



The vigour of life





Aujasya by the Leela is a holistic wellness program - a healthy lifestyle reected in physical, mental, social, and spiritual wellbeing. Aujasya is not just a word, it's a way of life.

Conceived and executed in collaboration with Dr. Ankita Jalori, one of India's pre-eminent nutrition and wellness consultants, the menu has been curated to achieve the impossible balance between your health needs and your gastronomic expectations. Our Chefs have worked behind the scenes on our signature recipes to increase the nutritional values and enhance the functional components but retaining the authentic essence and experience of each dish.

Aujasya isn't a word. It's a way of life. And it isn't about how good you feel today. It's about how well you face tomorrow.

Choose today for a healthier tomorrow.

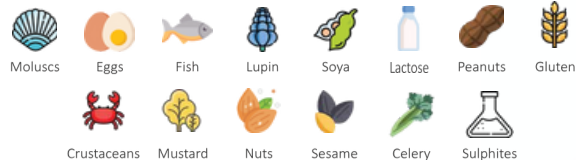
Conceived and executed in collaboration with Dr. Ankita Jalori, one of India's pre-eminent nutrition and wellness consultants, the menu has been curated to achieve the impossible balance between your health needs and your gastronomic expectations.

This menu is primarily millet-based and consists of :

- Whole grains
- Lean protein
- Low-fat dairy
- Fruits and vegetables

We present a palate of your wellbeing by combining the elements above in requisite proportions. Together, these food groups provide complex carbohydrates, fibre, protein, and a small amount of fat.

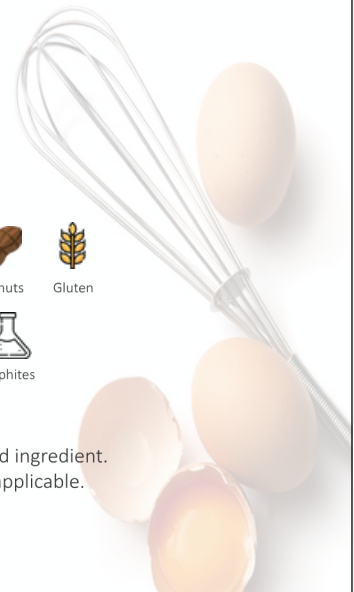
To balance taste as well as health, start the day right with this healthy selection of foods.



☒ Vegetarian

☐ Non-vegetarian

Please let your server know if you are allergic to any food ingredient.
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BREAKFAST

■ SORGHUM RAVA IDLI



₹ 500

This fermented and steamed South Indian dish is consumed and embraced in India and all around the world. In this high fibre variation, rice is replaced by Sorghum Rava and served with drumstick sambhar and coconut chutney.

Low GI | MCT's Rich | Antioxidant-Rich |

Sorghum - A healthy gluten-free millet that is high in fibre, protein and packed with essential minerals and vitamins. It helps control diabetes, hypothyroidism and aids in weight loss. It is rich in, thiamine, riboflavin, folic acid, calcium, phosphorus, potassium, zinc, iron and -carotene.

White lentil (Urad dal) - A rich source of iron, calcium, fibre, protein and antioxidants.

Coconut chutney - Adds the essential MCT's.

Drumstick - Renders its unique flavour besides being a storehouse of essential nutrients.

Cal : 400 • Protein : 17 • Fats : 14.5 • Carbs : 62.8 • Fibre : 11.2

■ PEARL MILLET PESARATTU



₹ 575

Made with fibre and iron packed bajra and served with coconut chutney and sambhar

Gluten-Free | Iron-Rich | Diabetic Friendly

Pearl Millet / Bajra Pesarathu - A healthy and wholesome protein-packed crepe that makes a wholesome breakfast dish. The addition of green chilli, ginger and coriander leaves make it truly delicious. Pearl millet is known to increase insulin sensitivity and lower the level of triglycerides. It is also very effective for controlling diabetes because of its high fibre content. It gets digested slowly and releases glucose into the blood at a slower rate as compared to other foods. This effectively helps in maintaining blood sugar levels.

Cal : 397 • Protein : 16.2 • Fats : 9 • Carbs : 63.5 • Fibre : 13.8



Molluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



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BREAKFAST

▲ BAKED EGG WITH SPINACH AND TOMATO 🍳

₹ 650

Goodness of eggs blended with the super green - Popeye the sailor got his strength from, served with multigrain toast

High Protein | Omega- | Calcium-Rich

Eggs - Among the most nutritious foods on the planet, containing a little bit of almost every nutrient you need. They are high in quality protein and contain all the essential amino acids that we need. They also contain a range of vitamins and minerals including Vitamin A, Vitamin E and Selenium which act as important antioxidants, Vitamin D and Omega-3 fatty acids, plus a little - known nutrient, choline, which is very good for brain activity.

Spinach - Loaded with nutrients, is low-calorie and also benefits your skin, hair and bones. Our ancestors were not wrong in propagating the health benefits of such an amazing vegetable.

Cal : 385 • Protein : 21.1 • Fats : 14.2 • Carbs : 44.2 • Fibre : 8.2

▲ FAB PANCAKE – MILLET PANCAKE 🍳

₹650

Finger millet / Amaranth / Barnyard millet – make this a FAB pancake with a wealth of nutrients, sweetened with organic jaggery and flavoured with dry ginger and fennel seeds.

High Fibre | High Protein | Calcium-Rich | Gluten-Free

Finger Millet - High-fibre content keeps blood sugar steady, lowers cholesterol, and helps to lose weight. The polyphenols found in it are also antidiabetic and antioxidant.

Amaranth - A valuable source of protein, calcium and phosphorus. It is also a rich source of amino acid lysine and zinc, contributes to healthy hair and helps the body absorb calcium, build muscle, and produce energy. Amaranth is a high fibre food as well. This makes it filling and aids digestive health, cholesterol, blood pressure, slowing the absorption of sugars to let the body keep up with energy production.

Barnyard Millet - Rich in dietary fibre, resistant starch, magnesium, iron, zinc and many essential vitamins and minerals, exerts a positive impact on blood glucose and serum lipid levels. It also helps in healthy weight management.

Cal : 355 • Protein : 10.2 • Fats : 12.2 • Carbs : 51.9 • Fibre : 7.6



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Fish



Lupin



Soya



Lactose



Peanuts



Gluten



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BREAKFAST

FRUIT AND NUT – YOGHURT BOWL

₹ 750

Seasonal fresh fruits and roasted nuts layered with fresh natural yoghurt

Natural Immunity Booster | Omega- Rich | Calcium-Rich

Yoghurt - Provides a lot of nutrients that your body needs. It is especially high in calcium, B vitamins and trace minerals. Yoghurt contains probiotics, which boost digestive health by reducing the symptoms of common gastrointestinal disorders, such as bloating, diarrhoea and constipation. It also boosts the immune health and prevents certain illnesses. When combined with the goodness of the antioxidants provided by the berries, essential fatty acids and omega-3 from the nuts and seeds, this becomes a complete dish.

Cal : 322 • Protein : 10.3 • Fats : 15.8 • Carbs : 36.2 • Fibre : 6.5

TOFU SCRAMBLE TOAST

₹ 650

Bean curd, Himalayan turmeric, green tomato, red bell pepper, fresh herbs and country style millet bread

Antioxidant-Rich | Immunity Boost | High-Protein

To give your morning a head start, this tofu scramble toast with avocados is a super scrumptious plant-based breakfast.

Tofu - A good source of protein and contains all nine essential amino acids. It is also a valuable plant source of iron, calcium, manganese and phosphorous. In addition to this, it also contains magnesium, copper, zinc and vitamin B1.

Avocados - Provide healthy fats, fibre and various other important nutrients.

Cal : 287 • Protein : 13.58 • Fats : 17.2 • Carbs : 21.8 • Fibre : 7.3



Molluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



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BREAKFAST



SATTU PARATHA, KACHUMBER SALAD

₹ 500

A popular dish in the Bihar region of India, made from organic roasted gram flour

High Protein| Calcium-Rich

Sattu - A protein-rich flour made from powdered chana (Bengal gram). The dry-roasting process by which Sattu is made, seals in all the nutrients. In addition to being rich in protein, it is high in fibre, calcium, iron, manganese and magnesium. It aids digestion, given its high amounts of insoluble fibre which cleanses and detoxifies the colon and reduces acidity. Sattu is a low-glycemic index food and so is a good option for diabetics. It keeps blood sugar levels in control and regulates blood pressure.

