

Appetizers & Salads

(1100 Hrs. To 2300 Hrs.)

Caesar's Salad

Crisp iceberg lettuce tossed in Caesar dressing, parmesan and garlic croutons

 **Vegetarian**  **295**

Serving Quantity 275gm | Calories 482.40Kcal | Protein 13.36g | Fat 39.87g | Carbs 17.32g

 **With Smoked Chicken**  **375**

Serving Quantity 300gm | Calories 526.44Kcal | Protein 18.72g | Fat 42g | Carbs 18.39g

 **Idli aur Paneer Chaat**  **295**

Fried Idli, chickpeas, spiced potatoes and cottage cheese tossed with chopped green chili and Chef's special chutney tossed together and garnished with ginger and green coriander

Serving Quantity 300gm | Calories 1093.02Kcal | Protein 42.78g | Fat 65.58g | Carbs 82.86g

 **Stuffed Chicken Supreme**  **375**

Stuffed chicken breast tossed with honey & orange dressing, topped with boiled egg - served cold

Serving Quantity 300gm | Calories 457.05Kcal | Protein 60.48g | Fat 17.13g | Carbs 15.24g

Liquid Diet

(1100 Hrs. To 2330 Hrs.)

 **Cream of Tomato Soup**  **255**

Serving Quantity 225gm | Calories 129.53Kcal | Protein 5.31g | Fat 2.72g | Carbs 20.94g

 **Chicken Sweet Corn Soup**  **275**

Serving Quantity 225gm | Calories 225.31Kcal | Protein 12.64g | Fat 8.41g | Carbs 24.75g

  **Soup of the Day** **255/275**

- Subz Seekh Kebab** 425
Cottage cheese, cashewnut and minced vegetable cooked on a skewer in clay oven
Serving Quantity: 250gm | Calories 401.6Kcal | Protein 39.05g | Fat 14.8g | Carbs 28.05g
- Murg Makhani** 575
Chargrilled morsels of chicken simmered in a fenugreek leaf flavored rich buttery tomato gravy
Serving Quantity: 350gm | Calories 339.78Kcal | Protein 32.27 | Fat 33.67 | Carbs 20.40
- Kadhai Chicken** 575
Chicken pieces tempered with coriander and whole red chili and topped with bell pepper and onion dices
Serving Quantity: 350gm | Calories 740.32Kcal | Protein 42.84g | Fat 24.92g | Carbs 86.17g
- Rogani Gosht** 665
Tender pieces of lamb in a mildly spiced curry
Serving Quantity: 350gm | Calories 203.21Kcal | Protein 25.48g | Fat 3.99 | Carbs 16.34g
- Malai Paneer Khas** 495
Chunks of creamy cottage cheese simmered in a rich tomato gravy
Serving Quantity: 350gm | Calories 1004.64Kcal | Protein 49.77g | Fat 85.68g | Carbs 8.61g
- Mutter Paneer** 495
Fresh green peas and cottage cheese cubes in delicate gravy finished with a touch of cream
Serving Quantity: 350gm | Calories 1435.21Kcal | Protein 56.52g | Fat 100.17g | Carbs 75.67g
- Palak Apki Pasand** 475
Creamy spinach tossed with your choice of seasonal vegetable or corn and mushroom
Serving Quantity: 300gm | Calories 97.44Kcal | Protein 9.48g | Fat BLQ(0.5)g | Carbs 14.88g
- Dal Makhani** 395
Black lentil, tomatoes ginger and garlic, simmered overnight on clay oven, finished with cream and served with home-churned butter
Serving Quantity: 250gm | Calories 690.65Kcal | Protein 20.52 | Fat 41.0g | Carbs 59.9g
- Tadke Wali Dal** 365
Toor/Arhar lentils tempered in butter with tomatoes, onions, green chilies and coriander
Serving Quantity: 250gm | Calories 300.47Kcal | Protein 15.52g | Fat 8.47g | Carbs 40.5g

Asian Selection

(1130 Hrs.-1500 Hrs. & 1900 Hrs.-2300 Hrs.)

-  **Wok Fried Chilly Chicken With Bell Pepper**   **595**
Traditionally cooked spicy chicken
Serving Quantity 350gm | Calories 434.14Kcal | Protein 41.27g | Fat 21.98g | Carbs 14.91g
-  **Stir Fried Chinese Greens with Almonds**   **495**
Tossed in a light garlic sauce topped with almonds
Serving Quantity 350gm | Calories 444.85Kcal | Protein 9.17g | Fat 29.47g | Carbs 35.71g
-  **Vegetable Hakka Noodles**   **295**
Serving Quantity 350gm | Calories 454.44Kcal | Protein 26.67g | Fat 16.17g | Carbs 86.94g

Indian Specialties

(1130 Hrs.-1500 Hrs. & 1900 Hrs.-2300 Hrs.)

