



As per the guidelines issued by Food Safety & 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.

Mentioned calorie values for all dishes in the menu are considered as per portion size of the same.

BREAKFAST

(7:00 AM to 11:00 AM)

- Idli**

518 kcal | 220 gms | Rice dumplings sambar, chutney, podi

650
- Dosa | Masala dosa**

168 kcal | 220 gms | Sambar and chutney

650
- Poori bhaji**

268.5 kcal | 220 gms | Spicy potato curry served with deep fried puffy bread

650
- Stuffed paratha**

400 kcal | 220 gms | Potato or cottage cheese, yogurt and pickle

650
- Medu vada**

122 kcal | 220 gms | Sambar and chutney

650
- Uthappam - plain | masala | podi**

112 kcal | 220 gms | Rice pancake served with sambar and chutney

650
- Millet dosa**

524.13 kcal | 220 gms | Sambar and chutney

650
- Choice of seasonal fresh fruit juice**

106 kcal | 350 ml | Watermelon

166 kcal | 350 ml | Orange

70 kcal | 350 ml | Sweet lime

50 kcal | 350 ml | Pineapple

295
- Lassi**

286 kcal | 320 ml | Sweet

176 kcal | 320 ml | Salt

295
- Cereals**

540 kcal | 150 gms | Corn flakes

508 kcal | 150 gms | Wheat flakes

540 kcal | 150 gms | Choco flakes

552 kcal | 150 gms | Muesli

Served with hot, cold or skimmed milk

450



■ Vegetarian
 ■ Non-vegetarian
 ■ Vegan
 Local Ingredients
 Gluten Free
 Signature Dish
 Healthy

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We shall assist you with suitable alternatives.

- **Homemade bircher muesli** 550

452 kcal | 180 gms | Rolled oats, apple, raisins, nuts, honey, cream and yogurt
- ▲ **Baker's basket** 650

336.4 kcal | 225 gms | Any three – Croissants | Danish pastry | Muffin | Doughnut | Toast - plain, whole wheat or multi-grain. butter and preserves
- ▲ **Belgian waffles** 650

291 kcal | 220 gms | Served with maple syrup, honey and whipped cream
- ▲ **Pancakes** 650

227 kcal | 220 gms | Plain | Banana | Apple | Blueberry served with melted butter, maple syrup and whipped cream
- ▲ **Eggs to order** 695

170.12 kcal | 180 gms | Poached

298 kcal | 180 gms | Scrambled

251 kcal | 180 gms | Omelette

Choice of vegetables | ham | sausage served with breakfast potato, grilled tomato and toast
- ▲ **Hot smoked Norwegian salmon** 695

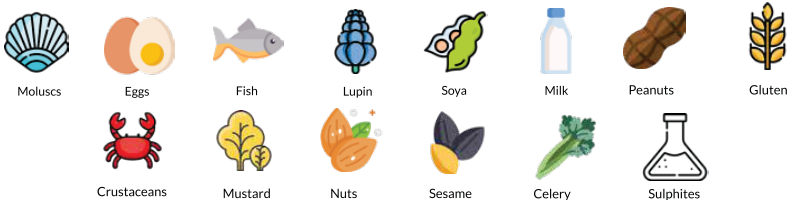
222 kcal | 180 gms | Capers, lime and horseradish sauce
- **Hot beverages** 295

23.31 kcal | 240 ml | Tea

41.14 kcal | 240 ml | Coffee

117.26 kcal | 240 ml | Bournvita

194.74 kcal | 350 ml | Hot chocolate



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SOUPS & STARTERS

(11:00 AM to 11:00 PM)

