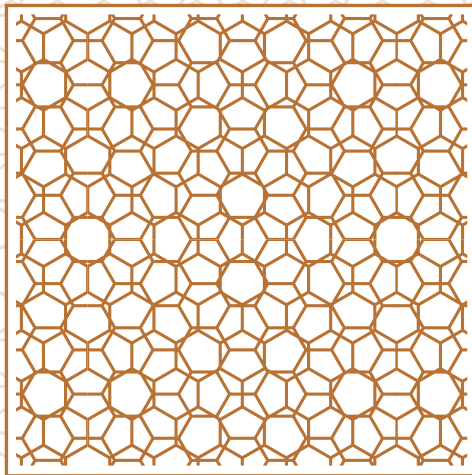


Tamra



















À LA CARTE MENU

Served from 11:00 a.m. to 11:30 p.m.

Nutritionist - approved recipes Wellness at Shangri-La

Our carefully crafted offerings are full of nutrient-dense, whole foods, masterfully cooked to maximize nutrition and flavour while limiting salt, sugar and additives. We believe in hospitality from the heart. Allow us to help you eat well and stay well at your home away from home.
















Wellness Cuisine


- | | | |
|---|--|------|
|   | TOMATO CONSOMMÉ | 850 |
| | Cherry Tomatoes, Basil, Beetroot, Parmesan Cheese, Cold-Pressed Tomato Broth High In Fibre And Lycopene, A Powerful Antioxidant | |
| | 25.9 kcal (per 100 gms) / 300 gms (serving size) | |
|     | BEET AND SPINACH SALAD | 1000 |
| | Pan-Roasted Beets, Baby Spinach, Pickled Beets, Toasted Seeds, Balsamic Dressing Beets Contain Liver-Protective Antioxidants | |
| | 72.9 kcal (per 100 gms) / 250 gms (serving size) | |
|    | HERBED SALMON RICE PAPER ROLLS | 1375 |
| | Seasonal Vegetables, Fresh Herbs, Rice Paper Roll, Sesame Chili Sauce | |
| | Good Source of Healthy Heart Anti-Inflammatory Omega 3 Fat | |
| | 146.6 Kcal (per 100 gms) / 250 gm (serving size) | |
|    | COCONUT SPINACH DAL OKRA | 1050 |
| | Sautéed Okra & Tomato, Chutney, Cucumber Raita, Brown Basmati Rice Protein-Packed Lentils Are High In Cholesterol-Lowering Fibre | |
| | 142.8 Kcal (per 100 gms) / 730 gms (serving size) | |
|    | MUSHROOM BARLEY RISOTTO WITH POACHED EGG AND SMOKED EGGPLANT | 1350 |
| | Mixed Mushroom, Barley, Egg, Smoked Eggplant And Onion Puree, Mushrooms Are Full Of Immune-Supportive Antioxidants | |
| | 74.3 Kcal (per 100 gms) / 250 gms (serving size) | |
|    | DARK CHOCOLATE OLIVE OIL CAKE | 850 |
| | Almond Flour-Based Cake, Raspberry Compote, Seasonal Berries, A Guilt-Free Indulgence Made With Heart-Healthy Olive Oil | |
| | 243.2 Kcal (per 100 gms) / 130 gms (serving size) | |



TOMATO CONSOMME'

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks
 Fish  Gluten  Nut  Sesame  Crustaceans
 Milk  Mustard  Lupin  Pork  Egg

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Wellness Cuisine


FOR GROWING GUEST


JUICES

  **IMMUNE BOOST** 650
Carrot, Orange, Green Apple, Celery, Ginger
Rich In Immune- Supportive Vitamins
38.6 kcal (per 100 gms) / 270 ml (serving size)

  **DETOX** 650
Beetroot, Cucumber, Green Apple, Carrot, Celery, Kale, &
Ginger Packed With Detox-Boosting Antioxidants
32.4 kcal (per 100 gms) / 270 ml (serving size)

SMOOTHIES

 **TROPICAL GLOW** 650
Tropical Glow Pineapple, Cucumber, Banana, Lime, Coconut Milk
Natural Enzymes And Anti-inflammatory Nutrients Aid Digestion
55.4 kcal (per 100 gms) / 270ml (serving size)

 **COCO CHOCOLATE BLISS BANANA** 650
Cocoa Powder, Chia Seed, Medjool Date, Coconut Milk High In Fiber,
Naturally Sweetened And Full Of Omega 3 Fats
93.9 kcal (per 100 gms) / 270ml (serving size)

