

An uncompromising culinary tradition from an uncompromising land.

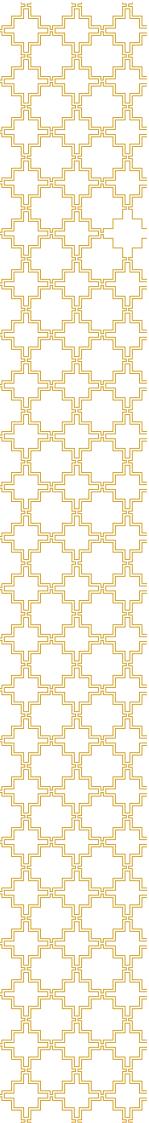
Falak is a word from the Arabic, Persian, and Urdu traditions. It means 'star' or refers to 'one who decorates the sky'. An apt name for a restaurant that sits atop The Leela Bhartiya City Bengaluru with breath-taking views and sky-high ambitions. Falak is destined to join the ranks of the finest Indian cuisine restaurants, both in India and around the world.

Slow-cooked cuisine from the northern reaches of the Indian subcontinent represents one of the last true luxuries in the world. Slow cooking ensures a delicate and even infusion of the myriad spices, seasonings, and ingredients that set this cuisine apart. Meat is simmered over a slow fire for hours (sometimes overnight), allowing it to cook through to a melt-in-your-mouth tenderness, something the nawabs of old insisted on. The same attention to process and the same authenticity will course through your meal of signature 'dal', delicate kebabs, sumptuous biryanis, and rich desserts.

Come experience a feast worthy of the battle-hardened horse masters of the Hindu Kush, the demanding rulers of the Indo-Gangetic plains, and you.

Set against the canvas of sweeping panoramas of a changing India,

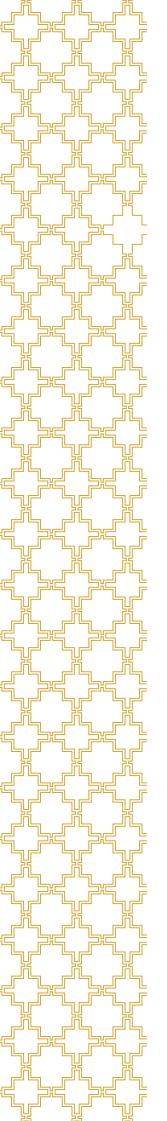
Falak is where the past and the future of Indian gastronomy come alive.





Aujasya by the Leela is a holistic wellness program - a healthy lifestyle reflected in physical, mental, social, and spiritual well-being. 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

## Shatwar Tulsi Mulethi Ka Shorba

600

Asparagus, basil and licorice soup

Vitamin-B | Vitamin-C | Iron | Anti-Inflammatory | Antioxidant

Mulethi a traditional herb exhibits manifold benefits and is extensively used in several folk remedies and classical ayurvedic formulations to treat respiratory problems, obesity, skin infections, liver disorders, gastric problems, hormonal regulation, general debility, and joint pain. Tulsi has also been shown to counter metabolic stress through the normalization of blood glucose, blood pressure, and lipid levels, and psychological stress through the positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties. It is a rich source of vitamin-B and is a great antioxidant.

STAR INGREDIENTS - Mulethi (Licorice), Tulsi (Basil)

Portion Size: 180 g

Cal: 59 Kcal · Protein: 5 gm · Fats: Trace · Carbs: 12 gm · Fiber: 4 gm

# Paya Shorba

660

Gongura leaves and saffron-flavored lamb trotter soup

Vitamin-A | Vitamin-C | Iron | Calcium | Zinc | Antioxidants

The leaves contain protein, fat, and carbohydrate. It is rich in phosphorus, iron, carotene, riboflavin, and vitamin-C. The major fatty acid present in the gongura seeds helps in reducing cholesterol. These green leaves improve immunity and prevent anaemia.