- 🍃 **Squash and millet soup** 

294 kcal | 250 ml

495
- Asian noodle soup**

🍃 179 kcal | 250 ml | Vegetable

🍗 197 kcal | 250 ml | Chicken

495
550
- 🍃 **Thakkali rasam**   

350 kcal | 250 ml | Lactose free, South Indian spicy tomato broth

395
- 🍃 **Basil infused roasted tomato soup**

135 kcal | 250 ml

495
- Sweet corn soup**

🍃 120 kcal | 250 ml | Vegetable

🍗 150 kcal | 250 ml | Chicken

450
495
- 🍃 **Sri Lankan mulligatwany vegetable soup**

257 kcal | 250 ml | Lentils, apple, curry powder

450
- 🍃 **Candle corn, cilantro, soy and ginger**

259 kcal | 350 gms | Baby corn, wok tossed, chili garlic

750
- 🍃 **Laal mirch ka paneer tikka**

849 kcal | 300 gms | Chili, yogurt, cottage cheese

850
- 🍃 **Tulsi paneer tikka**

863 kcal | 300 gms | Basil, yogurt, cottage cheese

850
- 🍃 **Aloo, cashew mutter samosa**

616 kcal | 300 gms | Mint, tamarind chutney

650
- 🍃 **Tandoori ananas**

293 kcal | 300 gms | Pineapple, yogurt

795



Molluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

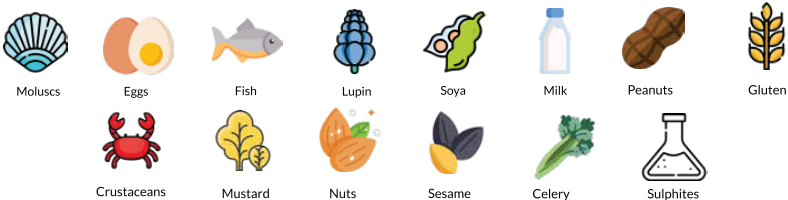
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- **Cheese chili toast** 750
208 kcal | 250 gms | Served with French fries
- **Vegetarian kebab sampler** 995
839 kcal | 350 gms | Sampler of paneer tikka, tandoori ananas and hara bhara kebab
- **Hara bhara kebab** 795
520 kcal | 300 gms | Green peas, spinach
- **Chennai assorted bhaji** 595
1572 kcal | 350 gms | Batter fried vegetables
- **Onion mundri pakoda** 595
1600 kcal | 250 gms | Lactose free, onion cashew fritter
- ▲ **Prawn with bell pepper** 895
635 kcal | 350 gms | Bay prawn tossed with bell pepper and onion
- ▲ **Tandoori jhinga** 1350
635 kcal | 350 gms | Jumbo prawns
- ▲ **Kasundi machli** 950
454 kcal | 350 gms | Mustard flavoured fish
- ▲ **Tai pai chicken** 895
671 kcal | 380 gms | Chicken tossed with bell pepper and onion
- ▲ **Peshawari seekh kebab** 895
445 kcal | 350 gms | Tender lamb minced kebab
- ▲ **Murgh angara kebab** 895
837 kcal | 350 gms | Chicken, yogurt, roasted chili



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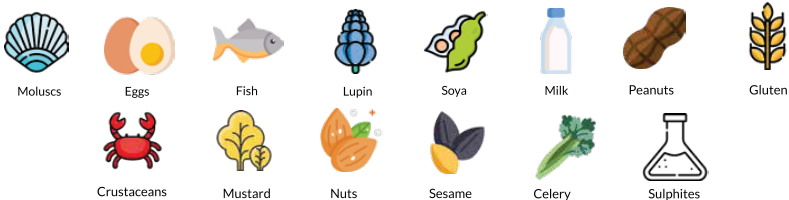
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- ▲ **Lasooni murgh malai tikka** 895
876 kcal | 350 gms | Garlic and cream infused chicken
- ▲ **Non-vegetarian kebab sampler** 1095
839 kcal | 350 gms | Sampler of Peshawari seekh, murgh tikka and tandoori jhinga
- ▲ **Kozhi varuval** 850
450 kcal | 250 gms | Local marinade, fried chicken morsels
- ▲ **Crispy fish finger** 850
497 kcal | 250 gms | Tartar sauce

