

# TASTEFULLY NOURISHED

## FRESH JUICES & VITALIZING SMOOTHIES

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

- REVITALIZING JUICES -

Immunity Booster GF, V, VF | 600

Apple, carrot, celery VITAMINS | ANTIOXIDANTS

Revitalizing Blend GF,V,VF | 600

Pears, lemon, spinach, parsley VITAMINS | ANTIOXIDANTS | IRON

Ginger Boost GF, V, VF | 600

Carrot, kaffir lime, ginger VITAMINS | ANTIOXIDANTS

Six Pack GF, V, VF | 600

Asparagus, melon, cucumber, pears
ZINC | POTASSIUM | MAGNESIUM
High level of zinc to cure that bloated feeling

VITALIZING SMOOTHIES —

Instant Recharge GF, V, VF | 625

Pineapple, beet root, banana, yoghurt, honey POTASSIUM | ANTIOXIDANTS | MAGNESIUM

Anti-Oxidant GF, V, VF | 625

Banana, honey, celery, turmeric POTASSIUM | ANTIOXIDANTS | MAGNESIUM

Freshly Squeezed GF, V, VF | 625

Apple, pineapple, watermelon, orange POTASSIUM | ANTIOXIDANTS | MAGNESIUM

## **BREAKFAST**

7.00am - 11.00am

#### -A BALANCED START-

#### Bircher Muesli V | 575

Yoghurt, oats, almond, Himalayan honey, seasonal fruits and berries Contains dairy product, dry nuts VITAMIN A, B & D

#### Hot Organic Oatmeal V | 575

Brown sugar, to asted almond, dried nuts, seasonal fruits and berries  $\mbox{\sc VITAMIN}$  A, B & D

Yoghurt V | 400 Low fat | Plain | Fruit CALCIUM | POTASSIUM | VITAMIN A, B6, C

#### Cereal Selection V | 600

Corn flakes, wheat flakes, all bran, choco's, honey loops, muesli, served with full or skim milk with sliced banana or freshly diced apple, seasonal fruits and berries
FIBER | OMEGA 3

#### Fruit Platter GF, V, VF | 575

Seasonal fruits & berries

#### CHEF'S CHOICE

#### JW Breakfast | 850

3 Eggs cooked your way with hash browns, grilled tomato and a choice of bacon, ham or sausage

JW baker's basket, seasonal fruit platter, oatmeal or cereal or bircher muesli, yoghurt freshly squeezed juice, coffee or tea

#### Go Local V | 800

Aloo paratha and yoghurt or masala dosa with chutney and sambhar Seasonal fruit platter, sweet or salted lassi or freshly squeezed juice, coffee or tea

#### Well Being | 850

Choice of freshly squeezed carrot, beetroot, watermelon juice

Or

chilled orange, apple, watermelon, pineapple or tomato juice Home baked breakfast bakery selection

Bircher muesli or hot oatmeal
Whole wheat toast or rye toast

Served with jams, honey and butter

Yoghurt: Fruit | Plain | Low-fat | Sugar free Seasonal fruits

Selection of hot or cold coffee, tea or chocolate

## **BREAKFAST**

7.00am - 11.00am

#### INTERNATIONAL CLASSICS-

### Cage Free Eggs (3eggs) N/V | 650 Scramble | Fried | Omelet

Served with crisp hash browns, grilled tomato, grilled bacon and chicken or pork sausage PROTEIN | ANTIOXIDANTS | VITAMINS

#### Egg Benedict N/V | 650

2 cage free poached eggs, English muffin, ham, hollandaise sauce, served with crisp hash browns and grilled tomato

#### Frittata N/V | 650

Asparagus, ham, parsley, feta cheese, 2cage free eggs served with crisp hash browns and grilled tomato

#### The Chefs Signature Choice Masala omelet N/V | 575

3cage free eggs, onion, tomato coriander green chilly

#### Pancakes V | 575

Blueberry, honey, warm maple syrup, chocolate sauce, whipped butter (any two)
VITAMIN A, B & D

#### Signature French Toast N/V | 575

Brioche French toast, plum compote & whipped butter

#### Waffles V | 575

Blueberry, honey, maple, chocolate sauce, whipped cream (any two)