BREAKFAST (6:30 am to 10:30 am)

    **YOGHURT & FRUIT PARFAIT** 650
Plain Greek Yoghurt, Mixed Melon And Berries, Chia Seed,
Homemade Granola, Honey Probiotics For Healthy Digestion
And Calcium For Growing Bones
256.5 kcal (per 100 gms) / 250 gms (serving size)

    **WHOLE GRAIN PANCAKES** 650
    **Mixed Berries, Banana, Whipped Cream & Honey On The Side**
188.1 Kcal (per 100 gms) / 180 gms (serving size)



TOMATO CONSOMME'

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN
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 Fish  Gluten  Nut  Sesame  Crustaceans
 Milk  Mustard  Lupin  Pork  Egg
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Wellness Cuisine

MAINS (12:30 pm to 11:30 pm)

- 



VEGGIE POWER MAC & CHEESE PASTA 1000
 Cauliflower, Broccoli, Pumpkin & Cheddar Cheese Sauce
 This Kid's Favourite, Got A Veggie Boost For
 Super-Immunity Powers
124 Kcal (per 100 gms) / 220 gms (serving size)
- 



CHICKEN, VEGETABLE & EGG BROWN 950






RICE BOWL DICED CHICKEN
 Fried Egg, Seasonal Vegetables, Brown Rice, Soy
 Sesame Sauce, A Nutritionally Balanced, Whole Grain
163.2 Kcal (per 100 gms) / 250 gms (serving size)
- 


WHOLE GRAIN TUNA SANDWICH 1300



 Tomato, Cucumber, Avocado, Greek Yoghurt,
 Grated Carrot And Apple, Whole Grain Bread Brain-Boosting
 Omega 3 Fats And Calcium For Growing Bone
100.8 kcal (per 100 gms) / 250 gms (serving size)

DESSERT

- 


DARK CHOCOLATE OLIVE OIL CAKE 850

ALMOND FLOUR-BASED CAKE
 Raspberry Compote, Seasonal Berries, A Guilt-Free
 Indulgence Made With Heart-Healthy Olive Oil









TOMATO CONSOMME

APPETIZER & SOUP

-    **OMEGA-3 'TEXTURES OF SALMON'** 1350
Grilled Salmon, Smoked Salmon, Hass Avocado, Flax Seed,
Yellow Lime Dressing
176.6 kcal (per 100gms) / 200gms (serving size)
-    **'GREEK' BLACK QUINOA SALAD** 1150
Quinoa, Lettuce, Olives, Cucumber, Tomatoes, Snack Pepper,
Feta Cheese, Fresh Herb Vinaigrette
203.6 kcal (per 100gms) / 240gms (serving size)
-    **CAPRESE**
Heirloom Tomatoes, Fresh Basil & Aged Balsamic
Choice Of
-   **Fresh Mozzarella** 109.7 kcal (per 100gms) / 200gms (serving size) 1150
-   **Burrata** 102.5 kcal (per 100gms) / 200gms (serving size) 1250
-    **CLASSIC CAESAR SALAD** 127.1 kcal (per 100gms) / 200gms (serving size)
   Parmesan Shavings, Brioche Croutons, Poached Egg, Pork Bacon,
Anchovy, Romaine Lettuce & House Made Caesar Dressing
Choice Of :
-    **Roasted Vegetables** 99.4 kcal (per 100gms) / 200gms (serving size) 1150
-    **Chicken Tikka** 164.6 kcal (per 100gms) / 200gms (serving size) 1250
-    **Poached Shrimps** 109.4 kcal (per 100gms) / 200gms (serving size) 1450
- MEXICAN QUESADILLAS**
Flour Tortilla, Chipotle, Red Onion, Tomato Salsa, Melted Edam Cheese
-    **Wild Mushroom** 110.2 kcal (per 100gms) / 225gms (serving size) 1100
-    **Chicken** 127.6 kcal (per 100gms) / 225gms (serving size) 1200
-    **DHABA CHICKEN KATHI** 1550
Braised Chicken With Onion, Masala Egg, Wrapped In Rumali Roti
92 kcal (per 100gms) 350gms / (serving size)
-    **PANEER KATHI** 1200
Stir Fried Cottage Cheese With Peppers And Onions,
Wrapped In Rumali Roti
192.7 kcal (per 100gms) / 300gms (serving size)
-    **CHICKEN WINGS** 1100
 **House Made Wing Sauce**
160.2 kcal (per 100gms) / 220gms (serving size)
-    **CLASSIC MEZZE PLATTER** 1200
 **Hummus, Mutabal, Tabbouleh, Falafel, Marinated
Olive, Pita Bread**
238.8 kcal (per 100gms) / 340gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks
 Fish  Gluten  Nut  Sesame  Crustaceans
 Milk  Mustard  Lupin  Pork  Egg

