



Tamntara

WHERE TASTE BLOOMS...



MENU

Breakfast & Eggs.

English Breakfast

₹400

Boiled or scrambled eggs / Masala omelette, Chicken sausage, Baked beans, Sauteed mushrooms, Grilled tomatoes, Choice of bread, Tea / Coffee / Juice

American Breakfast

₹400

Boiled or scrambled eggs / Masala omelette, Chicken sausage, Baked beans, Sauteed mushrooms, Grilled tomatoes, Pancake, Tea / Coffee / Juice

Indian Breakfast

₹440

Specially for vegeterians. Veg Omelette made with chopped onion tomato green chillies, Kachori, Veg Cutlet served with Dips and bread slice

Shakshouka

₹320

Eggs poached in a sauce of tomatoes, olive oil, peppers, onion and garlic, spiced with cumin, paprika and cayenne pepper

Eggs Sunny

₹280

Sunny side up egg served on a bed of mint mayo with in-house soft bread, topped with a slice of chicken ham and cheese

Eggs Benedict

₹280

Poached eggs served on a bed of chicken salami with in-house butter toasted English muffin with creamy Hollandaise sauce

Masala Omelette

₹180

Chopped Onion Tomato Green Chilly & Corriander

Chicken Salami Omelette

₹210

Chicken Salami with Oregano & Chilli Flakes

Mexican Omelette

₹200

Bell Pepper Mexican Beans & Cheddar Cheese

Four Cheese Omelette

₹240

Cheddar Mozzarella Parmesan & Processed Cheese

Chicken Cheese Omelette

₹260

Boiled Chicken with Cheese

Snow Omelette

₹300

Chef special omelette made off egg white with tossed spinach and mushrooms served with a slice of bread.

Frittata

₹350

Chopped bell pepers, chopped onions baked beans cheese sprinkled with peri peri powder baked and served with toast.

Smoothie Bowl

₹370

Fresh apple, banana, dried berries, nuts

Soup.

Tomato Basil

₹200

French Onion

₹200

Broccoli & Almond

₹220

Potato & Sausage

₹220

Cream of Mushroom

₹220

Minestrone (Veg)

₹260

(Non Veg)

₹300

(Prawns)

₹390

Cream of Chicken

₹240

Prawns & Fennel Clear Soup

₹350

Manchow (Veg)

₹180

(Non Veg)

₹200

(Prawns)

₹260

Hot & Sour (Veg)

₹180

(Non Veg)

₹200

(Prawns)

₹260

Sweet Corn (Veg)

₹190

(Non Veg)

₹210

(Prawns)

₹270

Lung Fung (Veg)	₹180
(Non Veg)	₹200
(Prawns)	₹260
Lemon Corriander (Veg)	₹180
(Non Veg)	₹200
(Prawns)	₹260
Laska Soup (Veg)	₹240
(Non Veg)	₹280
(Prawns)	₹300
Tom Yom (Veg)	₹240
(Non Veg)	₹280
(Prawns)	₹320
Thukpa (Veg)	₹220
(Non Veg)	₹240
(Prawns)	₹300
Phi-shi Thang (Veg)	₹240
(Non Veg)	₹280
(Prawns)	₹320

Salads.

Italian Quinoa & Dried Berries Salad (Veg)	₹390
A high protein grain salad with exotic mixed berries	
Orange & Walnut Salad (Veg)	₹390
A light citrus salad with crunchy walnuts tossed in balsamic light mayo dressing	
Lebanese Fattoush Salad (Veg)	₹330
(Non Veg)	₹390
Mediterranean salad with diced veggies topped with crisp pita and sumac	
Classic Caesar Salad (Veg)	₹310
(Non Veg)	₹340
Iceberg lettuce tossed in a creamy in-house dressing	
Warm Grilled Salad (Veg)	₹360
(Non Veg)	₹430
Exotic veggies tossed in Bend's special spices	
Tex Mex Salad (Veg)	₹310
(Non Veg)	₹420
A loaded salad with f ber-f lled beans, sweet corn, crunchy sweet peppers and spicy pico-de-gallo	
Prawns & Citrus Salad (Non Veg)	₹620
Roasted prawns and orange chunks tossed in herbs and dressed with pepper balsamic vinegar	

Glass Noodle Salad (Yum Woon Sen) ₹340

Glass noodle salad is a popular thai salad using glass noodles fresh herbs with lemony sweet and spicy dressing.

