

BAKERY ₹ 145

Contains Gluten / Choose any one

- ▲ **Classic Croissant**   
Calories 122kcal
- ▲ **Almond Croissant**   
Calories 188kcal
- ▲ **Pain Au Chocolat**   
Calories 140kcal
- ▲ **Danish**   
Calories 107kcal
- ▲ **Muffin**   
Calories 90kcal
- ▲ **Donut**   
Calories 82kcal

BAKERS BASKET ₹ 255

Choose any 4 pieces/ Calories 213kcal

Sunshine Toast

Whole Wheat or Multi Grain

Whole Wheat

White Bread

Sourdough

COLD PRESSED FRESH JUICES ₹ 400

- **ABC Juice**
Apple, Beetroot, Carrot
Quantity 350gm | Calories 99kcal
- **Green Juice**
Kale, Cucumber, Green Apple, Mint
Quantity 350gm | Calories 65kcal
- **Orange Juice**
Quantity 350gm | Calories 96kcal
- **Pinapple Juice**
Quantity 350gm | Calories 86kcal
- **Watermelon Juice**
Quantity 350gm | Calories 41kcal

HEALTHY PASTA

- **Multigrain Fusilli, Spicy Cherry Tomato Sauce** 
Quantity 280gm / Calories 426kcal
- **Rice Flour Penne, Basil Pesto**  
Quantity 250gm / Calories 575kcal
- **Whole Wheat Penne, Blue Cheese Sauce**  
Quantity 280gm / Calories 996kcal
- **Whole Wheat Spaghetti, Chicken Bolognese**   
Quantity 280gm / Calories 422kcal

CHOICE OF SAUCE ₹ 1345

- Basil Pesto / Spicy Cherry Tomato / Blue cheese
- ▲ Chicken Bolognese

HEALTHY SHAKES AND SMOOTHIES ₹ 499

- **Chikoo, Soaked Almond, Soya Milk**  
Quantity 300gm / Calories 336kcal / Carbohydrate 44.4 g, Protein 3.4g
- **Peanut Butter, Banana, Almond Milk**  
Calories 251kcal / Carbohydrate 31.9g, Protein 6.2g
- **Green Apple, Spinach, Coconut Water**
Calories 185 / Protein 1.5g)- Vegan
- **Cacao, Date, Banana, Almond Milk Smoothie** 
Calorie 197 / Carbohydrate 42.5 g / Protein 2.7g)

YOGHURT BASE

- **Avocado, Spinach, Celery Smoothie** 
Calories 322 Total Carbohydrate 42 g / Protein 10.5g)
- **Blueberry, Pumpkin Seed Smoothie**
Calories 310 Total Carbohydrate 45.4g / Protein 15.1g)
- **Strawberry, Banana, Chia Smoothie** 
Quantity 300gm / Calories 356)

WRAPS / SANDWICHES / BURGER

- ▲ **Home Cured Salmon, Avacado with Tofu on**     **₹ 2050**
Whole Wheat Bread
Quantity 280gm / Calories 615kcal
- ▲ **Wild Mushroom, Baby Spinach on Whole Wheat**    **₹ 1750**
with Poached Egg & Mozzarella Cream
Quantity 220gm / Calories 376kcal

SELECTION OF EGGS ₹ 695

EGGS SERVED WITH CHOICE OF BACON OR SAUSAGE

- ▲ **Egg Selection**  
Egg any Style Served with Roasted Tomato, Potato, Spinach
Quantity 170gm | Calories 288kcal
- ▲ **Eggs Benedict**   
Poached Egg on English Muffin with Ham, Topped with Hollandaise
Quantity 180gm | Calories 301kcal
- ▲ **Egg Royale**   
Poached Egg on English Muffin with Salmon, Topped with Hollandaise
Quantity 180gm | Calories 427kcal
- ▲ **Egg Florentine**    
Poached Egg on English Muffin with Spinach, Topped with Hollandaise
Quantity 180gm | Calories 301kcal

■ ▲      

VEG NON VEG MILK NUTS EGG FISH GLUTEN SOYA SULPHITES

Government taxes as Applicable

LUNCH & DINNER MENU

SMALL PLATES

- 
Baby Tender Leafy with Apple, Feta, Cranberry, Mustard Honey Dressing  **₹ 845**
 Quantity 180gm / Calories 180kcal / Calories 284kcal,
 / Carbohydrate 60.4g / Protein 5.1g
 - 
Charred Broccoli, Sprout Lentil, Cucumber Heirloom Cherry Tomato  **₹ 845**
 Quantity 180gm / Calories 159kcal / Calories 199
 / Carbohydrate 35.3 / Protein 14.5g
 - 
Black Rice and Watermelon Salad **₹ 1045**
 Quantity 220gm / Calories 449kcal
 - 
Quinoa Cranberry Salad - (Gluten Free)  **₹ 845**
 Calories 254 / Carbohydrate 34.8g / Protein 7.8g
 - 
Roasted Squash with Pomegranate Molasses and Pistachios  **₹ 1345**
 Quantity 220gm / Calories 449kcal
 - 
Whipped Pea, Artichoke and Za'atar with New Potatoes  **₹ 1345**
 Quantity 240gm / Calories 250kcal
 - 
Fresh Rucola and Falafel Salad   **₹ 1045**
 Quantity 240gm / Calories 446kcal

