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STARTERS | SALADS | SANDWICHES

STARTERS | SALADS | SANDWICHES

	Broccoli Cream & Almond Soup / kcal 147;140 gm  	325
(Broccoli, Cream, Toasted Almond Flakes)			
	Cream of Mushroom / kcal 238;140 gm  	325
(Mushroom, Cream, Thyme)			
	Spinach- Herb Soup, Methi Dumplings / kcal 133;140 gm  	325
(Spinach, Herbs, Fenugreek Leaves Dumplings)			
	Caesar Salad / kcal 240;180 gm   	500
(Caesar- Garlic Dressing, Romaine Lettuce, Sundried Tomato & Parmesan)			
	Caesar Salad with Bacon Bites / kcal 240-290; 180 gm   	550
(Caesar-Garlic Dressing, Romaine Lettuce, Bacon Bites & Parmesan)			
	Caesar Salad with Prawns / kcal 240-290;180 gm   	600
(Caesar-Garlic Dressing, Romaine Lettuce, Prawns & Parmesan)			
	Greek Salad / kcal 240;180 gm  	500
(Cucumber, Feta Cheese, Kalamata Olive, Lemon Vinaigrette Dressing)			
	Organic Quinoa / kcal 280;180 gm  	550
(Grilled Vegetables, Mesclun Salad, Cider-Apple Dressing)			
	Cobb Salad / kcal 220;180 gm    	600
(Spiced Chicken, Boiled Egg, Bacon, Avocado & Butter Milk Dressing)			
	Roasted Vegetables Focaccia Sandwich/ kcal 330;240 gm  	600
(Grilled Vegetables, Focaccia, Pesto)			
	Aloo, Channa, Papdi Chat / kcal 330;180 gm 	350
(Spiced Potato, Chick Pea, Saunth Chutney)			



Kindly inform us if you are allergic to any food ingredient.

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



























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MAIN COURSE

MAIN COURSE
















	Spinach & Corn Cannelloni / kcal 423;180 gm   600
(Spinach, Corn, Ricotta, Basil, Parmesan)		
	Mushroom Crepe Rolls / kcal 238;180 gm  600
(Red Pumpkin Puree, Parmesan)		
	Whole Wheat Penne Pasta / kcal 357;240 gm   650
(Olive Oil, Garlic- Cilantro Pesto)		
	Farfale Primavera / kcal 357;240 gm   600
(Crushed Tomatoes, Seasonal Vegetables & Basil)		
	Spaghetti Bolognese / kcal 423;250 gm   600
(Prime Chopped Beef, Tomato & Red Wine Stew)		
	Fettuccini Carbonara / kcal 333;250 gm    700
(Crispy Bacon Strips, Parmesan, Egg Yolk)		
	Risotto / kcal 328;240 gm  700
(Wild Mushroom, Grilled Garlic & Herbs, Parmesan)		
	Grilled Vegetables / kcal 238;240 gm 350
(Green Asparagus, Mushroom, Carrots, Zucchini, Broccoli, Garlic, Olive Oil)		
	Pomfret / kcal 213;340 gm  950
(Pan Fried Pomfret, Sauted Vegetables, Potato Mash, Brown Caper Butter)		
	Chicken Breast / kcal 238;320 gm 850
(Grilled, Seasonal Vegetables, Grilled Sweet Potatoes, Mushroom Jus)		
	New Zealand Lamb Chops / kcal 267;320 gm 1600
(Dukkah Crusted, Buttered Vegetables, Cilantro Tabbouleh, Mint Sauce)		
	Tenderloin Steak / kcal 369;320 gm 850
(From the Grill, Sauted Vegetables Caramelized Shallots, Herb Mash & Pepper Jus)		












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REGIONAL INDIAN FROM THE CLAY OVEN

 Palak Papdi Kebab / kcal 410;180 gm  650
(Spinach, Roasted Channa, Masala Papad)	
 Bhutiyan de Kebab / kcal 407;140 gm  650
(Corn Kernels, Spices)	
 Tandoori Mushroom / kcal 481;140 gm  650
(Button Mushroom, Spices, Curd)	
 Angara Murgh Tikka / kcal 389;140 gm  700
(Boneless Chicken Cubes, Spices, Yoghurt)	
 Sarson Mahi Tikka / kcal 333;140 gm   750
(Boneless Fish Cubes, Spices, Yoghurt)	
 Tandoori Jhinga / kcal 532;150 gm  1100
(Prawns, Spices & Yoghurt)	
 Lamb Sheekh Kebab / kcal 298;150 gm  850
(Flavoured Mutton mince)	