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- NON VEGETARIAN SUSHI MORIAWASE** 5250
 Chef Choice Assorted Nigiri And Uramaki Platter
 147.1 kcal (per 100gms) / 390gms (serving size)
- VEGETARIAN SUSHI MORIAWASE** 3650
 Chef Choice Assorted Nigiri And Uramaki Platter
 147 kcal (per 100gms) / 390gms (serving size)
- ASPARAGUS VELOUTE** 950
 Cream Asparagus Soup, Crème Fraiche
 160.3 kcal (per 100gms) / 300gms (serving size)
- ROASTED TOMATO & BELL PEPPER SOUP** 850
 Tomatoes, Red Pepper, Basil, Pesto Oil
 145.2 kcal (per 100gms) / 300gms (serving size)
- WILD MUSHROOM SOUP** 850
 Slow Roasted Mushroom With Thyme, Flavoured
 With Truffle Essence
 138.5 kcal (per 100gms) / 300gms (serving size)
- KADAKNATH CHICKEN SHORBA** 1400
 Rural Breed Black Chicken Broth, Fresh Coriander
 207.5 Kcal (per 100gms) / 350gms (serving size)
- KURUMILAGU RASAM** 850
 Coorg Black Pepper Infused South Indian Tangy Broth
 158 kcal (per 100gms) / 300gms (serving size)

SHANG'S BURGER CLUB

- BURGER ALLA MILANESE** 1300
 Buttermilk Crumb Pounded Organic Chicken, Gochujang Sauce,
 Fresh Mozzarella, Green Lettuce And Jalapeno
 250.1 kcal (per 100gms) / 380gms (serving size)
- SMASH BURGER** 1300
 Cheese Laminated In Twin Tenderloin Patties, Pork Bacon,
 Gherkins, Vegetable Slaw, Pont Neuf Potatoes
 207.1 kcal (per 100gms) / 370gms (serving size)
- DOCKYARD TRADITIONAL BURGER** 1400
 Sesame Bun, Grilled Tenderloin Patty, Gherkin,
 Sun Dried Tomato Mayo, Aged Cheddar
 219.6 Kcal (per 100gms) / 440gms (serving size)
- CLASSIC HAMBURGER** 1300
 Tenderloin, Balsamic Onion, Green Lettuce,
 Sautéed Mushroom, Provolone, Roma Tomato, Pont Neuf Potatoes
 199.4 kcal (per 100gms) / 380gms (serving size)
- MUTTON SHIKAMPURI BURGER** 1350
 Indian Spiced Lamb Patty, Pickled Onion, Brie Cheese,
 Mint Aioli, Potato Wedges
 187.3 kcal (per 100gms) / 380gms (serving size)

Vegetarian
 Non Vegetarian
 Chef's Signature
 VEGAN

Celery
 Soya
 Tree Nut
 Sulfite
 Mollusks

Fish
 Gluten
 Nut
 Sesame
 Crustaceans

Milk
 Mustard
 Lupin
 Pork
 Egg

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- 
DESI MURGI BURGER
 Masala Chicken Patty, Masala Fried Egg, Potato Wedges
212.9 kcal (per 100gms) / 380gms (serving size)

1300
- 
CURRIED VEGETABLE BURGER
 Vegetable Patty, Tomato, Cucumber, Vegetable Slaw, Melted Cheddar
134.6 kcal (per 100gms) / 380gms (serving size)

1200
- 
PLANT BASED BURGER
 Plant Based Patty, Beetroot, Vegan Cheese, Caramelized Onion, Eggless Mayo, Green Salad
142.9 kcal (per 100gms) / 200gms (serving size)

1350

BETWEEN THE BREADS

- 
NON VEGETARIAN CLUB SANDWICH
 Toasted White Bread / Whole Wheat Bread, Crispy Pork Bacon, Fried Egg, Chicken With Lettuce & Tomato
252.2 kcal (per 100gms) / 450gms (serving size)

1300
- 
VEGETARIAN CLUB SANDWICH
 Toasted White Bread / Whole Wheat Bread, Grilled Vegetables, Lettuce & Tomato
126.3 kcal (per 100gms) / 450gms (serving size)