LARGE PLATES

-  **Roasted Garlic, Parmesan Artichoke with Melted Spinach**  ₹ 1345
Quantity 240gm / Calories 250kcal
 -  **Spicy Pepper, Plum Tomato, Basil Cannelloni**  ₹ 1345
Quantity 280gm / Calories 526kcal
 -  **Fresh Vegetables Caponata, Turmeric Cauliflower Rice** ₹ 1345
Vegan / Keto / Gluten Free
Calories 172gm / Total Carbohydrate 28.4g / Protein 6.6g
 -  **Zucchini Noodles, Basil Pesto** ₹ 1345
Vegan / Keto / Gluten Free
Calories 103gm / Total Carbohydrate 7.3g / Protein 2.2g
 -  **Roasted Baked Blackcod**  ₹ 1645
Quantity 280gm / Calories 304kcal
 -  **Lime Chicken Breast with Black Rice, Avacado** ₹ 1545
Quantity 280gm / Calories 445kcal

DESSERTS ₹ 745

-  **Roasted Fresh Seasonal Fruit with Ice Cream (gluten free)** 
Quantity 120gm | Calories 192kcal
Calories 265, Total Carbohydrate 54.9g, Protein 5.4g

 **Sorbets - Raspberry and Champagne, Passion Fruit and Plum** 
Quantity 150gm | Calories 266kcal

SOUP

-  **Beetroot, Carrot, Spinach Soup (Gluten Free)**  **₹ 745**
Calories 96kcal / Carbohydrate 21.6g / Protein 3.8g
 -  **Chicken and Sweet Corn Soup (Gluten Free)**  **₹ 845**
Calories 207kcal / Carbohydrate 18.7g / Protein 26.5g

MEZZE AND PITTA ₹ 1045

-  **Hummus**
Quantity 100gm / Calories 451kcal / Calories 23 gram
-  **Guacamole**
Quantity 30gm / Calories 64kcal / Calories 74 gram
-  **Baba Ghanoush** 
Quantity 60gm / Calories 38kcal / Calories 55 gram
-  **Tabbouleh** 
Quantity 60gm / Calories 110kcal / Calories 59 gram
-  **Marinated Olives**
Quantity 30gm / Calories 90kcal / Calories 69 gram
-  **Harissa Sauce**
Quantity 30gm / Calories 64kcal / Calories 51 gram
-  **Tahina Sauce**
Quantity 30gm / Calories 45kcal / Calories 56 gram
-  **Small Pitta Bread (Contains Gluten)** 
Quantity 60gm | Calories 165kcal / calories 77 gram
-  **Aioli** 
Quantity 25gm / Calories 192kcal / Calories 49 gram

DIET SOFT

- 
Tomato & Olive Bruschetta (Gluten free)  **₹ 845**
 Quantity 200gm / Calories 502kcal
 - 
Spicy Cannelloni  **₹ 845**
 Quantity 280gm / Calories 526kcal
 - 
Fresh Rucola and Falafel Salad   **₹ 1045**
 Quantity 240gm / Calories 446kcal
 - 
Black Rice and Watermelon Salad  **₹ 1045**
 Quantity 220gm / Calories 449 kcal
 - 
Whipped Pea, Artichoke, and Za'atar with New Potato **₹ 1345**
 Quantity 280gm / Calories 304kcal
 - 
Spiced Roasted Squash with Pomegranate Molasses and Pistachio  **₹ 1345**
 Quantity 240gm / Calories 446kcal
 - 
Pressed Silken Tofu Avocado Toasty **₹ 1345**
 - 
Mushroom Toasty    **₹ 845**
 Quantity 220gm / Calories 376 kcal / Carbohydrate 40 g / Protein 26.44 / Fat 24
 - 
Fish Cartoccio  **₹ 1345**
 Quantity 280gm / Calories 304kcal
 - 
Smoked Salmon Toasty     **₹ 1545**
 Quantity 280gm / Calories 615kcal
 - 
Coriander Lime Chicken with Avocado Black Rice **₹ 1545**
 Quantity 280gm / Calories 526kcal



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