### ALL DAY DINING Available from 11:30 brs. to 23:00 brs.

### APPETIZERS

Non-Vegetarian Kebab Platter A → ★ Ajwaini Fish Tikka, Tulsi Malai Jhinga, Gosht Seekh, Murgh Tikka, Murgh Malai Tikka Kcal 1161.45   780 grams	2550
Vegetarian Kebab Platter	2250
■ Tulsi Malai Jhinga 📓 😂 Fresh Prawn Marinated with Basil, Yoghurt and Yellow Chili Powder Kcal 570.5   400 grams	1850
Seabass Fillet, Yoghurt, Pickled Mustard Paste finished in Tandoor Kcal 634   384 grams	1650
© Chicken Pepper Fry	1650
Murgh Tikka Platter    ★ Combination of Masala and Malai Chicken Cooked in Tandoor Kcal 1234.22   460 grams	1650
■ Gosht Seekh Kebab ▲  Lamb Minced, Ghee mixed with Indian Spices and seared on skewers  Kcal 717   384 grams	1650
■ Vegetarian ■ Non Vegetarian & Vegan 🏚 Pork 🥴 Sustainable Crustaœan 🕫 Sustainable Seafood 🖈 Signature	
Please let our server know of any allergies	
© Gluten ® Non Gluten  Milk Egg  Peanut/Tree Nut  Soya  Sulphite  An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	
An average active admit requires 2,000 secal energy per day, however catorie needs may vary.  All prices are in Indian rupee and exclusive of applicable government taxes.	

■ Tandoori Surkh Soya Chaap	1250
Spicy Sautéed Mushroom, Onion, Garlic, Curry Leaves, Fenugreek Powder stirred in a pan Kcal 542   360 grams	1250
■ Tandoori Malai Broccoli 📾 🗞 🎉  Broccoli, Yoghurt, Cashew, Cream Cheese  Kcal 906.65   520 grams	1250
■ Paratdaar Paneer Tikka ﷺ   Stuffed Cottage Cheese, Chili, Signature Mint Dip  Kcal 1198.09   420 grams	1250
Pickled Chili Aioli, Lemon Kcal 338.05   280 grams	750
Tartare Sauce, Lemon Kcal 640.65   300 grams	750

<sup>■</sup> Vegetarian ■ Non Vegetarian © Vegan ↑ Pork 🤭 Sustainable Crustacean Ø Sustainable Seafood 🖈 Signature Please let our server know of any allergies

<sup>&</sup>amp; Gluten & Non Gluten A Milk Egg & Peanut/Tree Nut & Soya & Sulphite

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### **SOUPS & SALADS**

© Chicken Caesar Salad	1150
Confit Chicken Salad A A Chicken Rillettes, Black Quinoa, Colored Tomatoes, Olives, Cucumber, Arugula, Fresh Mint Kcal 521.85   300 grams	1050
■ Arugula and Pear Salad	1050
■ Veg Caesar Salad	1050
Exotic Greens, Chicken Tenders Kcal 395.78   420 grams	850
■ Tomato and Basil Soup △ Country Tomatoes, Basil, Cream Kcal 173.81   200 grams	750

<sup>■</sup> Vegetarian ■ Non Vegetarian © Vegan ↑ Pork 🥴 Sustainable Crustacean Ø Sustainable Seafood 🖈 Signature Please let our server know of any allergies

<sup>&</sup>amp; Gluten & Non Gluten A Milk | Egg & Peanut/Tree Nut & Soya & Sulphite

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# SANDWICHES, BURGER & WRAPS (Served with Fries & Mesclun)

Fried Chicken Burger # 🕮 0 Fried chicken, Red Cabbage Slaw, Iceberg, Tomato, Cheddar Kcal 1413.11   600 grams	1550
■ Non Vegetarian Club Sandwich    Multigrain Loaf, Classic with Lettuce, Tomato, Fried Egg, Bacon, Chicken, Provolone  Kcal 1531.24   650 grams	1350
Chili Cheese Toast	1250
© Chicken Tikka Toastie ♥ ◢ ○ Grilled Panini, Rucola, Chicken Tikka, Capsicum, Remoulade, Provolone Kcal 1315.30   550 grams	1250
☐ Grilled Ham and Cheese Sandwich   ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	1250
■ Vegetarian Club Sandwich 🖋 🗥 🗞	1250
Multigrain Loaf, Eggplant, Squash, Bell Peppers, Pesto, Cheddar Kcal 1 740.53   550 grams	
■ Quinoa Burger   ■ Sweet Potato Patty, Charred Onion, Cheddar Kcal 1199.25   550 grams	1250
■ Vegetarian Non Vegetarian Vegan Pork Sustainable Crustacean Sustainable Seafood Signature  Please let our server know of any allergies	
# Gluten ® Non Gluten A Milk   Egg & Peanut   Tree Nut # Soya & Sulphite	
An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	
All prices are in Indian rupee and exclusive of applicable government taxes.	