STAR INGREDIENT - Gongura leaves (Sorrel)

Portion Size: 180 g

Cal: 335 Kcal · Protein: 54 gm · Fat: 11 gm · Carbs: 18 gm · Fiber: 4 gm

# **STARTERS**

## Akhrot Aur Palak Ki Tikki



1020

Sauté spinach galette stuffed with walnuts

Vitamin-E | Melatonin | Folate | Omega Acids

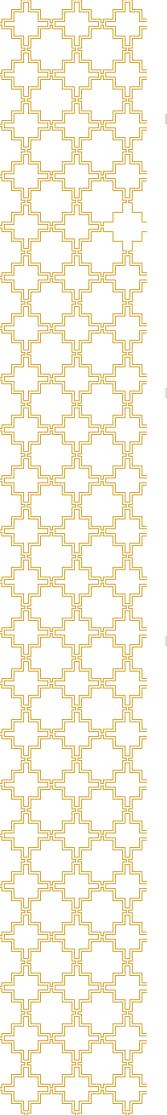
Walnuts are beneficial for the brain, heart, and bones, and aid in digestion and weight loss. Walnuts contain mono-unsaturated fatty acids, helping to ease inflammation and lower bad cholesterol in the body, Walnuts also have high quantities of vitamin-B, vitamin-E, and antioxidants. All these nutrients help in preserving the health of the skin and the overall well-being of the skin.

STAR INGREDIENT - Akhrot (Walnuts)

Portion Size: 180 g

Cal: 336 Kcal · Protein: 9 gm · Fat: 27 gm · Carbs: 20 gm · Fiber: 5 gm





# Tandoori Salmon Tikka 📵 🔄

1980

# Garlic yogurt and homemade spiced salmon

Vitamin-A | Vitamin-B12 | Vitamin-D | Iron | Omega Acids

Salmon is rich in vitamin-A, which is an immune-boosting nutrient. It is important not only for immune function but also for reproduction and vision. Salmon is a good source of iron, which is crucial for many bodily processes. Iron helps with the transfer of oxygen from your lungs to other tissues, and it also supports muscle metabolism. Omega acids also help prevent heart disease and play protective roles in cancer.

STAR INGREDIENT - Salmon

Portion Size: 180 g

Cal: 552 Kcal · Protein: 43 gm · Fat: 30 gm · Carbs: 30 gm · Fiber: 7 gm

# **MAINS**

# 5 Grain Khichdi with Curd 📵 🕖

1020

Broken wheat, jowar, foxtail millet, moong lentil, navara rice porridge

STAR INGREDIENTS - Jowar (Sorghum), Fox tail millet, Navara rice

Millets are gluten-free ancient grains packed with nutrients and antioxidants that support healthy and regular digestion Navara is a special rice, that has properties to rectify the basic ills affecting the circulatory, respiratory as well as the digestive system. Jowar is loaded with protein, carbohydrates and dietary fibre which promotes growth and development, it is an ideal cereal in a Weight Watcher's diet also regulates diabetes.

STAR INGREDIENTS - Jowar (Sorghum), Fox tail millet, Navara rice

Portion Size: 200 g

Cal: 386 Kcal · Protein: 11 gm · Fat: 13 gm · Carbs: 64 gm · Fiber: 23 gm

# Kachi Haldi Ki Sabji with Jowar Roti and Curd 📵 🕖

1320

Vegetables cooked with fresh turmeric

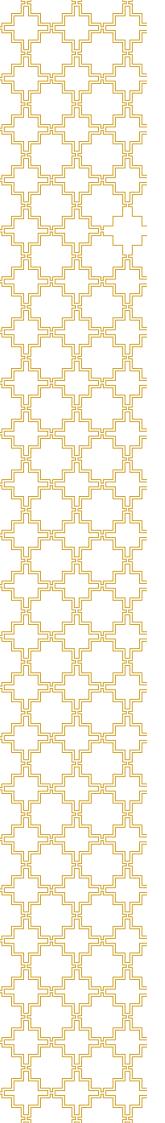
Vitamins-A | Vitamin-B | Vitamins-K | Iron | Zinc | Selenium

Turmeric is the most common ingredient used by most of us that helps in treating colds, cough, skin infections, urinary tract infections and even fatty liver disease. Raw turmeric almost works instantly on pain, especially joint-related pains. It is loaded with anti-inflammatory properties which makes it a natural pain reliever. Sorghum is a nutrient packed grain and an excellent source of fiber.

