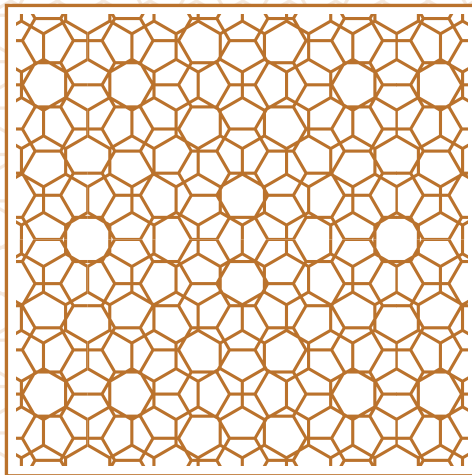


Tamra



À LA CARTE MENU

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

## Nutritionist - approved recipes

Wellness at Shangri-La


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# Wellness Cuisine

## APPETIZER & SOUP

- |   |  |       |      |
|---|--|-------|------|
|          | <b>TOMATO &amp; BEETROOT SOUP</b><br>Cherry Tomatoes, Basil, Beetroot, Whole Wheat Bread Crumble, Basil Oil<br><i>25.9 kcal (per 100 gms) / 300 gms (serving size)</i> | ⊕ 210 | 950  |
|          | <b>WARM PUY LENTIL &amp; SALMON</b><br>Baby Spinach, Pommery Mustard, Pan Roasted Salmon, Olive Oil<br><i>184 kcal (per 100 gms) / 320 gms (serving size)</i>          | ⊕ 620 | 2850 |
|          | <b>EGG WHITE SPIRULINA OMELETTE</b><br>Egg White, Cherry Tomato, Green Vegetables, Spirulina Powder<br><i>65 kcal (per 100 gms) / 200 gms (serving size)</i>           | ⊕ 405 | 1850 |
|    | <b>BAJRA KHICHRI</b><br>Pearl Millet And Lentils Simmered With Onion, Tomato & Green Chilly<br><i>120 kcal (per 100 gms) / 450 gms (serving size)</i>                  | ⊕ 315 | 1450 |
|     | <b>HEIRLOOM VEGETABLE CRUDITE</b><br>Carrot, Hydroponic Tomatoes, Cucumber, Bell Pepper, Greek Yoghurt Dip<br><i>30 kcal (per 100 gms) / 200 gms (serving size)</i>    | ⊕ 210 | 950  |

## DESSERT

- |   |   |       |     |
|---|---|-------|-----|
|    | <b>DARK CHOCOLATE OLIVE OIL CAKE</b><br> Almond Flour-based Cake, Raspberry Compote, Seasonal Berries<br>A Guilt-free Indulgence Made With Heart-healthy Olive Oil<br><i>243.2 kcal (per 100 gms) / 100 gms (serving size)</i> | ⊕ 210 | 950 |
|---|---|-------|-----|

 Vegetarian  
  Non Vegetarian  
  Chef's Signature  
  VEGAN  
 Celery  
  Soya  
  Tree Nut  
  Sulfite  
  Mollusks  
 Seafood  
  Gluten  
  Nut  
  Sesame  
  Crustaceans  
 Milk  
  Mustard  
  Lupin  
  Pork  
  Egg  
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# Wellness Cuisine

## FOR GROWING GUEST

### JUICES & SMOOTHIES

- |   |  |  |
|---|--|--|
|    | <b>IMMUNE BOOST</b><br>Carrot, Orange, Green Apple, Carrot, Celery, Ginger<br>Rich In Immune- Supportive Vitamins<br><i>38.6 kcal (per 100 gms) / 300 ml (serving size)</i>  |  <b>165</b> 750   |
|    | <b>DETOX</b><br>Beetroot, Cucumber, Green Apple, Carrot, Celery, Kale,<br>And Ginger Packed With Detox-boosting Antioxidants<br><i>32.4 kcal (per 100 gms) / 300 ml (serving size)</i>                               |  <b>165</b> 750   |
|     | <b>TROPICAL GLOW</b><br>Tropical Glow Pineapple, Cucumber, Banana, Lime,<br>Coconut Milk Natural Enzymes And Anti-inflammatory<br>Nutrients Aid Digestion.<br><i>55.4 kcal (per 100 gms) / 300 ml (serving size)</i> |  <b>165</b> 750 |
|     | <b>COCO CHOCOLATE BLISS BANANA</b><br>Cocoa Powder, Chia Seed, Medjool Date, Coconut Milk High In Fibre,<br>Naturally Sweetened And Full Of Omega 3 Fats<br><i>93.9 kcal (per 100 gms) / 300 ml (serving size)</i>   |  <b>165</b> 750 |

