

# BAKERY

INR 160

Choose any one

Contains Gluten

## ▲ Classic Croissant 🌾 🥛

Calories 122kcal

## ▲ Danish 🌾 🥛

Calories 107kcal

## ▲ Almond Croissant 🌾 🥛

Calories 188kcal

## ▲ Muffin 🌾 🥛

Calories 90kcal

## ▲ Pain-Au-Chocolate 🌾 🥛

Calories 140kcal

## ▲ Donut 🌾 🥛

Calories 82kcal

## BAKERS BASKET

Choose any 4 pieces

Calories 213kcal

Sunshine Toast  
(whole meal multi grain)

White Bread

Whole Wheat

Sour Dough

## COLD- PRESSED FRESH JUICES

INR 400

### ● ABC Juice

Apple, Beetroot, Carrot

Quantity 200gm I Calories 99kcal

### ● Green Juice

Kale, Cucumber, Green Apple, Mint

Quantity 200gm I Calories 65kcal

### ● Orange Juice

Quantity 200gm I Calories 96kcal

### ● Watermelon Juice

Quantity 200gm I Calories 41kcal

### ● Pineapple Juice

Quantity 200gm I Calories 86kcal

# HEALTHY SHAKES AND SMOOTHIES

INR 499

## ● Chikoo, Soaked Almond, Soya Milk 🌾 🥛

Quantity 300gm I Calories 336kcal

Calories 230, Carbohydrate 44.4 g, Protein 3.4g

## ● Peanut Butter Banana Almond Milk 🥛

Quantity 280gm I Calories 328kcal

Calories 251, Carbohydrate 31.9g, Protein 6.2g

## ● Green Apple, Spinach, Coconut Water

Quantity 280gm I Calories 122kcal

Calories 185, Protein 1.5g

## ● Avocado, Spinach, Celery, Smoothie 🥛

Quantity 280gm I Calories 203kcal

Calories 322, Total Carbohydrate 42g, Protein 10.5g

## ● Blueberry, Pumpkin Seed Smoothie 🥛

Quantity 280gm I Calories 231kcal

Calories 310, Total Carbohydrate 45.4g, Protein 15.1g

## ● Fresh Mango, Rolled Oats and Ground Cinnamon Smoothies 🥛

Quantity 300gm I Calories 356kcal

Calories 289, Total Carbohydrate 52.2g, Protein 12.9g

## WRAPS / SANDWICHES / BURGERS

### ● Mushroom Avocado Toast, Truffle Salsa 🌾 🥛

Quantity 260gm I Calories 175kcal

Calories 124, Total Carbohydrate 11g, Protein 5.8g

INR 995

### ▲ Smoke Salmon, Artichok Spread and Caper in Whole Wheat Sourdough 🌾 🥛 🐟

Quantity 180gm I Calories 520kcal

Calories 221, Total Carbohydrate 0.09g, Protein 20.9g

INR 795

### ▲ Chipotle Lamb Burger 🌾 🥛

Minced Chipotle peppers, Caramalized onion, Tomato,  
Montry Jack, Iceburg

Quantity 220gm I Calories 504kcal