Kolkata Kathi Roll	
Masala Murgh Tikka & 🛎 o  Kcal 948.62   500 grams	1450
■ Cottage Cheese	1350
PASTA/RISOTTO	
PASTA/ RISOT TO	
■ Aglio Olio e Peperoncino   Kcal 358.05   350 grams	1650
■ Cream and Tomato	1650
■ Arrabbiata	1650
■ Carbonara	1650
■ Wild Mushroom Risotto    Mix of Mushroom  Kcal 611.69   250 grams	1650
© Confit Chicken and Asparagus Risotto	1650
■ Vegetarian ■ Non Vegetarian © Vegan A Pork ** Sustainable Crustaœan & Sustainable Seafood ★ Signature Please let our server know of any allergies  « Gluten ® Non Gluten A Milk Egg ® Peanut/Tree Nut & Soya & Sulphite  An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	

# INDIAN MAINS

■ Lucknowi Gosht Korma	1950
■ Chepala Pulusu 🔑 ® Sea Bass simmered in Spicy and Sour Stew with Fragrant Spices Kcal 468.4   350 grams	1950
■ Butter Chicken	1850
■ Mangalore Kori Gassi    Mangalore Style Chicken Curry cooked in a Fragrant Coconut Based Gravy with Red Chili, Kokum, Onion and Aromatic Spices Kcal 890.23   450 grams	1850
■ Paneer Lababdar	1550
■ Lasooni Makai Palak 🙈 💲  Fresh Corn simmered in Spinach Gravy finished with Burnt Garlic Kcal 398.76   440 grams	1550
	1550
■ Vegetarian 🖪 Non Vegetarian 🌣 Vegan 🐧 Pork 👺 Sustainable Crustacean 🕫 Sustainable Seafood 🛊 Signature	
Please let our server know of any allergies Gluten ® Non Gluten @ Milk = Egg & Peanut/Tree Nut & Soya & Sulphite	
An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	
All twices are in Indian rutes and evaluaine of applicable covernment tower	

	1550
Kcal 672   350 grams	
■ Dal CUR8	1550
■ Dal Tadka 🚇	1450
Yellow Lentil cooked with Cumin, Dill, Garlic, Clarified Butter Kcal 355.02   300 grams	
RICE	
Awadhi Dum Biryani ##  Basmati Rice cooked in its own Stock and Spices, hinted with  Rose Water and Saffron. Accompanied with Burrani Raita,  with your choice of	
Lamb Kcal 882.15 I 580 grams	1850
■ Chicken Kcal 632.11   550 grams	1750
Seasonal Vegetable Kcal 553.79   500 grams	1220
Steamed Basmati Rice     Kcal 390.00   350 grams	500
■ Vegetarian  ■ Non Vegetarian  © Vegan  Pork  Sustainable Crustacean  Sustainable Seafood  Signature  Please let our server know of any allereies	
Please let our server know of any allergies Gluten ® Non Gluten & Milk Egg & Peanut/Tree Nut & Soya & Sulphite	
An average active adult requires 2,000 kcal energy per day, however calorie needs may vary	

### **BREAD**

■ Naan ﷺ #	400
Plain, Garlic, Stuffed	
Kcal 466.20   120 grams	
■ Roti ﷺ	400
Plain or Butter	
Kcal 278.08   120 grams	
Kerala Parotta	400
Kcal 639.57   150 grams	
■ Laccha Paratha 👜 🦋	400
Kcal 278.08   120 grams	
⊗ Missi Roti 🚇	400
Gram Flour, Indian Signature Spice Mix,	
Kcal 278.08   120 grams	

<sup>■</sup> Vegetarian Non Vegetarian Vegan Pork Sustainable Crustacean Sustainable Seafood Seafood

<sup>&</sup>amp; Gluten & Non Gluten A Milk Egg & Peanut/Tree Nut & Soya & Sulphite

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# INTERNATIONAL MAINS Available from 11:00 brs. to 23:00 brs.