1250
- 
BLT SANDWICH
 Pork Bacon, Lettuce, Tomato, Mustard Mayo
226.9 kcal (per 100gms) / 350gms (serving size)

1350
- 
GRILLED CHICKEN MULTIGRAIN SANDWICH
 Chicken, Basil Pesto, Mustard, Lettuce
248.1 kcal (per 100gms) / 340gms (serving size)

1350
- 
MUMBAI MASALA SANDWICH
 Grilled Sandwich With Potatoes, Peppers, Cucumber, Tomato, Cheese
176.5 kcal (per 100gms) / 340gms (serving size)

1200
- 
FOCACCIA SANDWICH
 Grilled Vegetables, Pesto, Tomatoes, Feta Cheese
176.5 kcal (per 100gms) / 340gms (serving size)

1200

EUROPEAN MAINS

CREATE YOUR OWN PASTA

-  Spaghetti / Penne / Fusilli / Gluten Free / Whole Wheat
319.1 kcal (per 100gms) / 280gms (serving size)








1250
-  **ARRABBIATA:** Tomato Sauce, Chili Flakes
248.8 kcal (per 100gms) / 280gms (serving size)

1250
-  **ALFREDO:** Mushroom, White Sauce, Garlic
321.9 Kcal (per 100gms) / 280gms (serving size)

1250










 Vegetarian
  Non Vegetarian
  Chef's Signature
  VEGAN
 Celery
  Soya
  Tree Nut
  Sulfite
  Mollusks
 Fish
  Gluten
  Nut
  Sesame
  Crustaceans
 Milk
  Mustard
  Lupin
  Pork
  Egg
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   	BASIL PESTO: Parmesan, Walnut, Olive Oil 303.4 kcal (per 100gms) / 280gms (serving size)	1250
  	FOUR CHEESE: Parmesan, Cheddar, Emmental, Mozzarella 304.9 kcal (per 100gms) / 280gms (serving size)	1250
  	AGLIO E OLIO: Garlic, Olive Oil, Chili 274.3 kcal (per 100gms) / 280gms (serving size)	1250
  	BOLOGNESE: Lamb, Tomato, Parmesan Cheese 194.4 Kcal (per 100gms) / 280gms (serving size)	1450
  	LAMB LASAGNA  Pasta Lasagna Layered With Rosemary Infused Lamb Ragout, Tomato Sauce, Basil Pesto, Parmesan Cheese 261.3 kcal (per 100gms) / 320gms (serving size)	1400

INTERNATIONAL GRILLS




CHOOSE YOUR MEAT

  	Chicken Breast, Thyme Jus 109.3 kcal / 142.6 (per 100gms) / 390gms/30gms (serving size)	1850
  	Tenderloin Pepper Jus 339.9 kcal / 112.5 kcal (per 100gms) / 390gms/30gms (serving size)	2000
  	New Zealand Lamb Chops, Rosemary Jus 444.4 kcal / 163.6 kcal (per 100gms) / 300gms/30gms (serving size)	2800

SEAFOOD

   	Tiger Prawns, Lemon Butter Sauce  83.4 kcal / 752 kcal (per 100gms) / 390gms / 30gms (serving size)	2750
---	--	------

SIDES (CHOOSE ANY ONE)
















 	Butter Potato Mash 186 kcal (per 100gms) / 180gms (serving size)
  	Roasted Potatoes 161.9 kcal (per 100gms) / 180gms (serving size)
  	Sautee Mushrooms 109.4 kcal (per 100gms) / 180gms (serving size)


  	HALF ROASTED FREE RANGE CHICKEN Brown Butter Mash, Braised Vegetable, Pearl Onion Jus 106.8 kcal (per 100gms) / 380gms (serving size)	2150
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  	STUCK IN NET: FISH OF THE DAY  Smoked Potatoes, Caponata & Saffron Beurre Blanc 81.2 kcal (per 100gms) / 320gms (serving size)	2600
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   	FISH N CHIPS BRITISH PUB STYLE BEER BATTER FRIED FISH  Beer Battered Fried Fish, French Fries, Tartar Sauce 226.6 kcal (per 100gms) / 320gms (serving size)	2250
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 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks
 Fish  Gluten  Nut  Sesame  Crustaceans
 Milk  Mustard  Lupin  Pork  Egg

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INDIAN APPETIZER'S

Tandoor Starters Served from (12.30 pm-3.30pm) & (6.30 pm-11.30pm)