Korean Kimchi Salad (Geotjeori) ₹360

kimchi salad or geotjeori, is traditional korean salad that still picks a bold and spicy flavor

Som Tom Je ₹340

A delicious thai salad. Som tam salad is a raw papaya salad that combines all for tastes sour, chilli, sweet and salty.

Watermelon & Feta Cheese Salad ₹320

Refreshing fusion of watermelon, enhanced with zesty lemon drizzled with tangy balsamic dressing.

Crunchy Cob ₹350

Crunchy fried chicken mixed with exotic veggies and mixed with honey vinaigrette dressing.

Sandwiches.

Tomato & Cheese Sandwich ₹300

Made with in-house white bread

Cheesy Mushroom Sandwich ₹300

Saute mushroom spiked with itallian herbs choice of bread and grilled

Popeye Spinach & Corn Sandwich ₹300

Kids favorite spinach and american corn saute with italian herbs and grilled with choice of bread

Pesto Veg Sandwich ₹300

Made with in-house french loaf bread

BBQ Sandwich (Veg) ₹330

(Non Veg) ₹390

Made with in-house white bread

Peri Peri Sandwich (Veg) ₹340

(Non Veg) ₹390

Made with in-house foccacia bread

American Club Sandwich (Veg) ₹330

(Non Veg) ₹400

Made with in-house white bread, served cold

Grilled Chicken Cheese Melt Sandwich ₹380

Made with in-house white bread

Asian Curries.

Exotic Veg in Choice of Sauce ₹330

Black bean, teriyaki, hot garlic, oyster sauce and soya chilly

Sesame Tossed Bok Choy & Shitake in Garlic ₹330

Ramen (Veg) ₹380

(Chicken) ₹430

(Prawns) ₹570

Steam Lemon Thai Chilli Corainder Fish ₹690

Vietnamese Pho (Veg) ₹380

(Chicken) ₹430

(Prawns) ₹570

Malaysian Laksa Bowl (Veg) ₹380

(Chicken) ₹430

(Prawns) ₹570

Katsu Curry (Veg) ₹380

(Chicken) ₹430

(Prawns) ₹570

Thai Curry (Veg) ₹380

(Chicken) ₹450

(Prawns) ₹590

Choice in Red, Green or Yellow

Malaysian Curry (Veg) ₹380

(Chicken) ₹430

(Prawns) ₹570

Thai Chilli Oyester Fish ₹690

Indian.

Starters Veg...

Classic Stuffed Paneer Tikka ₹390

Chichi Stuffed Tandoori Soya Chaap ₹390

Creamy Olive Broccoli ₹390

Dhingri Kebab ₹390

Green Spice Roasted Cheese ₹390

Tandoor Cooked Cheesy Soya Chaap ₹390

Classic Stuffed Tandoori Mushroom ₹390

Starters Non Veg...

Classic Chicken Tikka ₹480

Kasturi Chicken Tikka ₹480

Murgh Seekh Kebab ₹480

Classic Mutton Sikh with Malawar Parantha ₹480

Amritsari Fish ₹550

Southern Fish Tikka ₹550

Tandoori Chicken Chaat Salad ₹480

Dunali Seekh ₹480

Lord's Smothered Tandoori Chicken ₹480

3rd Off Chicken Tangri ₹480

Shrimp Makrooh ₹550

Midway ₹550

Cheese Chilli Chicken Tikka ₹550

Mutton Gilaf Seekh ₹550

Green Onion Fish ₹600

Alfredo (Veg) ₹380
(Non Veg) ₹450

Penne/Spaghetti cooked in a rich, creamy in-house sauce with fresh mushroom and white wine

Mixed Sause pasta (Veg) ₹380
(Non Veg) ₹450

Penne/Spaghetti cooked in mild tomato sauce finished with fresh cream

Lemon Peperoncino (Veg) ₹350
(Non Veg) ₹410

Spaghetti tossed in scallion olive oil, topped with lemon zest, fresh basil leaves and parmesan cheese

Penne Vodka (Veg) ₹350
(Non Veg) ₹400
(Prawn) ₹550

Penne pasta cooked in mixed sauce and vodka, topped with parmesan cheese

Spaghetti Aglio Olio (Veg) ₹340
(Non Veg) ₹410
(Prawn) ₹480

Spaghetti tossed in olive oil and Italian herbs, topped with freshly chopped basil leaves and parmesan cheese

Mac & Cheese (Veg) ₹350

Macaroni baked with cheddar, parmesan and mozzarella cheese

Spaghetti Bolognese (Lamb) ₹470

Spaghetti cooked in spicy tomato sauce topped with minced lamb and parmesan cheese

Lasagna ₹450

Exotic veggieis layered with lasagne sheet and baked with mozzarella cheese.

