





# BREAKFAST

7:30 am to 10:30 am



## The Taj Breakfast

1000

- ☑ Choice of seasonal fresh fruit juice, Watermelon / Pineapple Freshly cut seasonal fruits | kcal 60
- ☑ Cereal with hot or cold milk | kcal 130 
- ⚠ Two farm fresh eggs cooked to your liking Choice of hash brown and your choice of bacon (pork), chicken sausage, baked beans, sautéed mushrooms | kcal 310 
- ☑ Toast or breakfast rolls served with butter and preserves | kcal 154 
- ☑ Freshly brewed tea, coffee or hot chocolate | kcal 60 




## Continental breakfast

950

- ☑ Choice of seasonal fresh fruit juice or vegetable juice | kcal 60
- ☑ Tropical fresh fruits in season | kcal 60
- ☑ ⚠ White bread, whole wheat, multigrain bread, croissants, muffins, brioche, danish pastry or doughnuts | kcal 239 
- ☑ Freshly brewed coffee or tea, hot chocolate | kcal 60 

## Indian breakfast

950

- ☑ Choice of seasonal fresh fruit juice or vegetable juice | kcal 60
- ☑ Tropical fresh fruits in season | kcal 60
- ☑ **Aloo or paneer paratha | kcal 212**   
Griddled Indian bread filled with mildly spiced potatoes or cottage cheese served with pickle and yoghurt  
Or
- ☑ **Poori bhaji | kcal 441**   
Deep fried fluffy wheat bread served with a potato curry tempered with cumin  
Or
- ☑ **Masala or plain dosa | kcal 440**   
Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney




An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

☑ Vegetarian ⚠ Non Vegetarian

Or


 **Idli or vada I kcal 115**  

Steamed rice and lentil cakes or crispy lentil doughnuts served with sambar, tomato and coconut chutney


Freshly brewed coffee or tea, hot chocolate I 150 ml

**Low Calorie Breakfast I kcal 290**   


950


 **Tender coconut water I kcal 25**

Or

 **Fresh vegetable juices I kcal 25 - 75**


Cucumber, tomato, carrot and papaya

 **Fresh papaya diced or boat shaped I kcal 75**

 **Fluffy egg white omelette I kcal 135**


Served with multi grain bread or whole wheat bread, low fat butter and preserves

Or

 **Poached egg I kcal 75**

Served with multi grain bread or whole wheat bread, low fat butter and preserves


Or

 **Boiled egg I kcal 78**

Served with multi grain bread or whole wheat bread, low fat butter and preserves

 **Green tea**

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary


































List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.


 Vegetarian  Non-Vegetarian

## A La Carte Breakfast

7:30 am to 10:30 am

	<b>Seasonal fresh fruit juices I kcal 60/140</b>	<b>450</b>	
	Orange, sweet lime, watermelon, pineapple or grape		
	<b>Vegetable juices I kcal 60</b> 	<b>450</b>	
	Carrot, cucumber, beetroot or tomato		
	<b>Lassi / Butter milk I kcal 153/40</b> 	<b>450</b>	
	Plain, salted, masala		
	<b>Tea I kcal 20</b> 	<b>350</b>	
	Darjeeling, nilgiri, assam, earl grey, chamomile or green tea		
	<b>Coffee I kcal 30</b> 	<b>350</b>	
	Espresso, cappuccino, french press, filter coffee		
	<b>Eggs cooked to your choice I kcal 310</b>  	<b>700</b>	
	Fried, scrambled, poached, omelette with vegetables, cheese, ham, mushrooms or chicken sausage served with hash brown potatoes and grilled tomato, prime bacon or breakfast sausage		
	<b>Pancakes I kcal 376</b>  	<b>700</b>	
	With apple compote served with honey, maple syrup and melted butter		
	<b>Waffles I kcal 339</b>   	<b>700</b>	
	Vanilla bean flavoured served with honey, maple syrup and melted butter		
	<b>Grilled ham, bacon or sausages I kcal 250</b>	<b>700</b>	
	<b>Akuri on toast I kcal 350</b>   	<b>700</b>	
	Scrambled egg with turmeric, ginger, onion, tomato, green chillies and fresh coriander		
	<b>French toast I kcal 268</b>   	<b>700</b>	
	Served with honey, maple syrup and melted butter		
		<b>Oven fresh breakfast pastries I kcal 878</b>   	<b>750</b>
	Any three morning bakeries that includes croissants, muffins, brioche, danish pastry or doughnuts		