  	BROCCOLI MOZZARELLA TIKKI Broccoli, Mozzarella, Cooked On Griddle 111.8 kcal (per 100gms) / 250gms (serving size)	1200
   	HARI MIRCH KA PANEER TIKKA  Cottage Cheese, Fresh Green Chilli, Smoked In Tandoor 158 kcal (per 100gms) / 260gms (serving size)	1200
   	LAHORI PANEER TIKKA Cottage Cheese, Yellow Chilli, Hung Curd, Smoked In Tandoor 159.1 kcal (per 100gms) / 270gms (serving size)	1200
   	DAHI KE KEBAB Rawa Crumbed Fried Hung Yoghurt 135 kcal (per 100gms) / 250gms (serving size)	1200
   	NEW DELHI SOYA CHAAP TIKKA  Soya Chaap Marinated With Ground Spices, Hung Curd, Smoked In, Tandoor 124.4 kcal (per 100gms) / 250gms (serving size)	1200
   	SARSON MACCHI TIKKA  River Sole, Mustard, Crushed Spices, Hung Curd 133.8 kcal (per 100gms) / 300gms (serving size)	1550
   	TANDOORI TELlicherry PRAWN  Fresh Prawns Marinated With Curry Leaves, Black Pepper, Cooked In Tandoor 97.7 kcal (per 100gms) / 250gms (serving size)	1700
   	PUNJABI MURGH TIKKA Chicken, Blend Of Hot Spices, Hung Yoghurt 153.5 kcal (per 100gms) / 250gms (serving size)	1550
  	LUCKNOWI SEEKH KEBAB  Minced Lamb, Garlic, Chef's Spice Mix 203.4 kcal (per 100gms) / 250gms (serving size)	1700
  	MURGH PUDINE KI SEEKH Minced Chicken, Mint, Coriander, Skewered In Tandoor 235.6 kcal (per 100gms) / 250gms (serving size)	1550
   	TANDOORI CHICKEN Chicken On Bone, Deggi Mirch, Hung Yoghurt, Roasted In Tandoor Half 174.2 kcal (per 100gms) / 320gms (serving size) Full 174.2 kcal (per 100gms) / 600gms (serving size)	1700 3100
   	ADRAKI LAMB CHOP Mutton Chop, Ginger, South Indian Spices, Cooked In Tandoor 114.4 kcal (per 100gms) / 300gms (serving size)	1700

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  Non Vegetarian
  Chef's Signature
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 Soya
 Tree Nut
 Sulfite
 Mollusks
 Fish
 Gluten
 Nut
 Sesame
 Crustaceans
 Milk
 Mustard
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 Pork
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KEBAB PLATTER














































- 


 VEGETARIAN 1800
 Hari Mirch Ka Paneer Tikka, Broccoli Mozzarella
 Tikki & Soya Chaap
 121.3 kcal (per 100gms) / 540gms (serving size)
- 


 NON VEGETARIAN 2300

 Punjabi Chicken Tikka, Mutton Seekh & Sarson Macchi Tikka
 137.4 kcal / 201.2 Kcal / 133.8 kcal (per 100 gms) / 460 gms (serving size)

INDIAN MAIN COURSE


-  NON VEGETARIAN
 Kadhai : Food Cooked In Traditional Black Iron Wok
- 


 Mutton 133.9 kcal (per 100gms) / 550 gms (serving size) 1900
- 


 Chicken 116 kcal (per 100gms) / 550 gms (serving size) 1700
- 


 Kadaknath Egg 135.5 kcal (per 100gms) / 450 gms (serving size) 1400


- 


 SMOKED MURGH MAKHANI (BONELESS) 1700
 Mild Tomato Curry Cooked With Butter
 And Cream
 168.7 kcal (per 100gms) / 550 gms (serving size)
- 


 MOGEWALA KUKKAD (WITH BONE) 1700
 Tomato, Fenugreek Flavoured Chicken
 175.8 kcal (per 100gms) / 550 gms (serving size)
- 


 AMRITSARI MUTTON RARA 1900
 Punjabi Style Braised Mutton On The Bone And Minced Curry
 170.6 kcal (per 100gms) / 550 gms (serving size)
- 


 MANGALOREAN PRAWN CURRY 2100
 Fresh Prawns, Simmered With South Indian Spice,
 Curry Leaf, Coconut
 116.2 kcal (per 100gms) / 410 gms (serving size)
-  VEGETARIAN
- 


 PANEER MAKHAN MALAI 1400
 Paneer, Cashew, Khoya, Creamy Tomato Gravy
 156.1 kcal (per 100gms) / 350 gms (serving size)
- 