Grilled Sausage Pepper Penne ₹410

Spinach & Cottage Cheese Ravioli ₹450

Spaghetti Carbonara ₹430

Spaghetti Meat Arrabbiata ₹470

Risotto.

Wild Mushroom ₹480

Simmered in white sauce, cooked with farm fresh button and shiitake mushrooms, sprinkled with parmesan cheese

Farmhouse Risotto ₹460

Cooked with exotic veggies and white sauce, sprinkled with parmesan cheese

Chicken Risotto ₹530

Cooked with chicken and exotic veggies, topped with parmesan cheese

Italian Chilli Lime Prawns ₹690

Prawns topped with parmesan cheese

Pizza. (In-House Thin Crust, 12")

Classic Margherita ₹300

Classic Italian pizza topped with fresh basil and cheese

Four Cheese ₹360

Mozzarella, white cheddar, yellow cheddar and parmesan

Garden Fresh ₹360

Bell peppers, broccoli, zucchini and olives

American Corn ₹360

American corn and extra cheese

Ultimate Fungi ₹360

Shiitake mushroom, fresh button mushroom and extra cheese

BBQ (Veg) ₹350

(Non Veg) ₹410

Cottage Cheese / Chicken marinated in special BBQ sauce

Peri Peri (Veg) ₹350

(Non Veg) ₹410

Cottage Cheese / Chicken marinated in in-house peri peri sauce

Classic Pepperoni ₹460

Lamb pepperoni and extra cheese

Chicken Tornado ₹480

Minced chicken, peri peri chicken and paprika

Meaty Loaded ₹510

Chicken sausages, peri peri chicken, grilled chicken, chicken ham and extra cheese

Add ons...

Veggies ₹30

Beacon ₹100

Chicken ₹50

Extra Cheese ₹100

Main Course...

Murg Makhani	₹550
Kadhai Chicken	₹550
Chettinad Chicken	₹550
Bhuna Chicken	₹550
Salli Botti	₹550
Mutton Masala	₹650
Bhuna Ghost	₹650
Mutton Pepper Fry with 1 Malabar Paratha	₹550
Goan Prawn Curry	₹800
Goan Fish Curry	₹800
Dal Makhni	₹400
Makhmali Paneer	₹450
Mushroom Tikka Masala	₹450
Tamtara Kitchen Murg Biryani	₹700
Mutton Biryani	₹850

Bowls...

Murg Makhani Bowl	₹400
Popularly known as 'Butter Chicken Bowl'. Served with rice	
Mughlai Paneer Bowl	₹380
Popularly known as 'Shahi Paneer Bowl'. Served with rice	
Lentil Soup Bowl	₹250
Popularly known as 'Dal Bowl'. Served with rice	
Lamb Lusciousness Bowl	₹250
Popularly known as 'Mutton Bowl'. Served with rice	

Breads.

Laccha Paratha	₹95
Roti	₹60
Malabar Paratha	₹80
Tandoori Roti Plain	₹80
Butter Roti	₹80
Butter Naan	₹80
Plain Naan	₹80
Peshawari Naan	₹80
Tomato Cheese Naan	₹80
Stuffed Kulcha	₹80
Chicken Keema Naan	₹120
Mutton Keema Naan	₹150

Chicken Parmigiana

₹400

Chicken breast hammered and marinated in chef's special spices, served with spicy medium dry tomato sauce and topped with melted mozzarella cheese

Chermoula Fish/Prawns with rice

₹799

Fish / Prawns sauteed and cooked in chermoula sauce. Served with parsley rice, grilled onions, sauteed veggies and fries

English Fish & Chips

₹699

Fish marinated with our chef's special ingredients, coated with panko crumbs and deep fried. Served with french fries and tartar dip

Grilled Fish in Lemon Butter Sauce

₹699

Fish marinated with our chef's special ingredients, coated with panko crumbs and deep fried. Served with french fries and tartar dip

Middle Eastern Non Veg Kebab Platter

₹650

2 Pcs Sheesh tawook 2 Pcs lemon yoghurt chicken kebab with butter saffron rice accompanied with Humus Pita bread pickle vegetable and fries.

Asian Rice.

