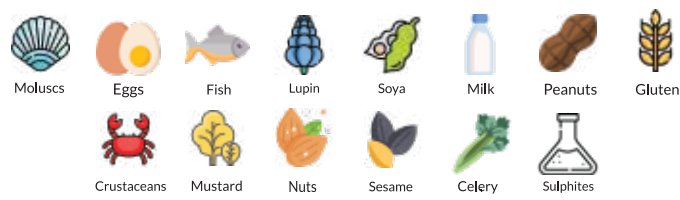


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Indicates vegetarian preparation

Indicates non-vegetarian preparation

<div> <div></div> <div>Mediterranean Quinoa Salad</div> </div> <div> 579 kcal 260 gms quinoa chickpea grilled zucchini tomato bell peppers olive oil dressing </div> <div> <div></div> <div></div> </div>	-----	300
<div> <div></div> <div>Avocado and Feta Cheese Bruchetta</div> </div> <div> 541 kcal 260 gms white bread crostini avocado feta cheese crumples </div> <div> <div></div> <div></div> </div>	-----	300
<div> <div></div> <div>Focaccia Sandwich</div> </div> <div> 748 kcal 280 gms grilled vegetables sundried tomato mozzarella basil oil </div> <div> <div></div> <div></div> </div>	-----	300
<div> <div></div> <div>Popular Indian Chaats</div> </div> <div> 206kcal 180 gms papdi chaat </div> <div> <div></div> <div></div> </div> <div> 296kcal 180 gms sev puri </div> <div> <div></div> <div></div> </div>	-----	275
Grilled / Toasted Sandwich		
<div> <div></div> <div>407 kcal 220 gms vegetable</div> </div> <div> <div></div> <div></div> </div>	-----	300
<div> <div></div> <div>472 kcal 180 gms chicken</div> </div> <div> <div></div> <div></div> </div>	-----	325
<div> <div></div> <div>Chicken Tikka</div> </div> <div> 951 kcal 240 gms kachumber salad mint chutney </div> <div> <div></div> <div></div> </div>	-----	425



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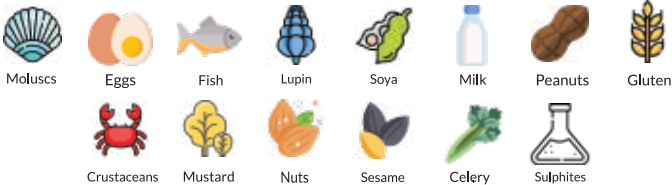
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MAIN COURSE



<div> <div></div> <div> Aubergine Parmigiana 877 kcal 300 gms baked brinjal parmesan cheese tomato sauce  </div> </div>	-----	400
<div> <div></div> <div> Whole Wheat Penne Pasta 1332 kcal 300 gms olive oil garlic basil pesto  </div> </div>	-----	400
<div> <div></div> <div> Green Pea Risotto 670 kcal 300 gms pea puree parmesan white wine  </div> </div>	-----	400
<div> <div></div> <div> Spaghetti Carbonara 1162 kcal 240 gms crispy bacon strips parmesan egg yolk  </div> </div>	-----	450
<div> <div></div> <div> Nile Perch Steak 513 kcal 320 gms pan fried fish sautéed vegetables scallion potato mash caper butter  </div> </div>	-----	550
<div> <div></div> <div> Grilled Chicken Breast 775 kcal 380 gms mediterranean vegetables creamy polenta mushroom sauce  </div> </div>	-----	550
<div> <div></div> <div> Herb Garlic Prawns 668 kcal 200 gms shelled backwater prawns basil garlic butter crispy potato straw  </div> </div>	-----	600
<div> <div></div> <div> Grilled Indian Lamb Chops 1019 kcal 320 gms parmesan crust sautéed spinach gratin potatoes mint jus  </div> </div>	-----	600
<div> <div></div> <div> Grilled Tenderloin Steak 856 kcal 320 gms garlic green beans thick fries green peppercorn sauce  </div> </div>	-----	600