SALAD | SANDWICH | BURGER

- **Quinoa salad** 495
188 kcal | 250 gms | Lactose free, quinoa with vegetable
- **Mesclun with oranges and garden vegetables** 495
180 kcal | 250 gms | Lemon dressing, garden vegetables, parmesan
- ▲ **Mesclun with oranges and grilled chicken** 550
207 kcal | 250 gms | Lemon dressing, chicken, parmesan
- **Caesar salad** 495
447 kcal | 250 gms | Vegetables
- ▲ **Caesar salad** 595
490 kcal | 250 gms | Chicken
- **Kolkata style paneer kathi roll** 795
842 kcal | 350 gms | Paneer tikka, kuchumber, mint chutney
- **Cajun grilled vegetable sandwich** 750
382 kcal | 250 gms | Grilled vegetables, white bread, potato wedges






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- **Tomato and brie on rustic millet bread** 750
 234 kcal | 250 gms | Onion, capers, potato wedges

- **Spiced cumin, curry powder and cilantro burger** 850
 382 kcal | 350 gms | French fries

- **Fisherman's cove vegetable club sandwich** 850
 882 kcal | 350 gms | Toasted double decker sandwich, pan roasted vegetables, tomato, cheese, salad leaves, French fries

- ▲ **Tuna, onion and capers on rustic millet bread** 850
 218 kcal | 250 gms | Potato wedges

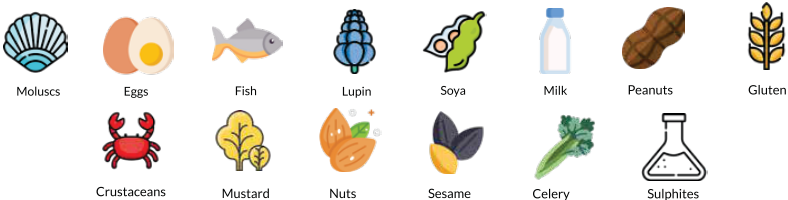
- ▲ **Kolkata style chicken kathi roll** 895
 726 kcal | 450 gms | Chicken tikka, kuchumber, mint chutney

- ▲ **Fisherman's cove non-vegetarian club sandwich (contains pork)** 895
 630 kcal | 350 gms | Toasted double decker sandwich, chicken, fried egg, ham, tomato, salad leaves, mayonnaise, French fries

- ▲ **Grilled cheese and chicken sandwich** 850
 832 kcal | 250 gms | Potato wedges

- ▲ **Tenderloin burger** 895
 449 kcal | 350 gms | Homemade sesame buns, caramelized onions, lettuce, gherkins, French fries

- ▲ **Chicken and thyme burger** 850
 526 kcal | 350 gms | Homemade sesame buns, caramelized onions, lettuce, gherkins, French fries

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PIZZA AND PASTA

🟢	Pizza verde 750 kcal 225 gms Basil pesto, spinach, broccoli, olives, capers, mozzarella 🌾 🥛 🌿	895
🟢	Paneer tikka and marinated onion pizza 635 kcal 225 gms Cottage cheese, marinated onion, cilantro 🌾 🥛 🌿	895
🟢	Pizza margarita 765 kcal 225 gms 🌾 🥛 🌿	895
🔺	Pizza Indiana 916 kcal 225 gms Chicken tikka, cilantro, red onion, peppers 🌾 🥛 🌿	950
🔺	Pizza duo chicken and capers 770 kcal 225 gms Chicken, chicken salami, capers 🌾 🥛 🌿	950
🟢	Whole wheat penne - spiced basil pomodoro 383 kcal 300 gms Spicy tomato sauce 🌿 🥛 🌾	850
🔺	Spaghetti - field mushroom and chicken sausage ragout 847 kcal 300 gms 🌿 🥛 🌾	895
🟢	Penne Spaghetti Alfredo 847 kcal 300 gms Vegetables	850
🔺	942 kcal 300 gms Chicken 🌿 🥛 🌾	895
🟢	Penne Spaghetti arrabbiata 398 kcal 300 gms Vegetables	850
🔺	497 kcal 300 gms Chicken 🌿 🥛 🌾	895
🟢	Mac n cheese 942 kcal 300 gms Macaroni, cheddar, mozzarella 🌿 🥛 🌾	695
🟢	Green peas and sundried tomato risotto 842 kcal 400 gms Arborio rice, green peas, sundried tomato 🌿 🥛 🌾	795
🔺	Chicken and mushroom risotto 635 kcal 400 gms Arborio rice, chicken, mushroom 🌿 🥛 🌾	850



Molluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

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COMFORT MAINS

- BBQ grilled chicken breast** 950

445 kcal | 450 gms | Barbeque sauce


- Fish and chips** 995

842 kcal | 325 gms | Fried fish fillet, French fries, mushy peas, tartar sauce, fresh lemon


- Pan seared Norwegian salmon** 1550

811 kcal | 350 gms | Sautéed green, caper beurre blanc


- Rosemary and garlic roasted chicken** 950


445 kcal | 450 gms | Half roast chicken, garlic, rosemary, potato




ASIAN


- Stir-fried silken tofu and vegetables in Hunan chili sauce** 850


284 kcal | 450 gms



- Wok tossed vegetable and shiitake in black bean sauce** 850

338 kcal | 450 gms



- Thai curry green/ red** 850

858 kcal | 450 gms | Vegetable 
- 1118 kcal | 450 gms | Chicken** 895



- 952 kcal | 450 gms | Prawn** 950


- Prawn, haricot beans and bok choy in chili oyster sauce** 950

445 kcal | 450 gms


- Chicken in black pepper sauce** 895

780 kcal | 450 gms





Moluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



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INDIAN SELECTION

- **Paneer butter masala** 795
 680 kcal | 450 gms | Cottage cheese, cashew, tomato

- **Methi paneer** 795
 628 kcal | 450 gms | Cottage cheese, fenugreek

- **Makai palak** 795
 712 kcal | 450 gms | Spinach, corn

- **Subz diwani handi** 795
 680 kcal | 450 gms | Mélange of vegetables

- **Aloo gobi Shimla mirch** 795
 392 kcal | 450 gms | Potatoes, cauliflower, bell peppers

- **Aloo jeera** 695
 1230 kcal | 450 gms | Potatoes, cumin

- **Carrot and beans poriyal**  795
 200 kcal | 450 gms | Lactose free, beans, carrot

- **Urulai roast** 750
 497 kcal | 450 gms | Potato, South Indian spices

- **Chinna vengaya poondu kuzhambu** 750
 567 kcal | 450 gms | Shallots, garlic

- **Subz dum biryani** 895
 1183 kcal | 550 gms

- **Sambar sadam** 495
 913 kcal | 550 gms | Simmered lentil, vegetable, rice




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	Rasam sadam 531 kcal 450 gms 	495
	Jeera rice 240 kcal 350 gms 	450
	Thayir sadam 312 kcal 450 gms More milagai, pickle 	450
	Meen varuval 444 kcal 350 gms Grilled fish marinated with local spice 	950
	Kovalam fish curry  824 kcal 350 gms Lactose free, fish, fresh tomatoes, chili, tamarind 	950
	Kozhi varutharacha curry 650 kcal 350 gms Chicken, coconut 	850
	Methi murgh 680 kcal 450 gms Chicken, fenugreek flavoured onion, tomato 	850
	Murgh tikka butter masala 690 kcal 450 gms Chicken morsels, onion, tomato 	850
	Mutton rogan josh 902 kcal 450 gms Spicy lamb curry from Kashmir 	995
	Mutton dum biryani 1850 kcal 550 gms 	995
	Chicken dum biryani 1265 kcal 550 gms 	950