## BREAKFAST

- |   |  |  |
|---|--|--|
|    | <b>YOGHURT &amp; FRUIT PARFAIT</b><br> Plain Greek Yoghurt, Mixed Melon And Berries, Chia Seed, Homemade Granola,<br>Honey Probiotics For Healthy Digestion And Calcium For Growing Bones<br><i>130.9 kcal (per 100 gms) / 300 gms (serving size)</i>                 |  <b>165</b> 750 |
|    | <b>WHOLE GRAIN PANCAKES</b><br>  Mixed Berries, Banana, Whipped Cream & Honey On The Side A High Fibre,<br>Whole Grain<br><i>188.1 kcal (per 100 gms) / 180 gms (serving size)</i> |  <b>165</b> 750 |

 Vegetarian  
  Non Vegetarian  
  Chef's Signature  
  VEGAN  
 Celery  
  Soya  
  Tree Nut  
  Sulfite  
  Mollusks  
 Seafood  
  Gluten  
  Nut  
  Sesame  
  Crustaceans  
 Milk  
  Mustard  
  Lupin  
  Pork  
  Egg  
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# Wellness Cuisine

## MAINS

- |   |   |   |      |
|---|---|---|------|
|          | <b>VEGGIE POWER MAC &amp; CHEESE PASTA</b><br>Cauliflower, Broccoli, Pumpkin & Cheddar Cheese Sauce<br>This Kid's Favorite Got A Veggie Boost For Super-immunity Powers<br><i>124 kcal (per 100 gms) / 220 gms (serving size)</i>           |  250   | 1150 |
|          | <b>CHICKEN, VEGETABLE &amp; EGG BROWN RICE BOWL DICED CHICKEN</b><br>Fried Egg, Seasonal Vegetables, Brown Rice, Soy Sauce<br>A Nutritionally Balanced, Whole Grain<br><i>163.2 kcal (per 100 gms) / 250 gms (serving size)</i>             |  250   | 1150 |
|    | <b>WHOLE GRAIN TUNA SANDWICH</b><br>Tomato, Cucumber, Avocado, Greek Yogurt, Grated Carrot, Apple<br>Whole Grain Bread Brain-boosting Omega 3 Fats And Calcium For Growing Bone<br><i>100.8 kcal (per 100 gms) / 250 gms (serving size)</i> |  295 | 1350 |

## DESSERT

- |   |   |   |     |
|---|---|---|-----|
|    | <b>DARK CHOCOLATE OLIVE OIL CAKE ALMOND FLOUR-BASED CAKE</b><br>Raspberry Compote, Seasonal Berries A Guilt-free Indulgence Made With Heart-healthy Olive Oil<br><i>243.2 kcal (per 100 gms) / 130 gms (serving size)</i> |  210 | 950 |
|---|---|---|-----|

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN  
 Celery  Soya  Tree Nut  Sulfite  Mollusks  
 Seafood  Gluten  Nut  Sesame  Crustaceans  
 Milk  Mustard  Lupin  Pork  Egg  
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## APPETIZER & SOUP

-   **BIO QUINOA SALAD** 🌀 275 1250  
Asparagus, Zucchini, Carrot, Pomegranate, Candid Beet, Lettuce,  
Lemon Dressing  
*219.2 kcal (per 100 gms) / 150 gms (serving size)*
-    **CAPRESE** 🌀 275 1250  
Cherry Mozzarella, Heirloom Tomatoes, Fresh Basil & Aged Balsamic,  
Romaine Lettuce  
*109.7 kcal (per 100 gms) / 210 gms (serving size)*
-    **CLASSIC CAESAR SALAD**  
   Parmesan Shavings, Brioche Croutons, Poached Egg, Pork Bacon, Anchovy,  
  Romaine Lettuce & House Made Caesar Dressing
- Choice of:
-  **Chicken Tikka** *291.7 kcal (per 100 gms) / 340 gms (serving size)* 🌀 295 1350
-   **Poached Shrimps** *235.5 kcal (per 100 gms) / 340 gms (serving size)* 🌀 340 1550
-  **Roasted Vegetables** *170.2 kcal (per 100 gms) / 340 gms (serving size)* 🌀 275 1250
-   **MEXICAN QUESADILLAS**  
Flour Tortilla, Chipotle, Red Onion, Tomato Salsa, Melted Edam Cheese
-  **Chicken** *127.6 kcal (per 100 gms) / 250 gms (serving size)* 🌀 295 1350
-  **Wild Mushroom** *110.2 kcal (per 100 gms) / 250 gms (serving size)* 🌀 275 1250
-    **DHABA CHICKEN KATHI** 🌀 340 1550  
 Braised Chicken With Onion, Masala Egg, Wrapped In Romali Roti  
*90.2 kcal (per 100 gms) / 350 gms (serving size)*
-    **BHUNA PANEER KATHI ROLL** 🌀 295 1350  
Stir Fried Cottage Cheese With Peppers And Onions, Wrapped In Romali Roti  
*192.7 kcal (per 100 gms) / 300 gms (serving size)*
-    **CLASSIC MEZZE PLATTER** 🌀 295 1350  
  Hummus, Tabbouleh, Falafel, Muhammara, Olives, Whole Wheat Pita.  
*238.8 kcal (per 100 gms) / 540 gms (serving size)*
-    **ROASTED TOMATO SOUP** 🌀 210 950  
 Tomatoes, Basil, Pesto Oil  
*145.2 kcal (per 100 gms) / 250 gms (serving size)*
-    **WILD MUSHROOM SOUP** 🌀 210 950  
Slow Roasted Mushroom With Thyme, Flavored With Truffle Essence  
*138.5 kcal (per 100 gms) / 250 gms (serving size)*
-   **KADAKNATH CHICKEN SHORBA** 🌀 230 1050  
 Rural Breed Black Chicken Broth, Fresh Coriander  
*207.5 kcal (per 100 gms) / 350 gms (serving size)*

