ROCK FLOUR ALL-DAY DINING

BREAKFAST COMBINATIONS

(served in between 7 am to 11:30 am)

BREAKFAST BUDDHA BOWLS

INR 625

525 kcal | 420 gms | Dry nut muesli, oats, roasted flax, chia seeds, wild berries, and Himalayan honey, served with low-fat yoghurt or warm milk and caramelized banana bread

∅ ■ Millet bowl

INR 625

501 kcal | 420 gms | Lactose-free ragi flakes and sorghum porridge, sunflower seeds, almonds, and Afghani black raisins, served with soya milk and cinnamon toast

BREAKFAST

FARM FRESH

■ Two eggs prepared to your liking:

INR 525

193 kca | 140 gms | Scrambled, boiled, poached, and fried

207 kcal | 140 gms | Open omelets

136 kcal | 140 gms | Egg white scrambles

312 kcal | 210 gms | Parsi akuri with pao



All egg preparations are served with either chicken sausages or bacon or pork sausages

Canadian pancake stack

678 kcal | 250 gms | Fruit compote, mascarpone cheese, and pure maple syrup



▲ Apple cinnamon baked French toast

592 kcal | 210 gms | Berry lemon curd and pure maple syrup

INR 525

INR 525



Crustaceans Mustard Nuts Sesame Celery Sulphites

Vegetarian ▲ Non-vegetarian Ø Contains Nuts S Contains Pork Available Round-the-Clock

Please inform our associate if you are allergic to any ingredients.

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GARHWALI NAASHTA

Gahat ke parathe, jakhiya wali kaddu ki subzi **516 kcal | 350 gms |** Horse gram stuffed flat bread,

high-altitude green pumpkin preparation



Mandua ki poori, pahari arbi

575 kcal | 200 gms | Himalayan delicacy of buckwheat puffed bread,

coco-yam 1 **\$**

Served with curd and homemade pickle

THE PAN INDIAN FARE

Idli

152 kcal | 400 gms | Served with sambar and chutneys

Uttappam **377 kcal | 420 gms |** Served with sambar and chutneys

Dosa **INR 625**

131 kcal I 250 gms I plain 131 kcal I 400 gms I masala

Served with sambar and chutneys

Poori bhaii

671 kcal | 200 gms | Deep fried whole wheat puffs, potato, and tomato curry

Punjabi tawa paratha 508 kcal | 350 gms

With a choice of:

Aloo-pyaz (potato and onion)

Masala matar (spiced green peas)

Ajwaini gobhi (caraway-flavoured cauliflower) Served with white butter, curd, and pickle

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List of Allergens:





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INR 825

INR 825

INR 625

INR 625

INR 625

INR 675

SMALL PLATE

(served in between 11 am to 11 pm)

	Canja de galinha 193 kcal 250 ml A Portuguese soup with roasted chicken, green chillies, and coriander	INR 570
	Suan la tang 156 kcal 250 ml Hot and sour soup with shredded Chinese greens or chicken	INR 570
	Himalayan green minestrone 167 kcal 250 ml Parmigiano flakes, extra-virgin olive oil	INR 570
	Tamatar chukander, quinoa ka shorba 179 kcal 250 ml Fresh pahari herbs-flavoured tomato and beetroot soup	INR 570
	Sesame prawns 430 kcal 250 gms Ginger, scallion, and chilli (▶ 🙀 🎢 🖐	INR 1325
A	Nagauri methi ke murg tikkey 384 kcal 300 gms Fenugreek-flavoured chicken tikka, chilli-pineapple relish	INR 1100
A	Sticky chicken wings 684 kcal 305 gms Crispy potatoes, teriyaki sauce	INR 1025

605 kcal | 300 gms | Minced lamb skewers with home-ground spices Teekhe matar, broccoli ke kebab **INR 995** 264 kcal | 210 gms | Pan-fried pounded green peas and malai broccoli cakes with pahari fresh spices Lotus stem honey chilli **INR 890** 524 kcal | 250 gms Crispy corn salt n' pepper **INR 890 592 kcal | 185 gms |** Spring onion, celery Delhi chaat platter **INR 1025** 1113 kcal | 500 gms | Tawa aloo, sev-poori, samosa, and chutney wala dahi bhalla i 🐓 🕸

List of Allergens:



