



THE LOTUS ORIENTAL

It has often been said that cuisine is one of the best ways to discover a country or experience a culture. Nowhere is this truer than in Asia. Home to half the world's population, with three distinct ancient civilisations and uncountable sub-cultures, with a diverse mix of climate, flora and fauna, and geography, Asia is a culinary adventure of epic proportions. Head north across the roof of the world, the high Himalayas, and you find yourself in China. Here, the story of food stretches back almost four thousand years.

Travel the different regions of China with a menu that offers signature delicacies from Sichuan, Canton and the classic northern regions of Liaoning and Shandong. Then cross the Yellow Sea and follow the food trail to Japan, with its unique seafood flavours.

Eventually, you transit through the heart of South East Asia, with a sprinkling of Indonesian and Malay classics, before arriving at one of the world's most famous travel destinations. Thailand, with its red hot curries, and thicker, richer flavours, is closer to Indian cuisine than any of its eastern neighbours.

Experience the gastronomic flair with distinct cuisines at The Lotus Oriental.



Aujasya by the Leela is a holistic wellness program - a healthy lifestyle reflected in physical, mental, social, and spiritual wellbeing. Aujasya is not just a word, it's a way of life.

Conceived and executed in collaboration with Dr. Ankita Jalori, one of India's pre-eminent nutrition and wellness consultants, the menu has been curated to achieve the impossible balance between your health needs and your gastronomic expectations. Our Chefs have worked behind the scenes on our signature recipes to increase the nutritional values and enhance the functional components but retaining the authentic essence and experience of each dish.

SOUP

■ Smoked Corn Asian Chowder Sweet Corn And Asparagus

600

Immunity building; High fibre; Antioxidant-rich; Diabetic-friendly

Asparagus is low on calories and high in nutrition. It is packed full of Vitamin K which contributes to general bone health and blood clotting, Antioxidants- like vitamin E and vitamin C help your body fight the harmful effects of aging by protecting cells from free radicals which promote oxidative stress. It is also rich in Fibre, essential for a steady functioning digestive system, which in turn aids in reducing the risk of high blood pressure, heart disease and diabetes.

A versatile ingredient, corn is used as a base for many health-oriented dishes as it is rich in carotenoids which promote eye health and provides higher amounts of antioxidants than most cereal grains in its league.

STAR INGREDIENT - Corn, Asparagus

Cal: 66kcal • Protein: 3g • Fats: 1g • Carbs: 14g • Fiber: 2g

        
■ Vegetarian ■ Non-Vegetarian

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SUSHI

Hotty Tuna Maki Tuna, Chives, Golden Onion, Tobiko

1740

Improves Metabolism; Heart Health, Antioxidant-Rich; Thyroid Function

A "hot" favourite, this classic maguro roll is a meal on its own. It contains a good amount of carbs in the form of vinegared rice, highly nutritive seaweed, and protein packed tuna.

Sushi is all about using ingredients in their natural form to prevent them from losing their nutritive value. Raw fish is more beneficial to consume than cooked fish as it avoids the formation of contaminants that may arise during the cooking process. It also ensures that essential omega 3 fatty acids are not lost out.

Omega 3 fatty acids present in fish has positive impacts on the heart, in that it reduces LDL levels in the body. It also controls blood pressure.

A single of serving of tuna contains more than 80% of the body's daily protein requirement. Vitamin C, Zinc and Manganese contained in tuna aid in boosting the immune system and slow down the aging process.

The nori sheet used to wrap the sushi roll is a goldmine of vitamins and minerals. It contains high levels of vitamins A, B, C, D, E and K, iodine (which is essential for thyroid function); as well as measurable amounts of carotenoids, and chlorophyll which are known to be natural detoxifiers.

STAR INGREDIENT - Tuna Fish, Seaweed

Cal: 234 kcal • Protein: 17g • Fats: 3g • Carbs: 32g • Fiber: 2g

Trump Mori Mika Umami Shiitake, Togarashi, Scallion

1140

Immunity Building; Heart Health

Mori Mika translates to "fragrance of the forest". This roll is for lovers of the natural umami of shiitake mushrooms. These mushrooms are especially marinated in all famous truffle oil along with a tingle of Japanese spice powder togarashi.