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Fish



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Soya



Milk



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SIDES

	Dal tadka 260 kcal 450 gms 	750
	Dal makhani 300 kcal 450 gms 	750
	Indian breads (Serve 2 numbers in each portion) 969 kcal 250 gms Plain masala kulcha 556 kcal 250 gms Tandoori roti 588 kcal 250 gms Naan 620 kcal 250 gms Butter naan 650 kcal 250 gms Garlic naan 556 kcal 250 gms Laccha paratha 556 kcal 250 gms Phulka - 3 nos. 	295
	Steamed rice 132 kcal 400 gms Basmati Ponni	395
	Schezwan fried rice 672 kcal 400 gms Vegetables	650
	664 kcal 400 gms Chicken 	695
	Fried rice 672 kcal 400 gms Vegetables	650
	664 kcal 400 gms Chicken 	695
	Burnt garlic fried rice 450 kcal 400 gms 	650
	Jasmine rice 260 kcal 350 gms 	495
	Hakka noodles 459 kcal 350 gms Vegetables	650
	525 kcal 350 gms Egg	695
	597 kcal 350 gms Chicken 	750
	Millet khichdi  556 kcal 450 gms 	650
	Khichdi 556 kcal 450 gms Plain Vegetable 	650
	Millet thayir sadam  556 kcal 450 gms Millet, curd 	450



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- **French fries** 395
 493 kcal | 180 gms

- **Garlic bread** 495
 350 kcal | 180 gms
 
- **Potato wedges** 395
 493 kcal | 400 gms


WORLD OF MILLETS

- **Squash and millet soup**  495
 350 kcal | 180 gms
  
- **Quinoa salad**  495
 188 kcal | 250 gms | Lactose free, quinoa with vegetable
 
- **Tomato and brie on rustic millet bread** 750
 234 kcal | 250 gms | Onion, capers, potato wedges
  
- **Millet khichdi**   650
 556 kcal | 450 gms
  
- **Millet thayir sadam** 450
 556 kcal | 450 gms | Millet, curd
  
- **Foxtail millet badam kheer**   550
 238 kcal | 200 gms | Lactose free, sugar free
  
- ▲ **Tuna, onion and capers on rustic millet bread** 850
 471 kcal | 100 gms | Potato wedges
   



Moluscs



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KIDS MENU

- **Toasted PBJ sandwich** 650
 415 kcal | 350 gms | Peanut butter, jam

- **Mac n cheese** 695
 942 kcal | 300 gms | Macaroni, cheddar, mozzarella

- **Milkshake** 295
 250 gms | Chocolate | Strawberry | Mango

- **French fries** 395
 493 kcal | 400 gms

- **Potato fritters** 395
 650 kcal | 250 gms
- ▲ **Crispy chicken nuggets** 550
 592 kcal | 200 gms | Nuggets with bbq sauce

- ▲ **Pancakes** 550
 227 kcal | 220 gms | | Plain | Banana | Apple | Blueberry
 served with melted butter, maple syrup and whipped cream

- ▲ **Spaghetti with tomato - chicken sausage ragout** 650
 250 kcal | 200 gms




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NO ROOT MENU - VEGETARIAN

- **Quinoa salad**  495
 188 kcal | 250 gms | Lactose free, quinoa with vegetable
 
- **Mesclun with oranges and garden vegetables** 495
 180 kcal | 250 gms | Lemon dressing, parmesan
 
- **Green salad** 450
 45 kcal | 250 gms | Cucumber, tomato, lemon, chili
- **Sweet corn soup vegetarian** 495
 120 kcal | 250 ml
  
- **Laal mirch ka paneer tikka** 795
 849 kcal | 250 gms | Chili, yogurt, cottage cheese
  