MAIN COURSES

 Shikampuri Kofta Curry / kcal 301;240 gm   650
(Vegetable Dumplings, Tomato Gravy)	
 Mutton Tari Wala / kcal 412;320 gm   850
(Slow Cooked Mutton Curry)	
 Murgh ka Kurchan / kcal 477;320 gm 750
(Chicken, Spring Onion & Bell Peppers)	
 Dal / kcal 889;240 gm  550
(Dal Fry, Dal Palak, Dal Makhni)	
 Aloo ki Saath / kcal 301;240 gm   650
(Jeera / Mutter / Gobi)	




















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 Paneer ki Saath / kcal 287;240 gm 	650
(Palak / Mutter / Kadai / Butter Masala)		
 Selection of Indian Breads / kcal 200 to 280;120 gm  	250
(Naan, Roti, Kulcha, Malabar Paratha)		
Dum Biryani		
 Vegetable / kcal 346;380 gm  	650
 Chicken / kcal 602;390 gm  	750
 Lamb / kcal 755;380 gm  	850
 Choice of Rice/ Pulao / kcal 270 to 290;380 gm  	350
(Steamed Rice/ Green Peas Pulao / Bhune Pyaz ka Pulao/ Jeera Pulao)		

LOCAL FLAVORS

 Tawa Fried Seer Fish / kcal 279;320 gm 	750
(Curry Leaf & Coconut Oil Flavored Fish)		
 Mopilah Kozhi Roast / kcal 390;320 gm 	700
(Roasted Chicken, Onion, Black Pepper & Fennel, Coconut Milk)		
 Mutton Ularthiyathu / kcal 412;320 gm  	850
(Mutton Cubes Dry with Coconut Chips & Pepper)		
 Meen Kudampuli Curry / kcal 354;320 gm 	750
(Malabari Fish Curry, Kokum, Coconut Milk, Spices)		
 Kozhi Kurumilagu Curry / kcal 302;320 gm 	750
(Coconut Milk & Black Pepper Flavoured Chicken Curry)		














Kurma

 Vegetables / kcal 270;240 gm 	650
 Chicken / kcal 169;320 gm 	750














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 Avial / kcal 198;240 gm 	650
(Malabari Seasonal Vegetables in Thick Coconut Gravy)		
 Thoran of The Day / kcal 233;240 gm  	650
(Regional Dry Vegetables Specialty)		
 Lemon Rice / kcal 287;380 gm 	350
(Basmati Rice, Lime Juice, Curry Leaves, Split Bengal Gram & Pure Ghee)		
 Matta Rice / kcal 297;380 gm	300
(Local Red Rice)		
 Appam (2 No's) / kcal 298;140 gm 	250
(Fermented Rice pancake)		
 Malabar Paratha (2 No's) / kcal 212;120 gm  	250
(Layered Bread)		

ASIAN CLASSICS

  Hot & Sour Soup / kcal 133;180 gm	325 /375
(Veg/ Non-Veg)		
 Sweet Corn Soup / kcal 147;180 gm	325 /375
(Veg/ Non-Veg)		
 Gobi Manchurian / Vegetable Manchurian / kcal 385;240 gm	650
 Vegetable Spring Roll / kcal 301;240 gm 	650
 Nasi Goreng / kcal 344;320 gm 	850
(Fried Rice, Shrimp Paste, Chicken Satay, Fried Egg, Prawn crackers)		
 Thai Red Vegetable Curry / kcal 297;240 gm	650
(Thai Red Curry Paste, Galangal, Lemon Grass, Kaffir Lime Leaves, Coconut Milk)		
 Thai Green Chicken Curry / kcal 410;320 gm 	950
(Thai Green Curry Paste, Galangal, Lemon Grass, Kaffir Lime Leaves, Coconut Milk)		




