-  **Ajwaini Fish Tikka**   **745**
Carom seed flavored marinated juicy river sole – grilled in clay oven
Serving Quantity 300gm | Calories 656.88Kcal | Protein 68.88g | Fat 24.72g | Carbs 39.72g
-  **Tandoori Murg**   **575**
Chicken marinated in chef's special marination - drizzled with saffron
Serving Quantity 325gm | Calories 543.4Kcal | Protein 61.62g | Fat 13.91g | Carbs 42.93g
-  **Murg Malai Tikka**    **565**
Boneless morsels of chicken delicately flavored with cardamom and mace – cooked in Tandoor
Serving Quantity 300gm | Calories 519Kcal | Protein 64.66g | Fat 24.63g | Carbs 9.63g

Kebab Platter

Selection of freshly marinated kebabs of the day

-  **Vegetarian**   **565**
Serving Quantity 400gm | Calories 644.04Kcal | Protein 8.44g | Fat 14.76g | Carbs 119.36g
-  **Non-Vegetarian**    **625**
Serving Quantity 450gm | Calories 610.59Kcal | Protein 40.99g | Fat 16.60g | Carbs 59.28g
-  **Tandoori Paneer Tikka Shaslik**   **495**
Cottage cheese cubes marinated with Indian spices & herbs cooked in tandoor with capsicum, tomato and onion
Serving Quantity 300gm | Calories 386.38Kcal | Protein 42.9g | Fat 66.3g | Carbs 29.32g

Pasta

(1100 Hrs. To 2300 Hrs.)

Choice of Pasta:-

Penne with choice of sauce:-

-  **Bolognese**  **545**
Meat Sauce
Serving Quantity 300gm | Calories 774.39Kcal | Protein 42.63g | Fat 9.63g | Carbs 129.9g
-  **Arrabbiata**  **475**
Red chili flakes, garlic and olive oil
Serving Quantity 300gm | Calories 779.34Kcal | Protein 43.14g | Fat 10.14g | Carbs 128.88g
-  **Cheesy Mushroom Sauce**  **475**
Cheesy white sauce and mushroom
Serving Quantity 300gm | Calories 792.75Kcal | Protein 45.63g | Fat 12.63g | Carbs 123.90g

International Fare

(1130 Hrs.-1500 Hrs. & 1900 Hrs.-2300 Hrs.)

-  **Grilled River Sole White Wine Beurre Blanc**   **775**
Served with day's vegetables and garlic potato mash
Serving Quantity 350gm | Calories 880.74Kcal | Protein 6.16g | Fat 89.18g | Carbs 13.37g
-  **Chicken Steak with Red wine Reduction**  **595**
Grilled stuffed chicken breast served with Red wine reduction and veggies
Serving Quantity 350gm | Calories 1598.62Kcal | Protein 107.1g | Fat 41.79g | Carbs 28.66g
-  **Baked Vegetable Princess**  **475**
Exotic vegetables mélange baked in oven
Serving Quantity 350gm | Calories 275.66Kcal | Protein 4.76g | Fat 7.98g | Carbs 46.2g

Sandwich and More

(1100 Hrs. To 2330 Hrs.)

Club House Sandwich

-  **Vegetarian**  **395**

Lettuce with cheese, cucumber, tomato

Serving Quantity 350gm | Calories 1050.28Kcal | Protein 33.88g | Fat 50.68g | Carbs 114.66g

-  **Non Vegetarian**   **495**

Grilled chicken, fried egg, tomato & lettuce

Serving Quantity 350gm | Calories 997.5Kcal | Protein 43.61g | Fat 18.06g | Carbs 165.13g

-  **Make Your Own Sandwich**  **375**

Plain / Toasted / Grilled

Serving Quantity 325gm | Calories 982.54Kcal | Protein 31.65g | Fat 47.32g | Carbs 107.51g

-  **Make Your Own Sandwich**   **395**

Plain / Toasted / Grilled

Serving Quantity 225gm | Calories 641.79Kcal | Protein 28.26g | Fat 11.79g | Carbs 105.66g

-  **Fish and Chips**    **725**

Golden crumb fried fillet of sole

Serving Quantity 225gm | Calories 439.42Kcal | Protein 37.08g | Fat 25.60g | Carbs 15.16g

Grilled Kathi Roll

-  **Vegetarian**  **455**

Serving Quantity 225gm | Calories 1020.42Kcal | Protein 17.64g | Fat 50.58g | Carbs 123.66g

-  **Non-Vegetarian**  **475**

Serving Quantity 225gm | Calories 477.81Kcal | Protein 26.64g | Fat 9.63g | Carbs 71.14g

-  **Cheese Chilly Toast** **345**

Serving Quantity 225gm | Calories 627.61Kcal | Protein 32.89g | Fat 36.49g | Carbs 41.89g