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary








List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

 Vegetarian  Non-Vegetarian

- **Cereals I kcal 130**  700  
 Cornflakes, wheatflakes, chocos, muesli served with hot or cold milk, skimmed milk or soya milk
- **Tropical fresh fruit platter in season I kcal 142** 500
- **Hot chocolate, Bournvita or Horlicks I kcal 78 - 100**  400
- **Choice of plain or toasted bread I kcal 154**   300  
 White, whole wheat, multi grain, brown

## Indian Selection

- ▲ **Appam with vegetable or chicken stew I kcal 139/278**  800/900
- **Poori bhaji I kcal 441**  700  
 Deep fried fluffy wheat bread served with a potato curry tempered with cumin
- **Paratha I kcal 212/305**   700  
 Stuffed wheat bread with a filling of potatoes or cottage cheese served with yoghurt and pickles
- **Plain or Masala dosa I kcal 440**   700  
 Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney
- **Idli I kcal 115** 700  
 Steamed rice and lentil cake
- **Medu vada I kcal 122** 700  
 Fried south indian lentil doughnut
- **Uthappam I kcal 166**  700  
 Thick rice and lentil pancake cooked on a hot griddle, served plain or with a choice of toppings of onions or masala

\*All South Indian dishes are served with sambar and chutney

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary











List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.



















■ Vegetarian ▲ Non Vegetarian



## SALADS

	<b>Garden Green Salad I kcal 89</b>	750
	Simple salad of cucumber, carrots, tomatoes and onion, served with chili and lime	
	<b>Greek salad I kcal 130</b> 	950
	Lettuce, garden fresh vegetables, olives, feta	
 	<b>Traditional Caesar salad</b>   	
	With vegetables I kcal 240	950
	With grilled Chicken I kcal 290	1000
	<b>Beetroot and Goat Cheese Salad I kcal 132</b> 	950
	Honey Roasted beetroot, Balsamic, Salted goat Cheese	

## SOUPS

	<b>Cream of Mushroom Soup I kcal 143</b>  	550
	<b>Tomato and Basil Soup I kcal 147</b>  	550
	<b>Minestrone I kcal 127</b> 	550
	Italian tomato and vegetable soup with pasta	
	<b>Dal Dhaniya Shorba I kcal 147</b>  	550
	Thin cumin scented broth with Lentils	
	<b>Rasam I kcal 89</b>  	550
	A thin soup/curry made of ground pepper and tomatoes	
 	<b>Tangra Bowl</b>  	
	Manchow I kcal 328 (Veg / Chicken)	550
	Hot and Sour Soup I kcal 163 (Veg / Chicken)	550
	Sweet Corn Soup I kcal 340 (Veg / Chicken)	550

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.







 Vegetarian  Non Vegetarian

## APPETIZERS

12:30 pm to 3:00 pm - 7:30 pm to 11 pm

- |   |   |             |
|---|---|-------------|
|    | <b>Lal Mirch ka Paneer Tikka I kcal 407</b>  | <b>1000</b> |
| Tandoor cooked, Chilli marinated Paneer   |   |             |
|    | <b>Sarson wali Gobhi I kcal 180</b>          | <b>1000</b> |
| Charred florets of Cauliflower marinated with curd and pounded spiced               |   |             |
|    | <b>Kacche Kele Ke Kebab I kcal 180</b>       | <b>1000</b> |
| Raw banana galettes , stuffed with dry fruits                                       |   |             |
|    | <b>Mushroom pepper fry I kcal 125</b>        | <b>1000</b> |
| Kerala style stir fried mushrooms with black pepper                                 |   |             |
|    | <b>Cheesy Piri Piri Potato Wedges I kcal 330</b>  | <b>900</b>  |
| Cheese melt laden piri piri potato wedges   |   |             |
|    | <b>Tandoori Chicken Tikka I kcal 329</b>     | <b>1100</b> |
| Tandoor Cooked chicken marinated in traditional spices                              |   |             |
|    | <b>Kozhi varatiathu I kcal 354</b>           | <b>1100</b> |
| Stir fried chicken , cooked with a special blend of masala                          |   |             |
|  | <b>Mutton pepper Fry I kcal 466</b>        | <b>1100</b> |
| boneless cunks of lamb , simmered with pounded spices                               |   |             |
|  | <b>Meen Varuval I kcal 241</b>             | <b>1100</b> |
| Griddle cooked fish marinated in coastal spices                                     |   |             |
|  | <b>Cajun Fish Fingers I kcal 214</b>       | <b>1100</b> |
| Tartare sauce, French fries   |   |             |
|  | <b>Chemeen Nei Roast I kcal 216</b>        | <b>1500</b> |
| Masala marinated tawa fried prawns,served with salad                                |   |             |