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Seafood  Gluten  Nut  Sesame  Crustaceans

 Milk  Mustard  Lupin  Pork  Egg

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## BURGER CLUB

- 

**CHICKEN BURGER** 🌀 315 1450  
 Buttermilk Marinated Crispy Chicken, Gochujang Sauce, Fresh Mozzarella, Green Lettuce, Jalapeno  
 250.1 kcal (per 100 gms) / 380 gms (serving size)
- 

**TRADITIONAL DOCKYARD BURGER** 🌀 340 1550  
 Grilled Buff Tenderloin Patty, Gherkin, Sundried Tomato Mayo, Aged Cheddar  
 219.6 kcal (per 100 gms) / 440 gms (serving size)
- 

**COTTAGE CHEESE BURGER** 🌀 295 1350  
 Pepperonata, Ranch Dressing, Lettuce  
 98.2 kcal (per 100 gms) / 340 gms (serving size)
- 

**DESI MURGI BURGER** 🌀 315 1450  

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

## BETWEEN THE BREADS

- 

**NON-VEGETARIAN CLUB SANDWICH** 🌀 315 1450  

 Crispy Bacon, Fried Egg, Chicken, Lettuce & Tomato  
 252.2 kcal (per 100 gms) / 450 gms (serving size)
- 
**VEGETARIAN CLUB SANDWICH** 🌀 295 1350  
 Grilled Vegetables, Lettuce & Tomato  
 126.3 kcal (per 100 gms) / 450 gms (serving size)
- 

**GRILLED CHICKEN MULTI-GRAIN SANDWICH** 🌀 315 1450  

 Chicken, Basil Pesto, Mustard, Lettuce  
 248.1 kcal (per 100 gms) / 340 gms (serving size)
- 

**MUMBAI MASALA SANDWICH** 🌀 295 1350  
 Grilled Sandwich With Potatoes, Peppers, Cucumber, Tomato, Cheese  
 176.5 kcal (per 100 gms) / 340 gms (serving size)
- 

**CLASSIC CAPRESE PANINI** 🌀 295 1350  
 Whole Wheat Panini, Pesto, Cherry Bocconcini, Tomato, Arugula  
 300.5 kcal (per 100 gms) / 320 gms (serving size)

## EUROPEAN MAINS

- 


**CREATE YOUR OWN PASTA** 🌀 315 1450  
 Spaghetti / Penne / Fusilli / Gluten Free / Whole Wheat  
 Choice of sauce:
-  Arrabiata 567.9 kcal (per 100 gms) / 280 gms (serving size)
  -  Alfredo 641 kcal (per 100 gms) / 280 gms (serving size)
  -  Basil Pesto 622.5 kcal (per 100 gms) / 280 gms (serving size)
  -  Aglio Olio 593.4 kcal (per 100 gms) / 280 gms (serving size)

-  Vegetarian
  Non Vegetarian
  Chef's Signature
  VEGAN
-  Celery
  Soya
  Tree Nut
  Sulfite
  Mollusks
-  Seafood
  Gluten
  Nut
  Sesame
  Crustaceans
-  Milk
  Mustard
  Lupin
  Pork
  Egg
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-    **SPINACH & RICOTTA CANNELLONI**  **315** 1450  
 Parmesan, Cream, Parsley, Basil, Tomato Sauce, Olive Oil  
 160.5 kcal (per 100 gms) / 320 gms (serving size)

