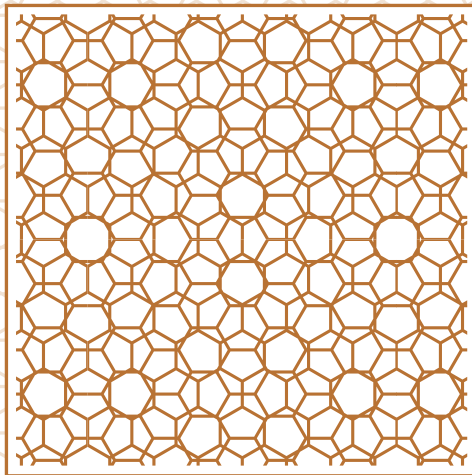


Tamra



BREAKFAST MENU

Served from 06:30 a.m. to 11:00 a.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
JUICES

- IMMUNE BOOST

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

DETOX

650

Beetroot, Cucumber, Green Apple, Carrot, Celery, Kale, Ginger

Packed With Detox-Boosting Antioxidant

32.4 Kcal (per 100gms) / 270 ml (serving size)

SMOOTHIES

- TROPICAL GLOW

650
- Pineapple, Cucumber, Banana, Lime, Coconut Milk
- Natural Enzymes And Anti-Inflammatory
- Nutrients Aid Digestion
- 55.4 Kcal (per 100gms) / 270 ml (serving size)

COCOA CHOCOLATE BLISS

650

Banana, Cocoa Powder, Chia Seed, Date, Coconut Milk

High In Fibre, Naturally Sweetened And Full Of

Omega-3 Fat

93.9 Kcal (per 100gms) / 270 ml (serving size)

WELLNESS BREAKFAST

- JUICE IMMUNE BOOST

1350
- Carrot, Orange, Green Apple, Celery, Ginger
- Rich In Immune-Supportive Vitamins
- 38.6 Kcal (per 100gms) / 270 ml (serving size)
- Or
- Seasonal Cut Fruit Platter
- 30.6 Kcal (per 100gms) / 350 gms (serving size)

Coconut Cinnamon Steel Cut Oatmeal-Berries, Dates, Pumpkin And Sunflower Seeds, Choice Of Milk On The Side

147.7 Kcal (per 100gms) / 380 gms (serving size)



TROPICAL GLOW

Vegetarian

Non Vegetarian

Chef's Signature

VEGAN

CelerySoyaTree NutSulfiteMollusksFishGlutenNutSesameCrustaceansMilkMustardLupinPorkEggOur Produce And Cuisine Is Rooted In Nature, Featuring The Finest Locally And Ethically-sourced

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An average adult requires 2000 Kcal energy per day, however calories need may vary.
The menu indicate approximate value of calories for dishes, indicated by the sign (~)

| | | |
|---|---|------|
| <div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>Two Eggs Omelette With Asparagus, Mushroom And Spinach Served With Roasted Beetroot And Carrot</div> <div>216.9 Kcal (per 100gms) / 200 gms (serving size)</div> | |
| <div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>SHAKSHUKA</div> <div> <div> <div></div> </div> <div>Poached Eggs In Smoky Tomato Sauce Two Eggs, Spiced Bell Pepper And Tomato Sauce, Avocado Slices Zucchini, Whole Grain Toast Packed With Healthy Fats, Protein And Fibre To Fuel Your Morning!</div> <div>93.4 Kcal (per 100gms) / 430 gms (serving size)</div> </div> | 650 |
| <div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>COCONUT CINNAMON STEEL CUT OATMEAL</div> <div>Berries, Dates, Pumpkin And Sunflower Seeds, Choice Of Milk On The Side A High Fibre, Naturally Sweetened, Whole Grain Breakfast</div> <div>147.7 Kcal (per 100gms) / 380 gms (serving size)</div> | 500 |
| <div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>MUSHROOM SEAWEED AND CHICKEN CONGEE</div> <div>Diced Chicken, Mushrooms, Wakame, Edamame, Brown Rice And Sweet Potato Congee Whole Grain, Super-Food Vegetables Protein For A Balanced Breakfast</div> <div>106.3 Kcal (per 100gms) / 380gms (serving size)</div> | 700 |
| AMERICAN BREAKFAST | | |
| <div> <div></div> </div> | <div>Seasonal Fruit Platter</div> <div>30.6 Kcal (per 100gms) / 350gms (serving size)</div> <div>Or</div> <div>Choice Of Seasonal Fresh Fruit Juice Watermelon, Orange, Pineapple</div> <div>Or</div> <div>Choice Of Seasonal Fresh Fruit Juice Apple, Beetroot, Carrot, Cucumber Or Spinach</div> | 1650 |
| <div> <div></div> </div> | <div>Watermelon, Orange, Pineapple Or Mix Vegetable Juice</div> <div>20.3 Kcal / 45 Kcal / 43 Kcal / 26.3 Kcal (per 100gms)/270ml (serving size)</div> | |
| <div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>BAKER'S BASKET</div> <div> <div> <div></div> </div> <div>Toast, French Rolls, Bagel Or Morning Pastries Served With Butter, Honey Or Preserves</div> <div>403.3 Kcal (per 100gms) / 180gms (serving size)</div> </div> | |
| <div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>CHOICE OF CEREAL</div> <div> <div> <div></div> </div> <div>Corn Flakes, Wheat Flakes, Choco Flakes, All Bran, Muesli Or Oatmeal Served With Hot Or Cold Milk</div> <div>204.4 Kcal (per 100gms) / 350gms (serving size)</div> </div> | |
| <div> <div> <div></div> <div></div> </div> <div> <div></div> </div> </div> | <div>EGGS TO ORDER</div> <div> <div> <div></div> </div> <div>Boiled, Fried, Scrambled Or Omelette Bacon, Ham, Chicken Or Pork Sausage</div> <div>216.9 Kcal (per 100gms) / 200gms (serving size)</div> <div>Or</div> <div>Pancake With Traditional Accompaniments</div> <div>266 Kcal (per 100gms) / 220gms (serving size)</div> </div> | |
| | <div>Freshly Brewed Coffee Or Tea</div> <div>67 Kcal / 57 Kcal (per 100gms) / 240ml (serving size)</div> | |

