

*As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI), an average active adult requires **2000 kcals** of energy per day. However, the actual calories needed may vary per person.*

ALL DAY BREAKFAST

Timing 0700 hrs - 2300 hrs

		CHOICE OF FRESHLY SQUEEZED JUICES	350
		166 kcal 300 ml Orange	
		150 kcal 300 ml Sweet lime	
		170 kcal 300 ml Watermelon	
		180 kcal 300 ml Pineapple	
		CHOICE OF FRESH CUT FRUIT PLATTER	575
		144 kcal 350 gms Papaya, watermelon, honeydew, pineapple	
		CHOICE OF CEREALS	425
		Served with hot/cold milk	
		260 kcal 240 gms Corn flakes	
		289 kcal 240 gms Wheat flakes	
		262 kcal 240 gms Chocos	
		300 kcal 240 gms Muesli	
			
		BIRCHER MUESLI	450
		724 kcal 275 gms Apple, carrot, raisin	
			
		COUNTRY OATMEAL PORRIDGE	425
		427 kcal 220 gms Dates, banana	
			
		ALMOND AND RAISIN FRENCH TOAST	425
		531 kcal 220 gms Maple syrup	
			
		PANCAKE	425
		586 Kcal 220 gms Choice of banana, chocolate, berry	
			
		BAKERS BASKET (CHOOSE ANY 3)	525
		580 kcal 180 gms Croissant, danish, muffin, chocolate doughnut, whole wheat bread or multigrain bread	
			
		EGGS TO ORDER	575
		527 kcal 250 gms Choice of fried, boiled, scrambled, bhurji or omelette served with golden hash brown & choice of bacon or chicken sausage	
			
		POORI BHAJI	575
		301 kcal 325 gms Fried whole wheat bread with potato curry	
			
		STUFFED PARATHA	575
		699 kcal 320 gms Aloo paratha, pyaaz paratha, gobhi paratha, paneer paratha served with yoghurt & pickle	
			

 Vegetarian  Non-Vegetarian  Vegan
Kindly inform us if you are allergic to any food ingredients

List of Allergens:

Milk  Nuts  Gluten  Mustard  Molluscs  Eggs  Fish 
Lupin  Soya  Peanuts  Crustaceans  Sesame  Celery  Sulphites 

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	IDLI	575
	603 kcal 450 gms Steamed rice & lentil cakes, sambhar & assortment of chutneys 	
	DOSA	575
	600 kcal 425 gms Plain or masala, sambhar & assortment of chutneys 	

SHARING PLATES & APPETISERS

Timing 1130 hrs - 2300 hrs

	ROASTED TOMATO AND GARLIC SOUP	375
	142 kcal 220 ml Basil pesto 	
	BROCCOLI AND WALNUT SOUP	375
	388 kcal 220 ml Cheddar crostini 	
 	MINESTRONE SOUP	395 / 375
	219 kcal 220 ml Chicken / Vegetable 	
 	MANCHOW SOUP	395 / 375
	177 kcal 220 ml Chicken / Vegetable 	
	KASOORI PANEER TIKKA	775
	574 kcal 220 gms Cottage cheese, red chilli, yoghurt marinade 	
	PALAK AUR CHILGOZE KI SHAMMI	775
	436 kcal 220 gms Spinach, pine nuts, yoghurt 	
	TANDOORI BHARWAN ALOO	775
	401 kcal 225 gms Nuts, cottage cheese 	
	LOTUS FIERY	775
	876 kcal 210 gms Honey chilli sauce 	
	CRISPY CORN KERNEL	775
	560 kcal 260 gms Black pepper, onion 	
	MUSHROOM TAI CHI	775
	230 kcal 320 gms Fried mushrooms, hoisin sauce 	