## ASIAN APPETIZERS

- |   |  |             |
|---|--|-------------|
|  | <b>Quick fried vegetables- salt and pepper I kcal 175</b>  | <b>1000</b> |
| <b>Stir Fried - Kung Pao / Chilli / Manchurian</b>                                  |  |             |
|  | Paneer I kcal 264  | <b>1000</b> |
|  | Chicken I kcal 250   | <b>1100</b> |
|  | Fish I kcal 290  | <b>1100</b> |
|  | Prawns I kcal 376  | <b>1500</b> |

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.









 Vegetarian  Non Vegetarian

# MAIN COURSE









## CONTINENTAL SELECTION GRILLS

-  **Grilled Salmon I kcal 315**  **1800**  
With herbed Grilled vegetables and roasted baby potatoes and lemon butter Sauce
-  **Grilled chicken breast I kcal 263**  **1200**  
With spiced Grilled vegetables and roasted baby potatoes and Jus
-  **Grilled Tenderloin I kcal 358**  **1200**  
With spiced Grilled vegetables and roasted baby potatoes and Jus
-  **Grilled Lamb Rack I kcal 398**  **1500**  
With spiced Grilled vegetables and roasted baby potatoes and Jus

## ASIAN SELECTION

-   **Thai Red / Green curry with your choice of**  
Vegetables I kcal 183 **1200**  
Chicken I kcal 294 **1300**  
Prawns I kcal 315 **1500**
-   **Stir fried Noodles / Rice with your choice of**   
Asian vegetables I kcal 317  **1000**  
Chicken I kcal 372  **1100**  
Prawns I kcal 340  **1200**

## INDIAN SELECTION

-  **Paneer Makhani I kcal 301**  **1000**  
Cottage cheese cubes cooked in tomato gravy
-  **Bhindi Amchuri I kcal 152**  **1000**  
Stir fried okra with onions, tomatoes and tangy mango powder
-  **Mutton Rogan Josh I kcal 415**  **1200**  
Mutton simmered with pounded spices
-  **Butter Chicken I kcal 420**  **1200**  
Tandoor cooked Chicken cooked in rich tomato and cashew gravy

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites








◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

 Vegetarian  Non Vegetarian

## SOUTH INDIAN SPECIALITIES

- **Mix Vegetable Mappas I kcal 292**  1000  
 Vegetables simmered in a rich coconut based gravy
- **Avial I kcal 456**  1000  
 A melange of vegetable simmered in coarsely ground coconut,turmeric,finished with curd
- **Aloo Jeera I kcal 456**  1000  
 Baby potatoes tossed with red chillies , mustard and curry leaves
- ▲ **Nadan Chicken Curry I kcal 485**  1200  
 Spicy chicken curry with coconut milk,curry leaves and pounded spices
- ▲ **Meen Kudamplulli Curry I kcal 310**  1200  
 Fish simmered in coconut milk infused with raw mango served with rice
- ▲ **Chemeen Moilee I kcal 299**  1500  
 Prawns Simmered in Coconut Milk, flavoured with curry leaves and Ginger

## INDIAN SIDE ORDERS AND ACCOMPANIMENTS




- **Dal Makhani I kcal 299**  1000  
 Black lentils cooked with tangy tomatoes and cream simmered overnight
- **Dal Lasooni**  1000  
 Yellow lentils tempered with crushed garlic, tomatoes and cumin
- **Naan**  350  
 Refined wheat flour soft flat bread baked in the clay oven  
 Plain / butter / garlic
- **Tandoori roti**  350  
 Whole wheat crisp flat bread baked in the clay oven  
 Plain / butter / garlic
- **Lachha paratha**  350  
 Layered wheat soft flat bread baked in the clay oven  
**Pudina (mint) / Methi (fenugreek) / Pyaaz (onion)**
- **Phulka**  350
- **Steamed basmati rice** 600
- **Curd rice**  600


An average active adult requires 2000 kcal energy per day, however, calorie needs may vary


List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.



