A debating

podium, a football

den, a co-working

area, meeting

point, a dating

corner...et cetera

As per the guidelines issued by the Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

List of Allergens:

















Moluscs

Eggs

Fish

Lupin

Soya

Milk

Peanuts

Gluten

Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

TO START WITH (11:00 am - 11:00 pm)

- Chilli Paneer
 Crispy fried paneer, spicy sauce (631 kcal per serving)
- Chilli Cheese Toast
 Chilli toasty bites (631 kcal per serving)
- △ Chicken Tikka ♠ ☐

 Chicken cubes in ginger, garlic, yoghurt marinade, charred in clay oven (871 kcal per serving)
- Deep fried marinated chicken, curry leaves & green chilies (869 kcal per serving)
- Tamatar Dhaniya Shorba
 *Light tomato soup, local spices, naan bread (86 kcal per serving)



24X7 BITES

- Grilled Veg. Sandwich Multigrain bread filled with cucumber, tomato and cheese topping (750 kcal per serving)
- ✓ Grilled Chicken Sandwich White/Brown bread filled with chicken & cheese (593 kcal per serving)
- Vegetable Biryani \(\bar{\text{\texi}\text{\text{\text{\texi{\texi{\texi{\texi\texi{\texi{\texi\texi{\texi{\texi\texi{\texi{\texi{\texi{\texi{\texi}\tiexi{\texi{\texi{\texi{\t
- Vegetable Pizza Mushroom & paneer pizza, crushed tomatoes, mozzarella, regular size (1024 kcal per serving)
- Non-veg. Pizza ♣ ☐ Chicken tikka/salami, pizza, mozzarella & tomatoes, regular size (1083 kcal per serving)
- Spaghetti Bolognese Whole-wheat spaghetti, chopped chicken, red wine, root vegetables & tomato sauce (505 kcal per serving)

*Calorie content of the dish does not include rice/bread accompaniment.

Vegetarian Non-vegetarian

List of Allergens:

Moluscs Eggs Fish Lupin Soya Milk Peanuts Gluter

Crustageans Mustard Nuts Sesame Celery Sulphites

MAINS (11:00 am - 11:00 pm)

- Butter Chicken with Naan # 7 *Chicken tikka in rich tomato onion gravy, naan (441 kcal per serving)
- 🔳 Dhabha Paneer 🐞 🕯 🥒 *Rich simmered cottage cheese cubes, naan (670 kcal per serving)
- Dal Tadka with Roti *Yellow lentils infused with cumin, garlic, chilli, coriander, tandoori roti (381 kcal per serving)
- Kung Pao Vegetables Sweet & sour spicy vegetables, fried rice (542 kcal per serving)
- 🔼 Kung Pao Chicken 🍍 🎻 Sweet & sour spicy Chinese chicken, vegetables, fried rice (542 kcal per serving)
- Vegetable Momos Steamed cabbage, carrot & spring onion momos (456 kcal per serving)
- 🔼 Chicken Momos 🕍 🌓 Chicken & spring onion momos (457 kcal per serving)
- Spiced Noodles with Oriental sauce Stir fried spicy chilli garlic-vegetable noodles (401 kcal per serving)

*Calorie content of the dish does not include rice/bread accompaniment.

Vegetarian Non-vegetarian List of Allergens:

Moluscs



























STAPLES (11:00 am - 11:00 pm)

- Rice Prepartion Choice of plain rice/jeera/onion (585 kcal per serving)
- Indian Bread Basket Choice of roti/naan/laccha paratha (4 pcs) (343 kcal per serving)

SWEET ENDINGS (11:00 am - 11:00 pm)

- Served with vanilla ice cream (1073 kcal per serving)
- Fruit Salad Assorted variety of seasonal fruits (117 kcal per serving)
- Gulab Jamun with Kulfi # 0 P Flavoured warm milk dumplings, traditional Indian ice cream (907 kcal per serving)





















Great Food & Beverage Hygiene

- 1. Food preparation & hygiene standards as per FSSAI guidelines
 - 2. Food is handled by staff with appropriate protective gear
 - 3. Temperature of food is monitored
- 4. Food handlers' body temperature is monitored on a daily basis