Cal : 372 • Protein : 15.6 • Fats : 10.5 • Carbs : 53.9 • Fibre : 8.2



Moluscs



Eggs



Fish



Lupin



Soya



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Peanuts



Gluten



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À La Carte Breakfast

[6Am-11Am]

MORNING SMOOTHIES & JUICES

	Freshly Squeezed Juices 110 Kcal Serving Size 200ml	425
	Orange Pineapple Watermelon	
	Tender Coconut Water 45 Kcal Serving Size 200ml	425
	Stress Less Smoothie  160 Kcal Serving Size 220gm	455
	Berries Flax Seeds Natural Yoghurt	
	Orange Banana & Oat Smoothie  156 Kcal Serving Size 220gm	455
	Orange Rolled Oats Natural Yoghurt	
	Green Ginger Smoothie  134 Kcal Serving Size 220gm	455
	Baby Spinach Green Apple Natural Yoghurt	



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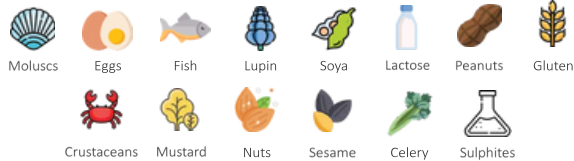
BREAKFAST SIGNATURES

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|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
|  | Vegan Banoffee & Muesli Toast   240 Kcal Serving Size 200gm | 775 |
| | Peanut Butter Caramelized Banana Almonds | |
|  | Avocado & Egg Toast    380.12 Kcal Serving Size 200gm | 755 |
| | Poached Egg Guacamole Multigrain Toast | |
|  | Keema Par Eedu    480.32 Kcal Serving Size 200gm | 950 |
| | Parsi Style Mutton Keema Poached Eggs Buttered Pav | |

EGGS TO ORDER

(ALL EGG ORDERS ARE SERVED WITH HASH BROWN & GRILLED TOMATO)

- | | | |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
|  | Choice of Omelette  158.12 Kcal Serving Size 180gm | 615 |
| | Plain Ham Cheese Bacon Chicken Masala Onion Tomato Peppers Chili | |
|  | Two Eggs any Style  143.18 Kcal Serving Size 150gm | 615 |
| | Poached Sunny Side Up Over Easy Scrambled Boiled | |
|  | Eggs Florentine    737.18 Kcal Serving Size 320gm | 625 |
| | English Muffin Spinach Poached Eggs Hollandaise Sauce | |
|  | Akuri on Toast   620.18 Kcal Serving Size 320gm | 650 |
| | Persian Style Scrambled Eggs Potato Salli Fried Onion | |
|  | Eggs Benedict    733.28 Kcal Serving Size 325gm | 655 |
| | English Muffin Breakfast Ham Poached Eggs Hollandaise Sauce | |



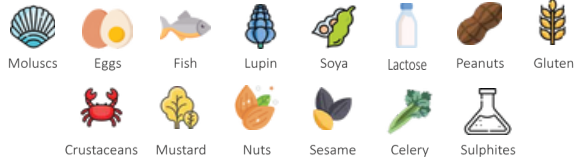
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EUROPEAN BREAKFAST

-  **Choose Your Cereal**  | 180 Kcal | Serving Size 300gm 375
Chocos | Muesli | Wheat Flakes | Corn Flakes
- Choose Your Milk** 
- Full Cream Milk | Almond Milk | Soy Milk | Skimmed Milk
-  **Oatmeal Porridge**   300 Kcal | Serving Size 166gm 450
Oats | Milk | Apricots
-  **Signature Bircher Muesli**    | 310 Kcal | Serving Size 300gm 455
Oats | Yoghurt | Green Apple | Almond
-  **Granola & Yoghurt Parfait**   | 355 Kcal | Serving Size 300gm 455
Granola | Honey Yogurt | Fresh Fruits
-  **Belgian Waffle**    | 426 Kcal | Serving Size 180gm 555
Maple Syrup | Whipped Cream | Berry Compote
-  **Pancakes**    | 426 Kcal | Serving Size 180gm 555
Maple Syrup | Whipped Cream | Berry Compote
-  **French Toast**    | 450 Kcal | Serving Size 180gm 555
Maple Syrup | Whipped Cream | Berry Compote








 Vegetarian













 Non-vegetarian

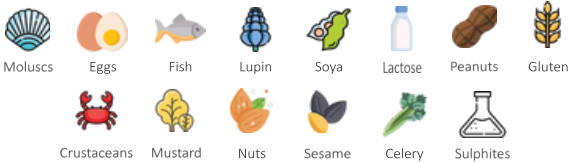
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SIDES

	Baked Beans 187 Kcal Serving Size 250gm	300
	Sauteed Mushrooms 185 Kcal Serving Size 250gm	300
	Chicken Sausage / Chicken Salami 245 Kcal Serving Size 120gm	300
	Honey Roasted Ham 310 Kcal Serving Size 120gm	350
	Bacon 320 Kcal Serving Size 120gm	350

BAKERS BASKET (CHOOSE ANY TWO) 300

-  **Croissants**    | 891 Kcal | Serving Size 200gm
Chocolate | Plain | Almond
-  **Danish Pastry**    | 780 Kcal | Serving Size 200gm
Fresh Fruit | Cherry Crumble
-  **Muffins**    | 326 Kcal | Serving Size 200gm
Chocolate | Oats | Plain
-  **Toast Bread**   | 192 Kcal | Serving Size 75gm
White Bread | Whole Wheat Bread | Multigrain Bread

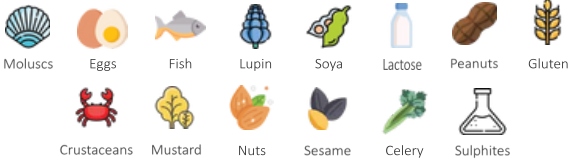



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INDIAN BREAKFAST

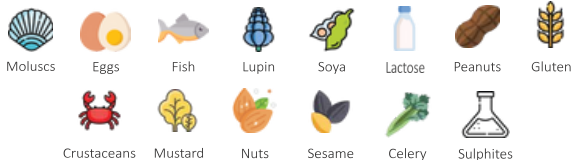
	Paratha   640 Kcal Serving Size 180gm	515
	Stuff Indian Bread Cooked On Griddle Plain Potato Cauliflower Paneer	
	Puri Bhaji   656 Kcal Serving Size 250gm	515
	Deep Fried Whole Wheat Indian Bread Served With Potato Curry	
	Chole Bhature   742 Kcal Serving Size 250gm	515
	Deep Fried Refined Flour Indian Bread Served With Chickpea Curry	
	Dosa  220 Kcal Serving Size 180gm	515
	Indian Savoury Crepes Made With Rice And Lentils Served With Selection Of Chutney & Sambar Plain Masala Rawa Mysore	
	Uttappam  242.18 Kcal Serving Size 200gm	515
	Indian Savoury Pancake Made With Rice And Lentils Served With Selection Of Chutney & Sambar Masala Onion Podi	
	Idli  300.16 Kcal Serving Size 200gm	515
	Steamed Rice Cakes Served With Selection Of Chutney & Sambar	



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- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <div>  Medu Vada  405.28 Kcal Serving Size 200gm </div> <div> Deep Fried Dumpling Made With Lentil
 Served With Selection Of Chutney & Sambar </div> | 515 |
| <div>  Kanda Poha  240 Kcal Serving Size 200gm </div> <div> Stir Fry Flat Rice With Onion And Peanut Served With
 Sev, Onion & Lemon Wedges </div> | 515 |
| <div>  Ghee Pongal   319 Kcal Serving Size 200gm </div> <div> Indian Style Porridge Made With Rice And Lentil
 Served With Selection Of Chutney, Ghee & Sambar </div> | 515 |
| <div>  Vegetable Upma   158 Kcal Serving Size 200gm </div> <div> Indian Style Porridge Made With Semolina
 Served With Selection Of Chutney, Ghee & Sambar </div> | 515 |



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AUJASYA ALACARTE

SOUPS

600

GIRNAR BUTTERNUT SQUASH AND GROUNDNUT

Millet bread crostini, low-fat cheese, nutmeg, dill leaves

Protein | Vitamin A | Mono and Poly Unsaturated Fats | Immunity Booster

This Soup gives nourishing energy as it is alkalinizing in nature and builds OJAS (immunity)

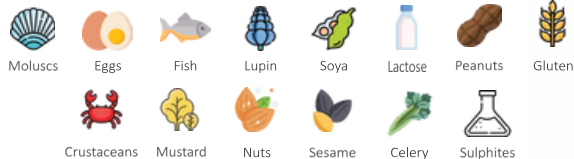
Butternut squash is a healthy nutrient -dense food that is an abundant source of powerful antioxidants. It is low in calories and sodium yet high in many nutrients, including vitamin A, vitamin C, magnesium, and potassium, thus good for managing your blood pressure and reducing the risk of heart diseases. Its fiber helps with managing blood sugar and acts as a prebiotic.

