

BREAKFAST

EGGS COOKED TO ORDER    	675
441 Kcal Fried / 397 Kcal boiled / 437 Kcal scrambled / 397 Kcal poached 465 Kcal omelet served with grilled bacon or chicken sausages and hash brown, sautéed spinach, grilled tomato Also available in only egg white preparation	
CUT FRUIT PLATTER  	675
152 Kcal Seasonal fresh fruits	
IDLI   	675
605 Kcal Steamed savory rice cakes served with sambar and chutney	
MEDU VADA   	675
551 Kcal Lentil doughnut served with sambar and chutney	
BREAKFAST PANCAKE   	675
540 Kcal Cinnamon / 536 Kcal banana / 535 Kcal plain	

SALAD AND SOUP

COBB SALAD    	900
896 Kcal An American garden salad of chicken, bacon, lettuce, tomato, hardboiled egg, coriander with spring onion and buttermilk dressing	
SMOKED CHICKEN AND BARLEY SALAD   	800
818 Kcal Smoked chicken, baby tomato, cheesy barley with lemon dressing	
MANCHAO CHICKEN OR VEGETABLE     	750 / 650
357 Kcal 246 Kcal Wholesome Chinese soup topped with crispy fried noodles	

APPETIZERS

TEEKHI TANDOORI POMFRET    	1550
713 Kcal Pomfret marinated with yoghurt and crushed spices, charred in clay oven	
MUTTON SEEKH KEBAB  	1300
1345 Kcal Minced lamb skewered and cooked in a clay oven	
MALAYSIAN CHICKEN SATEY  	1295
747 Kcal Tender chicken morsels with oriental spices	
MURGH ANGARA OR MALAI TIKKA   	1200
518 KCal 557 KCal Chicken morsels marinated with hung curd and Indian spices or green cardamom flavored rich cream cooked in a clay oven	

SANDWICH, BURGER AND WRAPS

CHICKEN BURGER        	975
675 Kcal Sesame bun, healthy greens, chicken patty with bacon or fried egg, sautéed onion, grilled peppers and mustard mayonnaise	
CHICKEN KATHI ROLL    	975
602 Kcal Oven roasted chicken wrap	
AGUADA NON VEG CLUB SANDWICH     	975
1025 Kcal Grilled chicken with bacon, lettuce, tomato, fried egg and mayonnaise in a triple decker of white or brown toast	
MEDITERRANEAN VEGETABLE BURGER     	900
555 Kcal Sesame bun, crispy vegetable and cottage cheese patty	

PIZZA

PIZZA CON POLLO ARROSTO    	850
831 Kcal Roasted chicken and sundried tomato	
PIZZA AI PEPERONI     	850
1048 Kcal Pork pepperoni and red onion	
PIZZA NOSTROMO       	850
641 Kcal Tomato, seafood, chili flakes and garlic	

TAWA PARATHA   	625
Unleavened, stuffed Indian flat bread made with a choice of potato 409 Kcal, cottage cheese 470 Kcal or cauliflower 370 Kcal	
DOSA / UTTAPAM   	600
451 Kcal Plain or masala	
OATMEAL   	525
459 Kcal Skimmed / 422 Kcal toned / 457 Kcal soya milk	
CEREALS   	525
 Toned milk-corn flakes 398 Kcal, choco's 496 Kcal, muesli 449 Kcal, wheat flakes 454 Kcal  Skimmed milk-corn flakes 424 Kcal, choco's 476 Kcal, muesli 413 Kcal, wheat flakes 418 Kcal   Soya milk-corn flakes 424 Kcal, choco's 476 Kcal, muesli 448 Kcal, wheat flakes 444 Kcal	
SEASONAL FRESH FRUIT JUICE  	375
170 Kcal Watermelon, 440 Kcal Pineapple, 336 Kcal Orange, 299 Kcal Sweet lime	

CALDO SINQUERIM    	700
133 Kcal Goan seafood broth	
SALATA HORIATIKI  	800
742 Kcal Classic Greek salad with greens, vegetables, feta cheese and olives	
TOMATO AND RED PEPPER SOUP   	650
302 Kcal Slow cooked plum tomato and red pepper soup	
SPIDER WEB PAKODA  	950
1090 Mixed vegetable gram flour crisps served with mint and tamarind chutney	
LAL MIRCH KA PANEER TIKKA / KASOONDI PANEER TIKKA   	950
423 Kcal 432 Kcal Chunks of cottage cheese with yoghurt and Indian spices, cooked in a clay oven	
LUCKNOWI HARA BHARA KEBAB   	900
1025 Kcal Aromatic spinach and lentil patties coated with nuts	
BHARWAN TIL WALA ALOO    	900
968 Kcal Cottage cheese, peas and nuts filled in potato barrels, coated with sesame seeds and cooked in a clay oven	