## INTERNATIONAL GRILLS







### CHOOSE YOUR MEAT(NV)

-    **Grilled Chicken Breast** 142.6 kcal (per 100 gms) / 320 gms (serving size)  **445** 2050
-    **Flame Grilled Half Chicken** 195.5 kcal (per 100 gms) / 380 gms (serving size)  **510** 2350
-    **NZ Lamb Chops With Rosemary Jus** 444.4 kcal (per 100 gms) / 330 gms (serving size)  **640** 2950
-    **Tenderloin (Water Buffalo)** 339.9 kcal (per 100 gms) / 420 gms (serving size)  **490** 2250

### CHOOSE YOUR SEAFOOD

-    **Pan Roasted Salmon With Vierge Sauce**  **620** 2850  
 200.6 kcal (per 100 gms) / 320 gms (serving size)
-   **Jumbo Prawns With Lemon Garlic Butter Sauce**  **640** 2950  
 83.4 kcal (per 100 gms) / 420 gms (serving size)
-    **Pan Seared Sea Bass Fillet & Lemon Garlic Sauce**  **620** 2850  
 155 kcal (per 100 gms) / 320 gms (serving size)

### SIDES (CHOOSE ANY ONE)

-   **Butter Potato Mash** 115 kcal (per 100 gms) / 180 gms (serving size)
-   **Roasted Potatoes** 150 kcal (per 100 gms) / 180 gms (serving size)
-   **Sauteed Mushrooms** 106 kcal (per 100 gms) / 180 gms (serving size)

## INDIAN CUISINE

-   **PALAK MOONG KI TIKKI**  **295** 1350  
 Spinach & Green Moong Sprout Patties, Cardamom, Royal Cumin  
 150 kcal (per 100 gms) / 250 gms (serving size)
-   **LAHORI PANEER TIKKA**  **295** 1350  
 Cottage Cheese, Yellow Chili, Hung Curd, Smoked In Tandoor  
 159 kcal (per 100 gms) / 270 gms (serving size)
-   **NEW DELHI SOYA CHAAP TIKKA**  **295** 1350  
 Soy Chaap Marinated with Ground Spices, Hung Curd, Smoked in Tandoor  
 124.4 kcal (per 100 gms) / 250 gms (serving size)
-    **SALONI MACCHI TIKKA**  **380** 1750  
 **River Sole, Mustard, Yellow Chilli, House Crushed Spices, Hung Curd**  
 180.4 kcal (per 100 gms) / 300 gms (serving size)
-    **MASALA AMRITSARI FISH N CHIPS**  **380** 1750  
 Crispy Fried Fish, Carom Seeds, House Pounded Spices  
 370.2 kcal (per 100 gms) / 300 gms (serving size)
-    **PUNJABI MURGH TIKKA**  **360** 1650  
 Chicken, Blend Of Hot Spice, Hung Curd  
 153.5 kcal (per 100 gms) / 250 gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Seafood  Gluten  Nut  Sesame  Crustaceans

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-  **LUCKNOWI SEEKH KEBAB** 🌀 405 1850  
 Minced Lamb, Garlic, Chef's Spiced Mix  
 203.4 kcal (per 100 gms) / 250 gms (serving size)
-  **TANDOORI CHICKEN**  
 Chicken On Bone, Deghi Mirch, Hung Curd, Roasted in Tandoor  
 Half 174.2 kcal (per 100 gms) / 320 gms (serving size) 🌀 405 1850  
 Full 174.2 kcal (per 100 gms) / 600 gms (serving size) 🌀 620 2850

## KEBAB PLATTER

-  **VEGETARIAN (TAMRA VEG KEBAB PLATTER)** 🌀 425 1950  
 Paneer Tikka, Palak Moong Ki Tikki & Soya Chaap  
 150.2 kcal (per 100 gms) / 540 gms (serving size)
-  **NON-VEGETARIAN (TAMRA NON-VEG KEBAB PLATTER)** 🌀 535 2450  
 Punjabi Chicken Tikka, Mutton Seekh & Saloni Macchi Tikka  
 260.4 kcal (per 100 gms) / 460 gms (serving size)

Tandoor Starters - Served from (11.30 am- 3.30 pm) -(6.30 pm – 11.30 pm)