#### **REGIONAL CLASSICS**

# Whole Wheat Paratha with a Choice of fillings V | 675 Plain | Potato | Cauliflower | Cottage cheese

## Gath ka Paratha V | 675 (Local & Signature)

Local specialty, whole wheat bread cooked on griddle, horse-gram lentil

#### Poori Bhaji V | 675

Whole wheat deep fried bread, potato curry and pickle

#### Dosa V | 675

Crisp rice pancake, potato masala or plain, sambhar, coconut chutney, tomato chutney and gun powder

#### Idli V | 675

Steamed rice and lentil pancake, sambhar, coconut chutney, tomato chutney and gun powder

MAGNESIUM | PHOSPHORUS

#### Swala (Local) V | 675

Potato stuffed flat bread, deep fried served with curd & chutney FIBER | OMEGA 3

## **BREAKFAST**

7.00am - 11.00am

 CRAFTED BAKERY	-

#### **Crafted Bakery**

All of our bakery items are freshly crafted and baked in-house

Muffin V | 550 CALCIUM | IRON | SODIUM

Danish V | 550 Plum | Mango

Cinnamon Roll N/V | 550

Croissant V | 550 Butter croissant | Pain au Chocolate

11.00am - 11.00pm

- TO START -

APPETIZERS | SNACKS

Spicy Buffalo Chicken Wings N/V | 875 6 pc wings, blue cheese dressing, crudities IRON | CALCIUM | SODIUM

Warm Wild Mushroom, Parmesan V | 950 Porcini mushroom and sundried tomatoes

Achari Paneer Tikka V | 750

Pickle marinated cottage cheese cooked in tandoor.

PROTEIN | VITAMIN A, B &D | CALCIUM

Palak Kandali Ke kebab V | 750 (Local & Signature)

Spinach & nettle grass, locally spiced patties OMEGA 3 | MAGNESIUM I VITAMIN E&K I CALCIUM

Cheese Arancini V | 700

Risotto rice & cheese balls served with paprika relish

CALCIUM | ANTIOXIDANT | PHOSPHORUS

Sarson Mahi Tikka N/V | 950

Mustard marinated fish cooked in tandoor

Murgh Angara Tikka N/V | 875

Boneless chicken thighs marinated in yoghurt &Indian spices, cooked in tandoor

Sichuan Chicken N/V | 875

Wok tossed chicken, spring onion, peppers

JW Spring Roll V | 750

Vegetable stuffed crispy spring roll, sweet chilly sauce

Mutton Seekh Kebab N/V | 925

Minced lamb with coriander ,yellow chilly and Indian spices finished in tandoor

Tandoori Jhinga N/V | 950

Tandoor marinated prawns flavored with garlic

Government taxes as applicable. We levy no service charge.  $\mbox{V | VEGETARIAN } \mbox{VF | VEGAN } \mbox{GF | GLUTEN FRIENDLY}$  SOUPS AND SALADS-

Roasted Tomato and Basil Soup V | 550

Oven roasted Tomato & basil | Garlic bread ANTIOXIDANTS | POTASSIUM | VITAMIN C

Mushroom and Thyme Soup V | 550

Button mushroom, thyme flavored

Man Chow Soup | 550 | 575

Vegetable | Chicken

Ginger and coriander flavored vegetable broth

Burnt Garlic Noodle Soup 550 | 575

Vegetable | Chicken

Caprese V | 650

Plum tomatoes, buffalo mozzarella, pesto dressing

Mediterranean Couscous Salad V | 650

Warm couscous salad, served with mix green PROTEIN | ANTIOXIDANTS | MAGNESIUM

Compressed Watermelon and Rocket V | 650

Aged balsamic reduction, crumbled feta CALCIUM | ANTIOXIDANTS | VITAMIN C

Caesar Salad | 650 | 675 | 725

Balsamic grilled vegetables |

Grilled chicken | Garlic prawns

Romaine, caesar dressing, shaved parmesan CALCIUM | ANTIOXIDANT

11.00am - 11.00pm

#### WESTERN CLASSIC

#### Burger, Sandwiches and Wraps

(Served with French fries or potato wedges or vegetable crudites)

## Kathi Roll | 900 Chicken tikka | Paneer tikka

Whole-wheat Indian flat and thin bread, onion, capsicum and mint chutney

## Burger | 875 | 950 | 1000 Vegetable | Chicken | Pulled lamb

Cheese, lettuce, tomatoes, cucumber, sesame bun

POTASSIUM | OMEGA 3 | CALCIUM

## Vegetable Club Sandwich V | 875 White bread | Multigrain bread

Grilled zucchini & peppers, tomato, cucumber, cheddar cheese, mix greens

## Chicken Club Sandwich N/V | 975 White bread | Multigrain bread

2 cage free fried eggs, grilled chicken, turkey ham, tomato, cucumber, mix greens, cheese slices