Shiitake contains eritadenine, sterols and beta glucan, all of which are known to lower cholesterol. Being the only natural plant source of vitamin D, addition of mushrooms in the diet is essential to promote bone health as the body requires vitamin D to absorb calcium.

STAR INGREDIENT - Shiitake Mushrooms

Cal: 183 kcal • Protein: 5g • Fats: 2g • Carbs: 36g • Fiber: 2g

        
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DIMSUM

Crystal Dumpling 🌱

720

Asparagus, Almond, Water Chestnut

Immunity Building; High-Fibre; Antioxidant-Rich; Gluten-Free

The fascination with this dish lies in its crystal-clear wrap that encases a mixture of bright vegetables. The textural contrast of the soft outer covering, and the bite of fresh veggies makes this dumpling an absolute delight.

Asparagus is low on calories and high in nutrition. It is packed full of Vitamin K which contributes to general bone health and blood clotting, Antioxidants- like vitamin E and vitamin C help your body fight the harmful effects of aging by protecting cells from free radicals which promote oxidative stress. It is also rich in Fibre, essential for a steady functioning digestive system, which in turn aids in reducing the risk of high blood pressure, heart disease and diabetes.

Water chestnut is also low in calories and high in fibre and antioxidants.

STAR INGREDIENT - Asparagus, Water Chestnut

Cal: 109kcal • Protein: 3g • Fats: 1g • Carbs: 23g • Fiber: 4g

ASIAN GRILLS

Charcoal Grilled Tiger Prawns 🌱 🍤

1320

Lemongrass Marinade, Tiger Prawns

B-Vitamins; Vitamin E; Omega-3 Fatty Acids; Protein-High

Derived from age old methods of cooking meat, coal grilling not only lends unique smoky flavours and aromas to food but are also a healthier alternative to pan grilling as they retain natural nutrients and use much less fat for cooking.

Shellfish are a useful source of the B group of vitamins, these play an essential role in energy production. Vitamin E contained in prawns act as anti-aging factors. Prawns are also rich in Minerals-iodine, zinc, and selenium which support thyroid function.

Lemongrass contains a host of antioxidants and is also known to have anti-inflammatory benefits.

MAINS

▲ Steamed Whole Sea Bass 🐟

2160

Superior soy sauce, scallion, and fresh coriander

Protein-Rich; Omega-3 Fatty Acids; Antioxidant-Rich

Fish, steamed whole, in all its glory with fresh herbs and mild flavours only to compliment the natural essence of the magnificent ocean dwellers.

Steaming is known to be amongst the healthiest methods of cooking as it involves no fat and no immersion in water which dissolves certain essential vitamins and minerals.

Whole fish is a rich and reliable source of fats and omega 3 as most fish fats are stored where the skin meets the flesh.

Omega 3 is a star fat in that it helps to absorb cholesterol causing LDL in the body. Fish fats, due to their prevalence below room temperature, aquatic conditions, do not solidify in the human body when consumed, this makes them easier to metabolise and are thus infinitely healthier than the fat found in land dwelling animals.

Coriander used in the broth promotes brain health, heart health, digestion, and gut health and is rich in immune-boosting antioxidants, lowers blood pressure.

STAR INGREDIENT - Sea Bass

Cal: 436 kcal • Protein: 70g • Fats: 8g • Carbs: 18g • Fiber: 4g

■ Stir Fried Asian Greens 🥬

1140

Asparagus, Bok choy, broccoli braised with garlic and soy

Antioxidant-Rich; Bone Health, Digestive Health

Wok cooking is known to be a healthier cooking method than most as it uses very little fat, and the food is cooked in a short span of time. This ensures that least nutrition is lost through heat application.

Asparagus is low on calories and high in nutrition. It is packed full of Vitamin K which contributes to general bone health and blood clotting. Antioxidants- like vitamin E and vitamin C help your body fight the harmful effects of aging by protecting cells from free radicals which promote oxidative stress. It is also rich in

DESSERT

■ Tab Tim Krob

780

Rubies, Jackfruit, Coconut Milk

Dairy-Free; Improves Stamina; Antioxidant-rich; High GI

A classic take on this Thai dessert takes us to the ever-green amalgamation of water chestnut rubies, jackfruit, and coconut milk infused with pandan leaves. Served with a dollop of crushed ice, this is a perfect end to your meal.