Groundnut or Peanuts are packed with healthy fats and high-quality protein. The healthy fat consists mostly of mono and poly unsaturated fatty acids which nourish the heart.

Star ingredient - Butternut squash

Serving size : 180 ml

Cal: 217.2 Kcal • Protein: 6.6 gm • Fats: 10.2 gm • Carbs: 26.7 gm • Fiber: 5.5 gm



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SOUPS



MALABAR KALE BROCCOLI AND COCONUT

₹600

A blend of nutritive greens, fresh coconut milk, silken tofu

Protein | Vitamin K | Calcium | Fiber | MCT's | Immunity Booster

This vibrant, flavourful soup wakes up the taste buds! It is vegan and enriched with the goodness of coconut milk that is full of fiber, protein, vitamins and other nutrients.

A cruciferous vegetable, kale contains fiber, antioxidants, calcium, vitamins that help with brain health.

Coconut Milk contains lauric acid which is antimicrobial, anti-fungal and anti-inflammatory. It is full of important nutrients like manganese, copper, selenium, calcium and zinc.

Broccoli is high in nutrients, including fiber, vitamin C, vitamin K, iron and potassium. It also boasts more protein than most other vegetables.

Star ingredient - Coconut milk

Serving size : 180 ml

Cal: 191 Kcal • Protein: 7.5 gm • Fats: 13.8 gm • Carbs: 14.2 gm • Fiber: 5 gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



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SOUPS

▲ CHICKEN BROTH WITH 63-DEGERE POACHED EGG 🍳 🌿

₹650

Free-range chicken, cage-free eggs, young ginger, pok choy

Protein | Vitamin D | Omega - 3 Fats | Immunity Booster

A flavoursome soup with a light broth and egg, cooked slowly at a very precise temperature to achieve a high-impact result: a shimmering, silky orb of creamy egg white surrounding a rich, softly liquid egg yolk.

Eggs are a perfect protein source because of their bio availability and high-quality protein as they contain all nine essential amino acids in sufficient amounts to support health. Eggs also contain a range of vitamins, minerals, antioxidants and omega-3 fats, plus a little known nutrient, choline which is good for brain activity.

Chicken broth is rich in essential fatty acids and protein it is also a rich source of minerals like iron and selenium it helps prevent and manage cardiovascular diseases and high cholesterol.

Star ingredient - Chicken broth

Serving size : 180 ml

Cal: 210 Kcal • Protein: 19 gm • Fats: 12.8 gm • Carbs: 5.6 gm • Fiber: 1.7 gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



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Mustard



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SOUPS

SEASONAL MUSHROOM AND THYME



₹650

Freshly harvested cremini and button mushrooms, chevre cheese tart, cracked black pepper

Protein | Fiber | Zinc | Potassium | B Vitamin | Antioxidant

This simple, delicious recipe is made without cream or milk. The combination of cremini and white button mushrooms add earthy notes that work well with the spices.

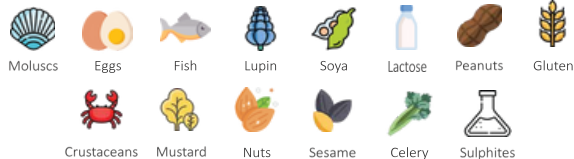
Cremini mushrooms are known for their delicate flavour and meaty texture. they are a low-calorie food that packs a nutritional punch. Loaded with fiber, protein, health-boosting vitamins, minerals and antioxidants. They are an excellent source of zine, an essential trace element for boosting immune health.

Chevre goat cheese is a reliable source of protein, healthy fats, vitamins and minerals. The fatty acids found in goat's milk have antibacterial qualities.

Star ingredient - Cremini mushrooms

Serving size : 180 ml

Cal: 145.7 Kcal • Protein: 6.1 gm • Fats: 7.6 gm • Carbs: 14.7 gm • Fiber: 2.2 gm



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SALADS

DECCAN AVOCADO YOUNG SPINACH AND CITRUS

₹650

Fresh pears, toasted walnuts, smoked yogurt dressing

Protein | Fiber | Healthy Fats | Vitamin C and A | Iron | Zinc | Antioxidant

This simple salad is packed with nutrients and healthy fats, this combination enhances nutrient absorption. The addition of the probiotic yogurt dressing makes it gut-friendly.

Avocados are rich in nutrients, including fiber, healthy fats, vitamins and packed with bioactive carotenoids and phenolic compounds. This nutritional profile makes them beneficial for heart and gut health.

Spinach is low in carbs and high in insoluble fiber, which benefits your digestion. It is an extremely nutrient-rich vegetable, packed with excessive amounts of carotenoids, vitamin C, vitamin K, folic acid, iron and calcium. It has a host of benefits, including reducing oxidative stress, promoting eye health, fighting cancer and regulating blood pressure. In addition, it also helps restore energy, increase vitality and improve quality of blood.

Star ingredient - Avocado and spinach

Serving size : 160 ml

Cal: 279 Kcal • Protein: 5.6gm • Fats: 12.7gm • Carbs: 19.8 gm • Fiber: 7.7 gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



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SALADS



THAR QUINOA, BEET AND GOAT MILK CHEESE



₹650

Slow-roasted ash gourd, baby spinach, goat cheese, acai powder

Protein | Fiber | Iron | Antioxidant | Gluten-Free

This salad is made with nutritious quinoa and an abundance of fresh ingredients like beets, ash gourd, spinach and bell pepper. Finished with a delicious, bright acai berry powder. Rich in fiber, vitamins, minerals, antioxidants and all nine essential amino acids, this dish improves blood sugar, cholesterol levels and even aids weight loss.

Quinoa has complete protein, insoluble fiber and resistant starch. It is a good source of manganese, phosphorus, copper, folate, iron, magnesium and zinc.

Beets are high in water, made rate in fiber and protein and low in calories. All these nutrients enhance the digestive health, help to balance the energy intake and reduces the risk of several chronic health conditions.

Goat cheese is full of beneficial probiotics and a healthy bacterium that helps boost immunity. The vitamins, minerals and heart-healthy fats in it help improve overall health.

Ash gourd's low-calorie, low-carbohydrate, high-water, high-fiber and antioxidant contents provide a nutrient combination.

Acai berry powder adds trace minerals and antioxidants, including anthocyanins to this power-packed salad.

Star ingredient - Ash gourd and goat cheese

Serving size : 160 ml

Cal: 274 Kcal • Protein: 10gm • Fats: 12.5gm • Carbs: 30 gm • Fiber: 7.3 gm



Molluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



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SMALL PLATES



HIMALAYAN EARTH BOWL

₹800

Himalayan bean tofu, roast organic beets, garlic wilted greens, toasted sesame seeds, served on a bed of Himalayan red rice kedgerree

Protein | Zinc | Iron | Antioxidant | Gluten-Free

Experience the bountiful nutrition of this wholesome vegetarian bowl. Himalayan tofu and roasted beets provide a wonderful texture to this colourful, herbaceous combination.

Himalayan red rice is minimally processed, so retains the health benefits with a beautiful red pigment and unique flavour. The red colour of the rice is due to the antioxidant anthocyanin. It is also high in fiber, complex carbohydrates, B vitamins and minerals. These together account for its health benefits like preventing and managing diabetes, improving vision and is heart friendly.

Himalayan bean tofu gives the protein punch and is also rich in calcium. Seeds, garlic and beets enhance the flavour and boosts your immunity.

This healthy bowl is not just nourishing for your body but also for your soul.

Star ingredient - Himalayan red rice

Serving size : 250 ml

Cal: 460 Kcal • Protein: 28.3gm • Fats: 19.2gm • Carbs: 56 gm • Fiber: 8.2 gm



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Eggs



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SMALL PLATES

BARLEY AND BEETROOT QUINOTTO

₹800

Slow cooked grains, roasted beetroot, low fat cheese, arugula, sunflower seeds

Protein | Iron | Copper | Selenium | Antioxidant | Nitrates

Enriched with the goodness of barley, quinoa and beetroot, this is a healthy version inspired by risotto.

Barley is a versatile grain with a slightly nutty flavour it is rich in vitamins, minerals and other beneficial plant compounds, particularly fiber, manganese and selenium. Additionally, barley packs lignans, a group of antioxidants linked to a lower risk of cancer and heart disease its high fiber content plays important roles in digestion.