## INDIAN MAIN COURSE NON-VEGETARIAN

-  **FIROZPUR MUTTON CURRY** 🌀 445 2050  
 Slow Cooked Famous Lamb Curry  
 160.4 kcal (per 100 gms) / 500 gms (serving size)
-  **OLD DELHI BUTTER CHICKEN** 🌀 425 1950  
 Mild Velvety Tomato Curry, Dried Fenugreek & Cream  
 168 kcal (per 100 gms) / 550 gms (serving size)
-  **RAILWAY CHICKEN CURRY** 🌀 425 1950  
 Braised Chicken, Green Chilli, Ginger, Garam Masala  
 116.4 kcal (per 100 gms) / 500 gms (serving size)
-  **MADRAS FISH CURRY** 🌀 405 1850  
 Fresh River Sole, Simmered In South Indian Coconut Curry  
 158.4 kcal (per 100 gms) / 450 gms (serving size)

## VEGETARIAN

-  **PANEER MAKHAN MALAI** 🌀 340 1550  
 Paneer, Cashew, Khoya, Creamy Tomato Gravy  
 156.1 kcal (per 100 gms) / 350 gms (serving size)
-  **PANEER MASALA HARI MIRCH** 🌀 340 1550  
 Cottage Cheese Tossed With Onion, Tomato, House Pounded Spices  
 290.4 kcal (per 100 gms) / 350 gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Seafood  Gluten  Nut  Sesame  Crustaceans

 Milk  Mustard  Lupin  Pork  Egg

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-    **SHAHI BADAM-MAKHANA KOFTA**  **340** 1550  
Almond, Foxnut & Cottage Cheese Dumplings Simmered In Fennel  
Yoghurt Sauce  
200.1 kcal (per 100 gms) / 350 gms (serving size)
-   **BHUNA MAKAI PALAK**  **295** 1350  
Garlic Tempered Spinach With Corn Kernel  
76.4 kcal (per 100 gms) / 350 gms (serving size)
-   **SUBZ KADAI**  **295** 1350  
Seasonal Vegetables Cooked In Tomato Gravy With Flavor Of Coriander  
And Fennel Seeds  
139.9 kcal (per 100 gms) / 350 gms (serving size)
-   **DAL TAMRA**  **275** 1250  
Black Lentil Simmered With Butter And Cream  
387.5 kcal (per 100 gms) / 350 gms (serving size)
-    **PUNJABI DAL TADKE WALI**  **250** 1150  
Yellow Lentil Cooked With Onion, Tomatoes And Finished With Clarified  
Butter And Lemon Juice  
305.2 kcal (per 100 gms) / 300 gms (serving size)
-    **Gagan's Chikkadchhole**  **340** 1550  
★ Slow Cooked Chickpea Flavored With Anardana, Onion, Tomato,  
And Chana Masala  
188.6 kcal (per 100 gms) / 300 gms (serving size)

## RICE AND BIRYANI




### DUM BIRYANI


Awadhi Style Fragrant Basmati Rice, Mint, Saffron, Brown Onion


-   **Chicken** 244.5 kcal (per 100 gms) / 440 gms (serving size)  **445** 2050
-   **Mutton** 176.3 kcal (per 100 gms) / 440 gms (serving size)  **490** 2250
-   **Vegetable** 215.1 kcal (per 100 gms) / 440 gms (serving size)  **340** 1550
-  **Served with Burrani Raita** 91.9 kcal (per 100 gms) / 130 gms (serving size)

-  **STEAMED RICE**  **165** 750  
350 kcal (per 100 gms) / 300 gms (serving size)

-   **PLAIN NATURAL YOGHURT**  **100** 450  
100.2 kcal (per 100 gms) / 350 gms (serving size)

-   **RAITA**  **120** 550  
Jeera 63.9 kcal (per 100 gms) / 300 gms (serving size)  
Boondi 94.9 kcal (per 100 gms) / 300 gms (serving size)  
Burrani 91.9 kcal (per 100 gms) / 300 gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Seafood  Gluten  Nut  Sesame  Crustaceans

 Milk  Mustard  Lupin  Pork  Egg

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## CLAY OVEN BREADS (Served from 12 p.m. till 11:30 p.m.)