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▲ Khasta kheeme ki seekh

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INR 1025

PAHADI KHANA

▲ Tawa gandla machhi **INR 1075 480 kcal | 260 gms |** Griddle fish with stone-grounded local spices Garhwali paneer tikkey **INR 995** 690 kcal | 275 gms | Pudine ki chutney **▲** Bhune murg ki tari **INR 1160 508 kcal | 480 gms |** A local home-style chicken curry ■ Pahadi saag gosht **INR 1175 573 kcal | 500 gms |** Indigenous-styled mutton curry Tawa aloo jakhiya mirchi **INR 730** 417 kcal | 365 gms | Tawa-fried potatoes with broiled wild mustard and chilli flakes Gahat ki dal **INR 675 460 kcal | 500 gms |** Horse gram lentil stewed with humble spices ■ Garhwali thali **INR 2000 1236 kcal | 1250 gms | ●** Vegetarian ▲ Non-vegetarian With a choice of mandua ki roti or poori

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SALADS AND SANDWICHES

BUDDHA BOWLS

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BUD	DHA BOWLS	
5	Satvik Buddha bowl 577 kcal 280 gms Bistro greens, fresh herb zoodles, asparagus, beets, avocado, sweet potatoes, and pahari apples in our own walnut-mayo, served with sun-dried tomato bruschetta	INR 995
6	Zen bowl 510 kcal 300 gms Sous vide cooked chicken and pineapple, Parma ham, Turkey pastrami, boutique greens, Caesar dressing, garlic thyme crostini	INR 1025
7	Panini chicken temptation 766 kcal 500 gms Jalapeno pesto, English cheese melt	INR 925
7	Classic bacon, lettuce, tomato sandwich 749 kcal 380 gms Wood-smoked bacon, iceberg, roma tomatoes, and honey oatmeal bread	INR 925
g f	The Taj club 994 kcal 450 gms Toasted double decker sandwich, chicken, Fried egg, crispy bacon, tomato, iceberg lettuce	INR 1100
8 r	Portuguese chicken burger 370 kcal 460 gms Pure chicken patty, fried egg, grilled onion, cornichon, mustard, and chives mayo	INR 1025
7	Himalayan apple and carrot slaw croissant 725 kcal 220 gms Fresh cilantro and chilli dip	INR 825
8	Crispy soya potato cutlet and paneer tikka burger 327 kcal 530 gms Desi kachumber salad and mint chutney	INR 890
8 t	The vegetarian club 398 kcal 430 gms Toasted triple decker sandwich, coleslaw, grilled vegetables, comato, cucumber, and cheese All sandwiches served with house salad, choice of French fries or masala fries	INR 1100
List of Allerge	ens:	
Molluscs Eg	ggs Fish Lupin Soya Milk Peanuts Gluten	
Countries	Mustard Nuts Sesame Celery Sulphites	
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TAJ SIGNATURES

Autograph dishes curated by our chefs from the world of Taj

635 kcal | 500 gms | An American garden salad or chicken, bacon, avocado, lettuce, tomato, hard-boiled egg, cilantro, with spring onion, and buttermilk dressing - Pierre Hotel, New York

Fish & chips **INR 1195** 838 kcal | 280 gms | White fish fillet fried in beer batter served with chips,

INR 1075

INR 1625

INR 1195

tartar sauce, green peas mash, and fresh lemon

- Taj, St. James Court, London

Sheesh taouk **INR 1025**

873 kcal | 280 gms | Traditional Middle Eastern sheesh kebabs, pita breads, and condiments

- Taj, Dubai

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Chicken kathi roll **INR 975** 669 kcal | 435 gms | Grilled chicken tikka, kachumber, and mint chutney

-Taj Palace, New Delhi

Paneer kathi roll **INR 825**

560 kcal | 370 gms | Spicy paneer wrap, kachumber, and mint chutney -Taj Palace, New Delhi

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WOKERIE

■ Slow-fried prawns with greens in XO sauce

784 kcal | 310 gms **\$** (6) 🐸 🌽

■ Stir-fried sole, black mushroom, and bokchoy in chilli oyster sauce 604 kcal | 420 gms

List of Allergens:

Molluscs Eggs Fish Lupin Soya Milk Peanuts Gluten 😘 👺 🌭 🎉

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INR 1270 563 kcal | 480 gms () S > O O **INR 1175** ▲ Sichuan chicken with water chestnut, ginger, and two pepper oil 628 kcal | 480 gms () × 4 • "Ma Po" tofu **INR 1160** 486 kcal | 410 gms **>** 4 Stir-fried Chinese greens and shitake with soy garlic **INR 1050** 335 kcal | 460 gms Eggplant, broccoli, and bokchoy in Hunan sauce **INR 975** 333 kcal | 460 gms Wok-tossed hakka noodles/stir-fried rice Vegetables **INR 570** 488 kcal | 380 gms Chicken **INR 625** 588 kcal | 380 gms Seafood **INR 725**

