



**ROCK FLOUR
ALL-DAY DINING**

BREAKFAST COMBINATIONS


(served in between 7 am to 11:30 am)

BREAKFAST BUDDHA BOWLS

- 🌱 **Himalayan chia-berry overnight oats** INR 625
525 kcal | 420 gms | Dry nut muesli, oats, roasted flax, chia seeds, wild berries, and Himalayan honey, served with low-fat yoghurt or warm milk and caramelized banana bread

- 🌱 **Millet bowl** INR 625
501 kcal | 420 gms | Lactose-free ragi flakes and sorghum porridge, sunflower seeds, almonds, and Afghani black raisins, served with soya milk and cinnamon toast



BREAKFAST

FARM FRESH

- ⚠️ **Two eggs prepared to your liking:** INR 525
193 kcal | 140 gms | Scrambled, boiled, poached, and fried

- 207 kcal | 140 gms** | Open omelets

- 136 kcal | 140 gms** | Egg white scrambles

- 312 kcal | 210 gms** | Parsi akuri with pao


All egg preparations are served with either chicken sausages or bacon or pork sausages
- ⚠️ **Canadian pancake stack** INR 525
678 kcal | 250 gms | Fruit compote, mascarpone cheese, and pure maple syrup

- ⚠️ **Apple cinnamon baked French toast** INR 525
592 kcal | 210 gms | Berry lemon curd and pure maple syrup




List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya Milk
  Peanuts
  Gluten
 Crustaceans
  Mustard
  Nuts
  Sesame
  Celery
  Sulphites

🌱 Vegetarian
 ⚠️ Non-vegetarian
 🌰 Contains Nuts
 🐷 Contains Pork
 🕒 Available Round-the-Clock

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GARHWALI NAASHTA

- 🌱 **Gahat ke parathe, jakhiya wali kaddu ki subzi** INR 825
516 kcal | 350 gms | Horse gram stuffed flat bread, high-altitude green pumpkin preparation

- 🌱 **Mandua ki poori, pahari arbi** INR 825
575 kcal | 200 gms | Himalayan delicacy of buckwheat puffed bread, coco-yam


Served with curd and homemade pickle

THE PAN INDIAN FARE

- 🌱 **Idli** INR 625
152 kcal | 400 gms | Served with sambar and chutneys

- 🌱 **Uttappam** INR 625
377 kcal | 420 gms | Served with sambar and chutneys

- 🌱 **Dosa** INR 625
131 kcal | 250 gms | plain
131 kcal | 400 gms | masala
 Served with sambar and chutneys

- 🌱 **Poori bhaji** INR 625
671 kcal | 200 gms | Deep fried whole wheat puffs, potato, and tomato curry

- 🌱 **Punjabi tawa paratha** INR 675
508 kcal | 350 gms
 With a choice of:
 Aloo-pyaz (potato and onion)
 Masala matar (spiced green peas)
 Ajwaini gobhi (caraway-flavoured cauliflower)
 Served with white butter, curd, and pickle


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SMALL PLATE


(served in between 11 am to 11 pm)


- ▲ **Canja de galinha** INR 570
193 kcal | 250 ml | A Portuguese soup with roasted chicken, green chillies, and coriander


- ▲ **Suan la tang** INR 570
156 kcal | 250 ml | Hot and sour soup with shredded Chinese greens or chicken


- **Himalayan green minestrone** INR 570
167 kcal | 250 ml | Parmigiano flakes, extra-virgin olive oil


- **Tamatar chukander, quinoa ka shorba** INR 570
179 kcal | 250 ml | Fresh pahari herbs-flavoured tomato and beetroot soup


- ▲ **Sesame prawns** INR 1325
430 kcal | 250 gms | Ginger, scallion, and chilli


- ▲ **Nagauri methi ke murg tikkey** INR 1100
384 kcal | 300 gms | Fenugreek-flavoured chicken tikka, chilli-pineapple relish


- ▲ **Sticky chicken wings** INR 1025
684 kcal | 305 gms | Crispy potatoes, teriyaki sauce


- ▲ **Khasta kheeme ki seekh** INR 1025
605 kcal | 300 gms | Minced lamb skewers with home-ground spices


- **Teekhe matar, broccoli ke kebab** INR 995
264 kcal | 210 gms | Pan-fried pounded green peas and malai broccoli cakes with pahari fresh spices


- **Lotus stem honey chilli** INR 890
524 kcal | 250 gms


- **Crispy corn salt n' pepper** INR 890
592 kcal | 185 gms | Spring onion, celery


- **Delhi chaat platter** INR 1025
1113 kcal | 500 gms | Tawa aloo, sev-poori, samosa, and chutney wala dahi bhalla


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PAHADI KHANA

- ▲ **Tawa gandla machhi** INR 1075
480 kcal | 260 gms | Griddle fish with stone-grounded local spices