- |   |   |   |     |
|---|---|---|-----|
|    | <b>ONION CHEESE KULCHA</b><br>280.2 kcal (per 100 gms) / 150 gms (serving size)   |  100 | 450 |
|    | <b>ROTI</b><br>Tandoori 310.2 kcal (per 100 gms) / 110 gms (serving size)<br>Butter 366.5 kcal (per 100 gms) / 110 gms (serving size)<br>Missi 323.6 kcal (per 100 gms) / 110 gms (serving size)  |  55  | 250 |
|    | <b>NAAN</b><br>Plain 249.1 kcal (per 100 gms) / 120 gms (serving size)<br>Butter 351 kcal (per 100 gms) / 120 gms (serving size)<br>Garlic 351 kcal (per 100 gms) / 120 gms (serving size)  |  55  | 250 |
|    | <b>LACCHA PARANTHA</b><br>Butter 356.5 kcal (per 100 gms) / 112 gms (serving size)<br>Pudina 400.2 kcal (per 100 gms) / 112 gms (serving size)<br>Ajwaini 386.2 kcal (per 100 gms) / 112 gms (serving size)<br>Mirchi 346.9 kcal (per 100 gms) / 112 gms (serving size) |  55  | 250 |
|    | <b>Kulcha</b><br>Aloo 183.2 kcal (per 100 gms) / 170 gms (serving size)<br>Paneer 218 kcal (per 100 gms) / 170 gms (serving size)   |  100 | 450 |

## HOME AWAY FROM HOME

- |   |   |   |      |
|---|---|---|------|
|    | <b>KHUSHK ALOO HING DHANIA</b><br>Himalayan Potatoes Tossed With Cumin, Ginger, Green Chilly<br>69.7 kcal (per 100 gms) / 350 gms (serving size)  |  295 | 1350 |
|    | <b>RAJMA</b><br>Home Style Slow Cooked Rajma With Steamed Basmati Rice<br>211.3 kcal (per 100 gms) / 500 gms (serving size)   |  295 | 1350 |
|     | <b>BHINDI PYZ KI SABJI</b><br>Okra Tossed With Onion, Tomato, Green Chilly<br>120.7 kcal (per 100 gms) / 350 gms (serving size)   |  295 | 1350 |
|    | <b>CLASSIC KHICHDI</b><br>Classic Indian Dish Made With Moong Lentil, Rice<br>Served With Mint Raita, Achar, Papad, Chutney, Green Salad<br>261.4 kcal (per 100 gms) / 500 gms (serving size) |  295 | 1350 |

 Vegetarian  
  Non Vegetarian  
  Chef's Signature  
  VEGAN  
 Celery  
  Soya  
  Tree Nut  
  Sulfite  
  Mollusks  
 Seafood  
  Gluten  
  Nut  
  Sesame  
  Crustaceans  
 Milk  
  Mustard  
  Lupin  
  Pork  
  Egg  
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## ASIAN

### SOUP & APPETIZER

-    **KHAO SOI**  
 Chiang Mai Style Coconut Curry Broth, Noodles  
 Choice Of:
- |   |  |       |      |
|---|--|-------|------|
|  | Chicken 226.9 kcal (per 100 gms) / 250 gms (serving size)  | 🌀 230 | 1050 |
|  |  Prawns 71.8 kcal (per 100 gms) / 250 gms (serving size)    | 🌀 275 | 1250 |
|  |  Vegetable 71.5 kcal (per 100 gms) / 250 gms (serving size) | 🌀 230 | 1050 |
-   **TOM YAM OR TOM KHA**  
 Rustic Thai Hot, Sour And Spicy Broth, Chili, Lemongrass & Kaffir Lime Leaves  
 Choice of:
- |   |  |       |      |
|---|--|-------|------|
|  | Chicken 129.5 kcal (per 100 gms) / 235 gms (serving size)  | 🌀 230 | 1050 |
|  |  Prawns 79.4 kcal (per 100 gms) / 235 gms (serving size)      | 🌀 275 | 1250 |
|  |  Vegetables 134.4 kcal (per 100 gms) / 215 gms (serving size) | 🌀 210 | 950  |
-  **CLASSIC MAN CHOW**  
 Choice of:
- |  |  |       |      |
|--|--|-------|------|
|   | Chicken 203.6 kcal (per 100 gms) / 160 gms (serving size)  | 🌀 230 | 1050 |
|  |  Vegetable 167.9 kcal (per 100 gms) / 160 gms (serving size) | 🌀 210 | 950  |

### HOT APPETIZERS

-    **POH PIA THOD** 🌀 230 1050  
 Crispy Spring Rolls With Vegetables, And Glass Noodles  
 196 kcal (per 100 gms) / 250 gms (serving size)
-    **YAM PHAK KROB** 🌀 230 1050  
 Crispy Vegetable And Tofu With Sweet Peanut Sauce  
 245.4 kcal (per 100 gms) / 250 gms (serving size)
-    **SOM TAM** 🌀 250 1150  
   Issan Style Raw Papaya Salad With Garlic, Cherry Tomatoes, Fresh Chili And Green Beans With Grilled Marinated Chicken  
 200 kcal (per 100 gms) / 260 gms (serving size)
-    **FRIED CHICKEN WINGS STUFFED WITH FRESH HERBS** 🌀 315 1450  
 Chicken Wings Stuffed With Minced Chicken, Basil And Thai Herbs  
 181 kcal (per 100 gms) / 280 gms (serving size)
-    **CHILLI CHICKEN** 🌀 315 1450  
  Crispy Fried Chicken, Bell Pepper, Onion, Chilli Sauce  
 200.5 kcal (per 100 gms) / 280 gms (serving size)
-    **CHILLI AND SILKEN TOFU** 🌀 275 1250  
 Crispy Tofu, Onion, Chilli Sauce And Pink Salt  
 80.1 kcal (per 100 gms) / 280 gms (serving size)