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 Jasmine Rice / kcal 344;380 gm 	350
 Chicken Kung Pao / kcal 220;320 gm   (Kung pao / Hot Garlic / Szechuan)	700
Fried Rice		
 Vegetables / kcal 245;380 gm 	400
 Egg / kcal 213;390 gm  	450
Noodles		
 Hakka, Burnt Garlic / kcal 344;380 gm 	400
 Egg / kcal 313;390 gm  	450
 Chicken / kcal 220;390 gm 	500
 Sea Food / kcal;390 gm 	550

COMFORT FOODS

 The Club / kcal 362;260 gm    (Triple layer Toast, Tomato, Chicken Breast, Bacon, Iceberg, Mayo & Fries)	750
 Vegetable Burger / kcal 312;320 gm    (Potato- Vegetable Patty, Sesame Bun, Iceberg, Tomato, Avocado, Cheese, Mayonnaise)	650
 Tenderloin Burger / kcal 390;340 gm    (Prime Chopped Beef, Sesame Bun, Crispy Iceberg, Fried onions, Tomato, Gherkins & BBQ Sauce Add Fried Eggs/ Avocado/ Cheddar Cheese)	750
 Murgh Malai tikka / kcal 333;140 gm   (Chicken Cubes, Cream & Black Pepper)	700
 Kitchdi / kcal 346;370 gm  (Mashed Rice, Moong Dal, Ghee, Cumin)	400



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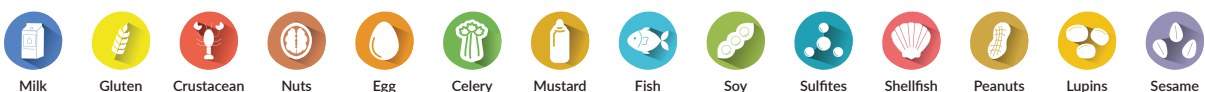


DESSERTS



DESSERTS

 Caramel Custard / kcal 199;140 gm   (Caramel Sauce)	500
 Chocolate-Walnut Brownie / kcal 478;140 gm (Vanilla Ice Cream, Chocolate Sauce)	500
 Pistachio Gulab Jamun / kcal 450;140 gm  (Fried Milk Dumplings, Sugar Syrup)	350
 Baked Cheese Cake / kcal 302;140 gm  Blueberry Compote	500
 Fresh Cut Fruits / kcal 160;180 gm	400
 Choice of Ice Cream / 90 gm 	450