Coconut milk contains vitamins C, B1, B3, B5, B6, B1, and E. It has a high GI. It is a high calorie food and is thus known to improve stamina. Rich in antioxidants, has anti-inflammatory, anti-bacterial and anti-fungal functions as well.

Water chestnut are low in calories and high in fibre and antioxidants. Jackfruit are known to be rich in antioxidants. They contain Vitamin C as well as Vitamin A in the form of Carotenoids. Are known to act as a cure for ulcers, diabetes, and high blood pressure.

STAR INGREDIENT - Coconut Milk, Water Chestnuts, Jackfruit

Cal: 109kcal • Protein: 3g • Fats: 12g • Carbs: 31g • Fiber: 5g

 Crustaceans  Eggs  Nuts  Gluten  Soy  Sesame  Sulphites  Dairy  Seafood - Fish

 Vegetarian  Non-Vegetarian

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SMALL PLATES

 Prawn Tempura [KCAL : 635]  	1320
Batter fried prawns	
 Garlic Butter Soft Shell Crab [KCAL : 635]  	1200
Togarashi golden onion	
 Slice Fish In Homemade Roasted Chilli Sauce [KCAL : 234] 	1080
River sole, chilli nuts	
 Tori Karage [KCAL : 956]  	1080
Japanese style fried chicken	
 Guilin Chilli Chicken [KCAL : 818] 	1080
Spicy chicken, dry chilli, Sichuan pepper corn	
 Crispy Fried Lotus Stem and Water Chestnut [KCAL : 519] 	900
Wok tossed lotus stem, water chestnut, honey chilli sauce	
 Edamame Beans [KCAL : 258] 	780
Truffle essence or maldon salt or chilli garlic	
 Yasai Tempura [KCAL : 471] 	780
Batter fried seasonal vegetables	
 Wok Tossed Sichuan Tofu [KCAL : 259] 	780
Silken tofu, bell peppers	
 Crackling Spinach And Corn [KCAL : 209] 	780
Batter fried spinach, corn	
 Salt And Pepper Vegetables [KCAL : 154] 	780
Asparagus, shiitake, babycom	
 Classic Somtum [KCAL : 239] 	720
Raw papaya, chili, tamarind sauce, crushed peanuts	
 The Lotus Oriental Pomello Salad [KCAL : 297]  	720
Japanese mayo, miso, shichimi dust, romaine	

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DIM SUM

▲ Dragon lamb puff [KCAL : 353] 🍳 🍳	1020
▲ Xinjiang spicy ginger chicken dumpling [KCAL : 396] 🌿	1020
▲ Garlic prawn dumpling [KCAL : 172] 🌿	960
▲ Steamed prawn, scallop Hargow [KCAL : 183] 🍳 🌿	960
▲ Pork and chive gyoza [KCAL : 378] 🍳	900
▲ Classic char siew pork [KCAL : 350] 🍳	900
▲ Umami chicken steamed in lotus leaf [KCAL : 407] 🍳	900
▲ Steamed chicken, coriander shu mai [KCAL : 435] 🍳	900
● Edamame, black truffle [KCAL : 202] 🌿 🍳	840
● Crystal asparagus, almond, water chestnut [KCAL : 109] 🍳	720
● Baby pokchoy, spinach jiaozi [KCAL : 268] 🍳	720
● Pan fried carrot, turnip cake [KCAL : 220] 🍳 🌿	720
● Shanghai vegetable dumpling [KCAL : 74] 🍳	720
● Spicy green jiaozi, asparagus [KCAL : 272] 🌿	720
● Sichuan style vegetable dumpling, chilli broth [KCAL : 435] 🌿	720

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ASIAN CHARCOAL GRILLS

▲ New Zealand lamb chop, Thai chilli tiger sauce [KCAL : 494] 	2400
▲ Char grilled lobster, creamy mustard miso [KCAL : 383]  	2640
▲ Pork Spareribs, barbeque sauce [KCAL : 514] 	1320
▲ Lemongrass prawn, sweet chilli sauce [KCAL : 240] 	1320
▲ Banana leaf wrap grill fish marinated Balinese spice [KCAL : 351]  	1140
▲ Chicken satay, peanut sauce [KCAL : 687] 	1020
■ Peruvian asparagus, yuzu [KCAL : 48] 	1080
■ Tofu, teriyaki, black garlic [KCAL : 188] 	840
■ Pineapple skewer, hot sauce [KCAL : 132]	720
■ Asian vegetable skewers, barbeque sauce [KCAL : 111] 	720
■ Mushroom and baby leek skewers, sesame dip [KCAL : 467] 	720

