

## Salads

|                                                               |                     |     |
|---------------------------------------------------------------|---------------------|-----|
| ■ Caesar Salad                                                | 306 kcal / 320 gm   | 325 |
| Served with a choice of                                       |                     |     |
| ▲ Chicken                                                     | 🐔 295 kcal / 320 gm | 355 |
| ▲ Prawn                                                       | 🦐 295 kcal / 320 gm | 375 |
| ■ Iceberg Lettuce with Roasted Bell Peppers & Cherry Tomatoes | 🥕 117 kcal / 320 gm | 325 |
| ■ Greek Farmer's Salad                                        | 🥗 488 kcal / 345 gm | 325 |
| ■ Fruit Salad                                                 | 1/8 kcal / 320 gm   | 325 |

## Soup

|                                  |                     |     |
|----------------------------------|---------------------|-----|
| ■ Cream of Broccoli              | 🥦 281 kcal / 220 ml | 220 |
| Hot & Sour                       |                     |     |
| ■ Vegetarian                     | 🌿 145 kcal / 220 ml | 175 |
| ▲ Chicken                        | 🐔 184 kcal / 220 ml | 225 |
| Oriental Clear Broth             |                     |     |
| ■ Vegetarian                     | 129 kcal / 220 ml   | 175 |
| ▲ Chicken                        | 🐔 172 kcal / 245 ml | 225 |
| ▲ Thyme Scented Cream of Chicken | 🐔 517 kcal / 245 ml | 255 |

■ Vegetarian    ▲ Non-Vegetarian

🦐 Crustacean    🐟 Fish    🥚 Egg    🐔 Chicken    🐑 Mutton    🥛 Dairy    🌰 Nuts

🌾 Contains Wheat / Rye / Barley / Oats    🌶️ Spicy    🌱 Soya

Gms may vary on actual or proportionate calculation.

## On The Go

|                                            |                       |     |
|--------------------------------------------|-----------------------|-----|
| ■ French Fries                             | 308 kcal / 250 gm     | 275 |
| ■ Cajun Spiced Cheesy Fries                | ■ 🌶 532 kcal / 320 gm | 325 |
| ■ Broccoli & Cheese Crispies               | ■ 195 kcal / 250 gm   | 355 |
| ■ Miso Vegetable & Corn Spring Roll Sticks | 🌿 🌱 138 kcal / 180 gm | 325 |
| ■ Homemade Tacos & Tangy Salsa             | 🌿 🌶 383 kcal / 280 gm | 325 |
| ■ Onion Cheese Rings                       | ■ 424 kcal / 320 gm   | 355 |
| ▲ Thai Shrimp Spring Roll                  | 🦐 🌿 158 kcal / 240 gm | 575 |
| ▲ Chicken Yakitori                         | 🍗 561 kcal / 210 gm   | 475 |
| ▲ Fish & Fries                             | 🐟 🌿 701 kcal / 340 gm | 975 |
| ▲ Gondhoraj Flavoured Fish Fingers         | 🐟 🌿 266 kcal / 240 gm | 995 |
| ▲ Glazed Meatball with Garlic Bread        | 🍖 565 kcal / 240 gm   | 855 |

## Sandwiches

Served with a side of fries & coleslaw

|                                        |                        |     |
|----------------------------------------|------------------------|-----|
| ■ Tomato, Lettuce, Cheese in Croissant | 🌿 378 kcal / 240 gm    | 325 |
| ■ Cucumber & Hummus between Rye Bread  | 🌿 325 kcal / 240 gm    | 325 |
| ■ Vegetable Club Sandwich              | 🌿 659 kcal / 240 gm    | 355 |
| ▲ Double Down Chicken Sandwich         | 🍗 🌿 820 kcal / 265 gm  | 375 |
| ▲ Peri Peri Chicken Sandwich           | 🍗 🌶 🌿 885 kcal / 280gm | 395 |
| ▲ Triple Layered Club Feast Sandwich   | 🍗 🌿 969 kcal / 320 gm  | 425 |

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## Pizzas

(square up your fun)

|                                                               |     |
|---------------------------------------------------------------|-----|
| ■ Tomato, Mozzarella & Basil 🌿🥛 353 kcal / 380 gm             | 425 |
| ■ Classic Neapolitan 🌿🥛 845 kcal / 340 gm                     | 455 |
| ■ Medley Shiitake & Button Mushroom 🌿🥛 1048 kcal / 420 gm     | 510 |
| ■ Paneer Teriyaki / Tandoori / Grilled 🌿🥛 587 kcal / 420 gm   | 475 |
| ▲ Chicken Teriyaki / Tandoori / Grilled 🍗🌿🥛 780 kcal / 450 gm | 545 |
| ▲ Shrimps & Sausage 🍤🌿🥛 786 kcal / 450 gm                     | 625 |
| ▲ Lamb & Bell Pepper 🍖🌿🥛 987 kcal / 450 gm                    | 655 |

## Burger

Served with a choice of sides - caramelised onions / sauced mushroom, melted sliced cheese & fries

|                                               |     |
|-----------------------------------------------|-----|
| ■ Crispy Garden Burger 🌿 511 kcal / 320 gm    | 355 |
| ■ Schewwan Paneer 🌿🥛🍌🍷 625 kcal / 350 gm      | 395 |
| ■ Achari Vegetable Burger 🌿 546 kcal / 345 gm | 365 |
| ▲ Chicken BBQ 🍗🌿🍌 825 kcal / 420 gm           | 425 |
| ▲ Fish Only 🐟 795 kcal / 420 gm               | 575 |
| ▲ Indian Spiced Mutton 🍖🌿🍌 889 kcal / 450 gm  | 685 |

## Pasta

|                                                                |     |
|----------------------------------------------------------------|-----|
| ■ Fettuccini with Spinach & Corn Bechamel 🌿🥛 325 kcal / 320 gm | 475 |
| ■ Penne with Mushroom Alfredo 🌿🥛 375 kcal / 320 gm             | 475 |
| ■ Macaroni & Cheese 🌿🥛 621 kcal / 320 gm                       | 445 |
| ▲ Penne Mariscos (Mixed Seafood) 🐟🌿🍷 628 kcal / 345 gm         | 595 |
| ▲ Spaghetti with Lamb Bolognese 🍖🌿 468 kcal / 345 gm           | 685 |

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