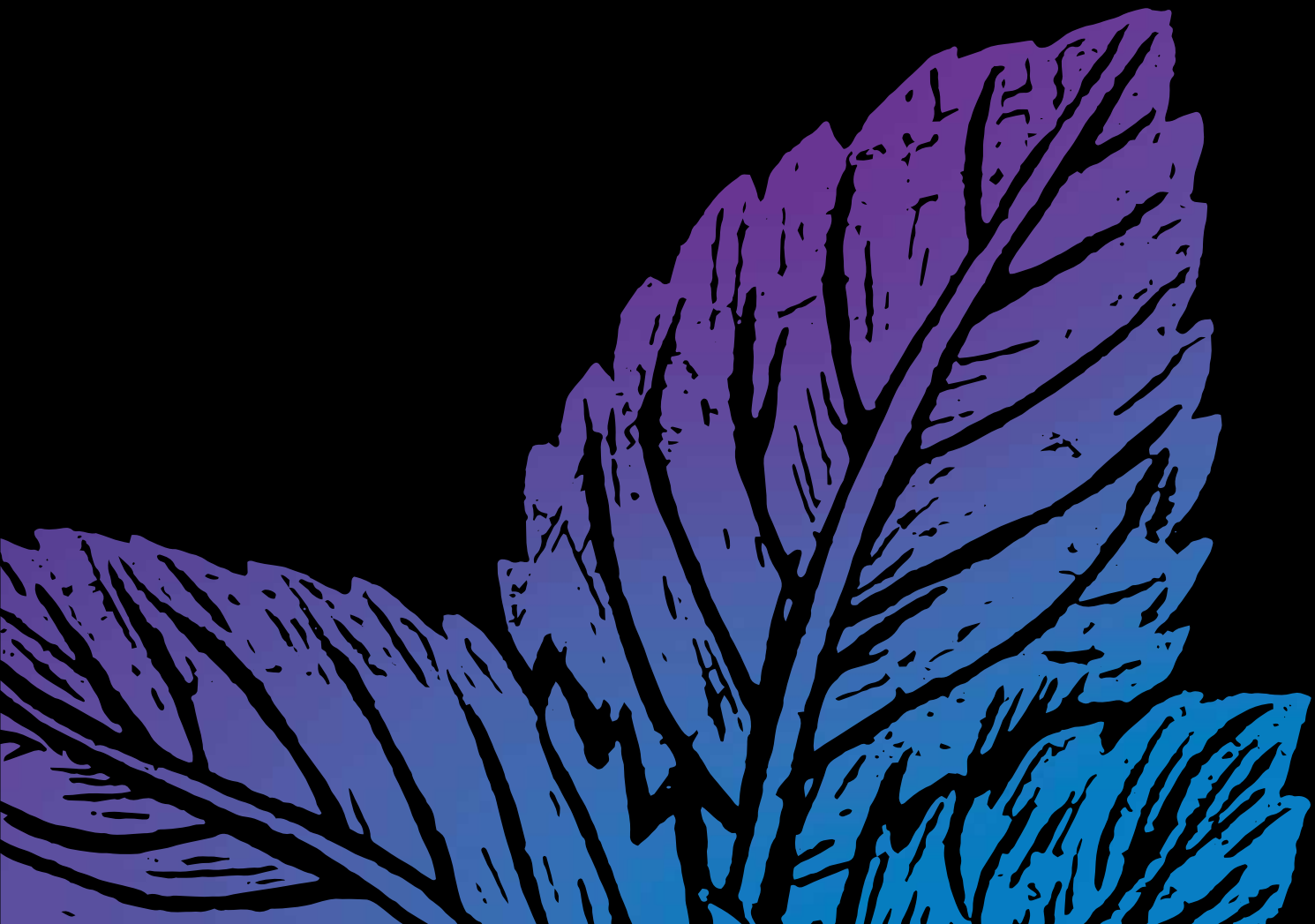


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BREAKFAST MENU



BREAKFAST MENU

6:30 hrs - 10:30hrs

A LA CARTE BREAKFAST

- | | | |
|---|---|------------------|
|  | Choice of Freshly Squeezed Seasonal Juice / kcal 80;200 ml | 350 |
| (Sweet Lime, Grape, Pineapple, Watermelon, Orange) | | |
|  | Vivanta Active Cereals / Muesli / kcal;160 gm   | 350 |
| (Homemade Muesli/ All-bran/ Wheat Flakes/ Corn Flakes/ Choco Flakes, Soya Milk/ Low-Fat Milk/ Yoghurt) | | |
|  | Platter of Cheese Wedges (Four types) / kcal 302;50 gm   | 550 |
| (Hard Cheese, Soft Cheese, Semi Hard Cheese, Blue Cheese) | | |
|  | Eggs Cooked To Order / kcal 310;320 gm   | 475 |
| (Boiled, Poached, Sunny Side Up, Fried Egg, Omelet, Accompanied with Hash brown Potato and Grilled Tomato) | | |
|  | Egg Benedict / kcal 310;320 gm    | 550 |
| (English Muffin, Poached Egg, Spinach or Smoked Salmon or Pork Ham, Rich Butter Sauce Accompanied with Hash Brown and Grilled Tomato) | | |
|  | Idli / kcal 121/220 gm  | 450 |
| (Steamed Rice Cake, Sambar, Chutney) | | |
|  | Dosa or Uthappam / kcal 440;220 gm  | 500 |
| (Rice, Lentil Pancake, Plain/ Masala, Sambar, Chutney) | | |
|  | Sooji Upma / kcal 675;220 gm    | 450 |
| (Semolina, Tempered, Vegetables) | | |
|  | Poori Bhaji / kcal 541;220 gm  | 450 |
| (Deep-Fried Whole-Wheat Bread, Potato Curry) | | |
|  | Paratha / kcal 212;240 gm   | 400 |
| (Stuffed Flat Bread with Potatoes/ Cottage Cheese / Cauliflower / Radish) | | |
|  | Sliced Seasonal Fresh Fruits / kcal 290;180 gm | 400 |
|  | Puttu, Kadala Curry, Pazham / kcal 625;340 gm  | 450 |
| (Steamed Rice Cake, Coconut, Black Chick Pea Curry, Banana) | | |
|  | Idiyappam, Veg-Kuruma / kcal 470;320 gm  | 450 |
| (Steamed String Hoppers, Mixed Vegetable Curry) | | |