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SUSHI

4 PIECES 8 PIECES

 Unagi Philadelphia Maki [KCAL : 322]   	2100
<i>Fresh water eel & cream cheese</i>	
 Hotty Tuna [KCAL : 234]   	1740
<i>Tuna, chives, golden onion, tobiko</i>	
 Alexey Smirnov [KCAL : 309]   	1560
<i>Salmon, crispy skin, garlic mayonnaise, Ikura</i>	
 Crunchy Dragon Roll [KCAL : 207]   	1560
<i>Crispy prawn tempura, spicy ichimi, scallions, tanuki</i>	
 Catch The Spider [KCAL : 333]   	1560
<i>Soft shell crab, sambal, ginger, flying fish roe</i>	
 Trump Mori Mika [KCAL : 183]  	1140
<i>Umami shiitake, truffle essence, fried garlic</i>	
 Asuparagasu [KCAL : 371]  	1140
<i>Asparagus tempura, cream cheese, tanuki</i>	
 Avocado cream cheese [KCAL : 351]  	1140
<i>Bubu arare</i>	
 Kappa Maki [KCAL : 136] 	1140
<i>Japanese Cucumber & wasabi</i>	

SASHIMI

3 PIECES

 Chutoro [KCAL : 106]  	1920
<i>Fatty tuna</i>	
 Maguro [KCAL : 133]  	1920
<i>Tuna</i>	
 Hamachi [KCAL : 106]  	1800
<i>Kanpachi</i>	
 Hotate [KCAL : 98]  	1800
<i>Scallop</i>	
 Unagi [KCAL : 167]  	1800
<i>Fresh eel</i>	
 Shake [KCAL : 128]  	1620
<i>Salmon</i>	

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NIGIRI

3 PIECES

 Maguro [KCAL : 189]   Tuna	1440
 Hamachi [KCAL : 161]   Yellow tail	1320
 Unagi kabayagi [KCAL : 253]   Grilled eel	1320
 Shake [KCAL : 160]   Salmon	1080
 Inari [KCAL : 158]   Tofu	780
 Suika [KCAL : 130]   Watermelon	780
 Nasu [KCAL : 127]   Eggplant	720
 Piman [KCAL : 128]   Bell pepper	720

OMAKASE OZARA

 Sakura Takashi Platter [KCAL : 462]    3 types of non-vegetarian sushi (4 pieces each roll) 3 types of seafood nigiri (2 pieces each)	5400
 Komo Platter [KCAL : 324]   4 types of seafood nigiri (2 piece each)	4200
 Oki Platter [KCAL : 198]   3 types of sashimi (3 pieces each)	4200
 Hiroshi Platter [KCAL : 265]    2 types of vegetarian sushi (4 pieces each roll) 2 types of nigiri (2 Pieces each)	2760

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SOUP

Smoked Corn Asian Chowder

 Crab meat [KCAL : 138] 	720
 Chicken [KCAL : 186]	720
 Asparagus [KCAL : 66]	600

Tom Yum

 Prawn [KCAL : 137] 	720
 Chicken [KCAL : 175] 	720
 Vegetables [KCAL : 86] 	600

Cantonese Wonton Soup

 Chicken [KCAL : 175]	720
 Vegetables [KCAL : 134]	600

Shiro Ramen

 Slow cooked pork, truffle zest and wild mushrooms [KCAL : 767]  	1260
 Pea shoots, leek, bean sprouts, fried nori, fresh lime [KCAL : 470]  	1020

Malaysian Laksa (Serves 2) [KCAL : 1041] Handmade noodles, lemongrass, coconut milk, boiled egg, prawns