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▲	FISH HUNAN STYLE 502 kcal 340 gms River sole, chilies	825
▲	LAAL MIRCHI KA CHICKEN TIKKA 969 kcal 250 gms Cooked in clay oven	825
▲	MUTTON GILAFI SEEKH KEBAB 924 kcal 195 gms Goat mince, onion, spices	825
▲	CHICKEN DRAGON 800 kcal 310 gms Diced chicken, garlic, dry red chilli	825
▲	CRISPY FRIED PRAWNS 608 kcal 280 gms Chilli, lemongrass	1850
▲	AJWAINI TAWA MACCHI 691 kcal 200 gms River sole cooked on griddle	825

REGIONAL SPECIALITY

Timing 1130 hrs - 2300 hrs

●	ALOO DUM BENARASI 1610 kcal 520 gms Served with tikona paratha	795
●	BENARASI KACHORI BHAJI 301 kcal 325 gms Lentil stuffed whole wheat bread	795
●	SATTU PARATHA WITH CHOKHA 1094 kcal 325 gms Roasted gram flour stuffed	795
●	NIMONA WADI 758 kcal 650 gms Served with ghee bhaat	795
●	BHANTA KALOUNJI 761 kcal 360 gms Stir fried baby brinjal served with paratha	795

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Lupin Soya Peanuts Crustaceans Sesame Celery Sulphites

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TAJ SIGNATURE

Timing 1130 hrs - 2300 hrs

- | | | |
|---|---|------------|
|  | FISH AND CHIPS | 975 |
| | 811 kcal 200 gms River sole, served with tartar sauce
 | |
|  | SHISH TAOUK | 975 |
| | 1500 kcal 250 gms Pita bread, garlic aioli, herbed salad
 | |
|  | NASI GORENG | 975 |
| | 1124 kcal 325 gms Fried rice, egg, chicken satay, peanut sauce
 | |
|  | CHICKEN KATHI ROLL | 975 |
| | 680 kcal 335 gms Chicken, bell pepper, onion
 | |
|  | FISH EXOTICA | 975 |
| | 1665 kcal 350 gms Fish & shrimp coconut curry, tomato, aubergine, sambal, served with Asian herbed salad, brown, white rice
 | |
|  | PANEER KATHI ROLL | 875 |
| | 702 kcal 335 gms Cottage cheese, bell pepper, onion
 | |

SALADS, SANDWICHES & BURGERS

Timing 1130 hrs - 2300 hrs

- | | | |
|---|--|------------------|
| | CAESAR SALAD | 675 / 575 |
| | 468 kcal 220 gms Iceberg lettuce with choice of:
 Chicken / Bacon
 Seasonal vegetables
 | |
|  | GREEK SALAD | 575 |
| | 101 kcal 200 gms Cucumber, peppers, tomato, olives, feta cheese, lime, oregano dressing
 | |
|  | MEZZE PLATTER | 575 |
| | 652 kcal 220 gms Hummus, babaganoush, tzatziki, marinated olives, pita bread
 | |
|  | SMOKED SALMON | 975 |
| | 291 kcal 150 gms Caper cream cheese, red onion rings
 | |
|  | CHICKEN, PEPPERS AND BASIL SALAD | 675 |
| | 440 kcal 200 gms Cherry tomato, nachos
 | |

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▲	NON-VEGETARIAN CLUB SANDWICH 1674 kcal 455 gms Bacon, lettuce, tomato, cheese, chicken, fried egg 🥩🍳🥗🥛🥒	875
▲	MASALA OMELETTE SANDWICH 720 kcal 280 gms Ice berg, cheese 🍳🥩🥛🥗🥒	775
▲	GRILLED CHICKEN SALAMI SANDWICH 680 kcal 280 gms Jalapeno, cheese 🥩🥛🥗🥒	775
●	VEGETARIAN CLUB SANDWICH 1005 kcal 455 gms Coleslaw, cheese, lettuce, tomato, roasted bell pepper 🥗🥛🥗🥒	775
●	MEDITERRANEAN STYLE FOCACCIA SANDWICH 512 kcal 280 gms Grilled vegetables, goat cheese 🥛🥗🥒	775
●	MUMBAI MASALA TOASTY 913 kcal 255 gms Spiced potato mix 🥩🥗🥛	675
▲	THYME CHICKEN BURGER 1107 kcal 325 gms Served with thousand island sauce 🥛🍳🥩🥗🥒	875
▲	FISH FILLET BURGER 1225 kcal 325 gms Served with tartar sauce 🐟🍳🥩🥗🥒	875
●	VEGETABLE BURGER 1068 kcal 325 gms Tandoori mayo, tomato, lettuce, cheese 🥗🥛🥗🥒	775