Beetroot is low in calories and fat, yet high in valuable vitamins and minerals required by your body. It contains a high concentration of nitrates, which helps lower the blood pressure levels.

Star ingredient - Barley and beetroot

Serving size : 200 gm

Cal: 443 Kcal • Protein: 16.7gm • Fats: 12.4gm • Carbs: 56.6 gm • Fiber: 13.2 gm



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SMALL PLATES



MULTIGRAIN CRÊPES 🌱 🌾

₹650

Courgetti and sundried tomato caponata, zucchini, plum tomato, tofu

Protein | Fiber | Iron | Calcium | Antioxidant

This healthy savoury crêpe is high in protein and made with organic multigrain flour, tofu, and vegetables.

Tofu is low in calories yet high in protein and contains essential vitamins and minerals, including calcium and manganese. It contains isoflavones which are responsible for tofu's health benefits like improving markers of heart health, managing blood sugar levels, improving brain functions and stronger bones.

Star ingredient - Tofu

Serving size : 200 gm

Cal: 310.4 Kcal • Protein: 16.7gm • Fats: 9.4gm • Carbs: 42.5gm • Fiber: 8.2 gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

Please let your server know if you are allergic to any food ingredient.

All prices are in Indian rupees. Government taxes as applicable.

SMALL PLATES

MUQABILAT

₹800

Edamame green pea hummus, organic chickpea falafel, 7 seed pita, fattoush

Protein | Fiber | Omega-3 Fatty Acids | Antioxidant | Immunity Booster

Refreshing and nutritious interpretation of mezze empowered by protein-rich edamame and omega-3 rich seeds.

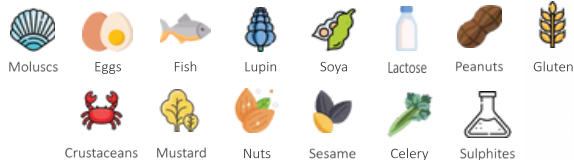
Seeds are a major source of fiber and can help reduce blood sugar, cholesterol and blood pressure. In this dish, seven types of healthy seeds are used to make pita.

Edamame beans are whole, young soybeans which contain good amount of vitamins, minerals, protein, antioxidants and fiber. These also contain significantly more vitamin K and folate than mature soybeans.

Star ingredient - Edamame and seeds

Serving size : 200 gm

Cal: 341 Kcal • Protein: 10.8 gm • Fats: 16.5gm • Carbs: 39.2 gm • Fiber: 10 gm



 Vegetarian

 Non-vegetarian

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SMALL PLATES

KOCHI BAY GRILLED PRAWNS

₹1050

Compressed Thar watermelon, roasted beetroot puree, crisp hydroponic kale, millet breadcrumbs

Protein | Selenium | Zinc | B Vitamins | Vitamin E | Omega-3 Fatty Acids | Antioxidant

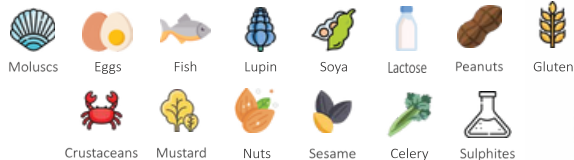
This amazing recipe represents an interesting medley of marinated and grilled prawns with ginger and mint compressed watermelon. Grilling involves least amount of oil ensuring this is light and healthy.

Prawns are a major source of high-quality complete protein and provide the important vitamins and minerals that make up a healthy diet. They are surprisingly low in calories, are made up of healthy fats including omega-3 and omega-6 fatty acids. Additionally, they are a good source of vitamins B6, B12, iron, selenium, zinc and niacin, which help the body build strong bones and muscles, replenish red blood cells and develop a healthy immune system.


Star ingredient - Prawns

Serving size : 200 gm

Cal: 188.1 Kcal • Protein: 24.8 gm • Fats: 5.6 gm • Carbs: 10.3 gm • Fiber: 1.6gm



 Vegetarian

 Non-vegetarian

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LARGE PLATES

▲ 64-DEGREE CHICKEN BREAST 🌿

₹1625

Lime and parsley barley, pickled radish, shaved asparagus, and tomato salad, pan jus

Protein | Fiber | Selenium | B Vitamins

Chicken breast prepared with sous-vide ensures that you enjoy all the nutrients preserved while cooking. This succulent chicken is paired with an interesting yet nutritious barley salad making it a complete meal.

Chicken breast is nutrient-rich and an excellent source of lean protein. It is especially high in selenium, phosphorus, vitamins B6, B12, niacin and tryptophan. Selenium is important for thyroid function. Niacin and vitamin B6 both play an essential role in cellular functioning. In addition, it improves the bioavailability of other nutrients boosting the absorption of plant-based iron.

Barley is a versatile grain, with a slightly nutty flavour. It is rich in vitamins, minerals and other beneficial plant compounds, particularly fiber, manganese and selenium. Its high fiber content, lignans and antioxidants not only improve digestion but also linked to a lower risk of cancer and heart disease.

Star ingredient - Chicken and barley

Serving size : 250 gm

Cal: 410Kcal • Protein: 34.8 gm • Fats: 14.7 gm • Carbs: 33 gm • Fiber: 8.2 gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

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LARGE PLATES

CATCH OF THE DAY

₹1975

Gujarat bay red snapper, roasted sweet potato crush, Valencia orange nage

Protein | Selenium | A and B Vitamins | Omega-3 Fatty Acids

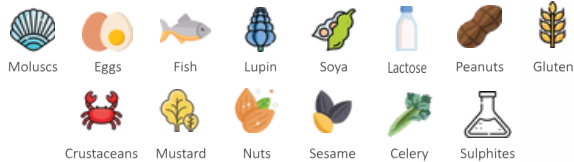
Red snapper is a popular fish with a firm texture and a distinctive sweet flavour. This lean fish with high protein and low fat has a nutritional profile that is impressive. It is also rich in selenium, potassium, omega-3 fatty acids, and A and B vitamins. It supports heart health, helps in weight management, is good for the brain and strengthens the immune system.

Sweet potato is high in fiber. It is an excellent source of many vitamins and minerals including beta carotene, vitamin C, and potassium.

Star ingredient - Gujarat bay red snapper

Serving size : 250 gm

Cal: 208.7 Kcal • Protein: 21.8 gm • Fats: 8.6 gm • Carbs: 10.5 gm • Fiber: 3 gm



 Vegetarian

 Non-vegetarian

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LARGE PLATES

FAB SPAETZLE / SPAETZLE

₹950

Handmade pasta known as 'little sparrow,' enriched with Finger, Amaranth and Barnyard millet flours, fresh herbs crumble, olive oil

We use cage-free eggs as an ingredient while crafting our handmade spaetzle

Choice of fresh vegetables or free-range chicken

Protein | Fiber | Iron | Niacin | Antioxidant

Spaetzle is a handmade traditional pasta. We have curated our version with a combination of healthy FAB millets - Finger, Amaranth and Barnyard millet flours.

Millets aptly called 'nutri-cereals' are traditional grains. They have nutraceutical and health - promoting properties, especially the high fiber content which acts as prebiotics for the gut microflora.

Finger millet is the richest source of calcium, its proteins are unique because of the sulphur rich amino acid contents.

Barnyard millet is the richest source of insoluble fiber, iron, and beta-glucan which acts as antioxidant and helps in reducing blood lipid levels.

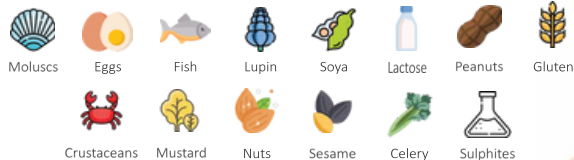
Amaranth is high in protein, dietary fiber, iron, magnesium, phosphorus, calcium and phytosterols, with cholesterol-lowering properties.

Star ingredient - FAB millet mix

Serving size : 250 gm

Veg -Cal: 265.7 Kcal • Protein: 8.2 gm • Fats: 12.8 gm • Carbs: 30.3 gm • Fiber: 4.9 gm

Chicken - Cal: 295 Kcal • Protein: 13.8 gm • Fats: 13.6 gm • Carbs: 29.4 gm • Fiber: 4.5 gm



 Vegetarian

 Non-vegetarian

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LARGE PLATES

MILLET MAGIC

₹900

Spinach and Himalayan millet risotto, sundried tomatoes, wilted greens and confit garlic

Protein | Fiber | Iron | Vitamin C | Antioxidant

Like the traditional version, this risotto is creamy, comforting and is bursting with fresh flavours. Rice is replaced by Himalayan millets in this gluten-free risotto, making it more wholesome and healthier.