Fried Rice (Veg)	₹280
(Non Veg)	₹320
(Prawns)	₹400
(Mix)	₹430

Hainanese Fried Rice (Non Veg)

₹400

Asian Special Fried Rice with Grilled Chicken

Mangolian Pot Rice (Veg)	₹380
(Non Veg)	₹430
(Prawns)	₹590

Hangchow Rice with Black Bean Sauce (Veg)

₹400

Nankin Rice (Veg)	₹380
(Non Veg)	₹430
(Prawns)	₹590

Srilankan Chopsuey (Mix)

₹590

Mopu Tofu with Jasmine Rice

₹340

Fragrant Steamed Rice (Veg)

₹160

Sticky Rice (Veg)

₹180

Noodles.

Hakka Noodles (Veg)	₹280
(Non Veg)	₹320
(Prawns)	₹400
(Mix)	₹430

Schezwan Noodles (Veg)	₹290
(Non Veg)	₹330
(Prawns)	₹410
(Mix)	₹440

Singaporean Noodles (Veg)	₹300
(Non Veg)	₹340
(Prawns)	₹420
(Mix)	₹450

Crispy Chilli Garlic Noodles (Veg)	₹290
(Non Veg)	₹330
(Prawns)	₹410
(Mix)	₹440

American Chopsuey (Veg)	₹350
(Non Veg)	₹400
(Prawns)	₹490
(Mix)	₹549

Chinese Chopsuey (Veg)	₹350
(Non Veg)	₹400
(Prawns)	₹490
(Mix)	₹549

PanFried Noodles (Veg)	₹280
(Non Veg)	₹350
(Prawns)	₹400
(Mix)	₹500

Hawker Noodles (Veg)	₹280
(Non Veg)	₹330
(Prawns)	₹400
(Mix)	₹450

Pad Thai Noodles (Veg)	₹350
(Non Veg)	₹400
(Prawns)	₹490
(Mix)	₹549

Texas Styled Pulled Chicken Sandwich ₹380

Jungli Paneer Sandwich (Veg) ₹280
(Non Veg) ₹320

Mixed vegetables cooked with indian spices and cottage cheese

Classic Tuna Sandwich ₹410
Made with in-house foccacia bread

Chicken Ham & Cheese Sandwich ₹380
Made with in-house multigrain bread

Waffle Sandwich...

Garden Fresh Waffle Sandwich ₹380
Crisp waffles topped with fresh greens and processed cheese served with fries.

Pulled Chicken Waffle Sandwich ₹450
Crisp waffles topped with pulled chicken mixed with mayonnaise and veggies served with fries.

Bruschetta & Breads.

Harissa ₹290
Home made spicy harrissa sauce made with bell peppers, topped with sundried tomatoes and baked with cheese

Classic Tomato ₹250
Tomatoes mixed with fresh basil and olive oil, drizzled with balsamic glaze, served cold

Chicken Ham & Cheese ₹310
Chicken ham tossed with herbs and bell pepper, baked with cheese

Tuna ₹380
Tuna mixed with chopped onions, chilly, bellpeppers, lemon juice, sprinkled with olive oil and herbs, served cold

Garlic Bread (Plain) ₹180
(Cheese) ₹220

Cheesy Mushroom Bruschetta ₹380

Cheese Garlic Bun ₹130

Cheese Chilly Toast ₹210

Burgers.

Veg Farmhouse Burger ₹290

Loaded Mushroom Burger ₹280

Tamtara Fried Chicken Burger ₹300

Popeye Spinach & Corn Burger ₹290

Tamtara Fried Chicken Burger ₹290

BBQ Shredded Chicken Burger ₹290

Juicy Lucy Lamb Burger ₹340

Crispy Fish Burger ₹400

Crispy Prawn Burger ₹290

Big Daddy Burger (Lamb) ₹650
(Chicken) ₹550

Bagels.

Pesto Veg Bagel ₹360
Our special in-house bagel filled with sauteed farm fresh veggies, cooked in pesto sauce and cheese, topped with molten cheese

Cheesy Mushroom Bagel ₹360
Sautee mushroom with cheese in bagel bun topped with molten cheese and served with fries

Freaky Steaky Bagel ₹460
Our special in-house bagel filled with chicken salami and pulled chicken, topped with molten cheese

Juicy Lucy Lamb Bagel ₹480
Minced lamb patty stuffed in bagel bun and topped with egg sunny side up and molten cheese served with fries.

Pastas.

Arrabbiata (Veg) ₹380
(Non Veg) ₹450

Penne/Spaghetti cooked in spicy tomato sauce flavoured with basil

Pesto (Veg) ₹380
(Non Veg) ₹450

Penne/Spaghetti cooked in fresh basil sauce with nuts and garlic