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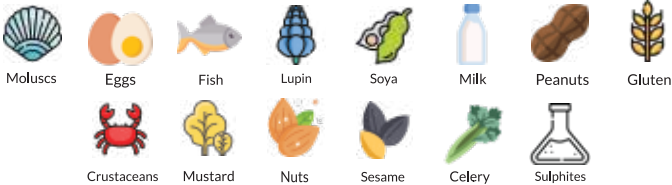
Indicates non-vegetarian preparation

REGIONAL INDIAN
















INDIAN STARTERS

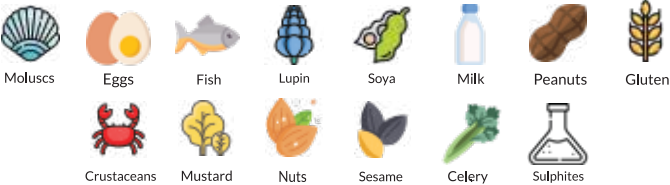
<div><div>■</div><div>Mushroom Galouti</div></div>	-----	350
659 kcal 180 gms smoked mushroom mash ginger		
<div><div></div></div>		
<div><div>■</div><div>Beetroot Peanut Tikki</div></div>	-----	350
564 kcal 180 gms grated beetroot crushed peanut spices		
<div><div></div><div></div></div>		
<div><div>■</div><div>Malai Paneer Tikka</div></div>	-----	375
398 kcal 240 gms cottage cheese yogurt spices		
<div><div></div></div>		
<div><div>▲</div><div>Ajwaini Fish Tikka</div></div>	-----	475
1089 kcal 240 gms spiced fish chunks yogurt carom seeds		
<div><div></div><div></div></div>		
<div><div>▲</div><div>Gilafi Seekh Kebab</div></div>	-----	525
494 kcal 240 gms lamb mince bell peppers seasoning		
<div><div></div></div>		
<div><div>▲</div><div>Tandoori Chicken</div></div>	-----	575
477 kcal 400 gms kachumber salad mint chutney		
<div><div></div><div></div><div></div></div>		
<div><div>▲</div><div>Tandoori Malai Jhinga</div></div>	-----	600
684 kcal 180 gms prawns yogurt spices		
<div><div></div><div></div><div></div></div>		



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INDIAN MAIN COURSE

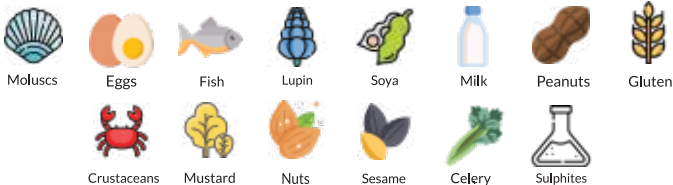
<div><div>■</div><div>Bhutta Methi Palak</div></div> <div>436 kcal 360 gms corn spinach fenugreek leaves</div> <div></div>	-----	525
<div><div>■</div><div>Dhingri Dolma</div></div> <div>558 kcal 360 gms mushroom bell pepper cottage cheese</div> <div></div>	-----	525
<div><div>■</div><div>Kadhai Paneer</div></div> <div>538 kcal 360 gms cottage cheese onion capsicum tomato</div> <div></div>	-----	550
<div><div>■</div><div>Dal Makhani</div></div> <div>671 kcal 360 gms black lentil kidney beans tomato butter cream</div> <div></div>	-----	500
<div><div>▲</div><div>Methi Murgh</div></div> <div>688 kcal 360 gms chicken fenugreek leaves cream</div> <div></div>	-----	575
<div><div>▲</div><div>Achari Macchi Curry</div></div> <div>319 kcal 360 gms local fish fennel onion seeds fenugreek</div> <div></div>	-----	600
<div><div>▲</div><div>Gosht Rogan Josh</div></div> <div>696 kcal 420 gms tender lamb stew onion Kashmiri chillies</div> <div></div>	-----	650



