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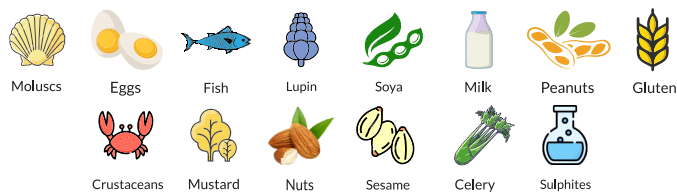
“As per the guidelines issued by Food Safety and Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.”











STARTERS | SALADS | SANDWICHES

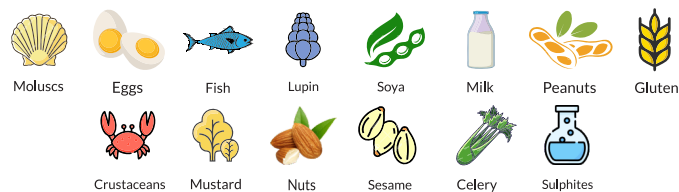




<p> Almond and Broccoli Soup ----- 275 369 kcal 220 ml almond broccoli butter </p>
<p> Tamatar Dhaniya Ka Shorba ----- 275 118 kcal 220 ml clear tomato soup coriander spices </p>
<p> Cream Of Chicken ----- 300 308 kcal 220 ml chicken cream thyme </p>
<p> Murgh Badami Shorba ----- 300 154 kcal 220 ml chicken bouillon almond flakes </p>
<p>Sweet Corn Soup</p>
<p> 63 kcal 220 ml vegetable ----- 275 </p>
<p> 111 kcal 220 ml chicken ----- 300 </p>
<p>Caesar Salad</p>
<p>romaine lettuce garlic- anchovy dressing grated parmesan ----- 345 bread croutons Choice of toppings:</p>
<p> 118 kcal 220 gms grilled chicken breast ----- 375 </p>
<p> 664 kcal 200 gms crispy bacon bits ----- 375 </p>
<p> 118 kcal 200 gms vegetables ----- 275 </p>
<p> Greek Salad ----- 275 273 kcal 260 gms cucumber onion tomatoes feta cheese olive oil-lemon dressing oregano </p>



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<p>  Mediterranean Quinoa Salad </p> <p> 579 kcal 260 gms quinoa chickpea grilled zucchini tomato bell peppers olive oil dressing </p>	-----	375
<p>  Avocado and Feta Cheese Bruchetta </p> <p> 541 kcal 260 gms white bread crostini avocado feta cheese crumples </p> <p>   </p>	-----	375
<p>  Focaccia Sandwich </p> <p> 748 kcal 280 gms grilled vegetables sundried tomato mozzarella basil oil </p> <p>   </p>	-----	375
<p>  Popular Indian Chaats </p> <p> 206kcal 180 gms papdi chaat </p> <p>   </p> <p> 296kcal 180 gms sev puri </p> <p>   </p>	-----	295
Grilled / Toasted Sandwich		
<p>  407 kcal 220 gms vegetable </p> <p>   </p>	-----	355
<p>  472 kcal 180 gms chicken </p> <p>   </p>	-----	395
<p>  Chicken Tikka </p> <p> 951 kcal 240 gms kachumber salad mint chutney </p> <p>   </p>	-----	525