GRILLS / PAN SEARED

Timing 1130 hrs - 2300 hrs

- ▲ **NEW ZEALAND LAMB CHOPS** 1995
398 kcal | 350 gms | Garlic mashed potato, seasonal vegetables, red wine jus

- ▲ **PAN SEARED RIVER SOLE** 975
330 kcal | 380 gms | Parsley potatoes, lime, chilly butter

- ▲ **STUFFED CHICKEN BREAST** 975
501 kcal | 345 gms | Spinach, mushroom, peppercorn jus

- **GNOCCHI WITH TOMATO, OLIVES AND BROCCOLI** 775
564 kcal | 380 gms | Pomodoro sauce

- **CAJUN SPICED COTTAGE CHEESE STEAK** 775
438 kcal | 345 gms | Tomato salsa, garlic bread


COMFORT FOOD

Timing 1130 hrs - 2300 hrs

- ✓ **BENARASI BHAJIA** 550
402 kcal | 200 gms | Onion, brinjal, cauliflower, chilli, potato, spinach

- ✓ **KAJU KISHMISH SAMOSA** 550
609 kcal | 245 gms | Served with saunth chutney

- **KHICHDI** 550
392 kcal | 380 gms | Masala / Plain

- **SUBZ DIWANI HANDI** 775
368 kcal | 415 gms | Seasonal vegetables, tomato, onion

- **LAHSUNI MOTIA PALAK** 775
543 kcal | 380 gms | Spinach, corn kernel, garlic

- **MATAR MUSHROOM CURRY** 775
770 kcal | 380 gms | Button mushrooms, green peas, tomatoes

- **HING DHANIYE KE CHATPATE ALOO** 775
487 kcal | 280 gms | Potatoes, green chillies, coriander


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🟢	PANEER TIKKA BUTTER MASALA 678 kcal 400 gms Cottage cheese, tomatoes, butter 	825
🟢	MALAI KOFTA 1336 kcal 400 gms Milk dumplings, saffron gravy 	775
🟢	KADHI PAKODA 1461 kcal 550 gms Served with steamed basmati rice 	775
🔺	ROGANI GOSHT 979 kcal 415 gms Boneless goat meat, onion, tomatoes 	875
🔺	MURGH TARIWALA 645 kcal 415 gms Tomatoes, coriander, chilli 	875
🔺	CHICKEN BUTTER MASALA 693 kcal 425 gms Roast chicken, fenugreek leaves in rich tomato gravy 	875
🔺	KHADE MASALE KI MACCHI 510 kcal 400 gms River sole, tomatoes, onions, peppers 	925
	BIRYANI Saffron flavoured basmati rice cooked on dum, served with raita	
🟢	721 kcal 380 gms Vegetable	775
🔺	1177 kcal 430 gms Mutton	875
🔺	1015 kcal 430 gms Chicken 	875
🟢	PALAK PANEER 617 kcal 400 gms Cottage cheese, spinach 	825
🟢	CURD RICE 708 kcal 380 gms Topped with pomegranate seeds 	550
🟢	DAL MAKHANI 1650 kcal 410 gms Black lentils, butter, cream 	675
🟢	YELLOW DAL TADKA 294 kcal 380 gms Yellow lentils, tomatoes, onion 	650
🔺🟢	QUESADILLA 770 kcal 340 gms Barbequed chicken / Grilled vegetables 	825 / 775