■ Vegetarian ▲ Non Vegetarian



 **Masala Khichadi**   **700**  
Simple preparation of Rice and lentils with onion and tomatoes, tempered with cumin, spiced with chilies


 **Masala Peanut**  **750**

 **Masala Papad** **750**




### Biryani

 Vegetable   **1200**



 Chicken   **1300**



 Mutton   **1400**





## PASTA SELECTION



  **Choice of pasta**   **1000 / 1100**  
(Penne, Fusilli, Fettuccini, Farfalle, Spaghetti)




### Choice of sauce



Pomodori - Tomatoes and basil | kcal 285  

Napolitana - with robust tomatoes and capers and Olives | kcal 285  


Pasta alla Genovese - Pesto with basil, walnuts and virgin olive oil | kcal 285    






Aglio Olio e peperoncino - Olive oil, garlic and Peperoncino Chilies | kcal 285  

Carbonara - pork bacon, eggs and cream | kcal 405   

Cream Sauce | kcal 285  





## SANDWICHES

 **Kovalam club vegetable sandwich | kcal 312**    **1000**  
Coleslaw, vegetables and cheese

 **Kovalam club non - vegetarian sandwich | kcal 382**     **1100**  
Grilled Ham, lettuce, egg

 **Tomato and chicken sandwich | kcal 362**    **1100**  
Ask for your preference of white | whole-wheat | multi grain bread

 **Bombay chowpati sandwich | kcal 227**    **1000**  
(Potato, Beetroot, Green peas)

 **Healthy sandwich | kcal 258**    **1000**  
Grilled vegetables, Olive oil, Multigrain Bread



An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

 Vegetarian  Non-Vegetarian

## BURGERS

- Veg patty, coleslaw and cheese | kcal 310  1000
  - ▲ Chicken patty, coleslaw and cheese | kcal 390  1100
- (All sandwiches and burgers are served with French fries)*





## KATHI ROLLS

Refined flour pancake with your choice of filling

- Cottage cheese and onions | kcal 390  1000
- ▲ Chicken tikka and egg | kcal 210  1100

## SMALL BITES - TEA TIME

04:00 pm - 07:00 pm

- **Masala French Fries | kcal 249**  750  
 Fries topped with a lip smacking homemade spice mix, Grated Cheese
- **Ulli Vada | kcal 266**  850  
 Onion fritters, spiced with chillies, fennel and curry leaves
- **Aloo bonda | kcal 289**  850  
 Batter fried potato galletes
- **Paneer pakoda | kcal 323**  850

## JAIN SELECTION

- **Jain tomato soup | kcal 132** 550
- **Mix vegetable subzi | kcal 278** 1000  
 Seasonal vegetables with tossed hand pounded spices
- **Homestyle Bhindi | kcal 256** 1000  
 Dry fried okra with a tangy flavour and sesame sprinkled
- **Fusilli, Penne or farfalle | kcal 336** 1000  
 pasta with tomato basil or cream cheese sauce
- **Gobi mutter | kcal 218** 1000  
 cauliflower and green peas cooked in tangy tomato masala
- **Paneer makhani | kcal 388** 1000  
 cottage cheese cubes cooked in tomato gravy
- **Palak makai | kcal 205** 1000  
 sweet corn kernels tossed in an aromatic spinach gravy
- **Dal tadka | kcal 180** 1000  
 yellow lentil tempered with ghee, green chilli and cumin

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

■ Vegetarian ▲ Non Vegetarian

## KIDS SELECTION






- 🟢 **Vegetable nuggets I kcal 256**   700  
With french fries
- 🟢 **Macaroni and cheese I kcal 260**   800
- 🟢 **Butter tossed noodles I kcal 120**    800
- 🔴 **Chicken nuggets I kcal 220**   800  
With french fries