-  Vegetarian  Non Vegetarian  Chef's Signature  VEGAN
-  Celery  Soya  Tree Nut  Sulfite  Mollusks
-  Seafood  Gluten  Nut  Sesame  Crustaceans
-  Milk  Mustard  Lupin  Pork  Egg
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-    **FISH IN FRESH THAI HERBS**  340 1550  
 Crispy Fish, Kha Chai, Thai Fresh Chili, Kaffir Lime Leaves  
 109 kcal (per 100 gms) / 400 gms (serving size)

## ASIAN MAINS






All Asian Mains Served With Steamed Jasmine Rice

-    **GAENG KHIEW WAN**  
 Thai Green Curry With Fresh Basil And Coconut Milk
-  Vegetables 116.5 kcal (per 100 gms) / 415 gms (serving size)  360 1650  
 Chicken 150 kcal (per 100 gms) / 415 gms (serving size)  405 1850  
  Prawns 135.5 kcal (per 100 gms) / 415 gms (serving size)  445 2050







-  **GAENG PED**  
 Thai red curry with fresh basil and coconut milk
-  Vegetables 145.9 kcal (per 100 gms) / 415 gms (serving size)  360 1650  
 Chicken 259.2 kcal (per 100 gms) / 415 gms (serving size)  405 1850

-    **GAI PAD MAMUANG**  405 1850  
    Wok Fried Chicken With Chili, Oyster Sauce And Cashewnut  
 176.1 kcal (per 100 gms) / 400 gms (serving size)

-    **CHOO CHEE GOONG**  620 2850  
   Grilled Tiger Prawns With Choo Chee Sauce, Coconut Cream & Kaffir Lime Leaves  
 211.1 kcal (per 100 gms) / 270 gms (serving size)


-    **PLA NUENG**  595 2750  
 Steam Fillet Of Today's Fish, Seafood Nahm Jim Sauce  
 80.6 kcal (per 100 gms) / 240 gms (serving size)


-    **PHAD PAK RUAM**  315 1450  
 Stir Fired Asian Vegetables With Organic Tofu  
 51.9 kcal (per 100 gms) / 376 gms (serving size)

-    **KAI JIEW POO**  405 1850  
  Thai Style Omelette With Crab Meat  
 220.5 kcal (per 100 gms) / 200 gms (serving size)



-   **PHAD THAI**  
   Wok Fried Rice Noodles With Dried Chili, Sprouts And Chives
-  Chicken 318.2 kcal (per 100 gms) / 300 gms (serving size)  315 1450  
  Egg & Seafood 289 kcal (per 100 gms) / 300 gms (serving size)  340 1550  
 Vegetables 250.1 kcal (per 100 gms) / 370 gms (serving size)  295 1350

-    **PHAD KEE MAO TALAY**  340 1550  
  Spicy Thai Style Noodle With Mix Seafood And Basil  
 175.5 kcal (per 100 gms) / 350 gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN

 Celery  Soya  Tree Nut  Sulfite  Mollusks

 Seafood  Gluten  Nut  Sesame  Crustaceans

 Milk  Mustard  Lupin  Pork  Egg

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-  Thai CHEF NISA FRIED RICE 🌀 315 1450
-  Home Style Spice Fried Rice With Chicken In Fresh Basil leaves And Fried Egg  
 320.5 kcal (per 100 gms) / 350 gms (serving size)

-  HAKKA NOODLE
  -  Vegetable 207 kcal (per 100 gms) / 367 gms (serving size) 🌀 275 1250
  -  Chicken 190.2 kcal (per 100 gms) / 367 gms (serving size) 🌀 295 1350

## JAPANESE

-  SUSHI MORIAWASE 🌀 855 3950
  -  Chef Choice Vegetarian Assorted Nigiri And Uramaki Platter  
 147 kcal (per 100 gms) / 390 gms (serving size)

-  SUSHI MORIAWASE 🌀 1205 5550
  -  Chef Choice Assorted Nigiri And Uramaki Platter  
 147.51 kcal (per 100 gms) / 390 gms (serving size)