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NIGHT MENU



NIGHT MENU

23:30 hrs - 6:00hrs

LIGHT MEAL

	Seasonal Fresh Fruit Juice / kcal 80;200 ml	350
	(Sweet Lime, Grape, Pineapple, Watermelon, Orange)	
	Eggs Cooked To Order / kcal 310;320 gm   475
	(Scrambled/ Boiled/ Fried/ Akuri/ Poached/ Omelettes with Ham/ Bacon, Sausage, Hash Brown, Tomato)	
	Club Sandwich Veg / kcal 312;240 gm    650
	(Cucumber, Tomato, Cheese slice, Grilled Vegetables, Mayo, Fries)	
	Club Sandwich Non-Veg / kcal 362;260 gm    750
	(Tomato, Cheese Slice, Chicken, Bacon, Mayo, Fries)	
	Burger Veg / kcal 312;320 gm    650
	(Vegetable Patty, Tomato, Cheese, Mayo)	
	Burger Chicken / kcal 390;340 gm    750
	(Chicken Patty, Fried Egg, Tomato, Cheese, Mayo)	
	Burger Tenderloin / kcal 390;340 gm    750
	(Beef Patty, Fried Egg, Tomato, Cheese, Mayo)	
	Crumbed Fish and Chips / kcal 749;320 gm    750
	(Mahi Mahi, Chips, Pea Mash, Tartar Sauce)	
	Dosa or Uthappam / kcal 220 to 440;220 gm  500
	(Rice, Lentil Pancake, Plain/ Masala, Sambar, Chutney)	
	Greek Salad / kcal 240;180 gm   500
	(Cucumber, Bell pepper, Feta Cheese, Kalamata Olive, Lemon vinaigrette dressing)	
	Cream of Broccoli, Almond Soup / kcal 147;140 gm   325
	(Broccoli, Cream, Toasted Almond Flakes)	






















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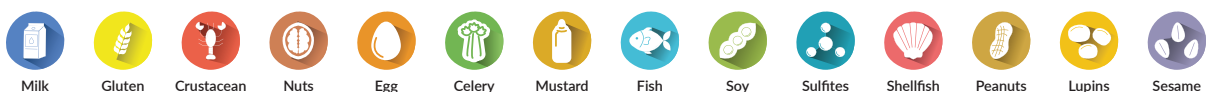
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MAIN COURSE

 Penne Arrabiata / kcal 357;240 gm  	600
(Spicy Tomato Sauce, Garlic, Basil)		
 Spaghetti Pomodoro with Chicken / kcal 423;250 gm	650
(Tomato Sauce, Grilled Chicken)		
 Mutton Ularthiyathu / kcal 950;320 gm	850
(Cubes of Mutton Cooked Dry with Coconut Chips and Pepper)		
 Crumbed Fish and Chips / kcal 749;320 gm 	700
(Mahi Mahi, Chips, Pea Mash, Tartar Sauce)		
 Paneer Butter Masala / kcal 650;240 gm 	600
(Cottage Cheese, Tomato Gravy, Butter, Cream)		
 Murgh Tikka Lababdar / kcal 333;320 gm  	650
(Chicken, Onion, Tomato, Garam Masala, Cream)		
 Dal Makhani / kcal 889;240 gm 	600
(Black Lentil, Tomato, Butter, Cream)		
 Rice / kcal 300;380 gm 	350
(Steamed Rice/ Curd Rice)		
 Indian Breads / kcal 380;120 gm  	200
(Chapati/ Phulka/ Malabar Paratha)		

DESSERTS

 Caramel Custard / kcal 199;140 gm  	500
(Custard Dessert, Caramel Sauce)		
 Chocolate-Walnut Brownie / kcal 478;140 gm	500
 Gulab Jamun / kcal 450;140 gm  	450
(Fried Milk Solid, Sugar Syrup)		
 Baked Cheese Cake / kcal 302;140 gm  	500
(Blueberry Compote)		
 Fresh Cut Fruits / kcal 160;180 gm	400
 Choice of Ice Cream / 90 gm 	450