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Dum Biryani

■ 442 kcal 500 gms vegetable	-----	525
		
▲ 579 kcal 520 gms chicken	-----	575
		
▲ 718 kcal 550 gms lamb	-----	650
		
■ Choice of Rice	-----	300
207 kcal 360 gms steamed rice		
600 kcal 360 gms green peas pulao		
733 kcal 360 gms jeera pulao		
■ Indian Breads	-----	250
806 kcal 230 gms naan		
		
619 kcal 160 gms roti		
		
423 kcal 180 gms pudina paratha		
		
426 kcal 170 gms malabari paratha		
		



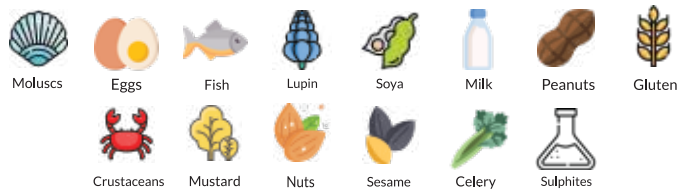
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REGIONAL LOCAL









LOCAL STARTERS

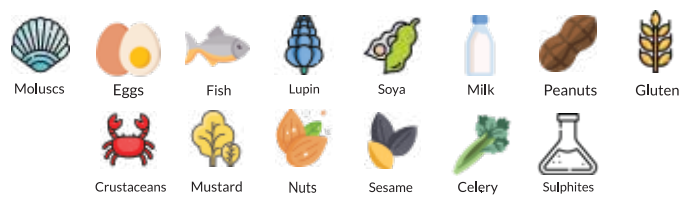
<div><div>■</div><div>Potato Dumplings</div></div> <div>286 kcal 180 gms balchao masala cashew vegetables semolina</div> <div></div>	-----	350
<div><div>■</div><div>Mushroom & Cheese Rissois</div></div> <div>901 kcal 180 gms mushroom melted cheese parcels refined flour spices</div> <div></div>	-----	350
<div><div>▲</div><div>Chicken Skewers</div></div> <div>616 kcal 180 gms chicken supreme cashew nut coconut cream</div> <div></div>	-----	400
<div><div>▲</div><div>Filled Crab Shells</div></div> <div>238 kcal 180 gms picked crabmeat onion tomato coriander spices</div> <div></div>	-----	425



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LOCAL MAIN COURSE

<div><div>■</div><div>Tambdi Bhaji</div></div> <div>541 kcal 360 gms amaranth leaves coconut chili onion mustard seeds</div> <div></div>	-----	525
<div><div>■</div><div>Bhindi Sola</div></div> <div>165 kcal 360 gms okra cumin seeds onion green chillies tomato coconut kokum</div> <div></div>	-----	525
<div><div>■</div><div>White Pumpkin Caldine</div></div> <div>647 kcal 360gms dices of pumpkin coconut milk spices</div> <div></div>	-----	525
<div><div>▲</div><div>Choice of meat -</div></div> <div>375 gms Chicken</div> <div>400 gms Mutton</div>	----- -----	575 650
<div>1075 kcal chicken xacuti</div> <div></div>		
<div>469 kcal chicken vindaloo</div>		
<div>658 kcal chicken sukhem</div> <div></div>		
<div>319 kcal chicken cafreál</div>		
<div>1225 kcal mutton xacuti</div> <div></div>		
<div>833 kcal mutton vindaloo</div>		
<div>762 kcal mutton sukhem</div> <div></div>		
<div>434 kcal mutton cafreál</div>		