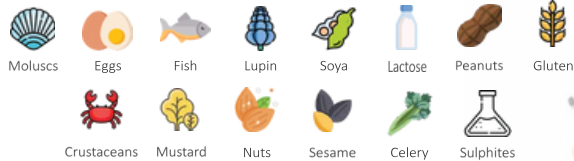
Millet, an ancient grain, is rich in fiber, protein, antioxidants, minerals and vitamins. They are a major source of complex carbohydrates that take a longer time to get digested and hence they are diabetes friendly.

They are also full of iron and lend a lovely texture to this dish.

Star ingredient - Himalayan millets

Serving size : 250 gm

Cal: 440Kcal • Protein: 16.5gm • Fats: 16gm • Carbs: 60gm • Fiber: 11gm



 Vegetarian

 Non-vegetarian

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LARGE PLATES



DECCAN QUINOA BIRYANI



₹1050 / 1250

A blend of red and yellow quinoa handpicked fragrant spices, avocado and mint raita, spiced tapioca cracker Choice of farm fresh vegetables or free-range chicken

Protein | Fiber | Folate | Antioxidant | Gluten-Free

This low-carb and delicious interpretation of biryani uses quinoa which is rich in fiber, vitamins, minerals, antioxidants and essential amino acids. The fats are mostly monosaturated which improve blood sugar and cholesterol levels, aid weight management and are good for health.

Quinoa, a pseudo-cereal, is extremely high in protein - 'replete with all essential amino acids', antioxidants, fiber, vitamins and minerals including folate, and magnesium.

Nutritious avocado and mint raita brings a refreshing balance and neutralizes the barrage of spices we consume. When paired with chicken, it makes for an excellent protein boost.

This quinoa biryani will change all your preconceived notions about quinoa or even biryani for that matter.

Star ingredient - Quinoa

Serving size : 250 gm

Veg - Cal: 494Kcal • Protein: 18gm • Fats: 17.7gm • Carbs: 67.4gm • Fiber: 12.5gm

Chicken - Cal: 545Kcal • Protein: 30.6gm • Fats: 19.6gm • Carbs: 61.4gm • Fiber: 10gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

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DESSERTS

MONK FRUIT PAYASAM

₹650

Monk fruit extract sweetened milk pudding, cardamom powder, raisins, almond and cashew nuts

Protein | Fiber | Vitamin K | Antioxidant | Sugar-Free

Call it 'Payasam' or call it 'Kheer', this delicious yet low-cal bowl of dessert will keep you wondering what its ingredients are.

Monk fruit is also known as 'Buddha fruit.' Unlike in most fruits, the natural sugars in monk fruit are not responsible for its sweetness. Instead, it gets its intense sweetness from unique antioxidants called Mogrosides. It contains zero calories, yet about 200 times sweeter than sugar and has antioxidant properties.

Star ingredient - Monk fruit extract

Serving size : 100 gm

Cal: 147 Kcal • Protein: 4.8 gm • Fats: 10.2 gm • Carbs: 9.3 gm • Fiber: 1.5 gm



Molluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

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DESSERTS

▲ BITTER CHOCOLATE ORANGE PAVE

₹650

Chilled bitter chocolate whipped ganache, orange zest, gluten-free sponge

Vitamin C | Iron | Antioxidant | Gluten-Free | Sugar-Free

True to its name, this pave is rich and velvety. The best part being that it is gluten-free and uses only natural sugar in the form of stevia. Indulge guilt-free to satisfy your chocolate craving with this low-calorie dessert.

Cocoa and dark chocolate have a variety of powerful antioxidants, phytonutrients, vitamins, and minerals including iron, zinc, magnesium, copper, and selenium. It lowers the risk of heart disease by increasing the good cholesterol.

Orange zest contains good amounts of vitamin C, provitamin A, folate, riboflavin, thiamine, vitamin B6 and calcium.

Star ingredient - Dark chocolate and orange zest

Serving size : 60 gm

Cal: 192Kcal • Protein: 3.6gm • Fats: 15.8gm • Carbs: 2.7gm • Fiber: 0.7gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



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DESSERTS



WILD BERRY POPSICLE

₹600

Childhood memories are 'Quintessentially' frozen, a flavourful liquid of raspberries, blueberries, cherries and mint

Fiber | Vitamin C | Manganese | Antioxidant | Gluten-Free

Ice popsicles are not just sweet treats - they are childhood memories. In summer, they are a refreshing little snack in the crazy heat, and in winter, they have a kick of their own thanks to a slight touch of tanginess!

Berries are delicious, nutritious, and provide impressive health benefits. They are filled with antioxidants, prebiotics, fiber, vitamins and minerals, especially vitamin C, vitamin K and manganese.

Star ingredient - Berries

Serving size : 100 gm

Cal: 83.3 Kcal • Protein: 0.9 gm • Fats: 0.2 gm • Carbs: 20.4 gm • Fiber: 1.8gm



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian







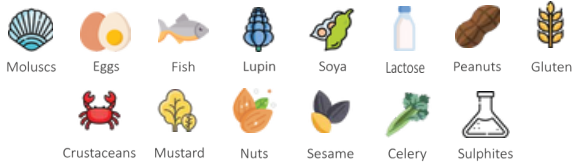
Non-vegetarian

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SALAD

	Signature Som Tam  186.26 Kcal Serving Size 250gm	875
Raw Papaya Lime Tamarind Dressing Bird Eye Chillies		
	Classic Greek Salad  338 Kcal Serving Size 250gm	1025
Kalamata Olives Caper Berries Feta Oregano		
	Burrata Salad  496.88 Kcal Serving Size 250gm	1275
Plum Tomatoes Pesto mesclun		
	Signature Caesar (Contains Anchovy)  1100	1100
Young Romaine Parmesan Shavings Croutons Caesar Dressing		
	Roasted Vegetable  294 Kcal Serving Size 250gm	1050
	Grilled Chicken  500 Kcal Serving Size 250gm	1150
	Chermoula Prawns  400 Kcal Serving Size 250gm	1275

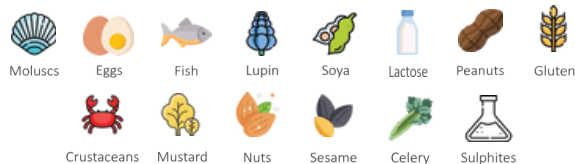


 Vegetarian  Non-vegetarian

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SOUP

	Pepper Rasam 200.28 Kcal Serving Size 300ml South Indian Style Black Pepper Flavored Broth	525
	Cream of Mushroom   265.86 Kcal Serving Size 300ml Truffle Essence Garlic Crostini	800
	Cauliflower Veloute   230.18 Kcal Serving Size 300ml Creamy Fraiche	875
	Vegetable Hot & Sour Soup   321.28 Kcal Serving Size 300ml Shitake Mushroom Black Fungus Silken Tofu	875
	Minestrone Soup     119.11 Kcal Serving Size 300ml Vegetbales Pesto Pasta	875
Signature Tom Yum		
	Vegetable    342.26 Kcal Serving Size 300ml	850
	Chicken    420 Kcal Serving Size 300ml	875
	Prawns    352.22 Kcal Serving Size 300ml	900

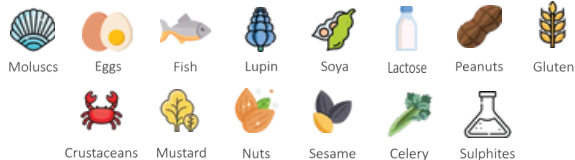


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APPETIZERS

	Thai Corn Fritters  874.82 Kcal Serving Size 250gm	950
Thai Style Corn Cakes Served With Sweet Chilli Sauce		
	Subz Aur Khubani Ki Seekh  1407.17 Kcal Serving Size 250gm	1050
Skewered Kebabs Of Vegetable And Apricot Served With Mint Chutney		
	Mathania Mirch Ka Paneer Tikka   355.69 Kcal Serving Size 250gm	1075
Chili & Yoghurt Marinated Cottage Cheese Cooked In Clay Oven		
	Pacha Mirapakaya Kozhi Vepudu  455.16 Kcal Serving Size 250gm	1075
South Indian Spices Marinated Fried Chicken Morsels		
	Satay Gai   1270 Kcal Serving Size 250gm	1075
Thai Herb Marinated Chicken Satay Served With Peanut Sauce		
	Achari Murgh Tikka   612.35 Kcal Serving Size 250gm	1100
Pickling Spices & Yoghurt Marinated Chicken Morsels Cooked In Clay Oven		
	Meen Tawa Fry  1423.46 Kcal Serving Size 250gm	1450
Madras Spices & Curry Leaf Marinated Fish Cooked On Griddle		
	Gilafi Seekh Kebab  941.82 Kcal Serving Size 250gm	1500
Skewered Lamb Kebab Cooked In Clay Oven		
	Karikudi Prawn Thoval  191.04 Kcal Serving Size 220gm	1600
Hand Pounded South Indian Spices Marinated Prawns Cooked On Griddle		