STAR INGREDIENTS - Fresh Turmeric, Jowar Roti (Sorghum)

Portion Size: 180 g

Cal: 386 Kcal · Protein: 11 gm · Fat: 13 gm · Carbs: 64 gm · Fiber: 23 gm



# Pahadi Saag Murgh with Jowar Roti

1500

Chicken morsels cooked with mountain spinach, mustard leaves and amaranth leaves

Vitamin-C | Vitamin-K | Calcium | Magnesium | Phosphorous | Iron | Carotenes | Protein | Zinc | Anthocyanins

Mountain spinach is very low in calories and fats. Its leaves hold a good amount of soluble dietary fiber. Mustard greens may also be good for your immune system. Mustard greens may also be good for your heart Amaranth leaves and stems are good economic sources of carotenoids, and proteins, including the essential amino acids methionine and lysine, dietary fiber, and minerals, such as magnesium, calcium, potassium, copper, phosphorus, zinc, iron, and manganese.

STAR INGREDIENTS - Pahadi saag (Mountain Spinach), Mustard leaves, Amaranth leaves

Portion Size: 200 g

Cal: 425 · Protein: 35 gm · Fat: 5 gm · Carbs: 12 gm · Fiber: 4 gm

# **DESSERT**

# Jaggery and Sour Berry Sorbet

840

Sea buckthorn and palm jaggery sorbet

Vitamin-A | Vitamin-B1 | Vitamin-B2 | Vitamin-C | Vitamin-E | Vitamin-K | Calcium | Omega ac

Sea buckthorn berries are especially rich in vitamin-A, vitamin-C, vitamin-K, and vitamin-E. They also contain considerable amounts of iron, calcium, magnesium, potassium, copper, and zinc. The berries have benefits including blocking cholesterol from your diet from being absorbed in your body the effects on people with normal blood pressure and cholesterol levels. Palm jaggery is rich in essential minerals. According to some studies, it has 60 times more minerals than white sugar. It is also the storehouse of many vitamins.

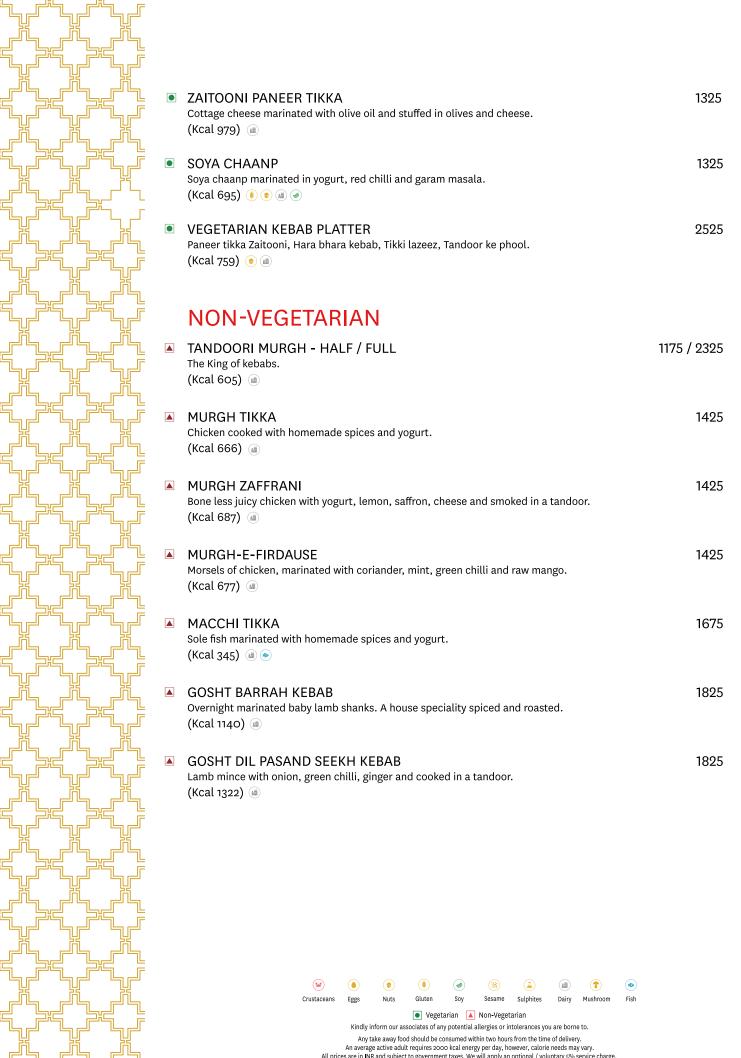
STAR INGREDIENTS - Sea buckthorn (Leh berry), palm jaggery