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Choice of seafood

-----700

200 gms | Prawns

300 gms | Kingfish

300 gms | Pomfret



Rawa masala fry

712 kcal | prawn

1151 kcal | kingfish/pomfret



Recheado masala fry

518 kcal | prawn

985 kcal | kingfish/pomfret



Xacuti

1140 kcal | prawn

1633 kcal | kingfish/pomfret



Vindaloo

482 kcal | prawn

974 kcal | kingfish/pomfret



Balchao

486 kcal | prawn

978 kcal | kingfish/pomfret



Cafreal

486 kcal | prawn

793 kcal | kingfish/pomfret



Butter garlic

630 kcal | prawn

1151 kcal | kingfish/pomfret



Moluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery




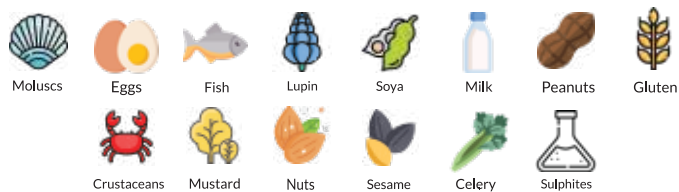
Sulphites

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<div> <div>▲</div> <div>Crab - 360 gms</div> </div> <div> <div>464 kcal  recheado masala fry</div> <div>1075 kcal  xacuti</div> <div>658 kcal  sukhem</div> <div>567 kcal  butter garlic</div> </div>	-----	650
<div> <div>▲</div> <div>Traditional Goan Curry</div> </div> <div>coconut paste spices kokum</div>		
<div> <div>▲</div> <div>744 kcal 320 gms kingfish cubes</div> </div> <div> <div></div> </div>	-----	600
<div> <div>▲</div> <div>443 kcal 300 gms prawns</div> </div> <div> <div></div> </div>	-----	650
<div> <div>▲</div> <div>Chicken Pulao</div> </div> <div>801 kcal 360 gms basmati rice chicken spices</div> <div> <div></div> </div>	-----	575
<div> <div>●</div> <div>Goan Rice</div> </div> <div>698 kcal 360 gms boiled unpolished red rice</div>	-----	300
<div> <div>●</div> <div>Goan Bread</div> </div> <div>441 kcal 180 gms poi</div> <div> <div></div> </div> <div>637 kcal 260 gms pao</div> <div> <div></div> </div>	-----	200

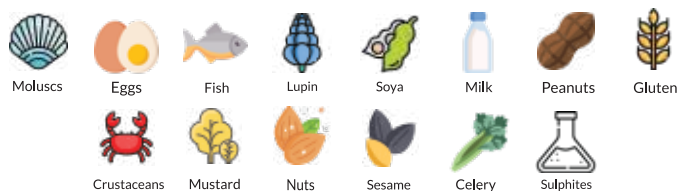


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ASIAN CLASSICS



<div> <div></div> <div>Tom Kha</div> </div> <div> <div>120 kcal 220 ml </div> <div>coconut milk ginger lemongrass mushroom</div> </div>	-----	275
<div> <div></div> <div>Nasi Goreng</div> </div> <div> <div>515 kcal 380 gms </div> <div>fried rice shrimp paste chicken satay fried egg prawn crackers sambal oelek</div> <div>   </div> </div>	-----	575
<div> <div></div> <div>Stir Fried Vegetables And Tofu</div> </div> <div> <div>597 kcal 360 gms </div> <div>seasonal vegetables tofu light soy</div> <div>  </div> </div>	-----	525
<div> <div></div> <div>Kung Pao Chicken</div> </div> <div> <div>500 kcal 380 gms </div> <div>chicken cubes soy sauce chili</div> <div>  </div> </div>	-----	575
<div> <div></div> <div>Snapper Oyster- Chilli</div> </div> <div> <div>286 kcal 360 gms </div> <div>snapper stripes oyster sauce bird eye chili</div> <div>   </div> </div>	-----	625
<div> <div></div> <div>Fried Rice</div> </div> <div> <div>569 kcal 360 gms </div> <div>vegetable</div> <div>  </div> </div>	-----	525
<div> <div></div> <div></div> </div> <div> <div>541 kcal 380 gms </div> <div>chicken</div> <div>  </div> </div>	-----	575
<div> <div></div> <div>Noodles</div> </div> <div> <div>576 kcal 360 gms </div> <div>vegetable</div> <div>  </div> </div>	-----	525
<div> <div></div> <div></div> </div> <div> <div>648 kcal 360 gms </div> <div>chicken</div> <div>  </div> </div>	-----	575