 Tomato Egg White Soup [KCAL : 184]  	720
Sesame oil, coriander	

 Hot And Sour Mushroom Soup [KCAL : 100] 	600
Tofu, bamboo shoot	

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MAINS

▲ Lobster In Xo Sauce [KCAL : 979]   	2760
Rock Lobster, spicy homemade seafood sauce	
▲ Steamed Whole Sea Bass [KCAL : 396]  	1920
Superior soy or lemon chili	
▲ Sichuan seafood [KCAL : 283] 	1620
Bamboo shoot, vegetable, spicy sauce	
▲ Thai Red Curry Prawn & Pumpkin [KCAL : 258] 	1620
Prawn, pumpkin, bamboo shoot, chilli, basil	
▲ Singapore Chilli Crab [KCAL : 586]  	1620
Steamed Mantou	
▲ Vietnamese Butter Milk Prawn [KCAL : 466]   	1620
Kaffir lime, bird eye chilli, water chestnut	
▲ Lamb Rendang [KCAL : 981] 	1500
Slow cooked lamb, lemongrass, turmeric, coconut cream	
▲ Chairman maos favourite dish-Braised spicy pork belly [KCAL : 939]  	1440
Belgian pork, pickled chilli	
▲ Thai Green Curry [KCAL : 533] 	1380
Chicken, bamboo shoot, chilli, Thai basil	
▲ Phad Kai Krapow [KCAL : 473]  	1380
Basil chicken, bird's eye chili, fried egg	
▲ Hunan Chicken [KCAL : 783] 	1380
Wok tossed chicken, star anise, dried chilli	
▲ Chicken Szechwan Chilli [KCAL : 576] 	1380
Spicy chicken, pepper, chilli oil	
▲ Mapo Tofu Pork [KCAL : 614] 	1440
Minced pork, silken tofu, leeks	

        
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 Yellow Thai Curry [KCAL : 466] 	1140
Tofu, bamboo shoot, pineapple, cherry tomato	
 Wild Asian Mushrooms [KCAL : 229] 	1140
Black pepper, garlic, scallions	
 Stir Fried Asian Greens [KCAL : 265]  	1140
Golden garlic, evergreen vegetables	
 Seitan Gung Pao [KCAL : 617]  	1140
Vegan meat, dry chilli, cashew nuts	
 Gong Bao Tofu [KCAL : 659]   	1140
Chilli, onion, cashew nut, sesame oil, vinegar sauce	
 Ta-hu-rad-prik [KCAL : 187] 	1020
Silken tofu in homemade chilli sauce	
 Asian Vegetable [KCAL : 216] 	1020
Toban chilli bean sauce	
 Deep Fried Eggplant [KCAL : 568]  	1020
Sesame chilli sauce	

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RICE AND NOODLES

Burnt Garlic Fried Rice

 Prawn [KCAL : 736]    	900
 Chicken [KCAL : 768]  	900
 Vegetables [KCAL : 811] 	720

Bangkok Street Style Phad Thai

 Prawn [KCAL : 433]    	960
 Chicken [KCAL : 483]  	900
 Vegetables [KCAL : 357]  	780

Traditional Hakka Noodles

 Prawn [KCAL : 724]  	900
 Chicken [KCAL : 758]  	900
 Vegetables [KCAL : 653] 	720

 Chang Mai Crab Meat Fried Rice [KCAL : 448]    Crab meat, Turmeric, fresh red chilli, basil	1020
 Yang Chow Fried Rice [KCAL : 797]   Jasmine rice, BBQ chicken, green onion	960
 Steamed Jasmine Rice [KCAL : 534]	660
 Sichuan Chilli Vegetable, Fried Rice [KCAL : 740] 	780
 Sichuan Fried Noodle, Vegetable, Bell Pepper [KCAL : 698] 	780

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DESSERTS

 Chocolate and Mandarin Cheesecake [KCAL : 326] 	900
<i>Our take on traditional cheesecake, chocolate textures</i>	
 Yuzu Lemon Curd [KCAL : 43] 	900
<i>Wild berries ice cream</i>	
 Kaffir and Coconut Crème Brulee [KCAL : 91] 	780
<i>Kaffir lime infused burnt cream custard</i>	
 Tab Tim Krob [KCAL : 239]	780
<i>Refreshing chilled dessert with water chestnut, coconut cream</i>	
 Homemade Ice Creams	600
<i>Mango and shanso sorbet</i> [KCAL : 168] 	
<i>Litchee sorbet</i> [KCAL : 183] 	
<i>Matcha ice cream</i> [KCAL : 474] 	
<i>Sesame caramel ice cream</i> [KCAL : 144] 	

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