■ Pan Seared Salmon → P Glazed Vegetables, Shaved Fennel, Sauce Vierge Kcal 640.34   380 grams	2450
Grass Fed Lamb Chop A Mark Fondant Potatoes, Glazed Vegetables, Red Wine Demi Glaze Kcal 648.72   300 grams	2450
Pan Seared Locally Sourced Sea Bass Glazed Vegetables, Shaved Fennel, Sauce Vierge Kcal 589   380 grams	2000
Tenderloin Steak  Tenderloin, Parsley Mash Potato, Glazed Vegetable, Maître D'hôtel Butter, Coorg Black Peppercorn Sauce Kcal 1028.72   500 grams	1750
■ Classic Fish and Chips	1650
Rosemary King Oyster Mushroom, Edamame, Hasselback Potato Kcal 638.05   350 grams	1650
	1350
■ Vegetarian 🖪 Non Vegetarian ® Vegan 🐧 Pork 🥶 Sustainable Crustacean Ø Sustainable Seafood 🛊 Signature	
Please let our server know of any allergies  « Gluten » Non Gluten » Milk Egg » Peanut/Tree Nut » Soya & Sulphite	

An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.

### PIZZA

Black Olives, Caramelized Onion, Pepperoni Kcal 1092.43   500 grams	1750	
© Chicken Tikka	1750	
■ Bianca    Mushroom, Potato, Parmesan, Mozzarella, Truffle Oil  Kcal 1050.90   500 grams	1550	
© CUR8 Seasonal Veg	1450	
■ Margherita	1350	
SIDEORDER		
■ French Fries   Kcal 479.10   330 grams	500	
Steamed Vegetables       Kcal 63.46   240 grams	500	
■ Vegetarian ■ Non Vegetarian © Vegan A Pork Sustainable Crustacean D Sustainable Seafood ★ Signature Please let our server know of any allergies		

#### DESSERT

•	Slow Bake Cheesecake # # 0 Exotic Fruits, Red Berry Coulis	800
	Kcal 815.82   216 grams	
•	FS Bengaluru Tiramisu ﷺ ♥ ○ ♣ ★ Savoiardi Biscuit, Egg, Mascarpone, Coorg Coffee, Kahlua, Cocoa Kcal 667.39   217 grams	800
A	Hazelnut Praline Chocolate Cake # 0	800
•	Walnut Chocolate Brownie A & O S Served with Kerala Vanilla Homemade Ice cream	800
⊗	Chilled Mango Pudding © Coconut Sauce Kcal 277.0   120 grams	800
	Gulab Jamun A & S  Milk Solid, Deep Fried, Cardamom Sugar Syrup  Kcal 694.16   150 grams	800
	Kesari Rasmalai #	800
	Home Made Ice Creams- Vanilla, Chocolate, Strawberry, Coorg Coffee  Single Scoop Kcal 158.09   74 grams / Double Scoop Kcal 316.19   148 grams	400/800
•	Vegetarian  ■ Non Vegetarian  © Vegan  ↑ Pork  ≅ Sustainable Crustagean  ₽ Sustainable Seafood ★ Signature	

Please let our server know of any allergies

& Gluten & Non Gluten Milk Egg & Peanut/Tree Nut & Soya & Sulphite

An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.

# BALANCE by Four Seasons

### TO START

■ Cannellini Bean & Sweet Onion Soup                  Fennel, Parmesan Cheese, Fresh herbs, Toasted Sourdough Bread	850
■ Mushrooms and Barley Soup ⊗ Button Mushroom, Pearl Barley, Fresh Herbs	750
■ Marinated Chickpea Bowl with Halloumi Cheese A Fresh Herbs, Avocado, Lettuce, Lemon Juice	1350
■ Rosemary Flatbread with Mushrooms 🚁 🏶 💌 Caramelised Onions, Seed Mix, Wild Mushrooms, Arugula, Parmesan, Balsamic Vinegar	1150
MAINS	
■ Salmon with Caper Herb Sauce, Tomatoes and Asparagus   Norwegian Salmon, Heirloom Cherry Tomatoes, Ooty Asparagus, Fresh Herbs	2450
■ Lemon Whole Wheat Spaghetti, Shrimp and Asparagus	1850
■ Chicken Paillard with Arugula and Lemon Vinaigrette	1750
Porcini Mushroom Risotto A B Arborio Rice, Porcini, King Oyster Mushroom, Cremini, Shimeji, Parmesan, Parsley, White Wine	1650
DESSERT	
© Chocolate Walnut Cookies © ○ ♥ Flourless Cookie, Himachal Walnuts, Belgium Cocoa, Kerala Vanilla	800
Marsala Poached Pears with Dark Chocolate Fortified Wine, Dark Chocolate, Spices	800
■ Vegetarian ■ Non Vegetarian © Vegan ↑ Pork 🌣 Sustainable Crustaœan 🕫 Sustainable Seafood 🖈 Signature Please let our server know of any allergies	
& Gluten & Non Gluten & Milk Egg & Peanut/ Tree Nut & Soya & Sulphite	
An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	

