

# YOUR GUIDE TO NOURISHMENT

Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as a variety of nutritious re-ingredients to enjoy and savor.

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## BUFFET BREAKFAST

Weekdays 6:30 am - 10:30 am  
Weekend 6:30 am - 11:00 am

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## FRESH JUICES & VITALIZING SMOOTHIES

Looking for a refreshing start to your morning? All juices and smoothies are brimming with health benefits and essential nutrients to invigorate body and mind. Available all day.

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## REVITALIZING JUICES

### Freshly Squeezed Juice V | 400

Orange, watermelon, pineapple

### Freshly Squeezed Vegetable Juice V | 400

Tomato, beetroot, carrot, cucumber

### Anti-Aging Solution GF V VF | 400

Carrots, apple, spinach

**FIBER | IRON | VITAMIN C**

### Energizing Greens GF V VF | 400

Spinach, cucumber, celery, parsley, lemon, ginger

### IRON | VITAMIN C | MAGNESIUM

### Immunizing GF V VF | 400

Locally sourced apple, carrot, lemon, ginger, black pepper

**ANTIOXIDANTS | VITAMIN C | POTASSIUM**

### Coconut Detox GF V VF | 400

Locally sourced coconut, mint, lemon, honey

**ANTIOXIDANTS | MAGNESIUM | POTASSIUM**

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## SATISFYING SMOOTHIES

### Luxe Benefit GF V | 400

Banana, greek yoghurt, cocoa powder, honey, chia seeds

**CALCIUM | ANTIOXIDANTS | OMEGA-3**

### Antioxidant Blend GF V VF | 400

Banana, spinach, honey

**IRON | ANTIOXIDANTS | FIBER**

V | VEGETARIAN NV | NON-VEGETARIAN GF | GLUTEN FRIENDLY VF | VEGAN S | SIGNATURE

Government taxes extra as applicable. We levy no service charge.

Your server will be happy to answer any question you may have.

If you have any concerns regarding food allergies, please alert your server prior to ordering

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illnesses

————— A BALANCED START —————

**Home-made Yoghurt V | 300**

Plain, low-fat or seasonal fruit yoghurt available upon request

**CALCIUM | POTASSIUM | VITAMIN A |  
VITAMIN B6 | VITAMIN C**

**Fruit & Chia Yoghurt Bowl V | 350**

Home-made yoghurt, flaked almond, walnut, cashew, chia seed, seasonal fruit, raisins

**VITAMIN B6 | POTASSIUM | CALCIUM | COPPER**

**Bircher Muesli V | 400**

Soaked oats, grated carrot / apple, cream, honey, raisins

**CALCIUM | FOLATE | IRON |  
VITAMIN C, E, K | VITAMIN B6**

**Cereal V | 400**

Sliced Banana

Cornflakes, wheat flakes, muesli, homemade granola, banana ragi flakes, ragi choccos, with hot or cold milk

Milk selection: soy milk, full cream, low fat

**CALCIUM | VITAMIN B6 | POTASSIUM**

**Honey Almond Granola Fruit Parfait V | 400**

Plain, low fat, sugar-free or fruit yoghurt with seasonal fruits, homemade almond granola, Himalayan honey

**CALCIUM | PROTEIN | IRON**

**Hot Oatmeal V | 550**

Soft-cooked rolled oats, Himalayan honey, seasonal fruit

**IRON | MAGNESIUM | CALCIUM | VITAMIN B1**

**Local Seasonal Fruit Plate GF V VF | 500**

Locally sourced fruit and berries

**IRON | MAGNESIUM | CALCIUM | VITAMIN B1**

**Bakers Basket NV | 450**

Assorted Danish Pastry | Muffins | Croissant | bread rolls

————— INTERNATIONAL CLASSICS —————

**Bakes Egg White, Spinach, Bell Pepper and Feta Frittata NV | 500**

Spinach, bell peppers, tomatoes, feta cheese  
**Protein | Sodium | Calcium**

**All-American NV | 500**

2 Locally sourced free range eggs any style, grilled tomato, hash brown potato, smoked pork bacon rashers, pork or chicken sausage

**Eggs Benedict NV | 500**

Two locally sourced poached eggs, English muffin, hash brown potato, grilled tomato, smoked pork bacon rashers, hollandaise sauce

**Smoked Salmon, Mascarpone, Scallions Scrambled Eggs NV | 500**

(Classic Scrambled Eggs available upon request)

2 Locally sourced free range eggs, brioche, hash brown potato, grilled tomato

**Shakshuka NV | 450**

2 Locally sourced baked free range eggs, bell peppers, tomatoes, onion, feta cheese

————— INTERNATIONAL CLASSICS —————

**Bacon NV | 250**

**Grilled Chicken Sausage NV | 250**

**Grilled Pork Sausage NV | 250**

**Hash browns V | 175**

**Sautéed Mushrooms V | 175**

**Sautéed Vegetables NV | 175**

**Baked Beans V | 175**

**Grilled Tomato V | 175**

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— THE CHEFS SIGNATURE CHOICE —

**Denji Sukka S NV GF | 600**

Denji sukka is a famous coastal Karnataka delicacy made with locally sourced black mud crab which brings flavours from blending whole spices with coconut

**Masala Omelette NV | 450**

2 Locally sourced free range eggs Indian style omelette with onion, tomato, coriander, green chili, grilled tomato, hash brown potato

**Aanda Bhurji Pav NV S | 500**

2 Locally sourced free range eggs Indian style scramble with onion, tomato, coriander, green chili, grilled tomato, hash brown potato served with Indian soft roll.

**Brioche French Toast S NV | 500**

Whipped butter, maple syrup, homemade berry compote

**Belgian Waffle NV | 500**

Locally sourced fruit compote, maple syrup, whipped butter

**Classic Butter Milk Pancakes NV | 500**

Locally sourced fruit compote, whipped cream, whipped butter, warm maple syrup

— REGIONAL CLASSICS —

**Idlis V | 400**

Steamed rice and lentil cake, sambhar, home-made chutneys

**PROTEIN | SODIUM | VITAMIN A**

**Dosa V | 400**

Thin crisp rice and lentil bread, sambhar, home-made chutneys

Choice of: Plain/ Onion/ Masala

**PROTEIN | SODIUM | POTASSIUM**

**Uttapam V | 400**

Griddle fried rice pancake, sambhar, home-made chutneys

Choice of: Plain / Onion / Masala

**Medu Vada V | 400**

Deep fried lentil dumpling, sambhar, home-made chutneys

**Uppittu V | 400**

Savoury semolina pudding, sambhar, home-made chutneys

**Poori Bhaji V | 400**

Deep fried semolina wheat bread, potato curry

**Paratha V | 400**

Griddle fried stuffed whole wheat bread, homemade yoghurt, pickle

Choice of Stuffings: Potato / Cauliflower / Cottage cheese

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BEVERAGE

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<b>Homemade Masala Chai</b>	275
<b>South Indian Filter Coffee</b>	275
<b>Hot Chocolate</b>	325
<b>Freshly Brewed Tea</b> English, Assam, Darjeeling, earl grey, green	275
<b>Freshly Brewed Coffee</b> Cappuccino, café latte, espresso, americano	275
<b>Chilled Juices</b> Apple, cranberry, tomato, grape, guava	300
<b>Lassi or Buttermilk</b> Sweet, salted, plain, masala	300
<b>Fresh Lime Water or Soda</b> Plain, salted, sweet	300
<b>Sparling Water</b>	400
<b>Mineral Water</b>	
Veen (66cl)	300
Clear(100cl)	100
Bisleri (100cl)	100

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