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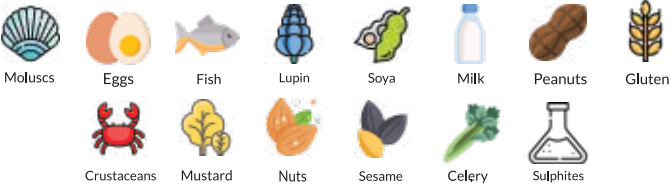
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COMFORT FOOD



<div> <div></div> <div> <div></div> <div>Pizza Margherita</div> </div> </div> <div> <div>770 kcal 470 gms </div> <div>crushed tomatoes </div> <div>mozzarella cheese oregano</div> <div> <div></div> <div></div> </div> </div>	-----	525
<div> <div></div> <div> <div></div> <div>Paneer Kathi Roll</div> </div> </div> <div> <div>582 kcal 420 gms </div> <div>spiced cottage cheese onion capsicum</div> <div> <div></div> <div></div> </div> </div>	-----	525
<div> <div></div> <div> <div></div> <div>Pav Bhaji</div> </div> </div> <div> <div>494 kcal 360 gms </div> <div>pav potato vegetables butter</div> <div> <div></div> <div></div> </div> </div>	-----	550
<div> <div></div> <div> <div></div> <div>Dal Khichdi</div> </div> </div> <div> <div>695 kcal 360 gms </div> <div>moong dal garam masala tomatoes</div> <div> <div></div> </div> </div>	-----	550
<div> <div></div> <div> <div></div> <div>Hawaiian Chicken Pizza</div> </div> </div> <div> <div>770 kcal 525 gms </div> <div>tomato sauce mozzarella cheese</div> <div> pineapples grilled chicken breast</div> <div> <div></div> <div></div> </div> </div>	-----	575
<div> <div></div> <div> <div></div> <div>Chicken Kathi Roll</div> </div> </div> <div> <div>777 kcal 440 gms </div> <div>chicken onion capsicum</div> <div> <div></div> <div></div> </div> </div>	-----	575
<div> <div></div> <div> <div></div> <div>Keema Pav</div> </div> </div> <div> <div>604 kcal 385 gms </div> <div>pav lamb mince butter</div> <div> <div></div> <div></div> </div> </div>	-----	600
Club Sandwich		
<div> <div></div> <div> <div></div> <div>586 kcal 220 gms </div> <div>vegetarian</div> <div> <div></div> <div></div> </div> </div> </div>	-----	525
<div> <div></div> <div> <div></div> <div>589 kcal 250 gms </div> <div>non vegetarian</div> <div> <div></div> <div></div> <div></div> </div> </div> </div>	-----	575
Burger		
<div> <div></div> <div> <div></div> <div>582 kcal 300 gms </div> <div>vegetarian</div> <div> <div></div> <div></div> </div> </div> </div>	-----	525
<div> <div></div> <div> <div></div> <div>668 kcal 320 gms </div> <div>chicken</div> <div> <div></div> <div></div> <div></div> </div> </div> </div>	-----	575



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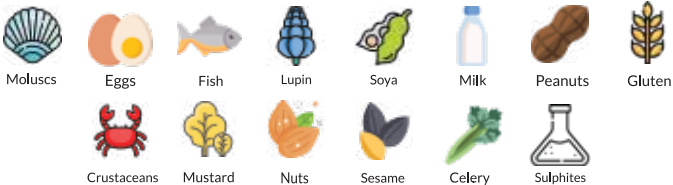
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DESSERTS



<div> <div> <div></div> <div></div> </div> <div> <div>Moong Dal Halwa</div> <div>855 kcal 180 gms split gram clarified butter sugar</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Shahi Tukda</div> <div>303 kcal 160 gms fried bread thickened sweetened milk saffron nuts</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Caramel Custard</div> <div>174 kcal 160 gms egg milk sugar nutmeg</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Dark Chocolate Mousse</div> <div>685 kcal 200 gms dark chocolate egg sugar cream</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Kulfi Falooda</div> <div>423 kcal 180 gms churn frozen reduced milk</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Choice Of Ice Cream</div> <div>225 kcal 160 gms ask the server for choices</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Serradura</div> <div>336 kcal 220 gms cream condensed milk cookie crumbs</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div></div> </div> <div> <div>Goan Sweet Delicacy</div> <div>186 kcal 220 gms bebinca dodol or doce with coconut ice-cream</div> <div>  </div> </div> </div>	-----	400
























