

SUPERFOOD

SOUP Seasonal Mushroom and Thyme (Kcal 145) 🧍 🖠 💽

Freshly harvested cremini and button mushrooms, chevre cheese tart, cracked black pepper.

700

SALADS Thar Quinoa, Beet and Goat Milk Cheese (Kcal 279) 🟮 🕯 🕭 💽

950

850

Slow-roasted ash gourd, baby spinach, goat cheese, açai powder.

SMALL PLATES

Himalayan Earth Bowl (Kcal 460) 🖋 💽 Himalayan bean tofu, roast organic beets, garlic wilted greens,

toasted sesame seeds, served on a bed of Himalayan red rice

kedgeree.

1400

DESSERT

Bitter Chocolate Orange Pave (Kcal 192)

Chilled bitter chocolate whipped ganache, orange zest,

gluten-free sponge.

DAILY PRESS & LEELA FIT RECIPES

ABCG (Kcal 69)

500

Apple, beetroot, carrot, ginger

De Toxify Me (Kcal 28) Carrot, ginger, celery, orange, lime

500

Bitter Gourd, Amla & Lime (Kcal 45)

500

Fresh Orange (Kcal 133)

500

DAILY PRESS & LEELA FIT RECIPES

Green Apple Smoothie (Kcal 54) 1 &

Avocado, green apple, yogurt and nuts

Blueberry & Chia Seed Smoothie (Kcal 87) 1 🔔

Blueberry, chia seed, yogurt and nuts

650

650

650

650



Chocolate or Vanilla Shake (Kcal 142) 1 🕹 🕭 Chocolate or vanilla ice cream, milk and nuts

Soy Milk & Banana Shake (Kcal 50) / 🕹 Banana, soy milk and nuts

Kindly inform our associate of any potential allergies that you are borne to. An average active adult requires 2000 kcal per day; however calorie needs may vary. The above mentioned calorific values are based on standard recipes and often vary basis customization. The hotel will levy 2.5% service charge + GST on all food & beverage invoices.

BEVERAGES

Turmeric Ashwagandha	550
Paradise of Kashmir	550
Blueberry Green Tea	550
Turmeric Tulsi	550
Hardoor Estate Coorg - Organic Arabica	550
Hardoor Estate Coorg - Green Coffee	550
Veen Still (660 ml)	525
Perrier (330 ml)	400
Veen Sparkling (330 ml)	300