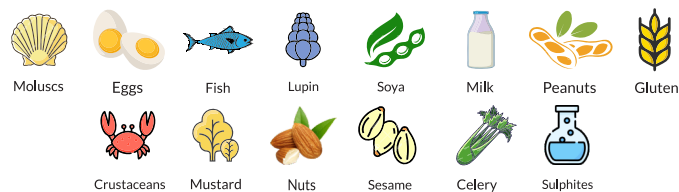


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MAIN COURSE



<p> Aubergine Parmigiana ----- 400 877 kcal 300 gms baked brinjal parmesan cheese tomato sauce” </p>
<p> Whole Wheat Penne Pasta ----- 445 1332 kcal 300 gms olive oil garlic basil pesto </p>
<p> Green Pea Risotto ----- 485 670 kcal 300 gms pea puree parmesan white wine </p>
<p> Spaghetti Carbonara ----- 485 1162 kcal 240 gms crispy bacon strips parmesan egg yolk </p>
<p> Nile Perch Steak ----- 625 513 kcal 320 gms pan fried fish sautéed vegetables scallion potato mash caper butter </p>
<p> Grilled Chicken Breast ----- 625 775 kcal 380 gms mediterranean vegetables creamy polenta mushroom sauce </p>
<p> Herb Garlic Prawns ----- 695 668 kcal 200 gms shelled backwater prawns basil garlic butter crispy potato straw </p>
<p> Grilled Indian Lamb Chops ----- 695 1019 kcal 320 gms parmesan crust sautéed spinach gratin potatoes mint jus </p>
<p> Grilled Tenderloin Steak ----- 695 856 kcal 320 gms garlic green beans thick fries green peppercorn sauce </p>



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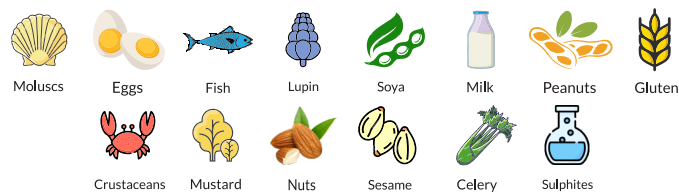
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REGIONAL INDIAN



INDIAN STARTERS

<p>  Mushroom Galouti 659 kcal 180 gms smoked mushroom mash ginger  </p>	-----	395
<p>  Beetroot Peanut Tikki 564 kcal 180 gms grated beetroot crushed peanut spices   </p>	-----	395
<p>  Malai Paneer Tikka 398 kcal 240 gms cottage cheese yogurt spices  </p>	-----	425
<p>  Ajwaini Fish Tikka 1089 kcal 240 gms spiced fish chunks yogurt carom seeds    </p>	-----	575
<p>  Gilafi Seekh Kebab 494 kcal 240 gms lamb mince bell peppers seasoning  </p>	-----	645
<p>  Tandoori Chicken 477 kcal 400 gms kachumber salad mint chutney    </p>	-----	625
<p>  Tandoori Malai Jhinga 684 kcal 180 gms prawns yogurt spices    </p>	-----	695



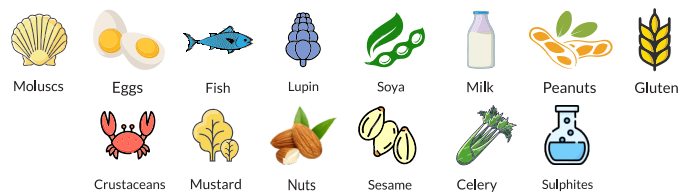
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INDIAN MAIN COURSE

<p> Bhutta Methi Palak ----- 575 436 kcal 360 gms corn spinach fenugreek leaves </p>
<p> Dhingri Dolma ----- 575 558 kcal 360 gms mushroom bell pepper cottage cheese </p>
<p> Kadhai Paneer ----- 625 538 kcal 360 gms cottage cheese onion capsicum tomato </p>
<p> Dal Makhani ----- 555 671 kcal 360 gms black lentil kidney beans tomato butter cream </p>
<p> Methi Murgh ----- 645 688 kcal 360 gms chicken fenugreek leaves cream </p>
<p> Achari Macchi Curry ----- 695 319 kcal 360 gms local fish fennel onion seeds fenugreek </p>
<p> Gosht Rogan Josh ----- 725 696 kcal 420 gms tender lamb stew onion Kashmiri chillies </p>




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Dum Biryani

■ 442 kcal | 500 gms | vegetable ----- 625


▲ 579 kcal | 520 gms | chicken ----- 645


▲ 718 kcal | 550 gms | lamb ----- 695


■ Choice of Rice ----- 325

207 kcal | 360 gms | steamed rice

600 kcal | 360 gms | green peas pulao


733 kcal | 360 gms | jeera pulao

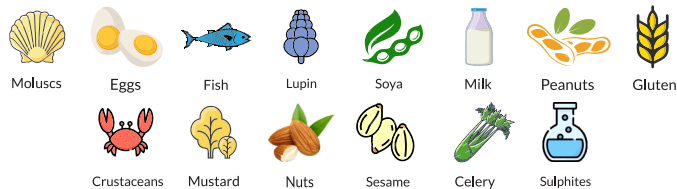
Indian Breads

806 kcal | 230 gms | naan ----- 275


619 kcal | 160 gms | roti


423 kcal | 180 gms | pudina paratha


426 kcal | 170 gms | malabari paratha




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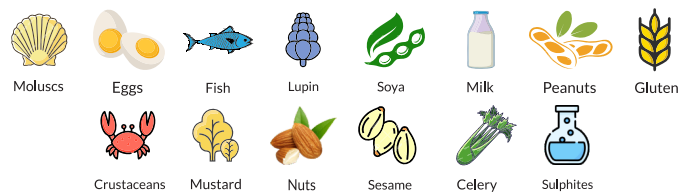
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REGIONAL LOCAL
