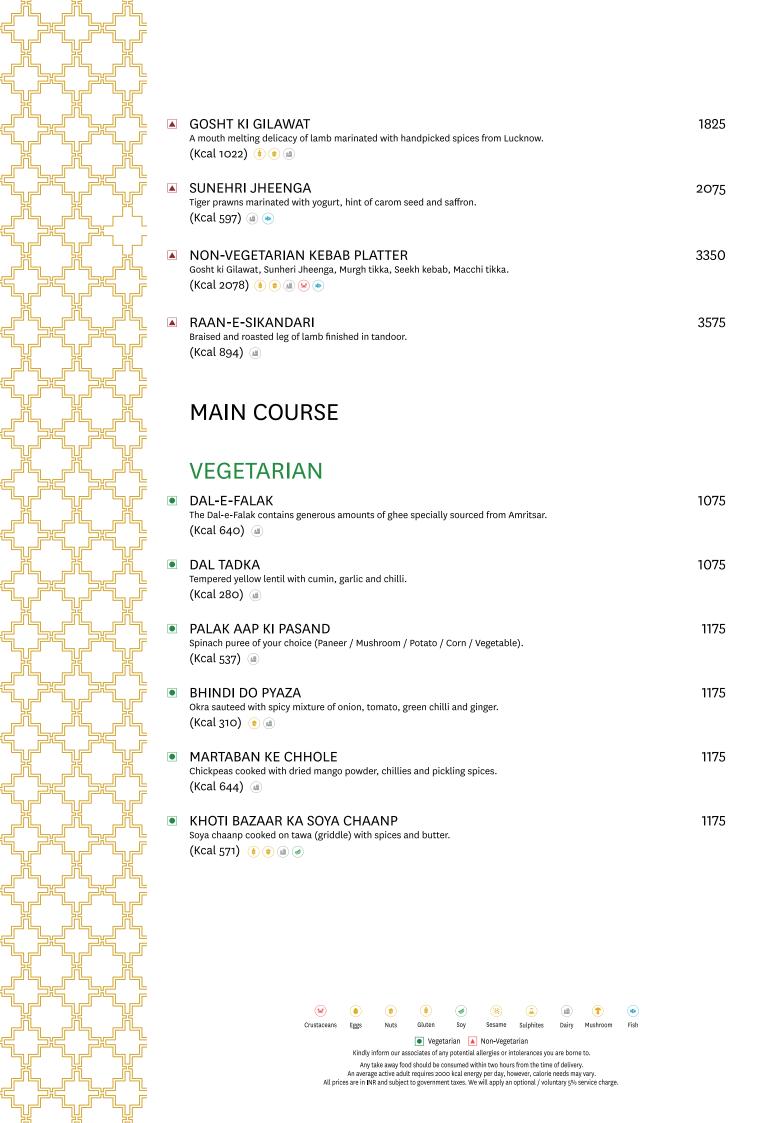
Portion Size: 80 g

Cal: 40 Kcal · Protein: Trace · Fats: Trace · Carbs: 11 gm · Fiber: Trace