Calories 328 /Carbohydrate 1.4g / Protein 45.1g

INR 1395

### ▲ Greek Chicken Burger White Cheddar, Loloroso, Cucumber, Tomato, Spice Dust, Black Sesame Bun 🌾 🥛

Quantity 220gm I Calories 551kcal

Calories 220, Carbohydrate 1.4g, Protein 34.8g

INR 1395

### ● Falafal Harissa and Tahina Wrap 🌾 🥛 🥛

Quantity 180gm I Calories 358kcal

Calories 207, Total Carbohydrate 21.7g, Protein 8g

INR 995

### ▲ Chicken Shawarma 🌾 🥛 🥛

Quantity 250gm I Calories 534kcal

Calories 215, Carbohydrate 3.1, Protein 28.9g

INR 1295

### Red Quinoa and Chickpea Burger 🌾 🥛

Crunchy lettuce, tomato, spicy mayo Brioche

Quantity 220gm I Calories 656kcal

INR 1395

## SELECTION OF EGGS

INR 695

Eggs served with choice of Bacon or Sausage

### ▲ Egg Selection

Egg any style server with  
Roasted Tomato, Potato, Spinach

Quantity 170gm I Calories 288kcal

🥛 🌾

### ▲ Egg Royale

Poached egg on English muffin with  
salmon topped with hollandaise

Quantity 180gm I Calories 427kcal

🥛 🌾 🐟

### ▲ Eggs Benedict

Poached egg on English muffin with  
ham topped with hollandaise

Quantity 180gm I Calories 301kcal

🥛 🌾 🥛

### ▲ Egg Florentine

Poached egg on English muffin with  
spinach topped with hollandaise

Quantity 180gm I Calories 301kcal

🥛 🌾 🥛 🥛

## HEALTHY PASTA

Approximate calories of pasta per serving

Calories 390 /Carbohydrate 89.3g / Protein 6.1g

### Multigrain Fusilli, Spicy Cherry Tomato Sauce 🥛

Quantity 280gm I Calories 426kcal

CHOICE ● Basil pesto / spicy cherry tomato / blue cheese

INR 1345

SAUCE:

### Rice Flour Penne, Basil Pesto 🥛 🥛

Quantity 250gm I Calories 575kcal

### Whole Wheat Penne, Blue Cheese Sauce 🌾 🥛

Quantity 280gm I Calories 996kcal

### Whole Wheat Spaghtti, Chicken Bolognaise 🌾 🥛 🥛

Quantity 280gm I Calories 422kcal

▲ Chicken bolognaise

INR 1545

All prices are exclusive of applicable Government taxes. We will be delighted to incorporate your specific dietary requirements and preferences or any food allergies in the preparation of your meal. As per guidelines issued by the Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kcal of energy per day. However, the actual calories needed may vary per person.