PANNER KATHI ROLL    	900
605 Kcal Char grilled cottage cheese wrap	
AGUADA VEGETABLE CLUB SANDWICH   	900
830 Kcal Grilled vegetables, lettuce, tomato and mayonnaise in a triple decker of white or brown toast	
FRENCH FRIES 610Kcal  	450
CHEESY POTATO WEDGES 667 Kcal  	450

PIZZA MARGHERITA    	775
515 Kcal Tomato and basil	
PIZZA PRIMAVERA    	775
582 Kcal Marinated spring vegetable	
PIZZA VALPARAISO    	775
1048 Kcal Bell peppers, corn, tomato, olives and jalapeno	

ACCOMPANIMENT KCAL

Mint Chutney 106 Kcal  | Tamarind Chutney 121 Kcal | Coleslaw 117 Kcal  | Raita 41 Kcal  | Curd 60 Kcal  | Goan Side Salad 116 Kcal 
Tandoori Onion Rings 106 Kcal | Fries 84 Kcal | Tartar Sauce 140 Kcal  | Feta Cheese & Coriander Dip 64 Kcal  | Seaweed Salad 85 Kcal 
Hot Garlic Sauce 46 Kcal  | Green Papaya Salad 91 Kcal   | Peri Peri Sauce 42 Kcal | French Dressing 69 Kcal  | Italian Dressing 68 Kcal 
Balsamic Vinaigrette 48 Kcal | Strawberry Vinaigrette 47 Kcal

PORTION SIZE – SOUP–200–220 GMS, SALAD–250–280 GMS, STARTERS–180–200 GMS, MAIN COURSE–470–490 GMS, BIRYANI–760–790 GMS, PIZZA–320–34 GMS, PASTA–450–470 GMS, SANDWICH/BURGERS–350–400 GMS, DESSERTS–200–240 GMS
AN AVERAGE ACTIVE ADULT REQUIRES 2000 KCAL ENERGY PER DAY, HOWEVER CALORIE NEEDS MAY VARY.

KINDLY INFORM OUR ASSOCIATES IF YOU ARE ALLERGIC TO ANY INGREDIENTS
ALL PRICES ARE EXCLUSIVE OF APPLICABLE GOVERNMENT TAXES

 INDICATES VEGETARIAN PREPARATION  INDICATES NON-VEGETARIAN PREPARATION  INDICATES VEGAN PREPARATION  INDICATES BEEF / PORK PREPARATION



Moluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

MAIN COURSE PASTA

CHOOSE YOUR PASTA (PENNE / SPAGHETTI)

NON VEGETARIAN SAUCES 1206 Kcal 925
AL POLLO E TIMO: Chicken and thyme sauce   
MARE E MONTI: Seafood, mushroom, white wine and tomato sauce      
CARBONARA: Pancetta, pepper, parmesan and yolk of egg     

VEGETARIAN SAUCES 1189 Kcal |   850
ALFREDO: Cream sauce 
AGLIO, OLIO E PEPERONCINO: Garlic, olive oil and chili 
VERDURE: Spring vegetables in tomato sauce 
AL PESTO BASILICO: Basil pesto cream sauce 

INTERNATIONAL

GRILLED WHOLE POMFRET     1500
 1721 Kcal | Accompanied with citrus mash and balsamic glazed vegetables
RICOTTA AND SPINACH STUFFED GRILLED CHICKEN BREAST    1350
 832 Kcal | Accompanied with potato mash and herb scented vegetable

FISH AND CHIPS      1125
 1105 Kcal | Crumb fried fish fillets, tartar sauce and French fries
VEGETABLE A LA PRINCESS    1025
 687 Kcal | Gratinated vegetables on a bed of spinach

INDIAN

GOSHT ROGAN JOSH    1400
 890 Kcal | Tender chunks of mutton stewed in Indian spices
MURGH MAKHANI     1200
 1212 Kcal | Chicken morsels simmered in rich tomato gravy
MURGH METHI     1095
 1066 Kcal | Succulent chicken morsels simmered with fresh fenugreek leave
PANEER TIKKA BUTTER MASALA / PALAK PANEER     1025
 671 Kcal | 620 Kcal | Cottage cheese cooked to your choice of fresh fenugreek flavored tomato / spinach gravy