 Vegetarian

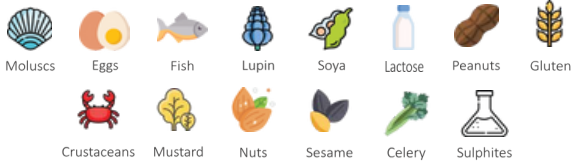
 Non-vegetarian

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SANDWICHES | BURGERS | WRAPS

	Bombay Masala Sandwich   821.32 Kcal Serving Size 300gm	1075
	Cheese Vegetables Mint Chutney	
	Grilled Chicken & Cheese Sandwich   310.32 Kcal Serving Size 300gm	1175
	Sous Vide Chicken Melted Cheese	
	Leela Club Sandwich	
	Veg  415.68 Kcal Serving Size 300gm	1250
	Grilled Vegetables Avocado Coleslaw Lettuce	
	Non Veg   871.26 Kcal Serving Size 300gm	1350
	Sous Vide Chicken Chicken Salami Fried Egg Lettuce	
	Signature Burger    1020 Kcal Serving Size 300gm	1100
	Vegetable Patty Fresh Mozzarella Cheese Sesame Bun	
	Plant Based Burger (Vegan)  797.81 Kcal Serving Size 300gm	1150
	Hummus Avocado Tomato Vegan Bun	
	Chicken Burger    1282.13 Kcal Serving Size 300gm	1275
	Cheese Slice Sautéed Onions Tomato Relish Sesame Bun	
	Tenderloin Burger    1091.3 Kcal Serving Size 300gm	1600
	Cheese Slice Sautéed Onions Mushroom Bbq Sauce Sesame Bun	
	Kolkata Kathi Roll	
	Flaky Paratha Kasundi Sliced Onion	
	Bhuna Paneer   753.12 Kcal Serving Size 300gm	1100
	Bhuna Chicken    844.36 Kcal Serving Size 300gm	1125

Choice of White, Whole Wheat, Multi Seed Bread Served with French Fries and House Salad



 Vegetarian

 Non-vegetarian

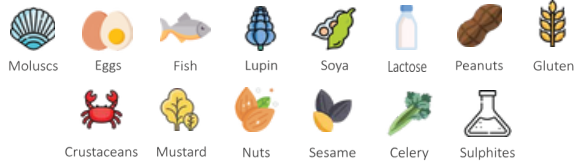
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PIZZA

[12pm -3pm] & [7pm-11pm]

Signature 12” Thin Crust Pizza, Whole Wheat Option Available

- | | | |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
|  | Margherita   786.25 Kcal Serving Size 320gm | 1175 |
| Fresh Mozzarella Basil Pomodoro | | |
|  | Wild Mushroom   939.88 Kcal Serving Size 320gm | 1300 |
| Sauteed Wild Mushrooms Truffle Essence Garlic Confit | | |
|  | Braccio De Ferro   682.46 Kcal Serving Size 320gm | 1350 |
| Wilted Spinach Burrata Fresh Mozzarella | | |
|  | Pollo Arrosto   1201.30 Kcal Serving Size 320gm | 1350 |
| Roast Chicken Sun Dried Tomatoes Mozzarella | | |
|  | Chicken Tikka and Mint   1254.06 Kcal Serving Size 320gm | 1350 |
| Murgh Tikka Mint Onions | | |
|  | Frutti De Mare     1091.87 Kcal Serving Size 320gm | 1425 |
| Calamari Prawns Crab Meat | | |



 Vegetarian

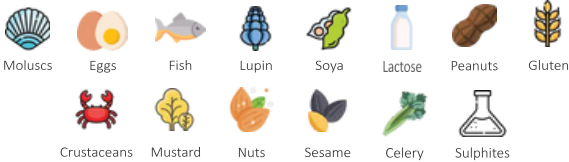
 Non-vegetarian


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PASTA & RISOTTO

	Arrabiatta  363.14 Kcal Serving Size 350gm	1175
	Pomodoro Basil Extra Vergin Olive Oil	
	Pesto    949.70 Kcal Serving Size 350gm	1175
	Pinenuts Basil Parmesan	
	Aglio Olio  248.34 Kcal Serving Size 350gm	1175
	Chili Sofrito Curly Kale Wilted Spinach	
	Truffle Mac & Cheese   248.34 Kcal Serving Size 350gm	1375
	Macaroni Swiss Cheese Sharp Cheddar Truffle Essence	
	Spectra Vegetable Risotto  650.79 Kcal Serving Size 250gm	1200
	Asparagus Green Pea Pomodoro	
	Asparagus & Almond Tortellini    664.38 Kcal Serving Size 350gm	1400
	Spinach Cream	
	Al Fredo   892.23 Kcal Serving Size 350gm	1315
	Roast Chicken Cream Parmesan	
	Seafood     607.45 Kcal Serving Size 350gm	1350
	Prawns Calamari Pomodoro	
	Lamb Bolognaise   958.14 Kcal Serving Size 350gm	1375
	Lamb Mince Rosemary	
	Chicken and Mushroom Risotto   915.48 Kcal Serving Size 250gm	1375
	Wild Mushroom Black Pepper Chicken Marco Pollo Spice Mix	






Choices of Penne, Fusilli, Spaghetti, Tagliatelle, Linguine, Gluten Free, Whole Wheat













 Vegetarian  Non-vegetarian

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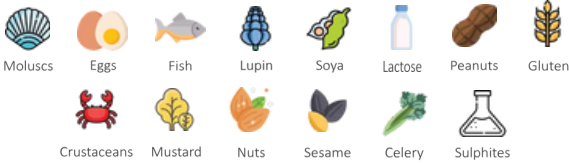
WESTERN MAINS

	Potato And Mushroom Stack  517.36 Kcal Serving Size 300gm	1400
Mushroom Ragout Goat Cheese Cream Herb Oil		
	Eggplant Parmigiana   315.26 Kcal Serving Size 300gm	1400
Parmesan Cheese Fried Eggplant Pomodoro Sauce		
	Fish And Chips    688.12 Kcal Serving Size 300gm	1700
Batter Fried Fish Tartare Sauce Malt Vinegar French Fries		
	Chicken Schnitzel      621.84 Kcal Serving Size 300gm	1750
Mustard House Salad French Fries		

WESTERN GRILL

	Grilled Chicken with Peppercorn Jus  898.24 Kcal Serving Size 350gm	1875
	Grain Fed Tenderloin with Rosemary Jus  867.82 Kcal Serving Size 350gm	2000
	Grilled Jumbo Prawns with Caper Butter Emulsion  404.71 Kcal Serving Size 350gm	2000
	Norwegian Crispy Skin Salmon with Burre Blanc  926.04 Kcal Serving Size 350gm	2100
	New Zealand Lamb Chops with Mint Jus  614.99 Kcal Serving Size 350gm	3300

All grills are served with mashed potatoes / roast potatoes & sauteed vegetables



 Vegetarian  Non-vegetarian

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JAPANESE

SOUP & APPETIZERS

	Miso Shiru   105 Kcal Serving Size 300ml	800
Silken Tofu Spring Onion Soya Bean Paste		
	Steam Edamame   302.1 Kcal Serving Size 250gm	925
Sea Salt Togarashi		
	Vegetable Tempura   302.1 Kcal Serving Size 250gm	1050
Mayonnaise Spring Onion		
	Prawn Tempura    312 Kcal Serving Size 250gm	1300
Mayonnaise Spring Onion		



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



















Non-vegetarian













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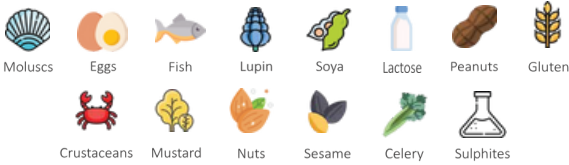
SUSHI