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🍃	PIZZA ORTOLANA	775
	574 kcal 380 gms Grilled vegetables, sun dried tomato 🥩 🥛 🥬 🍄	
🍃	PIZZA FIAMMA	775
	574 kcal 380 gms Onions, chillies, oregano 🍄 🥛 🥩 🥬	
🍃	PIZZA VERDURE	775
	574 kcal 380 gms Spinach, eggplant, bell peppers, zucchini, mushrooms, capers, olives 🍄 🥛 🥩 🥬	
⚠️	PIZZA CON POLO INDIANA	875
	574 kcal 380 gms Chicken tikka, onion, cilantro 🍄 🥛 🥩 🥬 🌾	
⚠️	SPAGHETTI CARBONARA	875
	1050 kcal 350 gms Egg yolk, parmesan cheese, bacon 🥚 🍄 🥛 🥩	
⚠️	PENNE ALFREDO	875
	958 kcal 350 gms Chicken meatballs 🍄 🥛 🥬 🌾 🥚 🥩	
🍃	FUSILLI AL PESTO	775
	976 kcal 350 gms Pesto cream, seasonal vegetables 🍄 🥛 🥬 🥩	
🍃🍃	SPAGHETTI AGLIO OLIO PEPPERONCINO	775
	443 kcal 150 gms Olive oil, garlic, chilli flakes 🍄	
🍃	MUSHROOM RISOTTO	775
	526 kcal 340 gms Truffle essence 🥩 🥛 🥬	
	THAI RED/GREEN CURRY - SERVED WITH JASMINE RICE	
	681 kcal 750 gms Chilli, lemon grass, coconut milk	
⚠️	Prawn	1425
⚠️	Chicken	925
🍃	Vegetable	825
	🦐 🥬 🥩 🍄 🥛 🌾	
	523 kcal 260 gms HAKKA NOODLES	
⚠️	Chicken	650
⚠️	Egg	600
🍃	Vegetable	575
	🥚 🥬 🥛 🍄 🌾 🥩	
	514 kcal 300 gms WOK TOSSED FRIED RICE	
⚠️	Chicken	650
⚠️	Egg	600
🍃	Vegetable	575
	🥚 🥬 🥛 🍄 🌾 🥩	

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▲	THAI CHILLY PRAWNS	1995
	560 kcal 380 gms Sweet basil	
		
▲	SLICED FISH OYSTER BUTTER	975
	576 kcal 385 gms Black peppercorn flavoured	
		
▲	GONG BAO JI DING	975
	786 kcal 400 gms Diced chicken, red chilli, peanuts	
		
●	TOFU, BROCCOLI, MUSHROOM, SPINACH AND POK CHOI	775
	253 kcal 345 gms Dry red chilly, soy garlic sauce	
		
●	SIDE ORDERS	
	258 kcal 200 gms Plain curd / raita 	195
✓	97 kcal 180 gms Green salad	195
✓	170 kcal 135 gms Masala papad	225
	79 kcal 130 gms Buttered vegetables 	375
	260 kcal 165 gms Mashed Potato 	225
	492 kcal 145 gms Cheese, Garlic Bread   	325
	513 kcal 130 gms French fries   	325

BREADS FROM TANDOOR

Timing 1230 hrs - 1500 hrs & 1900 hrs - 2300 hrs

●	351 kcal 140 gms Tandoori roti	175
●	599 kcal 140 gms Laccha paratha	175
●	587 kcal 140 gms Missi roti	175
●	525 kcal 140 gms Naan	175
	 	