# BALANCE by Four Seasons

### TO START

■ Cannellini Bean & Sweet Onion Soup 🖽 🦋 Fennel, Parmesan Cheese, Fresh herbs, Toasted Sourdough Bread	850
■ Mushrooms and Barley Soup ⊗ Button Mushroom, Pearl Barley, Fresh Herbs	750
■ Marinated Chickpea Bowl with Halloumi Cheese   Fresh Herbs, Avocado, Lettuce, Lemon Juice	1350
■ Rosemary Flatbread with Mushrooms 🚁 🏈 🏵 Caramelised Onions, Seed Mix, Wild Mushrooms, Arugula, Parmesan, Balsamic Vinegar	1150
MAINS	
Salmon with Caper Herb Sauce, Tomatoes and Asparagus & Norwegian Salmon, Heirloom Cherry Tomatoes, Ooty Asparagus, Fresh Herbs	2450
Lemon Whole Wheat Spaghetti, Shrimp and Asparagus A P Whole Wheat Pasta, Ooty Asparagus, Parmesan, River Shrimp	1850
■ Chicken Paillard with Arugula and Lemon Vinaigrette	1750
Porcini Mushroom Risotto A Arborio Rice, Porcini, King Oyster Mushroom, Cremini, Shimeji, Parmesan, Parsley, White Wine	1650
DESSERT	
© Chocolate Walnut Cookies © ○ ♥ Flourless Cookie, Himachal Walnuts, Belgium Cocoa, Kerala Vanilla	800
Marsala Poached Pears with Dark Chocolate Fortified Wine, Dark Chocolate, Spices	800
■ Vegetarian ■ Non Vegetarian ® Vegan A Pork ** Sustainable Crustacean © Sustainable Seafood ★ Signature  Please let our server know of any allergies	
& Gluten & Non Gluten & Milk   Egg & Peanut/Tree Nut & Soya & Sulphite	
An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.	

South Indian & A & 1200 Tender coconut water Idli Medu Vada Masala Uttapam Sambar and Signature Homemade Chutney South Indian Filter Coffee Kcal 850.63 | 760 grams | North Indian # 4 1200 Seasonal Fresh Juice Seasonal Tropical Fruits Poori Bhaji V (Contains Gluten) (Vegan) Or Paratha Choice of Potato / Spiced Cauliflower / Cottage Cheese Masala Chai CEREALS 🖲 Oatmeal 🆸 🕮 💲 1200 Brown Sugar, Toasted Nut, Water or Milk Kcal 524.80 | 300 grams | 800 All Bran, Corn Flakes, Muesli, Homemade Granola, Choco Pops, Special K Gluten Free Corn Flakes Kcal 709.80 | 350 grams | Choice of Whole/Low Fat Milk Vegan Options: Soya Milk / , Oat Milk / , Almond Milk 🕏 🛚 Homemade Bircher Muesli 🦸 🕮 💲 800 Overnight Soaked Rolled Oats, Low Fat Yoghurt, Green Apple, Nuts, Honey Kcal 594 | 350 grams | ■ Vegetarian ■ Non Vegetarian & Vegan A Pork Sustainable Crustacean Sustainable Seafood \* Signature Please let our server know of any allergies # Gluten ® Non Gluten @ Milk | Egg ® Peanut/Tree Nut Soya & Sulphite An average active adult requires 2,000 kcal energy per day, however calorie needs may vary. All prices are in Indian rupee and exclusive of applicable government taxes.