- Seasonal Cut Fruit Platter

30.6 Kcal (per 100gms) / 350gms (serving size)

Or

Choice Of Seasonal Fresh Fruit Juice Watermelon, Orange, Pineapple

Or

Choice Of Seasonal Fresh Fruit Juice Apple, Beetroot, Carrot, Cucumber Or Spinach
- Watermelon, Orange, Pineapple Or Mix Vegetable Juice

20.3 Kcal / 45 Kcal / 43 Kcal / 26.3 Kcal (per 100gms)/270ml (serving size)
- MAIN DISHES (CHOICE OF ONE)

PARANTHA

Griddled Indian Whole Wheat Bread Filled With Potato Or Cauliflower

Or Cottage Cheese Served With Yoghurt And Pickle

131.3 Kcal/178.8 Kcal/108 Kcal (per 100gms)/500gms (serving size)

Or

AKURI ON TOAST

Parsi Scrambled Eggs Flavoured With Turmeric, Onion, Garlic, Ginger, Tomatoes And Green Chili

163.8 Kcal (per 100gms) / 250gms (serving size)

Or

DOSA

Rice And Lentil Crepe, Sambar, Trio Of Chutneys

351.6 Kcal (per 100gms) / 150gms (serving size)

Or

IDLI

Steamed Rice Cake, Sambar, Trio Of Chutneys

319.7 Kcal (per 100gms) / 250gms (serving size)

Or

UTTAPAM

Pancake Of Rice And Lentil, Cooked On A Griddle, Sambar, Trio Of Chutneys

259.7 Kcal (per 100gms) / 250gms (serving size)

Or

PURI BHAJI

Puffed Golden Fried Whole Wheat Bread, Served With Potato Stew Pickle

355 Kcal (per 100gms) / 90gms (serving size), 3 pcs. Poori

127.3 Kcal (per 100gms) / 280gms (serving size) Bhaji

Sambar :- 219 Kcal (per 100gms)/ 280gms (serving size)

Coconut Chutney :- 431.6 Kcal (per 100gms)/ 40gms (serving size)

Tomato Chutney :- 78.8 Kcal (per 100gms)/ 40gms (serving size)

Coriander Chutney :- 48.3 Kcal (per 100gms)/ 40gms (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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ORIENTAL BREAKFAST

1450

- ✓

Seasonal Cut Fruit Platter

30.6 Kcal (per 100gms) / 350gms (serving size)
- Or
- ✓

Watermelon, Orange, Pineapple Or Mix Vegetable Juice

20.3 Kcal / 45 Kcal / 43 Kcal / 26.3 Kcal (per 100gms)/270ml (serving size)
- ▲

CHINESE CONGEE
- Plain, Chicken Or Prawns With Crispy Shallots And Sesame Oil
- 168 Kcal/163.8 Kcal/160.9 Kcal (per 100 gms / 220 gm (serving size)
- Or
- ▲

NOODLE SOUP
- Plain Or With Chicken Or Shrimp
- 33 Kcal/42.5 Kcal/47.2 Kcal (per 100 gms /220 gm (serving size)
- Freshly Brewed Coffee Or Tea
- 67 Kcal / 57 Kcal (per 100gms)/240ml (serving size)

A LA CARTE BREAKFAST

- ✓

SELECTION OF FRESH JUICES

Fresh: Watermelon, Orange, Pineapple And Mix Vegetable

20.3 Kcal / 45 Kcal / 43 Kcal / 26.3 Kcal (per 100gms)/270ml (serving size)

650
- LASSI
- Sweet, Salted Or Masala
- 45 Kcal/43 Kcal/20.3 Kcal (per 100gms)/ 270ml (serving size)
- 650
- ✓