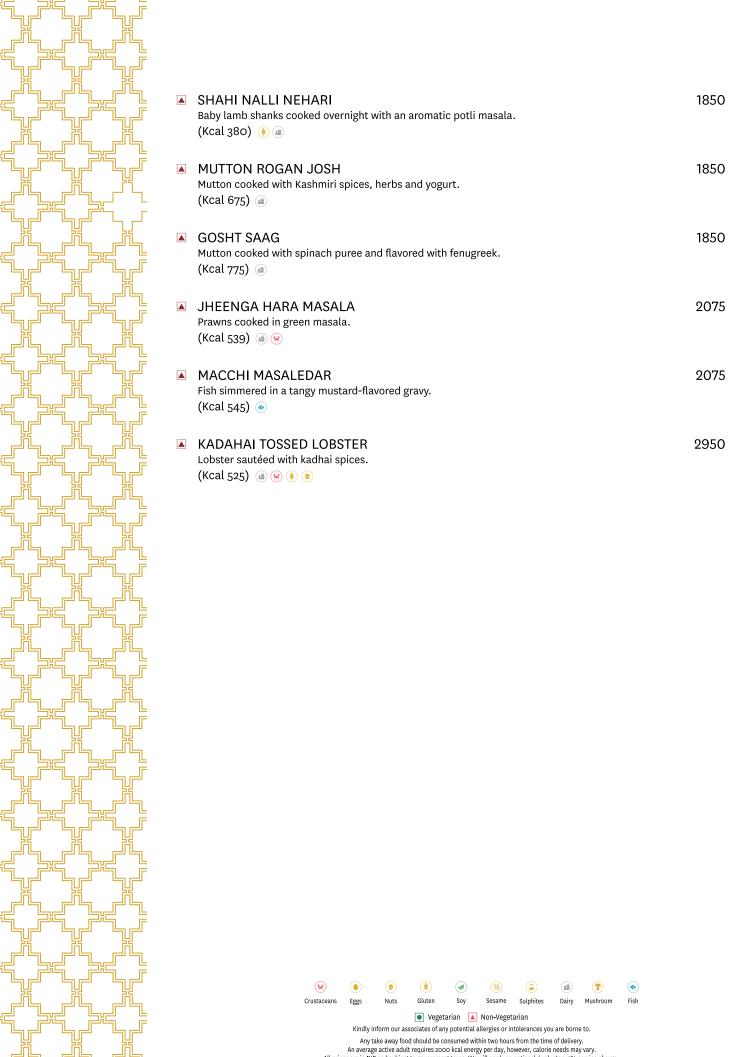


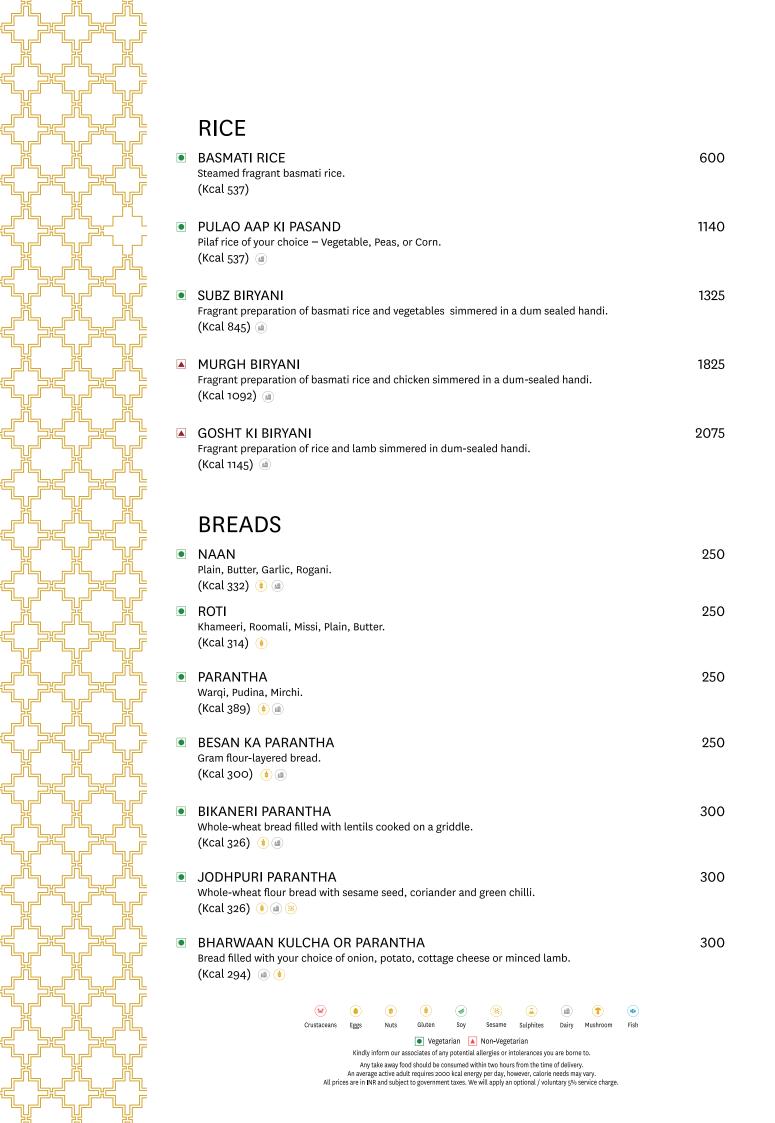


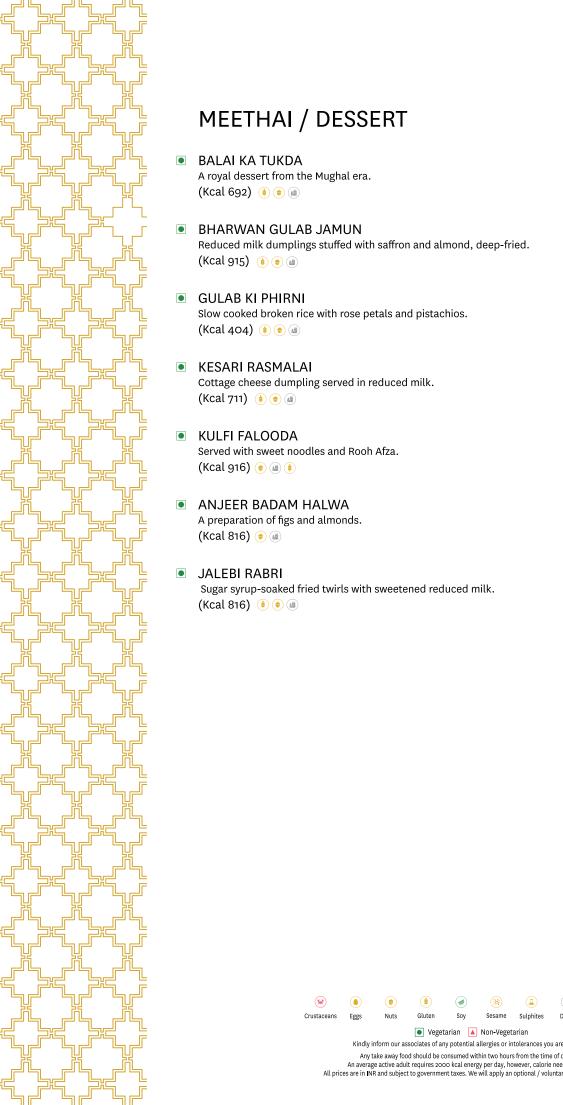












# **BADSHAH**

INR 4000 per person plus taxes

# **NON-VEGETARIAN**

# **VEGETARIAN**

# **STARTERS**

### MACCHI TIKKA

Sole fish marinated with homemade spices and yogurt.