#### PIZZA / PASTA -

#### Margherita V | 825

Fresh tomato, mozzarella, basil

## Pizza Meatza Chicken tikka | Grilled chicken | 875 Parma ham | Pepperoni | 900

## Spaghetti Aglio e olio V | 825

Garlic, olive oil, parmesan cheese

#### Penne Arrabiata V | 825 Spicy tomato sauce

## Whole Wheat Spaghetti Bolognaise N/V | 875

Pasta served with meat sauce

#### Risotto al Fungi V | 825

Arborio rice served with shitake & porcini mushroom

POTASSIUM | PROTEIN | VITAMIN B

#### Risotto Marinara N/V | 925

Arborio rice cooked with salmon & prawns

11.00am - 11.00pm

#### INTERNATIONAL MAINS -

#### Fish and Chips N/V | 1025

Classic batter fried sole, tartare sauce, chips, malt vinegar
PROTEIN | VITAMINE D-B12 | OMEGA 3

#### **Grill section**

Please select one entree | one sauce | two side dishes

Select one entree:

Himalayan River Trout N/V | 1050 PROTEIN I VITAMINE D-B12 | OMEGA 3

Mustard Marinated Sole N/V | 1050 PROTEIN | VITAMINE D-B12 | OMEGA 3

Shriracha Spring Chicken N/V | 950 PROTEIN | IRON | VITAMIN B

Australian Lamb Chops N/V | 1275 PROTEIN | SODIUM | POTASSIUM

#### Select one sauce:

Red wine jus

Mushroom cream sauce
Garlic and mustard jus
Spicy chili sauce
Bar be que sauce
Lemon butter garlic sauce
White wine cream sauce

#### Select any 2 Supplement per side

French fries V, VF
Olive oil mashed potatoes V
Hash brown potato V
Steamed garden vegetables GF, VF
Wok fried vegetables V
Grilled asparagus GF, V, VF
Steamed rice GF, V, VF
Crudites of vegetables
with blue cheese dip V
Garlic bread

ALL DAY BREAKFAST-

#### Cage Free Eggs (3eggs) N/V | 650 Scramble | Fried | Omelet

Served with crisp hash browns, grilled tomato, grilled bacon, and chicken or pork sausage PROTEIN | ANTIOXIDANTS | VITAMINS

Whole Wheat Paratha V | 650 with a choice of Plain | Potato | Cauliflower | Cottage cheese FIBER | OMEGA 3

- ASIAN MAINS —

Dumpling in Manchurian Sauce Vegetable | Chicken | 775 | 800 IRON | PROTEIN | VITAMIN D

Fried Rice | 750 | 775 | 850 Vegetable | Chicken | Prawns VITAMIN B | FIBER | ANTIOXIDANTS

Wok Tossed Hakka Style Noodles | 750 | 775 | 850 Vegetable | Chicken | Prawns VITAMIN B | FIBER I ANTIOXIDANTS

Thai Curry Green | 850 | 925 | 975 Vegetable | Chicken | Prawns Served with jasmine rice

11.00am - 11.00pm

REGIONAL CLASSIC

Pahari Gosht N/V | 1025 (Local Signature)

Lamb leg with chef's special local masala

Mutton Rogan Josh N/V | 1025 Leg of lamb, onion broth, whole spices.

Butter Chicken N/V | 975

Tandoor cooked boneless chicken in tomato gravy

Homestyle Fish Curry N/V | 975 Cooked with spices served with bone.

Paneer Lababdar V | 825

Cottage cheese cooked with tomato, cashewnut & fennel gravy

Kadai Subzi V | 800

Vegetables cooked with onion, pepper, kadai masala, flavored with cumin seeds

Lasooni palak V | 800

Spinach tempered with garlic, cumin

Shahi Kofta V | 800

Vegetable and cottage cheese dumplings cooked in yellow gravy

Yellow Dal Tadka V | 775

Three lentils tempered with garlic, cumin and whole red chilly

Dal Signature V | 825

Black urad dal cooked overnight on tandoor, flavored with garam masala, cardamom Biryani