LOCAL STARTERS

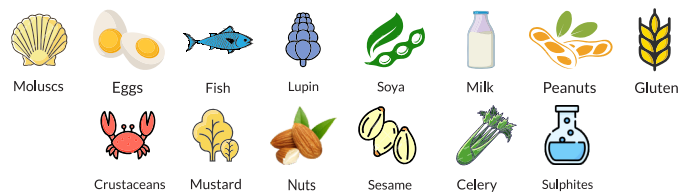
<p> Potato Dumplings 286 kcal 180 gms balchao masala cashew vegetables semolina  </p>	<p>-----</p> <p>395</p>
<p> Mushroom & Cheese Rissois 901 kcal 180 gms mushroom melted cheese parcels refined flour spices  </p>	<p>-----</p> <p>425</p>
<p> Chicken Skewers 616 kcal 180 gms chicken supreme cashew nut coconut cream </p>	<p>-----</p> <p>575</p>
<p> Filled Crab Shells 238 kcal 180 gms picked crabmeat onion tomato coriander spices </p>	<p>-----</p> <p>535</p>





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LOCAL MAIN COURSE

<p>  Tambdi Bhaji ----- 545 541 kcal 360 gms amaranth leaves coconut chili onion mustard seeds  </p>
<p>  Bhindi Sola ----- 545 165 kcal 360 gms okra cumin seeds onion green chillies tomato coconut kokum  </p>
<p>  White Pumpkin Caldine ----- 545 647 kcal 360gms dices of pumpkin coconut milk spices  </p>
<p>  Choice of meat - 375 gms Chicken ----- 625 400 gms Mutton ----- 725 1075 kcal chicken xacuti  469 kcal chicken vindaloo  658 kcal chicken sukhem  319 kcal chicken cafreal  1225 kcal mutton xacuti  833 kcal mutton vindaloo  762 kcal mutton sukhem  434 kcal mutton cafreal  </p>



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Choice of seafood

200 gms | Prawns
300 gms | Kingfish
300 gms | Pomfret



Rawa masala fry
712 kcal | prawn
1151 kcal | kingfish/pomfret



Recheado masala fry
518 kcal | prawn
985 kcal | kingfish/pomfret



Xacuti
1140 kcal | prawn
1633 kcal | kingfish/pomfret



Vindaloo
482 kcal | prawn
974 kcal | kingfish/pomfret



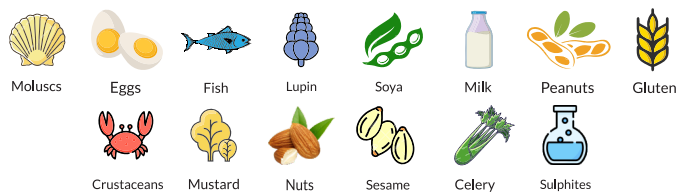
Balchao
486 kcal | prawn
978 kcal | kingfish/pomfret