● VEGETARIAN ▲ NON-VEGETARIAN

🌾 GLUTEN 🥛 MILK 🥛 NUTS 🥛 EGGS 🌾 SOYA 🐟 FISH 🥛 SULPHITES 🦀 CRUSTACEAN

# LUNCH & DINNER - SMALL PLATES

## ● Baby Tender Leaves with Apple, Feta, Cranberry, Mustard Honey Dressing 🍷

Quantity 180gm | Calories 180kcal

Calories 284, Carbohydrate 60.4g, Protein 5.1g

INR 845

## ● Charred Broccoli, Sprout Lentil, Cucumber Heirloom Cherry Tomato 🍷

Quantity 180gm | Calories 159kcal

Calories 199, Carbohydrate 35.3g, Protein 14.5g

INR 845

## ● Quinoa Cranberry Salad (Gluten Free) 🍷

Quantity 160gm | Calories 369kcal

Calories 254, Carbohydrate 34.8g, Protein 7.8g

INR 845

## ● Roasted Beet, Blood Orange with Goat Cheese (Gluten Free) 🍷 🌱 🍷

Quantity 220gm | Calories 284kcal

Calories 181, Carbohydrate 13.1g, Protein 13.7g

INR 845

## ● Herbed Cous Cous, Avocado & Chickpea Salad with Lemon Tahini Dressing 🍷

Quantity 220gm | Calories 670kcal

Calories 185, Carbohydrate 13.2g, Protein 13.1g

INR 845

## ▲ Cured Salmon Tarter with Cilantro Egg White 🍷 🌱

Quantity 280gm | Calories 537kcal

Calories 186, Carbohydrate 0.01g, Protein 20.4g

INR 1045

## ▲ Fresh Thyme Marinated Grill Prawn, Chili Flakes, Fresh Parsley (Gluten Free) 🍷

Quantity 165gm | Calories 174kcal

Calories 168, Carbohydrate 13.2g, Protein 22.9g

INR 1545

# LARGE PLATES

## ● Grilled Roman Artichok with Herb Gremolata Artichok Cream, Mint Oil 🍷

Quantity 180gm | Calories 517kcal

Calories 257 gram, Carbohydrate 13.2g, Protein 10.4g

INR 1345

## ● Roasted Harissa Aubergine, Tabbouleh with Brunt Garlic Yoghurt, Grilled Pita 🍷 🌱 🍷

Quantity 220gm | Calories 214kcal

Calories 183 gram, Carbohydrate 20.1g, Protein 6.4g

INR 1345

## ● Fresh Vegetables Caponata, Turmeric Cauliflower Rice- Vegan / Keto / Gluten Free

Quantity 200gm | Calories 75kcal

Calories 172, Total Carbohydrate 28.4g, Protein 6.6g

INR 1345

## ● Zucchini Noodles, Basil Pesto - Vegan / Keto / Gluten Free

Quantity 180gm | Calories 69kcal

Calories 103, Total Carbohydrate 7.3g, Protein 2.2g

INR 1345

## ▲ Grilled Chicken Breast, Broccoli, Carrot Garlic Porcini Mushroom Sauce 🍷

Quantity 350gm | Calories 710kcal

Calories 317, Total Carbohydrate 7.2g, Protein 44g

INR 1545

## ▲ Pan Seared Norwegian Salmon, Wilted Spinach, Bilbaina Sauce 🌱 🍷

Quantity 280 gm | Calories 444kcal

Calories 355, Total Carbohydrate 6.8g, Protein 52.6g

INR 2650

# SOUPS

## ● Beetroot, Carrot, Spinach Soup (Gluten Free) 🍷

Quantity 200gm | Calories 50kcal

Calories 96, Carbohydrate 21.6g, Protein 3.8g

INR 745

## ▲ Chicken and Sweet Corn Soup (Gluten Free) 🍷

Quantity 180gm | Calories 165kcal

Calories 207, Carbohydrate 18.7g, Protein 26.5g

INR 845

# MEZZE AND PITA

INR 1045

## ● Hummus

Quantity 100gm | Calories 451kcal

Calories 23g

## ● Harissa Sauce

Quantity 30gm | Calories 64kcal

Calories 51g

## ● Baba Ghanoush 🍷

Quantity 60gm | Calories 38kcal

Calories 55g

## ▲ Aioli 🍷

Quantity 25gm | Calories 192kcal

Calories 49g

## ● Tabbouleh 🍷

Quantity 60gm | Calories 110kcal

Calories 59g

## ● Tahina Sauce

Quantity 30gm | Calories 45kcal

Calories 56g

## ● Marinated Olives

Quantity 30gm | Calories 90kcal

Calories 69g

## ● Small Pitta Bread 🍷

Quantity 60gm | Calories 165kcal

Calories 77g

# DESSERTS

INR 745

## ● Olive Oil Panna Cotta, Orange Mint Salsa (Gluten Free) 🍷

Quantity 200gm | Calories 976kcal

Calories 105, Total Carbohydrate 9.8 g, Protein 3g

## ▲ Caramel Pecan Honey Tart, Vanilla Gelato (Gluten Free) 🍷 🌱 🍷

Quantity 200gm | Calories 804kcal

Calories 92, Total Carbohydrate 18.8g, Protein 2.5g

## ▲ Flourless Chocolate Almond Cake, Cream Anglaise (Gluten Free) 🍷 🌱 🍷

Quantity 120gm | Calories 540kcal

Calories 346, Total Carbohydrate 22g, Protein 9.4g

## ● Roasted Fresh Seasonal Fruit with Ice Cream (Gluten Free) 🍷

Quantity 120gm | Calories 192kcal

Calories 265, Total Carbohydrate 54.9g, Protein 5.4g

## Sorbets - Raspberry and Champagne, Passion Fruit and Plum 🍷

Quantity 150gm | Calories 266kcal

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