 PANEER DHANIYA ADRAKI 1400
 Spicy Paneer, Fresh Coriander & Ginger Flavoured Gravy
 234 kcal (per 100gms) / 350 gms (serving size)
- 


 MAKHMALI KOFTA 1400
 Mild Tomato Curry Cooked With Butter
 And Cream
 269.8 kcal (per 100gms) / 350 gms (serving size)

 Vegetarian
  Non Vegetarian
  Chef's Signature
  VEGAN

 Celery
  Soya
  Tree Nut
  Sulfite
  Mollusks

 Fish
  Gluten
  Nut
  Sesame
  Crustaceans

 Milk
  Mustard
  Lupin
  Pork
  Egg

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  	BHUNA MAKAI PALAK Garlic Tempered Spinach Gravy With Corn Kernel <i>76.1 kcal (per 100gms) / 350 gms (serving size)</i>	1200
  	DAL TAMRA Black Lentil Simmered With Butter And Cream <i>387.5 kcal (per 100gms) / 350 gms (serving size)</i>	1100
 	PUNJABI DAL TADKA Yellow Lentil Cooked With Onion Tomatoes and Finished With Clarified Butter And Lemon Juice <i>305.2 kcal (per 100 gms) / 300 gms (serving size)</i>	1000
  	GAGAN'S CHIKHAD CHOLE ★ Slow Cooked Chickpea Flavoured With Anardana, Onion Tomato And Chana Masala <i>188.6 kcal (per 100 gms) / 300 gms (serving size)</i> With	1200
  	TANDOORI KULCHA <i>189.3 kcal (per 100 gms) / 270 gms (serving size)</i>	











RICE AND BIRYANI

 	STEAMED RICE <i>350 kcal (per 100 gms) / 300 gms (serving size)</i>	650
 	BROWN RICE <i>353.7 kcal (per 100 gms) / 300 gms (serving size)</i>	700
	DUM BIRYANI Awadhi Style Fragrant Basmati Rice, Mint, Saffron, Brown Onion	
 	Vegetable <i>215.1 kcal (per 100 gms) / 440 gms (serving size)</i>	1400
  	Chicken <i>244.5 kcal (per 100 gms) / 440 gms (serving size)</i>	1800
  	Mutton <i>176.3 kcal (per 100 gms) / 440 gms (serving size)</i>	2000
	Served With Burani Raita <i>91.9 kcal (per 100 gms) / 100 gms (serving size)</i>	
 	PLAIN NATURAL YOGHURT <i>62 kcal (per 100 gms) / 350 gms (serving size)</i>	350
 	RAITA Jeera / Boondi / Burani <i>63.9 kcal / 94.5 kcal / 91.9 kcal (per 100 gms) / 300 gms (serving size)</i>	450

 Vegetarian
 Non Vegetarian
 Chef's Signature
 VEGAN
 Celery
 Soya
 Tree Nut
 Sulfite
 Mollusks
 Fish
 Gluten
 Nut
 Sesame
 Crustaceans
 Milk
 Mustard
 Lupin
 Pork
 Egg
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CLAY OVEN BREADS (SERVED FROM 12:30 PM TILL 11:30 PM)

	 TAMRA SIGNATURE NAAN	350
	404.3 kcal (per 100 gms) / 130 gms (serving size)	
	 ROTI	250
	Tandoori/ Butter / Missi	
	310 kcal / 366.5 kcal/ 323.6 kcal (per 100 gms) / 110gms / 112 gms / 110 gms (serving size)	
	 NAAN	250
	Plain / Butter / Garlic	
	249.1 kcal / 351 kcal / 351 kcal (per 100 gms) / 120 gms (serving size)	
	 LACCHA PARATHA	250
	Butter / Pudina / Ajwaini / Mirchi	
	346.9 kcal / 356.5 kcal / 400.2 kcal (per 100 gms) / 112 gms (serving size)	
	 KULCHA	350
	Aloo/ Pyaz/ Paneer	
	183.2 kcal / 218 kcal / 291.4 kcal (per 100 gms) / 270gms / 250gms / 270gms (serving size)	