South Indian # 4 \$\square\$ 1200 Tender coconut water Idli Medu Vada Masala Uttapam Sambar and Signature Homemade Chutney South Indian Filter Coffee Kcal 850.63 | 760 grams | North Indian # 4 1200 Seasonal Fresh Juice Seasonal Tropical Fruits Poori Bhaji V (Contains Gluten) (Vegan) Or Paratha Choice of Potato / Spiced Cauliflower / Cottage Cheese Masala Chai **CEREALS** 🖲 Oatmeal 🦸 🕮 💲 1200 Brown Sugar, Toasted Nut, Water or Milk Kcal 524.80 | 300 grams | 800 All Bran, Corn Flakes, Muesli, Homemade Granola, Choco Pops, Special K Gluten Free Corn Flakes Kcal 709.80 | 350 grams | Choice of Whole/Low Fat Milk Vegan Options: Soya Milk #, Oat Milk #, Almond Milk & Homemade Bircher Muesli # 4 8 800 Overnight Soaked Rolled Oats, Low Fat Yoghurt, Green Apple, Nuts, Honey Kcal 594 | 350 grams | ■ Vegetarian 🖪 Non Vegetarian 🏵 Vegan 🐧 Pork 🥞 Sustainable Crustacean Sustainable Seafood \* Signature Please let our server know of any allergies & Gluten & Non Gluten @ Milk | Egg & Peanut/Tree Nut | Soya & Sulphite An average active adult requires 2,000 kcal energy per day, however calorie needs may vary. All prices are in Indian rupee and exclusive of applicable government taxes.

#### FROM THE BAKERY

■ Baker's Basket 🖋 🕮 🔾	700
Choice of any 3 Freshly Baked Morning Bakeries with Butter, Coorg Honey and Fruit Preserve	300
■ Croissant & 🛎 🕒	
Kcal 214.20   55 grams	
	200
■ Pain Au Chocolat 🎉 🕮 🌣 Kcal 346.29   55 grams	300
■ Muffin of the Day # ೨ ○	300
Kcal 192.44   52 grams	
E Danish of the Day	300
■ Danish of the Day	300
Doughnut & d 0	300
Kcal 232   120 grams	
■ Eggless Fruit Cake 🖋 🎿 🗞	300
Kcal 690.40   200 grams	200
■ Gluten Free Bread 🗐 🌖 🖜	300
Kcal 192   80 grams	

All prices are in Indian rupee and exclusive of applicable government taxes.

## FROM THE GRIDDLE

■ Waffle and Pancake 🍪 🕮 🌣  Maple syrup, Berry Compote and Whipped Cream  Kcal 364   280 grams	800
© Caramelized French Toast	800
■ Pancake	800
EGGS	
Three Whole or Egg White any Style served with Grilled Locally Sourced Vine Cherry Tomatoes and Homemade Potato Roesti Fillings: Masala, Bell Pepper, Onion, Tomato, Mushroom, Spinach, Tomato, Cheese, Pork Ham, Locally Sourced Chicken Kcal 339.37   220 grams	800
Free Range Egg White Frittata	800
<ul> <li>Vegetarian          Non Vegetarian</li></ul>	

Free Range Egg Benedict And And And And Andrew Freshly Baked English Muffin, Honey Glazed Pork Ham, Hollandaise Sauce served with Grilled Locally Sourced Vine Cherry Tomatoes and Homemade Potato Roesti Kcal 901.20   370 grams	800
Free Range Egg Royale	800
Free Range Egg Florentine Fresh Baby Spinach, Freshly Baked English Muffin, Sautéed Farm Fresh Baby Spinach, Hollandaise Sauce served with Grilled Locally Sourced Vine Cherry Tomatoes and Homemade Potato Roesti Kcal 867.74   410 grams	800
SIDES	
■ Olive Oil Sautéed or Steamed Vegetables Sautéed: Kcal 142.20   240 grams   Steamed: Kcal 60.46   240 grams	300
■ Bacon or Honey Glazed Ham Kcal 1320.00   200 grams	300
■ Chicken Sausage Kcal 397.12   250 grams	300
■ Vegetarian ■ Non Vegetarian  ② Vegan  ⑤ Pork  ⑤ Sustainable Crustacean Sustainable Seafood ★ Signature  Please let our server know of any allergies	