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BEVERAGES

BEVERAGES

<p> Coffee / kcal 90/160 ml </p> <p>(Freshly-brewed coffee – Regular or Decaffeinated Espresso/ Caffè Latte/Cappuccino/South Indian Filter Coffee)</p>	<p>..... 275</p>
<p> Cold Coffee / kcal 90;200 ml </p> <p>(With or without Ice Cream)</p>	<p>..... 350</p>
<p> Healthy Hot Drinks / kcal 142;200 ml </p> <p>(Hot Chocolate, Horlicks, Bournvita)</p>	<p>..... 350</p>
<p> Tea / kcal 80;160 ml </p> <p>(Taj House Blend, Darjeeling Breakfast, Assam, Earl Grey, Green Tea, Chamomile and Indian Masala)</p>	<p>..... 275</p>
<p> Selection of Freshly Squeezed Fruit Juices / kcal 290;200 ml</p> <p>(Pineapple, Orange, Watermelon or Sweet Lime Selection of Freshly Squeezed)</p>	<p>..... 350</p>
<p> Vegetable Juices / kcal 60;200 ml </p> <p>(Carrot, Tomato or Cucumber, ABC- Apple, Beetroot, Carrot)</p>	<p>..... 350</p>
<p> Detoxifying Juices / kcal 60;200 ml </p> <p>(ABC – Apple, Beetroot, Carrot / Beetroot & Orange / Watermelon, Spinach & Ginger / Cucumber and Mint)</p>	<p>..... 350</p>
<p> Choice of Chaas / kcal 234;200 ml </p> <p>(Buttermilk – Plain, Salted or Masala)</p>	<p>..... 250</p>
<p> Choice of Lassi / kcal 234;200 ml </p> <p>(Churned Yoghurt – Plain, Salt, Mango)</p>	<p>..... 350</p>
<p> Choice of Milkshakes / kcal 328;200 ml </p> <p>(Vanilla, Strawberry, Chocolate, Banana or Mango)</p>	<p>..... 350</p>
<p> Flavoured Iced Tea / kcal 90;200 ml</p> <p>(Orange, Lemon, Pineapple or Peach)</p>	<p>..... 350</p>
<p> Fresh Lime Soda/Water / 200 ml</p>	<p>..... 250</p>
<p> Energiser Smoothie made with Soy Milk and Banana / kcal;200 ml</p>	<p>..... 350</p>
<p> Tonic Water / kcal 72;300 ml</p>	<p>..... 300</p>
<p> Red Bull / kcal 45;250 ml</p>	<p>..... 300</p>



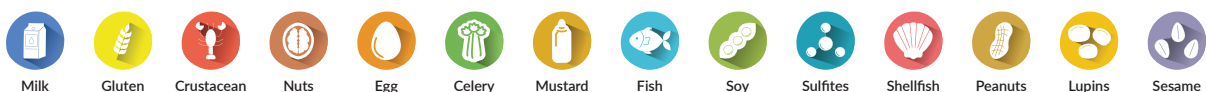
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■ Bottled Water	250
■ Himalayan Water	350
■ Ginger Ale / kcal 72;300 ml	300
■ Preserved Juice (In Glass) 200 ml	200
■ Tender Coconut Water / 200 ml	350

MOCKTAILS

■ Steaming Trivandrum / kcal;200 ml (Hot Water, Honey, Spices, Lime Juices)	500
■ Vivanta Special / kcal 80;200 ml (Cranberry Juice, Guava Juice, Litchi Juice)	500
■ Water Melon Cooler / kcal 80;200 ml (Fresh Watermelon Juice & Lime Juice)	500
■ Smooth Sailing / kcal 80;200 ml (Pineapple Juice, Orange Juice Shaken over Ice with Passion Fruit Flavouring)	500
■ Shanghai Chill / kcal 80;200 ml (Lychee and Apple Juice, Shaken with Mint and Lime)	500
■ Lemony Crimson / kcal 80;200 ml (Lemon Juice, Grape Juice, Cranberry Juice, Orange Juice with Ginger)	500



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