SEASONAL FRUIT PLATTER

30.6 Kcal (per 100 gms) / 350gms (serving size)

600
- YOGHURT
- Natural, Berry, Seasonal Fruit Low Fat
- 63 Kcal/62 Kcal/53.7 Kcal/ 63 Kcal (per 100gms)/ 300gm (serving size)
- 450
- CHOICE OF CEREALS
- Corn Flakes, Wheat Flakes, Choco Flakes, All Bran, Muesli Or Oatmeal
- Hot Or Cold Milk
- 171.9Kcal/185.1 Kcal/217.1 Kcal/162.4 Kcal/139.8 Kcal (per 100gms)/350gms (serving size)
- 550
- BIRCHER MUESLI
- With Berries, Banana And Yoghurt
- 192.2 Kcal (per 100gms) 300gms (serving size)
- 550
- ▲

PLATTER OF SMOKED SALMON
- Cream Cheese And Traditional Garnish
- 131.8 Kcal (per 100gms) 250gms (serving size)
- 1100
- ▲

EUROPEAN CHEESE AND COLD CUT PLATTER
- 384 Kcal (per 100gms) 250gms (serving size)
- 1200
- ▲

BAKER’S BASKET
- Toast, French Rolls, Bagel Or Morning Pastries Served
- With Butter, Honey Or Preserves
- 403.3 Kcal (per 100gms) / 180gms (serving size)
- 650

■ 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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Locally And Ethically-sourced

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| <div> <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> </div> | EGGS TO ORDER | 650 |
| <div> <div></div> <div></div> </div> | Boiled, Fried, Scrambled Or Omelette Served With Choice of Bacon, Ham, Chicken Or Pork Sausage | |
| | 142.2 Kcal/210.8 Kcal/ 216.9 Kcal/ 216.9 Kcal (per 100gms) /200gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | EGGS BENEDICT | 750 |
| <div> <div></div> <div></div> </div> | Grilled Tomato, Hash Brown Potatoes, Asparagus, Ham | |
| | 93.3 Kcal (per 100gms) 250gms (serving size) | |
| <div> <div></div> <div></div> </div> | OATMEAL | 650 |
| | Water, Regular Milk Or Skimmed Milk | |
| | 94.8 Kcal/139.8 Kcal/ 119.5 Kcal (per 100gms) /200gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | TRIO OF PANCAKE | 650 |
| <div> <div></div> <div></div> </div> | Vanilla, Berry Or Chocolate | |
| | Berry Compote, Maple Syrup And Butter | |
| | 266 Kcal (per 100gms) 220gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | BELGIAN WAFFLES | 650 |
| <div> <div></div> <div></div> </div> | Berry Compote, Maple Syrup And Butter | |
| | 257.7 Kcal (per 100gms) 250gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | FRENCH TOAST | 650 |
| <div> <div></div> <div></div> </div> | Egg Coated Brioche, Pan-Fried And Served With Berry Compote And Cinnamon Sugar | |
| | 257.4 Kcal (per 100gms) 280gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | CHINESE CONGEE | 550 |
| <div> <div></div> <div></div> </div> | Plain With Crispy Shallots And Sesame Oil | |
| | Chicken | 650 |
| | Prawns | 750 |
| | 168 Kcal/163.8 Kcal/160.9 Kcal (per 100 gms) /220 gms (serving size) | |
| <div> <div></div> <div></div> </div> | HOT & COLD MILK | 450 |
| | 68 Kcal (per 100ml. /270 ml (serving size) | |

INDIAN BREAKFAST SELECTION

750

| | | |
|---|---|-----|
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | PARANTHA | |
| <div> <div></div> <div></div> </div> | Griddled Indian Whole Wheat Bread Filled With Cauliflower, Potato Or Cottage Cheese Served With Yoghurt Or Pickle | |
| | 131.3 Kcal / 178.8 Kcal / 108 Kcal (per 100gms) / 500gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | DOSA | 750 |
| <div> <div></div> <div></div> </div> | Rice And Lentil Crepe, Sambar, Trio Of Chutneys | |
| | 351.6 Kcal (per 100gms) / 150gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | IDLI | 750 |
| <div> <div></div> <div></div> </div> | Steamed Rice Cake, Sambar, Trio Of Chutneys | |
| | 319.7 Kcal (per 100gms) / 250gms (serving size) | |
| <div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> </div> | UTTAPAM | 750 |
| <div> <div></div> <div></div> </div> | Pancake Of Rice And Lentil, Cooked On A Griddle, And Served With Sambar, Trio Of Chutneys | |
| | 259.7 Kcal (per 100gms) / 250gms (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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