NON VEGETERIAN ROLLS

	Spicy Maguro Uramaki     553.84 Kcal Serving Size 160gm	925
Tuna Spring Onion Spicy Mayonnaise		
	Ebi Tempura Futomaki     610.57 Kcal Serving Size 160gm	1050
Tempura Prawn Spicy Mayonnaise Cucumber		
	Sake Uramaki    628.58 Kcal Serving Size 160gm	1125
Salmon Spring Onion Tobiko		
	California Uramaki     612.6 Kcal Serving Size 160gm	1425
Crab Stick Avocado Tobiko		

VEGETERIAN ROLLS

	Avocado Yasai Uramaki     349.07 Kcal Serving Size 250gm	775
Sesame Seeds Japanese Mayonnaise Cucumber		
	Vegetable Tempura Uramaki   313.14 Kcal Serving Size 250gm	825
Japanese Mayonnaise Teriyaki Sauce		
	Asparagus & Cream Cheese Futomaki    309.18 Kcal Serving Size 250gm	975
Asparagus Cream Cheese Japanese Mayo		



 Vegetarian  Non-vegetarian

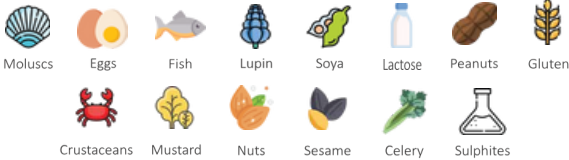
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SASHIMI (Served 3 Pieces)

	Suzuki	151.51 Kcal Serving Size 65gm	525
	Seabass		
	Maguro	159.18 Kcal Serving Size 65gm	800
	Tuna		
	Sake	143.18 Kcal Serving Size 65gm	800
	Salmon		
	Hamachi	159.18 Kcal Serving Size 65gm	850
	Yellow Tail Tuna		
	Hotate	152.19 Kcal Serving Size 90gm	850
	Scallop		

NIGIRI (Served 3 Pieces)

	Sake	366.87 Kcal Serving Size 80gm	900
	Salmon		
	Maguro	336.68 Kcal Serving Size 80gm	900
	Tuna		
	Hamachi	336.68 Kcal Serving Size 80gm	950
	Yellow Tail Tuna		
	Hotate	321.14 Kcal Serving Size 80gm	950
	Scallop		



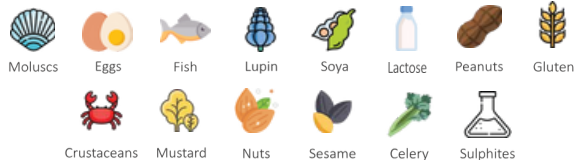
Vegetarian Non-vegetarian

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ASIAN MAINS

[12pm -3pm] & [7pm-11pm]

-  **Tahoo Phad Kaprow** 🌾🥬 | 689.33 Kcal | Serving Size 350gm **1050**
Stir Fry Tofu | Chilli | Basil Sauce
-  **Stir Fried Asian Greens** 🌾🥬 | 318.77 Kcal | Serving Size 350gm **1050**
Broccoli | Pokchoy | Asparagus | Golden Garlic
-  **Vegetable Green Curry** | 483.27 Kcal | Serving Size 350gm **1225**
Lemon Grass | Pea Aubergine | Mélange Of Vegetables| Jasmine Rice
-  **Gai Ka Prow** 🦀🐟🌾 | 812.63 Kcal | Serving Size 350gm **1375**
Thai Inspired Wok Tossed Mince Chicken | Fragrant Basil | Bird's Eye Chilli
-  **Thai Chicken Red Curry** 🐟 | 1581.41 Kcal | Serving Size 350gm **1400**
Galangal | Kaffir Lime Leaves | Chicken Morsel | Jasmine Rice
-  **Gai Phad Medmamuang** 🌾🥥🍌 | 791.93 Kcal | Serving Size 350gm **1475**
Wok Fried Chicken | Cashewnuts | Waterchestnut | Dry Chillies
-  **Goong Phad Ka Prow** 🦀🐟🌾 | 812.63 Kcal | Serving Size 350gm **1700**
Stir Fried Prawns | Fish Sauce | Hot Basil | Chilli
-  **Pla Neung** 🐟🦀 | 801.91 Kcal | Serving Size 350gm **1750**
Steamed Fish | Chilli-lemongrass | Nam Pla
- Phad Thai**
Flat Noodle s| Assorted Vegetables | Crushed Peanuts | Tamarind Sauce
-  **Vegetable** 🌾🥬🥥 | 697.99 Kcal | Serving Size 350gm **1075**
-  **Chicken** 🌾🥬🥥 | 337.85 Kcal | Serving Size 350gm **1100**
-  **Prawns** 🦀🥬🥥 | 524.85 Kcal | Serving Size 350gm **1175**



 Vegetarian

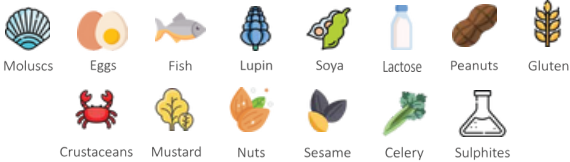
 Non-vegetarian

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Wok Tossed Rice

Jasmin Rice | Light Soya | Vinegar

<div><div><div></div></div></div>	Vegetable 🥬🌾 689.33 Kcal Serving Size 350gm	1100
<div><div><div></div></div></div>	Egg 🍳🥬🌾 326.34 Kcal Serving Size 350gm	1050
<div><div><div></div></div></div>	Chicken 🍗🥬🌾 828.25 Kcal Serving Size 350gm	1175
<div><div><div></div></div></div>	Prawns 🦐🥬🌾🍳 710.36 Kcal Serving Size 350gm	1275



Vegetarian Non-vegetarian

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INDIAN MAINS

All Indian Main Courses Are Served With Choice Of Steamed Rice Or An Indian Bread

- Dal Tadka



| 366.63 Kcal | Serving Size 300gm

975

Split Yellow Lentils Tempered With Clarified Butter
- Amritsari Chole



| 687.32 Kcal | Serving Size 300gm

975

Chickpea Curry Cooked With Clarified Butter & Flavoured With Dry Pomogranate
- Dal Makhni



| 543.05 Kcal | Serving Size 300gm

1075

Slow Simmered Black Lentils Cooked With Cream & Butter
- Subz Diwani Handi



| 354.06 Kcal | Serving Size 300gm

1050

Melange Of Vegetables Cooked With Spinach & Fenugreek Leaves
- Vegetable Stew



| 211.38 Kcal | Serving Size 300gm

1050

Kerala Style Mix Vegetable Stew Cooked With Coconut Milk
- Paneer Apki Pasand

1325

Cottage Cheese Cooked Your Way

❖

KADHAI



| 350.18 Kcal | Serving Size 300gm

❖

BUTTER MASALA





| 384.15 Kcal | Serving Size 300gm

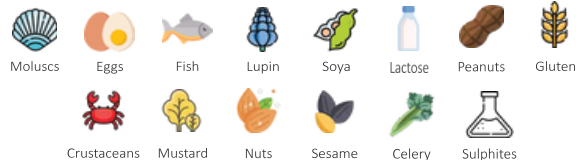
❖

LAHSOONI LACCHA PALAK



| 186.19 Kcal | Serving Size 300gm
-
- Vegetarian ▲ Non-vegetarian
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- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <div> <div>▲</div> <div> <div>Madras Meen Kozhambu</div> <div>  </div> </div> <div> <div>211.08 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1400 |
| Tangy Fish Curry Cooked With Madras Spices & Tomato | |
| <div> <div>▲</div> <div> <div>Gosht Rogan Josh</div> <div>  </div> </div> <div> <div>629.29 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1700 |
| Lamb Cooked With Kashmiri Chilis & Pounded Spices | |
| <div> <div>▲</div> <div> <div>Chettinad Kozhi Kozhambu</div> <div>  </div> </div> <div> <div>243.02 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1500 |
| Spicy Southindian Style Chicken Curry Cooked With Chettinad Spices & Black Pepper | |
| <div> <div>▲</div> <div> <div>Highway Tandoori Chicken</div> <div>   </div> </div> <div> <div>444.65 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1550 |
| Half Chicken On Bone Marinated With Home Ground Spices And Cooked In Clay Oven | |
| <div> <div>▲</div> <div> <div>Classic Butter Chicken</div> <div>   </div> </div> <div> <div>1266.36 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1500 |
| Clay Oven Charred Chicken Cooked In Tomato Cashew Gravy And Finished With Butter & Cream. | |
| <div> <div>▲</div> <div> <div>Alleppey Chemmen Curry</div> <div>  </div> </div> <div> <div>240.9 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1675 |
| Kerala Style Prawn Curry Cooked With Coconut Milk & Raw Mango | |
| <div> <div>▲</div> <div> <div>Kerala Erachi Stew</div> <div>  </div> </div> <div> <div>623.81 Kcal</div> <div> Serving Size 300gm</div> </div> </div> | 1700 |
| Kerala Style Lamb Stew Cooked With Coconut Milk, Onion & Green Chili | |