List of Allergens:



545 kcal | 380 gms

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COMFORT MAINS & BIG PLATES

_	mon with pistachio crust gms Allumettes of spiced sweet potatoes, orange fennel sauce	INR 1425
Chermoula spic 701 kcal 560 g	red grilled fish gms Olive mash potatoes and Himalayan spinach	INR 1295
Walnut roast change in the second s	nicken gms Mushroom pepper jus	INR 1075
	ncini with grilled aubergine stack gms Cherry tomato pepper ragout	INR 875
584 kcal 440 g	en and lemon quinoa bowl gms Roasted chicken breast, boiled eggs, tossed sausages, dites, lemon quinoa, and olive tomato salsa	INR 1075
	f roots and greens gms A selection of confit roots, charred vegetables, and roasted nuts crumble, and Himalayan basil red rice	INR 975
Spaghetti bolog 758 kcal 538 g pesto drizzle, ar	gms Slow-cooked lamb ragout, crispy onion,	INR 1075
Penne aglio olio 597 kcal 234 g	gms Tossed with grilled chicken, olive oil, and garlic chilli flakes	INR 975
Fusilli tomato n 628 kcal 452 g crumbled ricotta	gms Tomato caper and olive ratatouille, parmesan and	INR 945

List of Allergens:



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Punjabi butter chicken **INR 1160 840 kcal | 425 gms |** Barbecued chicken in fenugreek-tomato gravy finished with full cream ▲ Keema wala meat **INR 1225 815 kcal | 450 gms |** Lamb cooked in spicy brown onion gravy Moradabadi chicken biryani **INR 1295** 976 kcal | 615 gms | Fragrant basmati rice layered with chicken, cooked in a sealed pot, Kumaoni raita Methi, mirch wala matar paneer **INR 1050** 477 kcal | 446 gms | Home-style preparation of cottage cheese with soft green peas and fenugreek 238 kcal | 223 gms | Half portion **INR 475** Makai palak ki bhurjee **INR 975 494 kcal | 305 gms |** Dry preparation of spinach and corn kernels 247 kcal | 155 gms | Half portion **INR 475** Pyazi pakore wali kadi **INR 750** 448 kcal | 436 gms | A Sunday lunch specialty in most Punjabi homes. Onion and gram flour dumplings in yoghurt gravy tempered with curry leaves and dry red chillies. **INR 890** Mah ki dal **576 kcal | 438 gms |** Overnight cooked black lentils, double cream, and dairy butter Vegetable biryani **INR 1210 645 kcal | 562 gms |** Melange of spiced vegetables and rice cooked together

List of Allergens:



DESSERTS

Winter pot pie 910 kcal 222 gms Caramelized banana and almonds baked in a crispy puff pastry, salted caramel drizzled ice cream	INR 750
	INR 795
■ Bull's eye 572 kcal 156 gms Chocolate fudge with ice cream ()	INR 795
Himalayan orange pannacotta 260 kcal 105 gms Sugar-free	INR 750
 Ø ■ Badami gulab jamun 508 kcal 200 gms With ice cream and almond flakes ※ ▮ 	INR 795
	INR 795
Launch pad chocolate brownie 310 kcal 108 gms (INR 425
Choice of ice cream 289 kcal 132 gms	INR 450

List of Allergens:



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KIDS' MENU

(served in between 11 am to 11 pm)

SOUP & APPETIZER

		Yankee doodle soup 276 kcal 250 ml Chicken noodle soup	INR 400
		Goofy nuggets 532 kcal 180 gms Chicken nuggets with potato chips and cocktail sauce	INR 450
		Fish fingers 508 kcal 160 gms	INR 450
M	Α	INS	
		Pokemon penne 210 kcal 160 gms With chunky tomatoes	INR 550
		Spaghetti n cheese 296 kcal 180 gms	INR 550

Tom and Jerry sandwich **INR 590 536 kcal | 186 gms |** With strawberry jam & fries ***** [

Mickey burger **354 kcal | 165 gms |** Mini burger with crumb fried chicken and cheese # [% >

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INR 550

SIDES

Indian breads 210 kcal 68 gms	INR 240
Mandua ki poori 323 kcal 110 gms	INR 275
Dal tadka 380 kcal 450 gms	INR 595
Khichdi 514 kcal 524 gms	INR 1025
Steamed rice 270 kcal 280 gms	INR 375
Pahadi rice 207 kcal 260 gms	INR 350
French fries 628 kcal 200 gms	INR 375
Raita 98 kcal 180 gms	INR 240

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