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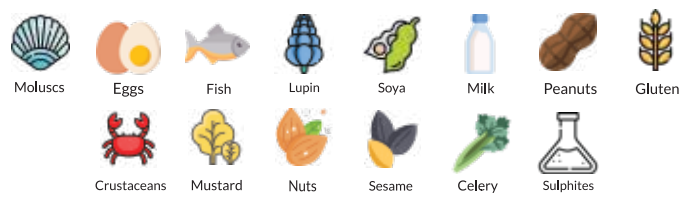




BREAKFAST MENU









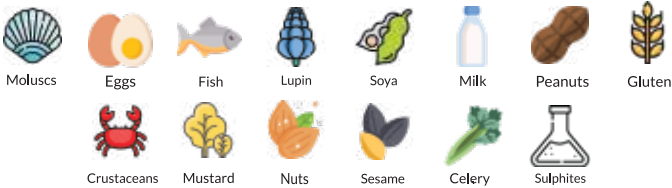
A LA CARTE BREAKFAST

	Choice Of Freshly Squeezed Seasonal Juice	-----	275
	130 kcal 290 ml sweet lime pineapple watermelon orange		
	Sliced Seasonal Fresh Fruits	-----	275
	337 kcal 380 gms fresh cut fruits platter		
	 Freshly Baked Breads, Morning Pastries (Any Three)	-----	300
	261 kcal 260 gms croissant danish pastry muffin doughnut whole wheat bread butter fruit preserves marmalade, honey		
	  		
	Cereals / Muesli	-----	300
	407 kcal 180 gms homemade muesli all-bran wheat flakes corn flakes choco flakes soya milk low-fat milk yoghurt		
	  		
	Platter Of Cheese Wedges (Four Types)	-----	375
	120 kcal 150 gms hard cheese soft cheese semi hard cheese blue cheese		
			
	Eggs Cooked To Order	-----	400
	330 kcal 200 gms scrambled  		
	153 kcal 160 gms boiled 		
	96 kcal 145 gms fried 		
	300 kcal 180 gms akuri 		
	153 kcal 145 gms poached 		
	153 kcal 170 gms omelette 		
	served with bacon sausage hash brown tomato		



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<div> <div> <div></div> <div>Idli</div> </div> <div> <div>439 kcal 375 gms steamed rice cake sambar chutney</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Dosa or Uttapam</div> </div> <div> <div>731 kcal 380 gms rice lentil pancake plain masala sambar chutney</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Upma</div> </div> <div> <div>750 kcal 280 gms semolina tempered vegetables</div> <div>    </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Poori Bhaji</div> </div> <div> <div>309 kcal 300 gms deep-fried whole-wheat bread potato curry masala sambar chutney</div> <div>  </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Paratha</div> </div> <div> <div>426 kcal 320 gms stuffed flat bread with potatoes</div> <div>   </div> <div>426 kcal 320 gms cottage cheese</div> <div>   </div> <div>555 kcal 320 gms cauliflower</div> <div>   </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Salad Bhaji With Poi</div> </div> <div> <div>351 kcal 360 gms cottage cheese onion tomato mustard seeds ginger garlic chili</div> <div>   </div> </div> </div>	-----	350
<div> <div> <div></div> <div>Ros Omelette</div> </div> <div> <div>693 kcal 300 gms goan poi with masala omelette xacuti gravy</div> <div>    </div> </div> </div>	-----	400



Kindly inform us if you are allergic to any food ingredient.

All prices are in Indian Rupees and subject to Government taxes.

Indicates vegetarian preparation

Indicates non-vegetarian preparation