- **Garhwali paneer tikkey** INR 995
690 kcal | 275 gms | Pudine ki chutney

- ▲ **Bhune murg ki tari** INR 1160
508 kcal | 480 gms | A local home-style chicken curry

- ▲ **Pahadi saag gosht** INR 1175
573 kcal | 500 gms | Indigenous-styled mutton curry

- **Tawa aloo jakhiya mirchi** INR 730
417 kcal | 365 gms | Tawa-fried potatoes with broiled wild mustard and chilli flakes

- **Gahat ki dal** INR 675
460 kcal | 500 gms | Horse gram lentil stewed with humble spices

- ▲ **Garhwali thali** INR 2000
1236 kcal | 1250 gms | ● Vegetarian ▲ Non-vegetarian
 With a choice of mandua ki roti or poori


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SALADS AND SANDWICHES

B U D D H A B O W L S

- ⊘ **Satvik Buddha bowl** INR 995
577 kcal | 280 gms | Bistro greens, fresh herb zoodles, asparagus, beets, avocado, sweet potatoes, and pahari apples in our own walnut-mayo, served with sun-dried tomato bruschetta

- ▲ ⊘ **Zen bowl** INR 1025
610 kcal | 300 gms | Sous vide cooked chicken and pineapple, Parma ham, Turkey pastrami, boutique greens, Caesar dressing, garlic thyme crostini

- ▲ **Panini chicken temptation** INR 925
766 kcal | 500 gms | Jalapeno pesto, English cheese melt

- ▲ ⊘ **Classic bacon, lettuce, tomato sandwich** INR 925
749 kcal | 380 gms | Wood-smoked bacon, iceberg, roma tomatoes, and honey oatmeal bread

- ▲ ⊘ **The Taj club** INR 1100
994 kcal | 450 gms | Toasted double decker sandwich, chicken, fried egg, crispy bacon, tomato, iceberg lettuce

- ▲ **Portuguese chicken burger** INR 1025
870 kcal | 460 gms | Pure chicken patty, fried egg, grilled onion, cornichon, mustard, and chives mayo

- **Himalayan apple and carrot slaw croissant** INR 825
725 kcal | 220 gms | Fresh cilantro and chilli dip

- **Crispy soya potato cutlet and paneer tikka burger** INR 890
827 kcal | 530 gms | Desi kachumber salad and mint chutney

- **The vegetarian club** INR 1100
898 kcal | 430 gms | Toasted triple decker sandwich, coleslaw, grilled vegetables, tomato, cucumber, and cheese
 All sandwiches served with house salad, choice of French fries or masala fries


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TAJ SIGNATURES

Autograph dishes curated by our chefs from the world of Taj

 **Cobb salad** INR 1075

635 kcal | 500 gms | An American garden salad or chicken, bacon, avocado, lettuce, tomato, hard-boiled egg, cilantro, with spring onion, and buttermilk dressing

- Pierre Hotel, New York



 **Fish & chips** INR 1195

838 kcal | 280 gms | White fish fillet fried in beer batter served with chips, tartar sauce, green peas mash, and fresh lemon

- Taj, St. James Court, London



 **Sheesh taouk** INR 1025

873 kcal | 280 gms | Traditional Middle Eastern sheesh kebabs, pita breads, and condiments

- Taj, Dubai



 **Chicken kathi roll** INR 975

669 kcal | 435 gms | Grilled chicken tikka, kachumber, and mint chutney

-Taj Palace, New Delhi



 **Paneer kathi roll** INR 825

560 kcal | 370 gms | Spicy paneer wrap, kachumber, and mint chutney

-Taj Palace, New Delhi



W O K E R I E

 **Slow-fried prawns with greens in XO sauce** INR 1625

784 kcal | 310 gms



 **Stir-fried sole, black mushroom, and bokchoy in chilli oyster sauce** INR 1195


604 kcal | 420 gms



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 **Kung pao chicken** INR 1270

563 kcal | 480 gms



 **Sichuan chicken with water chestnut, ginger, and two pepper oil** INR 1175

628 kcal | 480 gms



 **“Ma Po” tofu** INR 1160

486 kcal | 410 gms



 **Stir-fried Chinese greens and shitake with soy garlic** INR 1050

335 kcal | 460 gms




 **Eggplant, broccoli, and bokchoy in Hunan sauce** INR 975

333 kcal | 460 gms



Wok-tossed hakka noodles/stir-fried rice INR 570

 **Vegetables** INR 570

488 kcal | 380 gms



 **Chicken** INR 625

588 kcal | 380 gms



 **Seafood** INR 725

545 kcal | 380 gms



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COMFORT MAINS & BIG PLATES

- 🍷 **Slow-grilled salmon with pistachio crust** INR 1425
445 kcal | 300 gms | Allumettes of spiced sweet potatoes, orange fennel sauce

- 🍷 **Chermoula spiced grilled fish** INR 1295
701 kcal | 560 gms | Olive mash potatoes and Himalayan spinach