# ■ GOSHT DIL PASAND SEEKH KEBAB

Lamb mince with onion green chilli, ginger and cooked in tandoor.

### MURGH-E-FIRDAUSE

Morsel of chicken, marinated with coriander, mint, green chillis and raw mango.

### PANEER TIKKA

Cottage cheese, marinated with yogurt and stuffed with pomegranate.

### HARA BHARA KEBAB

Patties of spinach stuffed with nuts and chilli cooked on griddle.

# BHUTTE KE KEBAB

Shallow fried sweet corn and potato patties coated with semolina.

# **MAINS**

### MACCHI MASALEDAR

Fish simmered in a tangy, mustard flavored gravy.

### GOSHT SAAG

Mutton cooked with spinach puree flavored with fenugreek.

### MURGH KASHMIRI

Juicy boneless chicken cooked with Kashmiri chilli, cardamom, and dry ginger.

### DAL TADKA

Tempered yellow lentil with cumin, garlic, and chilli.

## MURGH BIRYANI

Fragrant preparation of basmati rice and chicken simmered in a dum-sealed handi.

## ASSORTED BREADS

### BHARWAN SUBZ KOFTA

Cottage cheese and vegetable dumplings stuffed with nuts, cooked in an aromatic gravy.

### BHINDI DO PYAZA

Okra sauteed with spicy mixture of onion tomato green chilli and ginger.

## AWADHI TARKARI

Mixed vegetable curry with spinach and carom seeds.

## DAL TADKA

Tempered yellow lentil with cumin, garlic, and chilli.

## SUBZ BIRYANI

Fragrant preparation of basmati rice and vegetables simmered in dum sealed handi.

# **ASSORTED BREADS**

# **DESSERT**

### **BHARWAN GULAB JAMUN**

Reduced milk dumplings, stuffed with saffron, almond and deep-fried.

## KESARI RASMALAI

Cottage cheese dumpling served with reduced milk.

## BHARWAN GULAB JAMUN

Reduced milk dumplings, stuffed with saffron and almond and deep-fried.

# KESARI RASMALAI

Cottage cheese dumpling served with reduced milk.



# **SHAHENSHAH**

INR 5000 per person plus taxes

# **NON-VEGETARIAN**

# **VEGETARIAN**

# **STARTERS**

### SUNEHRI JHEENGA

Tiger prawns marinated in yogurt, with a hint of carom seeds and saffron.

### GOSHT KI GILAWAT

A mouth-melting delicacy of lamb marinated with handpicked spices from Lucknow.

### MURGH TIKKA

Chicken marinated in yogurt and homemade spices.

### ZAITOONI PANEER TIKKA

Cottage cheese marinated with olive oil and stuffed in olives and cheese.

## TANDOOR KE PHOOL

Broccoli and cauliflower florets marinated in yogurt, cream, cheese, and spices.

## TIKKI LAZEEZ

Cabbage patties served with tamarind, yogurt, and mint chutney.

# **MAINS**

# ▲ JHEENGA HARA MASALA

Prawns cooked with green masala.

## ROGAN JOSH

Mutton cooked with Kashmiri spices, herbs, and yogurt.

## DAADI JAAN KA MURGH QUORMA

From the royal kitchens, the one served at Falak is an age-old recipe of Chef Farmans.

## DAL-E-FALAK

Dal-e-Falak contains generous amounts of ghee, specially sourced from Amritsar.