Biryani | 875 | 1000 Vegetable | Chicken

Rice delicacy, flavored with saffron, cooked on dum

Steamed Rice V | 550

Breads V | 275

Naan | Roti | Missi roti | Lachha paratha

Kulcha V | 325

Paneer | Onion | Potato

Raita V | 400

Boondi | Pineapple | Vegetable

Homemade curd V | 400

**DESSERTS** 

Meve Gulab Jamun V | 600

Reduced milk dumpling, dry nuts

Pan Pettha (local) V | 600

Pan flavored thin sliced n rolled pettha

Hazelnut Chocolate Cake V | 600

Dark chocolate, vanilla ice cream

Honey and Walnut Torte N/V | 600

Butter, honey and walnut with vanilla short crust served with vanilla Ice Cream MAGNESIUM I ANTIOXIDANTS

Cheesecake & Raspberry Tart N/V | 600

Cream cheese, raspberry coulis
PROTEIN | CALCIUM | ANTIOXIDANTS

Warm Apple Pie (Sugar Free) N/V | 600

Apple, sugar free and vanilla short crust. With vanilla cinnamon ice cream POTASSIUM | PROTEIN | VITAMINS

Dark Chocolate Brownie V | 600

Served with Vanilla Ice Cream

Nizam Ki Nazakat V | 600

Baked reduced milk dumpling

Selection of Ice Creams V | 600

Vanilla | Chocolate | Strawberry | Butterscotch

Government taxes as applicable. We levy no service charge.

V | VEGETARIAN VF | VEGAN GF | GLUTEN FRIENDLY

11.00am - 11.00pm

NIDic	
 KID 3	

#### Khichdi V | 450

Rice, yellow lentil, cumin PHOSPHORUS | PROTEIN

#### Mac n Cheese V | 450

Macaroni cooked in cream & cheddar cheese PHOSPHORUS | ANTIOXIDANTS | CALCIUM

#### Fish Finger N/V | 450

Served with tartare sauce, fries MAGNESIUM I POTASSIUM I OMEGA3 I PROTEIN

Hakka Noodle | 400 | 425 | 450 Vegetable | Egg | Chicken VITAMIN B | FIBER | ANTIOXIDANTS

Kids Choice: A half portion of any ala carte food item can be ordered at half price

## LATE - NIGHT

11.00pm - 12.00am

Palak Kandali ke Kebab V | 750sesame bun(Local & Signature)POTASSIUM | OMEGA 3 | CALCIUM

Spinach & nettle grass, locally spiced patties

White bread | Multigrain bread

SOUPS AND SALADS — 2 cage free fried eggs, grilled chicken, cheese

Roasted Tomato and Basil Soup V | 550

Oven roasted tomato & basil | Garlic bread

ANTIOXIDANTS | POTASSIUM | VITAMIN C

Vegetable Club Sandwich V | 85

Mushroom and Thyme Soup V | 550

Button mushroom, thyme flavored

chicken | Garlic prawns

Caesar Salad | 650 | 675 | 725 Balsamic grilled vegetables | Grilled

Romaine, caesar dressing, shaved parmesan CALCIUM | ANTIOXIDANT

 $\begin{tabular}{ll} Vegetable Club Sandwich V \mid 875 \\ White bread & Multigrain bread \\ \end{tabular}$ 

Chicken Club Sandwich N/V | 975

Grilled zucchini & peppers, tomato, cucumber, cheddar cheese, mix greens

## LATE - NIGHT

11.00pm - 12.00am

**MAINS** 

## Pahari Gosht N/V | 1025 (Local & Signature)

Lamb leg with chef's special local masala

#### Butter Chicken N/V | 975

Tandoor cooked boneless chicken in tomato gravy

#### Yellow Dal Tadka V | 775

Three lentils tempered with garlic, cumin and whole red chilly

#### Dal Signature V | 825

Black urad dal cooked overnight on tandoor, flavored with garam masala, cardamom

#### Paneer Lababdar V | 825

Cottage cheese cooked with tomato, cashewnut & fennel gravy

#### Kadai Subzi V | 800

Vegetables cooked with onion, pepper, kadai masala, flavored with cumin seeds

### Biryani | 875 | 1000 Vegetable | Chicken

Rice delicacy, flavored with saffron, cooked on dum

#### Bread V | 275

Tava paratha | Phulka

DESERTS -

## Meve Gulab Jamun V | 600

Reduced milk dumpling, dry nuts

#### Honey and Walnut Torte N/V | 600

Butter, honey and walnut with vanilla short crust served with vanilla Ice Cream

#### Selection of Ice Creams V | 600

Vanilla | Chocolate | Strawberry | Butterscotch