-  DYNAMITE ROLL 🌀 425 1950
  -  Prawn Tempura With Spring Onion & Spicy Mayo  
 319.5 kcal (per 100 gms) / 180 gms (serving size)

-  PHILADELPHIA ROLL 🌀 425 1950
  -  Fresh Salmon With Cream Cheese & Cucumber  
 313.6 kcal (per 100 gms) / 180 gms (serving size)

-  SPICY TUNA ROLL 🌀 425 1950
  -  Saku Tuna With Spring Onion & Spicy Mayo  
 250.1 kcal (per 100 gms) / 180 gms (serving size)

-  VEG CALIFORNIA ROLL 🌀 340 1550
  -  Avocado, Cucumber & Asparagus With Wasabi Mayo  
 255.7 kcal (per 100 gms) / 180 gms (serving size)

-  SPICY ASPARAGUS CREAM CHEESE ROLL 🌀 340 1550
  -  Asparagus And Cream Cheese With Spicy Mayo  
 253.8 kcal (per 100 gms) / 180 gms (serving size)

-  CUCUMBER AVOCADO ROLL 🌀 340 1550
  -  Cucumber & Avocado With Beet Sauce  
 249.6 kcal (per 100 gms) / 180 gms (serving size)

 Vegetarian  Non Vegetarian  Chef's Signature  VEGAN  
 Celery  Soya  Tree Nut  Sulfite  Mollusks  
 Seafood  Gluten  Nut  Sesame  Crustaceans  
 Milk  Mustard  Lupin  Pork  Egg  
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## DESSERT

- |   |  |   |     |
|---|--|---|-----|
|          | <b>SALTED CARAMEL PECAN NUT BROWNIE</b>  |  210   | 950 |
|     | Salted Caramel Ice Cream, Chocolate Fudge, Caramelized Popcorn, Chocolate Pearls |   |     |
|   | 315.9 kcal (per 100 gms) / 250 gms (serving size)                                |   |     |
|          | <b>BISCOFF CHEESE CAKE</b>   |  210   | 950 |
|   | Biscoff Cheese Cream, Cream Chantilly  |   |     |
|   | 303.1 kcal (per 100 gms) / 250 gms (serving size)                                |   |     |
|          | <b>TRES LECHES</b>   |  210   | 950 |
|    | Moist Sponge Cake, Evaporated Milk, Diplomat Cream                               |   |     |
|   | 375 kcal (per 100 gms) / 250 gms (serving size)                                  |   |     |
|          | <b>OLIVE CAKE (GLUTEN FREE)</b>  |  210   | 950 |
|    | Chocolate Sauce, Fresh Berries   |   |     |
|   | 243.2 kcal (per 100 gms) / 200 gms (serving size)                                |   |     |
|     | <b>CHOICE OF GELATO (V, D) 3 scoop</b>   |   |     |
|   | Vanilla Bean Ice Cream 194.5 kcal (per 100 gms) / 140 gms (serving size)         |  185   | 850 |
|   | Dark Chocolate Ice Cream 228 kcal (per 100 gms) / 140 gms (serving size)         |  185  | 850 |
|   | Greek Yoghurt And Berry Swirl 226.5 kcal (per 100 gms) / 140 gms (serving size)  |  185 | 850 |
|   | Banana And Date 214.6 kcal (per 100 gms) / 140 gms (serving size)                |  185 | 850 |
|   | Coconut Matcha 116.8 kcal (per 100 gms) / 140 gms (serving size)                 |  185 | 850 |
|    | <b>SORBET</b>  |   |     |
|   | Raspberry 130.7 kcal (per 100 gms) / 140 gms (serving size)                      |  185 | 850 |
|   | Mandarin 217.7 kcal (per 100 gms) / 140 gms (serving size)                       |  185 | 850 |
|    | <b>GULAB JAMUN</b>   |  210 | 950 |
|    | Cottage Cheese Dumplings In Sugar Syrup  |   |     |
|   | 373 kcal (per 100 gms) / 180 gms (serving size)                                  |   |     |
|    | <b>KESARI RASMALAI</b>   |  210 | 950 |
|   | Tender Cottage Cheese Dumplings Poached In Saffron Flavored Milk                 |   |     |
|   | 64.3 kcal (per 100 gms) / 170 gms (serving size)                                 |   |     |

 Vegetarian  
  Non Vegetarian  
  Chef's Signature  
  VEGAN  
 Celery  
 Soya  
 Tree Nut  
 Sulfite  
 Mollusks  
 Seafood  
 Gluten  
 Nut  
 Sesame  
 Crustaceans  
 Milk  
 Mustard  
 Lupin  
 Pork  
 Egg  
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