SUBZ BAWALI HANDI    925
 1090 Kcal | Mixed vegetables tempered with onion seeds and Indian spices
GOBHI ALOO HARA PYAZ    925
 449 Kcal | Cauliflower and potato tossed with spring onion
DAL MAKHANI   875
 810 Kcal | Slow cooked buttery black lentils
KHUMB MAKAI LAZEEZ    850
 1226 Kcal | Mushroom and corn
YELLOW DAL TADKA   800
 350 Kcal | Tempered toor dal

GOAN

PRAWN BALCHAO   1395
 768 Kcal | Prawns with sweet spicy sour brown onion and pickled spices
KING FISH RAWA FRIED / PERI PERI    1350
 696 Kcal | King fish coated with semolina or pickled chili marinade and pan-fried
KING FISH CURRY / PRAWN CURRY    1350 / 1450
 1126 Kcal | 742 Kcal | Pure Goan soul food

CHICKEN XACUTI  1150
 692 Kcal | Chicken morsels cooked with roasted spices and coconut
PORK VINDALOO   1150
 844 Kcal | Pork cooked in spicy red masala and finished with feni-a traditional goan liquor
BHINDI SOL    825
 1312 Kcal | Okra flavored with green chili, fresh grated coconut and kokum (sour berry)

ORIENTAL

KING PRAWN IN HOT GARLIC SAUCE 699 Kcal |    1450
THAI RED CURRY/THAI GREEN CURRY     1450 / 1225 / 925
 575 Kcal | Prawn / 696 Kcal | chicken / 557 Kcal | vegetable

SLICE FISH IN CHILI GARLIC SOYA 588 Kcal |     1350
CHICKEN KUNG PAO 767 Kcal |      1225
PHAD PHAK     925
 185 Kcal | Stir-fried exotic vegetables

RICE, NOODLES & BREADS

BIRYANI     1050 / 1200 / 1300 / 1300
 Our style of basmati rice cooked with yoghurt, mint, saffron, onion masala
 Kcal 613 / 798 / 921 / 795 | vegetable / chicken / lamb / prawn
NOODLES      1025
 Kcal 442 / 551 / 531 | vegetable / chicken / prawn / Sichuan / burnt garlic
FRIED RICE      1025
 Kcal 651 / 760 / 740 | vegetable / chicken / prawn / Sichuan / burnt garlic

TANDOORI ROTI / NAAN / CHEESE GARLIC NAAN    300
 165 Kcal | 320 Kcal | 345 Kcal
STEAMED/UNPOLISHED RICE   315
 385 Kcal | 415 Kcal |

DESSERTS

VANILLA CRÈME BRULÉE WITH PISTACHIO BISCOTTI      650
 497 Kcal | Vanilla flavored burnt cream (sugar free)
CHOCOLATE DECADENCE    650
 688 Kcal | Delicate rich bitter chocolate cake

MALAI KULFI   650
 169 Kcal | A traditional Indian dessert served with falooda
GAJAR AUR BADAM KA HALWA    650
 150Kcal | Carrot pudding topped with almonds
CHOICE OF ANY ICE CREAM    450
 102 Kcal | Vanilla / 205 Kcal | Strawberry / 203 Kcal | Mango / 205 Kcal | Coffee

PORTION SIZE – SOUP–200–220 GMS, SALAD–250–280 GMS, STARTERS–180–200 GMS, MAIN COURSE–470–490 GMS, BIRYANI–760–790 GMS,
 PIZZA–320–34 GMS, PASTA–450–470 GMS, SANDWICH/BURGERS–350–400 GMS, DESSERTS–200–240 GMS
 AN AVERAGE ACTIVE ADULT REQUIRES 2000 KCAL ENERGY PER DAY, HOWEVER CALORIE NEEDS MAY VARY.

KINDLY INFORM OUR ASSOCIATES IF YOU ARE ALLERGIC TO ANY INGREDIENTS
 ALL PRICES ARE EXCLUSIVE OF APPLICABLE GOVERNMENT TAXES

 INDICATES VEGETARIAN PREPARATION  INDICATES NON-VEGETARIAN PREPARATION  INDICATES VEGAN PREPARATION  INDICATES BEEF / PORK PREPARATION