HOME AWAY FROM HOME

	 PUNJABI KADHI PAKORA	1200
	Carom Seed Flavoured Onion & Spinach Fried Dumplings In Yoghurt And Bengal Gram Powder Gravy	
	175.2 kcal (per 100 gms) / 200 gms (serving size)	
	 HING DHANIYA KE CHATPATE ALOO	1200
	Pan Tossed Asafoetida & Coriander Flavoured Spicy Potato	
	69.7 kcal (per 100 gms) / 350 gms (serving size)	
	 RAJMA	1200
	Home Style Slow Cooked Rajma	
	211.3 kcal (per 100 gms) / 500 gms (serving size)	
	 BHINDI NAIN TARA	1150
	Lady Finger, Onion, Tomato Tossed With Chili & Ginger, Topped With Sesame Seed	
	120.7 kcal (per 100 gms) / 350 gms (serving size)	
	 CLASSIC KHICHDI	1200
	Slow Cooked Mix Vegetable, Lentil And Rice In Desi Ghee	
	261.4 kcal (per 100 gms) / 500 gms (serving size)	

ASIAN

SOUP & APPETIZER

KHAO SOI
Chiang Mai Style Coconut Curry Broth With Noodles
Choice of:

	 Vegetable	71.5 kcal (per 100 gms) / 250 gms (serving size)	850
	 Chicken	226.9 kcal (per 100 gms) / 250 gms (serving size)	950
			
	 Prawns	71.8 kcal (per 100 gms) / 250 gms (serving size)	1100
			

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Fish  Gluten  Nut  Sesame  Crustaceans

 Milk  Mustard  Lupin  Pork  Egg














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TOM YUM NAM KHON








Thai Hot, Sour And Spicy Broth, Chili, Lemongrass & Kaffir Lime Leaves




Choice of:

- | | | |
|---|--|------|
|    | Vegetables 134.4 kcal (per 100 gms) / 215 gms (serving size) | 850 |
|    | Chicken 129.5 kcal (per 100 gms) / 235 gms (serving size) | 950 |
|   | | |
|    | Prawns 79.4 kcal (per 100 gms) / 235 gms (serving size) | 1100 |
|   | | |


CLASSIC MANCHOW

Choice of:




- | | | |
|---|---|-----|
|    | Vegetable 167.9 kcal (per 100 gms) / 160 gms (serving size) | 850 |
|    | Chicken 203.6 kcal (per 100 gms) / 160 gms (serving size) | 950 |
|  | | |

- | | | |
|---|--|-----|
|    | POH PIA TOD | 850 |
| | Crispy Spring Rolls With Vegetables, Shitake Mushroom
And Glass Noodles | |
| | 196 kcal (per 100 gms) / 250 gms (serving size) | |

- | | | |
|---|---|-----|
|    | YOM SOM-O | 950 |
|   | Thai Pomelo Salad With Poached Shrimp &
Chicken In Chili-Lime Dressing | |
| | 84.9 kcal (per 100 gms) / 250 gms (serving size) | |

- | | | |
|---|---|-----|
|    | SOM TAM | 950 |
|  | Isaan Style Raw Papaya Salad With Garlic,
Cherry Tomatoes, Fresh Chili And Green Beans | |
| | 69.7 kcal (per 100 gms) / 260 gms (serving size) | |
















- | | | |
|---|---|------|
|    | SATAY GAI | 1300 |
|   | Bangkok Style Grilled Chicken Skewers With Peanut Sauce | |
| | 175.3 kcal (per 100 gms) / 270 gms (serving size) | |

- | | | |
|---|--|------|
|    | CHILLI CHICKEN | 1300 |
| | Crispy Fried Chicken, Bell Pepper, Onion, Chilli Sauce | |
| | 140.2 kcal (per 100 gms) / 280 gms (serving size) | |

- | | | |
|---|--|------|
|    | CHILLI TOFU | 1200 |
| | Crispy Tofu, Bell Pepper, Onion, Chilli Sauce | |
| | 75.7 kcal (per 100 gms) / 280 gms (serving size) | |

- | | | |
|---|--|------|
|    | FISH IN BLACK BEAN SAUCE | 1400 |
| | Crispy Fish, Bell Pepper, Onion Black Bean Sauce | |
| | 115 kcal (per 100 gms) / 470 gms (serving size) | |

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 Milk  Mustard  Lupin  Pork  Egg

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ASIAN MAIN COURSE

All Asian Mains Served With Steamed Jasmine Rice

GAENG KHIAW WAAN







Thai Green Curry With Fresh Basil And Coconut Milk

-    Vegetables 116.5 kcal (per 100 gms) / 415 gms (serving size) 1500
-    Chicken 150 kcal (per 100 gms) / 415 gms (serving size) 1700