## DESSERTS

700

- 🟢 **Rasmalai I kcal 213**     
Sweetened cottage cheese dumplings in saffron flavoured milk
- 🟢 **Gulab jamoon I kcal 450**     
Flavoured reduced milk dumplings soaked in sugar syrup
- 🟢 **Pazham nurukku I kcal 222**     
Ripe slices of plantain tossed in ghee with cashewnut, grated coconut sugar and cardamom
- 🟢 **Ari payasam I kcal 268**     
Local rice pudding known as Kerala kheer
- 🟢 **Kulfi I kcal 328**   
Traditional Indian ice cream made with slowly simmered whole milk.
- 🟢 **Ice cream (choice of two scoops) I kcal 280**   
Please check with the order taker on selection of flavours
- 🔴 **Tiramisu I kcal 303**    
Classic Italian delight
- 🔴 **Warm chocolate brownie I kcal 478**     
With vanilla ice-cream and chocolate sauce
- 🔴 **Blueberry cheese cake I kcal 302**    
Creamy smooth blue berry infused with cheese



























An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

🟢 Vegetarian 🔴 Non Vegetarian

## BEVERAGES

<p> <b>Tea I kcal 20</b> </p> <p>Darjeeling, Assam, earl grey, camomile or green tea</p>	<b>350</b>
<p> <b>Coffee I kcal 30</b> </p> <p>Espresso, cappuccino or filter coffee</p>	<b>350</b>
<p> <b>Decaffeinated coffee I kcal 30</b> </p>	<b>350</b>
<p> <b>Cold coffee with espresso ice cream I kcal 297</b> </p>	<b>500</b>
<p> <b>Milk shake I kcal 328</b> </p> <p>Vanilla, strawberry, mango, butterscotch and chocolate</p>	<b>450</b>
<p> <b>Smoothies I kcal 395</b> </p> <p>Papaya and honey, banana and caramel, apple and mint</p>	<b>450</b>
<p> <b>Seasonal fresh fruit juices I kcal 60/140</b></p> <p>Orange, sweet lime, watermelon, pineapple or grape</p>	<b>450</b>
<p> <b>Tender coconut water I kcal 25</b></p>	<b>350</b>
<p> <b>Lassi I kcal 153</b> </p> <p>Plain, salted, sweet</p>	<b>450</b>
<p> <b>Butter milk I kcal 40</b> </p> <p>Plain, masala</p>	<b>450</b>
<p> <b>Hot chocolate, bournvita or horlicks I kcal 78/100</b> </p>	<b>400</b>
<p> <b>Fresh lime juice I kcal 110</b></p> <p>Sweet, salted or plain with soda or water</p>	<b>300</b>
<p> <b>Sparkling water (small)</b></p>	<b>350</b>
<p> <b>Sparkling water (large)</b></p>	<b>700</b>
<p> <b>Energy drinks</b></p>	<b>300</b>
<p> <b>Aerated drinks</b></p>	<b>300</b>
<p> <b>Himalayan water</b></p>	<b>250</b>

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.





















 Vegetarian  Non Vegetarian

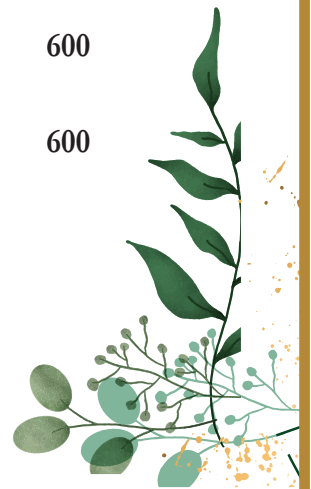




# TAJ

## INNERgise

- |  |     |
|--|-----|
|  <b>Tender coconut Water with Basil Seeds</b>   kcal 79   | 400 |
|  <b>Chukku Kaapi</b>   kcal 176  | 400 |
|  <b>Fruit and vegetable Salad with Quinoa</b>   kcal 313  | 900 |
|  <b>Tomato - Basil bruschetta</b>   kcal 230      | 900 |
| Ripe tomatoes, black olives, extra virgin olive oil & basil  |     |
|  <b>Ragi Dosa - Finger millet</b>   kcal 440   | 800 |
| Tomato - coconut chutney   |     |
|  <b>Banana and Oat Meal Pancakes</b>   kcal 315   | 800 |
| Fruit compote, Forest Honey  |     |
|  <b>Steamed Kerala Banana</b>   kcal 222          | 600 |
| Grated Coconut and Honey   |     |
|  <b>Elaneer Payasam</b>   kcal 245                | 600 |
| Cardamom & Jaggery syrup, Tender Coconut   |     |
|  <b>Chia Seed Pudding</b>   kcal 152              | 600 |
| Fruits - Coconut Milk, Forest Honey  |     |



An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

- List of Allergens:  Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.

 Vegetarian  Non Vegetarian