- 🍷 **Walnut roast chicken** INR 1075
877 kcal | 330 gms | Mushroom pepper jus

- 🍷 **Mushroom arancini with grilled aubergine stack** INR 875
588 kcal | 370 gms | Cherry tomato pepper ragout

- 🍷 **Balsamic chicken and lemon quinoa bowl** INR 1075
584 kcal | 440 gms | Roasted chicken breast, boiled eggs, tossed sausages, local grown crudites, lemon quinoa, and olive tomato salsa

- 🍷 **Buddha bowl of roots and greens** INR 975
479 kcal | 320 gms | A selection of confit roots, charred vegetables, wilted spinach and roasted nuts crumble, and Himalayan basil red rice

- 🍷 **Spaghetti bolognaise** INR 1075
758 kcal | 538 gms | Slow-cooked lamb ragout, crispy onion, pesto drizzle, and parmesan

- 🍷 **Penne aglio olio** INR 975
597 kcal | 234 gms | Tossed with grilled chicken, olive oil, and garlic chilli flakes

- 🍷 **Fusilli tomato marinara** INR 945
628 kcal | 452 gms | Tomato caper and olive ratatouille, parmesan and crumbled ricotta


- 🍷 **Punjabi butter chicken** INR 1160
840 kcal | 425 gms | Barbecued chicken in fenugreek-tomato gravy finished with full cream

- 🍷 **Keema wala meat** INR 1225
815 kcal | 450 gms | Lamb cooked in spicy brown onion gravy

- 🍷 **Moradabadi chicken biryani** INR 1295
976 kcal | 615 gms | Fragrant basmati rice layered with chicken, cooked in a sealed pot, Kumaoni raita

- 🍷 **Methi, mirch wala matar paneer** INR 1050
477 kcal | 446 gms | Home-style preparation of cottage cheese with soft green peas and fenugreek
238 kcal | 223 gms | Half portion

- 🍷 **Makai palak ki bhurjee** INR 975
494 kcal | 305 gms | Dry preparation of spinach and corn kernels
247 kcal | 155 gms | Half portion

- 🍷 **Pyazi pakore wali kadi** INR 750
448 kcal | 436 gms | A Sunday lunch specialty in most Punjabi homes. Onion and gram flour dumplings in yoghurt gravy tempered with curry leaves and dry red chillies.

- 🍷 **Mah ki dal** INR 890
576 kcal | 438 gms | Overnight cooked black lentils, double cream, and dairy butter

- 🍷 **Vegetable biryani** INR 1210
645 kcal | 562 gms | Melange of spiced vegetables and rice cooked together


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DESSERTS

- ⊘ ▲ **Winter pot pie** INR 750
910 kcal | 222 gms | Caramelized banana and almonds baked in a
 crispy puff pastry, salted caramel drizzled ice cream

- ⊘ ▲ **Tiramisu** INR 795
614 kcal | 115 gms | Mascarpone cheese, amaretto espresso cream,
 and cocoa dust

- ▲ **Bull's eye** INR 795
572 kcal | 156 gms | Chocolate fudge with ice cream

- **Himalayan orange pannacotta** INR 750
260 kcal | 105 gms | Sugar-free

- ⊘ ● **Badami gulab jamun** INR 795
508 kcal | 200 gms | With ice cream and almond flakes

- ⊘ ● **Jhangore ki kheer** INR 795
422 kcal | 158 gms | A rich textured pahari pudding made from a local millet,
 goodness of milk, cashews, and raisins
 Available in sugar-free

- ▲ **Launch pad chocolate brownie** INR 425
310 kcal | 108 gms

- **Choice of ice cream** INR 450
289 kcal | 132 gms


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KIDS' MENU

(served in between 11 am to 11 pm)

SOUP & APPETIZER

- ▲ **Yankee doodle soup** INR 400
276 kcal | 250 ml | Chicken noodle soup

- ▲ **Goofy nuggets** INR 450
532 kcal | 180 gms | Chicken nuggets with potato chips and
 cocktail sauce

- ▲ **Fish fingers** INR 450
508 kcal | 160 gms


MAINS

- **Pokemon penne** INR 550
210 kcal | 160 gms | With chunky tomatoes

- **Spaghetti n cheese** INR 550
296 kcal | 180 gms

- **Tom and Jerry sandwich** INR 590
536 kcal | 186 gms | With strawberry jam & fries

- ▲ **Mickey burger** INR 550
354 kcal | 165 gms | Mini burger with crumb fried chicken and cheese


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SIDES

- Indian breads **INR 240**
210 kcal | 68 gms

- Mandua ki poori **INR 275**
323 kcal | 110 gms

- Dal tadka **INR 595**
380 kcal | 450 gms

- Khichdi **INR 1025**
514 kcal | 524 gms

- Steamed rice **INR 375**
270 kcal | 280 gms
- Pahadi rice **INR 350**
207 kcal | 260 gms
- French fries **INR 375**
628 kcal | 200 gms
- Raita **INR 240**
98 kcal | 180 gms


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