## SOUTH INDIAN CLASSICS

■ Masala Uttapam    ■ ★ ⑤  Pan Fried Rice and Lentil Pancake with Masala Vegetables served with Sambar, Signature Homemade Chutneys  Kcal 887.82   450 grams		800
■ Mysore Masala Dosa		800
Dosa    ■ S  Choice of Regular or Ragi (Finger Millet)  Pan Fried Rice and Lentil Crepe I Plain or Masala served with Sambar,  Signature Homemade Chutneys  Plain: Kcal 954.94   395 grams    Masala: Kcal 1108.10   480 grams		800
■ Steamed Idli    ® ® ® ®  Rice and lentil steamed cake served with Gunpowder, Gingelly Oil,  Sambar, Signature Homemade Chutneys  Kcal 875.88   351 grams	800	
• Upma		800
■ Medu Vada		800
<ul> <li>■ Vegetarian</li> <li>Non Vegetarian</li> <li>Vegan</li> <li>Pork</li> <li>Sustainable Crustacean</li> <li>Sustainable Seafood</li> <li>Signature</li> <li>Please let our server know of any allergies</li> <li>Gluten</li> <li>Non Gluten</li> <li>Milk</li> <li>Egg</li> <li>Peanut/Tree Nut</li> <li>Soya</li> <li>Sulphite</li> </ul>		

An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.

Steamed Paddu # \$ 800 Oval Pan fried Rice and Lentil with Onion, Green Chili, Coriander and Ginger tempered Dumplings served with Signature Homemade Chutneys Kcal 875.88 | 351 grams | ANNAM Pongal A & 800 Rice and Lentil Gruel tempered with Ghee, Cumin, Cashew, Ginger, Black Pepper, Curry Leaf Kcal 478 | 340 grams | 🖲 Bisibella Bhaat 🔌 🗞 800 Karnataka Specialty of Mélange of Rice, Lentil and Vegetables with Special Spice Mix accompanied with Spiced Lentil Pearls Kcal 380 | 340 grams | Poha 🕏 🗷 🌝 800 Flattened Rice Flakes tempered with Mustard, Curry Leaf with Onion, Potato, Lemon and Peanuts Kcal 234 | 340 grams | NORTH INDIAN CLASSICS Poori Bhaji 800 Puffed Whole-Wheat Deep-Fried Bread Served with Asafetida Potato Curry And Pickle Kcal 1008.84 | 550 grams | Paratha 🚊 💰 800 Griddled Stuffed Wheat Flatbread served with Yogurt and Pickle Choice of Potato and Coriander Kcal 1138.39 | 425 grams | Spiced Cauliflower Kcal 978.24 | 425 grams | Cottage Cheese Kcal 1147.79 | 425 grams | ■ Vegetarian ■ Non Vegetarian Vegan Pork Sustainable Crustacean Sustainable Seafood \* Signature Please let our server know of any allergies # Gluten ® Non Gluten @ Milk | Egg ® Peanut/Tree Nut Soya & Sulphite An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.

■ Pork Sausage	300
Kcal 817.31   250 grams	
Baked Beans	300
Kcal 79.00   100 grams	
Avocado Slice	300
Drizzled with Extra Virgin Olive Oil & Lemon	

<sup>■</sup> Vegetarian Non Vegetarian Vegan Pork Sustainable Crustacean Sustainable Seafood Signature

Please let our server know of any allergies

Gluten Non Gluten Milk Egg Peanut/Tree Nut Soya Sulphite

Sustainable Seafood Signature

Sustainable Seafood Signature

Sustainable Seafood Signature

Please let our server know of any allergies

Gluten Non Gluten Milk Egg Peanut/Tree Nut Soya Sulphite

Non Sustainable Seafood Signature

Non Sustainable Seafood Signature

Sustainable Seafood Signature

Sustainable Seafood Signature

Non Sustainable Seafood Signature

Sustainable Seaf

An average active adult requires 2,000 kcal energy per day, however calorie needs may vary.

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### BAGEL

Kcal 770.88 | 387 grams

Turkish Cream Cheese Bagel & a	800
Kcal 426.09   230 grams	
■ Sustainably Sourced Smoked Salmon and Scrambled Egg Bagel # △ ○	1000
Turkish Cream cheese, Onion rings, Avocado, Rucola Lettuce, Caperberry	

■ Vegetarian ■ Non Vegetarian ♥ Vegan № Pork № Sustainable Crustacean Sustainable Seafood ★ Signature Please let our server know of any allergies

# Gluten ® Non Gluten ■ Milk © Egg ® Peanut/Tree Nut Soya & Sulphite

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Sustainable Seafood ★ Signature

Sustainable Seafood ★ Signature

Please let our server know of any allergies

# Gluten ® Non Gluten ■ Milk © Egg ® Peanut/Tree Nut Soya & Sulphite

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