- **Tandoori ananas** 795
 293 kcal | 250 gms | Pineapple, yogurt
 
- **Tomato and brie on rustic millet bread** 650
 243 kcal | 250 gms
  
- **Penne - spiced basil pomodoro** 850
 385 kcal | 350 gms | Spicy tomato sauce
  
- **Spaghetti - tomato and cheese sauce** 850
 847 kcal | 300 gms
  
- **Dal tadka** 750
 590 kcal | 450 gms
  
- **Thayir sadam** 450
 312 kcal | 450 gms | More milagai, pickle
  
- **Khichdi** 650
 556 kcal | 450 gms | Plain | Vegetable
 
- **Steamed rice** 395
 132 kcal | 400 gms | Basmati | Ponni
- **Hakka noodles** 695
 459 kcal | 350 gms | Vegetables
  
- **Stir fried vegetable in soya sauce** 750
 284 kcal | 450 gms
  
- **Paneer butter masala** 795
 680 kcal | 450 gms | Cottage cheese, cashew, tomato
  



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 **Mac n cheese** **695**
942 kcal | 300 gms | Macaroni, cheddar, mozzarella


DESSERT



 **Gulab jamun** **550**
359 kcal | 120 gms


 **Seasonal cut fruits** **495**
80 kcal | 200 gms

 **Foxtail Millet badam kheer**  **550**
238 kcal | 200 ml | Lactose free, sugar free


 **Ada pradhanam** **550**
400 kcal | 200 gms | Kerala speciality, rice flakes, jaggery


 **Baklava**  **550**
971 kcal | 200 gms


 **Choice of ice creams** **550**
248 kcal | 120 gms | Vanilla
259 kcal | 120 gms | Chocolate
230.4 kcal | 120 gms | Strawberry
382 kcal | 120 gms | Butter scotch
290 kcal | 120 gms | Mango
467 kcal | 120 gms | Coffee




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INNERGISE SELECTION

Nourishing cuisine to enhance your inner energy

	Apple, beetroot, celery juice 40 kcal 400 gms 	295
	Choice of seasonal fresh fruit juice 106 kcal 350 ml Watermelon 166 kcal 350 ml Orange 70 kcal 350 ml Sweet lime 50 kcal 350 ml Pineapple	295
	Free range eggs 190 kcal 180 gms Greens and walnut salad 	695
	Homemade bircher muesli 452 kcal 180 gms Rolled oats, apple, raisins, nuts, honey, cream, yogurt 	550
	Lassi 286 kcal 320 ml Sweet 176 kcal 320 ml Salt 	295
	Quinoa salad  188 kcal 250 gms Lactose free, quinoa with vegetable 	495
	Squash and millet soup  294 kcal 250 ml 	495
	Millet dosa  524.13 kcal 220 gms Sambar and chutney 	650



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DESSERTS

- **Foxtail Millet badam kheer**   550
 238 kcal | 200 ml | Lactose free, sugar free
   
- **Wild berry mousse**  550
 434 kcal | 200 gms | Lactose free, raspberry coulis

- **Choice of ice creams** 550
 248 kcal | 120 gms | Vanilla
 259 kcal | 120 gms | Chocolate
 230.4 kcal | 120 gms | Strawberry
 382 kcal | 120 gms | Butter scotch
 290 kcal | 120 gms | Mango
 467 kcal | 120 gms | Coffee
 
- **Gulab jamun** 550
 359 kcal | 120 gms
  
- **Ada pradhaman** 550
 400 kcal | 200 gms | Kerala speciality, rice flakes, jaggery
 
- **Seasonal cut fruits** 495
 80 kcal | 200 gms
- **Baklava – Healthy**  550
 971 kcal | 200 gms
 
- ▲ **Hot chocolate brownie** 650
 523 kcal | 200 gms | Vanilla ice cream, hot chocolate sauce
  
- ▲ **Lemon baked cheese cake** 550
 652 kcal | 200 gms | Blueberry compote
  
- ▲ **Tiramisu (contains alcohol)** 550
 642 kcal | 200 gms
  



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Sulphites

■ Vegetarian
 ▲ Non-vegetarian
  Vegan
  Local Ingredients
  Gluten Free
  Signature Dish
  Healthy

All prices are in Indian rupees and exclusive of government taxes.

Please let us know if you are allergic to any ingredient.

We shall assist you with suitable alternatives.