Cafreal
486 kcal | prawn
793 kcal | kingfish/pomfret

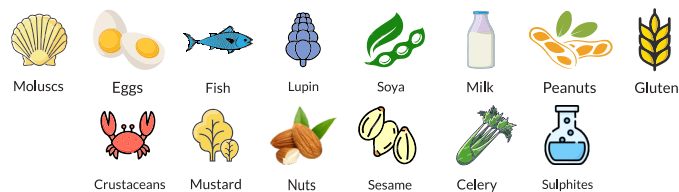


Butter garlic
630 kcal | prawn
1151 kcal | kingfish/pomfret



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<p>▲ Crab - 360 gms 464 kcal recheado masala fry  1075 kcal xacuti  658 kcal sukhem  567 kcal butter garlic </p>	<p>-----</p>	<p>725</p>
<p>▲ Traditional Goan Curry coconut paste spices kokum</p>		
<p>▲ 744 kcal 320 gms fish cubes </p>	<p>-----</p>	<p>675</p>
<p>▲ 443 kcal 300 gms prawns </p>	<p>-----</p>	<p>695</p>
<p>▲ Chicken Pulao 801 kcal 360 gms basmati rice chicken spices </p>	<p>-----</p>	<p>595</p>
<p>● Goan Rice 698 kcal 360 gms boiled unpolished red rice</p>	<p>-----</p>	<p>335</p>
<p>● Goan Bread 441 kcal 180 gms poi  637 kcal 260 gms pao </p>	<p>-----</p>	<p>225</p>

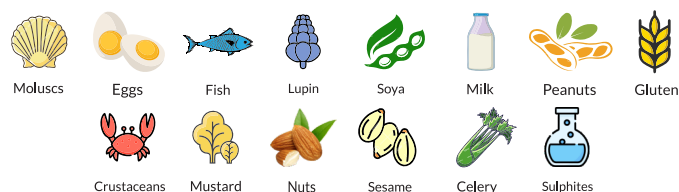




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ASIAN CLASSICS



<p>  Tom Kha ----- 295 120 kcal 220 ml coconut milk ginger lemongrass mushroom </p>
<p>  Nasi Goreng ----- 625 515 kcal 380 gms fried rice shrimp paste chicken satay fried egg prawn crackers sambal oelek  </p>
<p>  Stir Fried Vegetables And Tofu ----- 575 597 kcal 360 gms seasonal vegetables tofu light soy  </p>
<p>  Kung Pao Chicken ----- 625 500 kcal 380 gms chicken cubes soy sauce chili  </p>
<p>  Snapper Oyster- Chilli ----- 695 286 kcal 360 gms snapper stripes oyster sauce bird eye chili  </p>
<p> Fried Rice </p>
<p>  569 kcal 360 gms vegetable ----- 525  </p>
<p>  541 kcal 380 gms chicken ----- 575  </p>
<p> Noodles </p>
<p>  576 kcal 360 gms vegetable ----- 550  </p>
<p>  648 kcal 360 gms chicken ----- 595  </p>

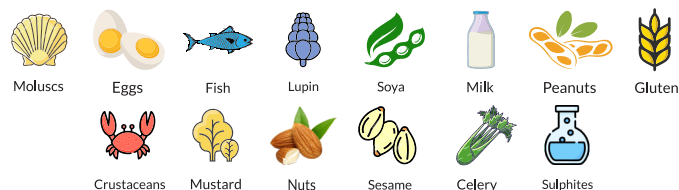


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COMFORT FOOD

<p>  Pizza Margherita ----- 545 770 kcal 470 gms crushed tomatoes mozzarella cheese oregano   </p>
<p>  Paneer Kathi Roll ----- 595 582 kcal 420 gms spiced cottage cheese onion capsicum   </p>
<p>  Pav Bhaji ----- 575 494 kcal 360 gms pav potato vegetables butter   </p>
<p>  Dal Khichdi ----- 550 695 kcal 360 gms moong dal garam masala tomatoes  </p>
<p>  Hawaiian Chicken Pizza ----- 575 770 kcal 525 gms tomato sauce mozzarella cheese pineapples grilled chicken breast   </p>
<p>  Chicken Kathi Roll ----- 595 777 kcal 440 gms chicken onion capsicum   </p>
<p>  Keema Pav ----- 695 604 kcal 385 gms pav lamb mince butter   </p>
<p>Club Sandwich</p>
<p>  586 kcal 220 gms vegetarian ----- 595   </p>
<p>  589 kcal 250 gms non vegetarian ----- 655    </p>
<p>Burger</p>
<p>  582 kcal 300 gms vegetarian ----- 595   </p>
<p>  668 kcal 320 gms chicken ----- 655    </p>



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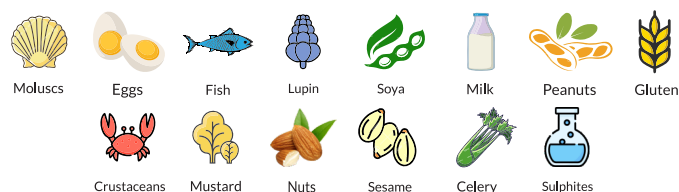
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DESSERTS