-    Prawns 134.5 kcal (per 100 gms) / 415 gms (serving size) 1900

GAENG PED

Thai Red Curry With Fresh Basil And Coconut Milk

-    Vegetables 145.8 kcal (per 100 gms) / 415 gms (serving size) 1500
-    Chicken 159.2 kcal (per 100 gms) / 415 gms (serving size) 1700

-    Tenderloin 151.9 kcal (per 100 gms) / 415 gms (serving size) 1800






-   GAI PAD MAMUANG 1700
-   Wok Fried Chicken With Chili, Oyster Sauce And Cashewnut 176.1 kcal (per 100 gms) / 400 gms (serving size)




-   CHOO-CHEE GOONG 2750
-   Grilled Tiger Prawns With Choo Chee Sauce, Coconut Cream & Kaffir Lime Leaves 211.1 kcal (per 100 gms) / 270 gms (serving size)

-   PLA NEUNG CHEF SPECIAL OF THE DAY 2600
- Steamed Fillet Of Today's Fish, Seafood Nahm Jim Sauce 80.6 kcal (per 100 gms) / 240 gms (serving size)

-   PHAD PAK RUAM 1400
- Stir Fried Asian Vegetables With Organic Tofu 51.9 kcal (per 100 gms) / 376 gms (serving size)
















-   PHAD THAI
-    Wok Fried Rice Noodles With Egg, Seafood, Dried Chili, Sprouts And Chives


-   Vegetable 194.5 kcal (per 100 gms) / 370 gms (serving size) 1150
-    Chicken 318.2 kcal (per 100 gms) / 300 gms (serving size) 1250

-    Prawn 289 kcal (per 100 gms) / 300 gms (serving size) 1350

-   NASI GORENG TAK TAK 1400
-    Jakarta Style Fried Rice With Chicken, Egg, Chili Sambal Served With Fried Egg, Crispy Chicken Wing And Prawn Cracker 186 kcal (per 100 gms) / 350 gms (serving size)

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 Milk  Mustard  Lupin  Pork  Egg

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  	KHAO PHAD PAAC Isaan Fried Rice With Vegetables And Basil Leaves 173.2 kcal (per 100 gms) / 332 gms (serving size)	1100
	HAKKA NOODLES	
  	Vegetable 207 kcal (per 100 gms) / 367 gms (serving size)	1000
   	Chicken 190 kcal (per 100 gms) / 367 gms (serving size)	1100
	FRIED RICE	
  	Vegetable 199.5 kcal (per 100 gms) / 350 gms (serving size)	1000
   	Egg 220.2 kcal (per 100 gms) / 350 gms (serving size)	1100
   	Chicken 185.3 kcal (per 100 gms) / 350 gms (serving size)	1200
DESSERT		
  	PECAN NUT BROWNIE Vanilla Bean Ice Cream, Caramel Sauce, Chocolate Pearls 315.9 kcal (per 100 gms) / 210 gms (serving size)	800
  	BAKED CHEESE CAKE Cheese Cream, Berry Balm, Cream Chantilly, Fresh Berries 303.1 kcal (per 100 gms) / 205 gms (serving size)	800
  	MANJARI CHOCOLATE RASPBERRY SLICE Manjari Chocolate Cremeux, Raspberry Jam, Sachar Biscuit 305.9 kcal (per 100 gms) / 200 gms (serving size)	900
	SEASONAL SLICED FRUIT PLATTER 30.6 kcal (per 100 gms) / 350 gms (serving size)	750
	CHOICE OF ICE CREAM (3 SCOOPS)	750
  	Vanilla Bean Ice Cream 194.5 kcal (per 100 gms) / 140 gms (serving size)	
  	Dark Chocolate Ice Cream 228 kcal (per 100 gms) / 140 gms (serving size)	
  	Banana Caramel Ice Cream 226.5 kcal (per 100 gms) / 140 gms (serving size)	
   	Cream And Cookies 214.6 kcal (per 100 gms) / 140 gms (serving size)	
  	Strawberry 116.8 kcal (per 100 gms) / 140 gms (serving size)	
	SORBET	750
 	Raspberry 130.7 kcal (per 100 gms) / 140 gms (serving size)	
 	Coconut 217.7 kcal (per 100 gms) / 140 gms (serving size)	
  	GULAB JAMUN Hot Cottage Cheese Fried Dumplings Served With Saffron Syrup 373 kcal (per 100 gms) / 180 gms (serving size)	800
  	KESARI RASMALAI Tender Cottage Cheese Dumplings Poached In Saffron Flavoured Milk 64.3 kcal (per 100 gms) / 170 gms (serving size)	800

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