## GOSHT BIRYANI

Fragrant preparation of rice and lamb simmered in a dum-sealed handi.

## **ASSORTED BREADS**

### BAINGAN BHARTA ZAITOONI

Aubergine cooked in the tandoor, finished with olive oil, yogurt, onion, and cumin.

### DUM ALOO KASHMIRI

Baby potatoes simmered in yogurt and chilli flavored with dried ginger, cardamom, and aniseed gravy.

## PALAK CORN

Chopped spinach tempered with garlic and corn.

## DAL-E-FALAK

Dal-e-Falak contains generous amounts of ghee, specially sourced from Amritsar.

## SUBZ BIRYANI

Fragrant preparation of basmati rice and vegetables, simmered in dum-sealed handi.

## **ASSORTED BREADS**

# **DESSERT**

# ANJEER BADAM HALWA

Fig and almond.

## **KULFI FALOODA**

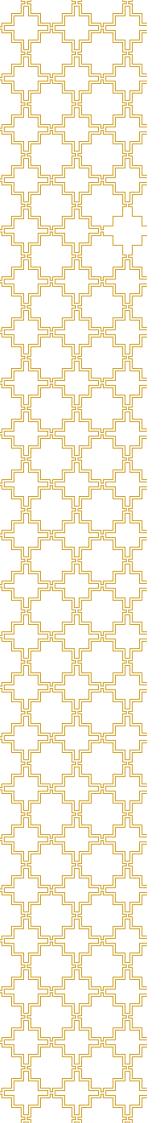
Served with sweet noodles and rooh afza.

# ANJEER BADAM HALWA

Fig and almond.

# KULFI FALOODA

Served with sweet noodles and rooh afza.



# **DASTAN-E-GOI**

INR 6000 per person plus taxes

# **NON-VEGETARIAN**

# **VEGETARIAN**

# **STARTERS**

SUNHERI JHEENGA

Tiger prawns marinated with yogurt, a hint of carom seeds and saffron.

RAAN-E-SIKANDARI

Braised and roasted leg of lamb, finished in a tandoor.

GOSTH BARRAH KEBAB

Overnight-marinated baby lamb shanks

TANDOORI MURGH

Overnight marinated checken, cooked in a tandoor.

BHARWAN GUCCHI

Stuffed Gucchi mushrooms with cheese and onions.

PANEER TIKKA

Cottage cheese marinated with yogurt, and stuffed with pomegranate.

SHAHI NADRU CHAANP

Stuffed lotus stem minced kebab.

SOYA CHAANP

Soya chaanp marinated in yogurt, red chilli, and garam masala.

# **MAINS**

KADHAI TOSSED LOBSTER Lobster sautéed with Kadhai spices.

SHAHI NALLI NEHARI

Baby lamb shanks cooked overnight with aromatic Potli masala.

MURGH MAKKHAN WALA

Classic tandoori chicken, de-boned and simmered in creamy tomato sauce.

GOSHT KI BIRYANI

Fragrant preparation of rice and lamb, simmered in a dum-sealed handi.

DAL-E-FALAK

The Dal-e-Falak contains generous amounts of ghee specially sourced from Amritsar.

ASSORTED BREADS

PANEER MAKHANI

Smooth makhani gravy with cottage cheese cubes.

KHOTI BAZAAR KA SOYA CHAANP

Soya chaanp cooked on a tawa (griddle) with spices and butter.

AWADHI TARKARI

Mixed vegetable curry with spinach and carom seeds.

SUBZ BIRYANI

Fragrant preparation of basmati rice and vegetables, simmered in a dum-sealed handi.

DAL-E-FALAK

Dal-e-Falak contains generous amounts of ghee, specially sourced from Amritsar.

**ASSORTED BREADS** 

# **DESSERT**

**JALEBI** 

ANJEER BADAM HALWA

**KULFI** 

JALEBI

ANJEER BADAM HALWA

KULFI