<p>  Moong Dal Halwa ----- 375 855 kcal 180 gms split gram clarified butter sugar  </p>
<p>  Shahi Tukda ----- 375 303 kcal 160 gms fried bread thickened sweetened milk saffron nuts  </p>
<p>  Caramel Custard ----- 375 174 kcal 160 gms egg milk sugar nutmeg  </p>
<p>  Dark Chocolate Mousse ----- 385 685 kcal 200 gms dark chocolate egg sugar cream  </p>
<p>  Kulfi Falooda ----- 375 423 kcal 180 gms churn frozen reduced milk  </p>
<p>  Choice Of Ice Cream ----- 400 225 kcal 160 gms ask the server for choices  </p>
<p>  Serradura ----- 375 336 kcal 220 gms cream condensed milk cookie crumbs  </p>
<p>  Goan Sweet Delicacy ----- 425 186 kcal 220 gms bebinca dodol or doce with coconut ice-cream  </p>



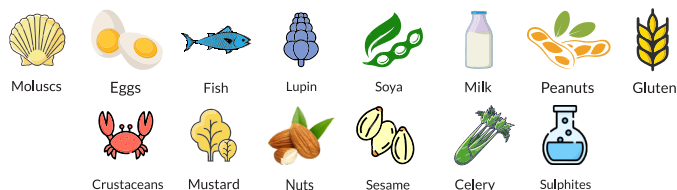
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BREAKFAST MENU



A LA CARTE BREAKFAST

- | |
|---|
| <p>  Choice Of Freshly Squeezed Seasonal Juice ----- 325
 130 kcal 290 ml sweet lime pineapple
 watermelon orange </p> |
| <p>  Sliced Seasonal Fresh Fruits-----325
 337 kcal 380 gms fresh cut fruits platter </p> |
| <p>   Freshly Baked Breads, Morning Pastries ----- 345
 (Any Three)
 261 kcal 260 gms croissant danish pastry
 muffin doughnut whole wheat bread butter
 fruit preserves marmalade, honey
    </p> |
| <p>  Cereals / Muesli ----- 345
 407 kcal 180 gms homemade muesli all-bran wheat flakes
 corn flakes choco flakes soya milk low-fat milk yoghurt
    </p> |
| <p>  Platter Of Cheese Wedges ----- 425
 (Four Types)
 120 kcal 150 gms hard cheese soft cheese
 semi hard cheese blue cheese
  </p> |
| <p>  Eggs Cooked To Order ----- 445
 330 kcal 200 gms scrambled  
 153 kcal 160 gms boiled 
 96 kcal 145 gms fried 
 300 kcal 180 gms akuri 
 153 kcal 145 gms poached 
 153 kcal 170 gms omelette 
 served with bacon sausage hash brown tomato </p> |

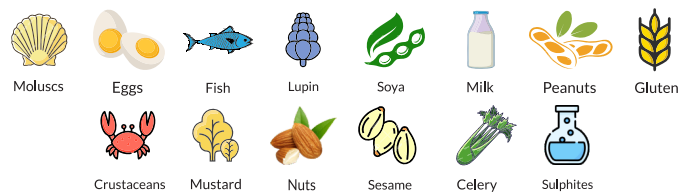




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<p>  Idli 439 kcal 375 gms steamed rice cake sambar chutney  </p>	-----	425
<p>  Dosa or Uttapam 731 kcal 380 gms rice lentil pancake plain masala sambar chutney  </p>	-----	425
<p>  Upma 750 kcal 280 gms semolina tempered vegetables  </p>	-----	375
<p>  Poori Bhaji 309 kcal 300 gms deep-fried whole-wheat bread potato curry masala sambar chutney  </p>	-----	395
<p>  Paratha 426 kcal 320 gms stuffed flat bread with potatoes  </p> <p> 426 kcal 320 gms cottage cheese  </p> <p> 555 kcal 320 gms cauliflower  </p>	-----	425
<p>  Salad Bhaji With Poi 351 kcal 360 gms cottage cheese onion tomato mustard seeds ginger garlic chili  </p>	-----	375
<p>  Ros Omelette 693 kcal 300 gms goan poi with masala omelette xacuti gravy  </p>	-----	475



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