●	STUFFED KULCHA	195
	589 kcal 235 gms Potato / paneer / onion or mix	
	 	

BREADS FROM GRIDDLE

●	351 kcal 140 gms Tawa roti	175
●	351 kcal 140 gms Tawa paratha	175
	 	
● ✓	STEAMED BASMATI RICE	475
	384 kcal 300 gms	
●	PULAO	550
	493 kcal 300 gms Green peas / cumin / mix vegetables	
		

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DESSERTS

Timing 1130 hrs - 2300 hrs

	CHOCOLATE WALNUT BROWNIE	425
	730 kcal 160 gms Served with vanilla ice cream 	
	APPLE CRUMBLE PIE (SUGAR FREE)	425
	593 kcal 180 gms Stewed apples, cinnamon 	
	TIRAMISU	425
	448 kcal 135 gms Mascarpone, coffee liqueur 	
	BLUEBERRY CHEESE CAKE	425
	261 kcal 140 gms Cream cheese, berry compote 	
	CHOCOLATE MOUSSE	425
	265 kcal 120 gms Hazelnut flavoured 	
	GULAB JAMUN	425
	1020 kcal 180 gms Cottage cheese dumplings, pistachio, saffron 	
	BADAM KA HALWA	425
	896 kcal 180 gms Topped with raisins 	
	KESARI RASMALAI	425
	338 kcal 165 gms Cottage cheese dumplings, saffron milk 	
 	KESARI PHIRNI (SUGAR FREE)	425
	441 kcal 180 gms Saffron, coconut milk 	
	SELECTION OF ICE-CREAM	375
	274 kcal 120 gms Vanilla, strawberry, kesar pista, mango, chocolate 	

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WELLNESS MENU

Timing 1130 hrs - 2300 hrs

SOUP AND APPETISER

-  **VEGETABLE CLEAR SOUP** **375**
22 kcal | 220 ml | Ginger flavoured

-   **BEANS AND SPROUT SALAD** **575**
454 kcal | 260 gms | Sprouts, green beans, lemon coriander dressing

HEALTHY MAINS

-  **POACHED RIVER SOLE** **975**
276 kcal | 320 gms | Tomato, basil broth

-  **GRILLED CHICKEN BREAST** **975**
289 kcal | 270 gms | Steamed pok choi, broccoli

-   **MULTIGRAIN KHICHDI** **675**
586 kcal | 380 gms | Olive oil tempered
-   **WOK TOSSED SPRING VEGETABLES WITH TOFU** **775**
253 kcal | 345 gms | Flavoured with sesame oil

-   **WHOLE WHEAT SPAGHETTI AGLIO OLIO PEPERONCINO** **775**
443 kcal | 150 gms | Olive oil, garlic, chilli flakes


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BEVERAGES

	CHOICE OF COFFEE	325
	90 kcal 150 ml Cappuccino 	
	90 kcal 150 ml Cafe Latte 	325
	18 kcal 150 ml Americano	325
	90 kcal 30 ml Espresso	325
	384 kcal 300 ml COLD COFFEE	350
		
	CHOICE OF TEA	
	11 kcal 150 ml Readymade tea 	325
	150 ml English breakfast tea	325
	150 ml Earl grey tea	325
	150 ml Assam tea	325
	150 ml Jasmine tea	325
	150 ml Green tea	325
	332 kcal 300 ml CHOICE OF SMOOTHIE	350
	Banana, blueberry, papaya & green 	
	398 kcal 150 ml HOT CHOCOLATE	350
	Chocolate flavoured milk 	
	384 kcal 300 ml CHOICE OF MILK SHAKE	350
	Chocolate, strawberry, vanilla 	
	366 kcal 300 ml BENARASI LASSI	350
	Cardamom flavoured 	
	115 kcal ENERGY DRINK & SERVICES	325
	SPARKLING WATER & SERVICES	325
	90 kcal 300 ml FRESH LIME SODA / WATER & SERVICES	295
	100 kcal AERATED BEVERAGE & SERVICES	295
	PACKAGED DRINKING WATER & SERVICES	295

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