☒ Vegetarian
 ☐ Non-vegetarian

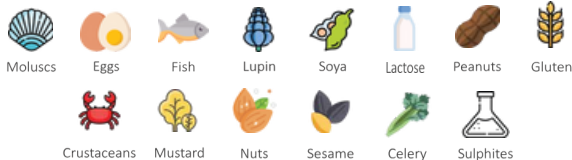
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BIRYANI

	Tarkari Dum Biryani  309.58 Kcal Serving Size 420gm	1500
	Rice Cooked With Vegetables & Aromatic Indian Spices	
	Hyderabadi Murgh Dum Biryani  749.49 Kcal Serving Size 420gm	1650
	Rice Cooked With Chicken & Aromatic Indian Spices	
	Gosht Dum Biryani  707.28 Kcal Serving Size 420gm	1700
	Rice Cooked With Lamb & Aromatic Indian Spices	

BREADS & STAPLES

	Raita / Pacchadi  120.12 Kcal Serving Size 300ml	300
	Malabar Paratha  309.56 Kcal Serving Size 150gm	300
	Plain Naan  232.12 Kcal Serving Size 80gm	300
	Roti  222.6 Kcal Serving Size 80gm	300
	Garlic Naan   239.36 Kcal Serving Size 80gm	310
	Laccha Paratha   226.32 Kcal Serving Size 80gm	325
	Masala Cheese Kulcha   314.79 Kcal Serving Size 80gm	350
	Appam 132.72 Kcal Serving Size 150gm	375
	Kal Dosa 268.63 Kcal Serving Size 150gm	375
	Steamed Basmati Rice 270.15 Kcal Serving Size 300gm	425
	Brown Rice 213.32 Kcal Serving Size 300gm	450
	Pilau Rice 289.32 Kcal Serving Size 300gm	450
	Curd Rice  263.61 Kcal Serving Size 300gm	675

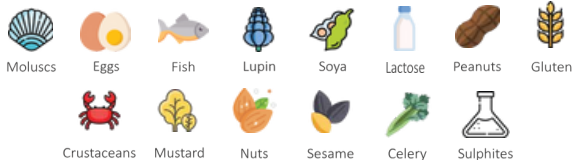


 Vegetarian  Non-vegetarian

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DESSERTS

	Gulab Jamun   539 Kcal Serving Size 80gm	550
	Seasonal Fresh Fruit Platter 560 Kcal Serving Size 80gm	600
	Anjeer Badam Halwa   560 Kcal Serving Size 80gm	600
	Selection Of Ice Creams  630 Kcal Serving Size 100gm	600
	Kindly Ask Server For Available Flavors	
	Selection Of International Cheese   630 Kcal Serving Size 100gm	1050
	Tahitian Vanilla Bean Crème Brulee  895 Kcal Serving Size 100gm	600
	Vanilla Bean Brulee Ginger Madeleine Mint Spring	
	Warm Sticky Date Pudding   290 Kcal Serving Size 100gm	650
	Sticky Date Pudding Caramel Sauce Vanilla Ice Cream	
	Signature Chocolate Brownie   466 Kcal Serving Size 100gm	650
	Walnut Vanilla Ice Cream	
	Madagascar Chocolate Cake with Vanilla Bean Ice-cream  	700
	460 Kcal Serving Size 100gm	
	Chocolate Cake Vanilla Ice-cream Chocolate Crumble Dulche Leche	
	Tiramisu   153 Kcal Serving Size 100gm	725
	Kahlua Mascarpone Savoiardi	



 Vegetarian

 Non-vegetarian

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MIDNIGHT MENU [11PM-6AM]

SOUP

- Cream of Mushroom** | 265.86 Kcal | Serving Size 300ml
Truffle Essence | Garlic Crostini

800
- Cauliflower Veloute** | 230.18 Kcal | Serving Size 300ml
Cream Friache

875

SANDWICHES & BURGERS

- Bombay Masala Sandwich** | 821.32 Kcal | Serving Size 300gm
Cheese | Vegetables | Mint Chutney

1075
- Signature Vegetable Burger** | 1020 Kcal | Serving Size 300gm
Vegetable Patty | Fresh Mozzarella Cheese | Sesame Bun

1100
- Leela Club Sandwich**
Veg | 415.68 Kcal | Serving Size 300gm
Grilled Vegetables | Avocado | Coleslaw | Lettuce

1250
- Non Veg** | 871.26 Kcal | Serving Size 300gm
Sous Vide Chicken | Chicken Salami | Fried Egg | Lettuce

1350
- Chicken Burger** | 1282.13 Kcal | Serving Size 300gm
Cheese Slice | Sautéed Onions | Tomato Relish | Sesame Bun

1275
- Tenderloin Burger** | 1091.3 Kcal | Serving Size 300gm
Cheese Slice | Sautéed Onions | Mushroom | Bbq Sauce | Sesame Bun

1600

Choice of White, Whole Wheat, Multi Seed Bread Served with French Fries and House Salad

Molluscs

Eggs

Fish

Lupin

Soya

Lactose

Peanuts

Gluten

Crustaceans

Mustard

Nuts

Sesame

Celery

Sulphites

Vegetarian

Non-vegetarian

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PASTA

- Arrabiatta 🌾

| 363.14 Kcal | Serving Size 350gm

1175

Pomodoro | Basil | Extra Vergin Olive Oil
- Pesto 🍌 🌾

| 949.70 Kcal | Serving Size 350gm

1175

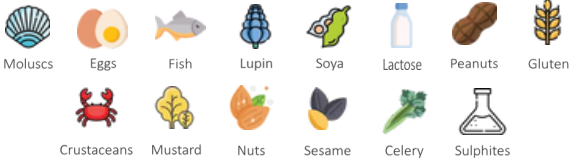
Pinenuts | Basil | Parmesan
- Aglio Olio 🌾

| 248.34 Kcal | Serving Size 350gm

1175

Chili Sofrito | Curly Kale | Wilted Spinach

Choices of Penne, Fusilli, Spaghetti, Tagliatelle, Linguine, Gluten Free, Whole Wheat



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INDIAN MAINS

	Dal Tadka  366.63 Kcal Serving Size 300gm	975
Split Yellow Lentils Tempered With Clarrified Butter		
	Paneer Butter Masala   384.15 Kcal Serving Size 300gm	1325
Cottage Cheese Cooked In Butter Tomato & Cashew Nut Gravy		
	Madras Meen Kozhambu  211.08 Kcal Serving Size 300gm	1400
Tangy Fish Curry Cooked With Madras Spices & Tomato		
	Gosht Rogan Josh  629.29 Kcal Serving Size 300gm	1700
Lamb Cooked With Kashmiri Chilis & Pounded Spices		
	Chettinad Kozhi Kozhambu  243.02 Kcal Serving Size 300gm	1500
Spicy Southindian Style Chicken Curry Cooked With Chettinad Spices & Black Pepper		



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

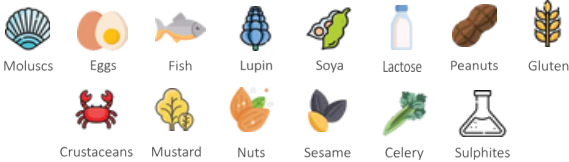
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	Malabar Paratha  309.56 Kcal Serving Size 150gm	300
	Uthappam 298.34 Kcal Serving Size 150gm	375
	Kal Dosa 268.63 Kcal Serving Size 150gm	375
	Steamed Basmati Rice 270.15 Kcal Serving Size 300gm	425



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DESSERTS

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	Seasonal Fresh Fruit Platter	560 Kcal Serving Size 80gm	600
	Anjeer Badam Halwa  	560 Kcal Serving Size 80gm	600
	Signature Chocolate Brownie  	466 Kcal Serving Size 100gm	650
	Walnut Vanilla Ice Cream		
	Tiramisu  	153 Kcal Serving Size 100gm	725
	Kahlua Mascarpone Savoirdi		



Moluscs



Eggs



Fish



Lupin



Soya



Lactose



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites



Vegetarian



Non-vegetarian

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