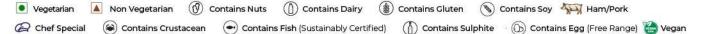


Available from 06:30 am to 12:00 noon

BREAKFAST

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

Choice of baker's basket - danish, croissant and muffin
Fresh vegetable and cheese sandwich
Preserved fruit juice of the day
Choice of seasonal fruits freshly cut or whole
Pack of plain or fruit yogurt of the day
Selection of freshly brewed tea, coffee



EUROPEAN BREAKFAST

Seasonal Fresh Fruits (105kcal, 150gms) ₹750 Assortment of freshly cut seasonal pick Fresh Fruit Juice And Our Signature Blends ₹550 · Orange, pineapple and watermelon (150kcal, 180ml) · Apple, mint and ginger (228kcal, 180ml) · Beetroot, orange and celery (356kcal, 180ml) · Carrot, celery and apple (222kcal, 180ml) 🔺 Early Bird Baker's Basket or Toasted Breads (4 pcs) (409kcal, 200gms) 🛈 🕸 🕦 ₹550 Danish, croissant, doughtnut, pain au chocolat, muffin / white, brown or multigrain toast with preserves and butter Breakfast available to go Cereals (Healthy) (120gms) ₹550 Corn flakes (594 kcal) Wheat flakes (534 kcal) Chocolate flakes (614 kcal) Ragi bites (432 kcal) Dry muesli (580 kcal) (9) Bowl of Hot Porridge (Healthy) (389kcal, 120gms) (1) (1) ₹550 Served plain or choose below · Caramelized banana, walnut and choco chip · Cinnamon and brown sugar ₹750 / ₹850 ▲ Two / Three Eggs Your Style (120gms) ⑩ ⑧ Fried (410kcal), poached (359kcal), Scrambled (310kcal) or omelette (250kcal). Served with choice of white, brown or multigrain toast Accompanied with country style potatoes and choice of pork or chicken sausage, bacon or ham

All egg preparations are made with free range, cage free eggs

SIGNATURE SPECIALITY

Eggs are accompanied with country style potatoes and choice of pork or chicken sausage, bacon or ham

▲ Smoked Salmon Scrambled Egg (531kcal, 160gms) ① ⑧ ⊕ ⑤ Served with multigrain sourdough toast, arugula	₹1050
▲ Free Range Egg Benedict (424kcal, 150gms) ③ ⑤ ♣️ Grilled homemade muffin baked with hollandaise, smoked ham	₹800
A Shakshuka (198kcal, 140gms) (1) (2) Baked egg, hearty tomatoes and pepper sauce	₹800
▲ Waffle (937kcal, 120gms) ① ⑧ ⑤ Whipped cream, pancake syrup and chocolate syrup	₹750
▲ Pancakes (332kcal, 120gms) ① ⑧ ⑤ Whipped cream and pancake syrup	₹750
KIDS MENU	
■ Baby Fish Finger (451kcal, 150gms) ⑤ ⑤ Served with french fries	₹800
▲ Chicken Nuggets (604kcal, 150gms) ⑧ ⑤ Served with french fries	₹750
 Mac n Cheese (1163kcal, 150gms) (1) (1) Macaroni prepared in cheese sauce 	₹750
• French Fries (215kcal, 150gms)	₹650

















REGIONAL BREAKFAST

Dosa (120gms) (1) South Indian style crispy rice and lentil crêpe cooked on a griddle Choice of plain (357kcal), masala (656kcal), rawa dosa (1097kcal) served with lentil stew and coconut chutney	₹750
 Idli (3pcs) (194kcal, 120gms) Steamed rice cake served with lentil stew and coconut chutney 	₹750
Masala Uttapam (381kcal, 120gms) (1) Fermented rice and lentil pancake with tomato, onion and chiliserved with lentil stew and coconut chutney	₹750
Upma (532kcal, 120gms) ® ① Soft semolina pudding tempered with curry leaves, cashew and mustard seeds served with lentil stew and coconut chutney	₹750
Poha (746kcal, 120gms) © Flattened rice tempered with mild spices, peanuts and curry leaves served with tomato chutney	₹750
▲ Chettinad Egg Roast (412kcal, 140gms) ⑤ ⑥ Spicy egg curry accompanied with kallappam	₹800
● Paratha (2pcs) (140gms) ① ⑧ Griddle cooked North Indian whole wheat bread Choice of stuffing - potato (493kcal), onion (438kcal), cauliflower (440kcal) or cottage cheese (438kcal) served with pickle and yogurt	₹750
 Poori Bhaji (5pcs) (533kcal, 140gms) Fried north Indian whole wheat bread served with spiced potato curry 	₹750
Akuri and Ajwaini Parantha (967kcal, 140gms) (1) (1) (2) (2) (3) (40gms) (1) (1) (2) (5) (5) (6) (7) (7) (7) (7) (7) (7) (7) (7) (7) (7	₹800

Available from 12:00 noon to 11:00 pm

EUROPEAN SELECTION

European meal will be served with freshly baked breads

Salad

● Salad "Shun (246kcal, 150gms) ⑤ ⑥ ﴾

'Shun' is a concept of celebrating seasons best produce. Greens with compressed vegetables, fruits and sesame miso dressing

■ Arabic "Souk" Platter (1440kcal, 160gms) (1) (8) (1) (1)
Hummus, baba ganoush, tzatziki, falafel, pickle and freshly baked pita

■ Tijuana Caesar (794kcal, 160gms) (b) (b) (c) (m)
Heart of romaine lettuce, focaccia crisp, garlic Parmesan dressing, crispy bacon & roasted chicken breast

Soup

Sandwiches and Burgers

All sandwiches and burgers are served with French fries

■ Grilled Vegetable Sandwich (1162kcal, 200gms) ① ③
Sliced tomatoes, grilled zucchini, bell peppers, white onions and chili pesto with choice of multigrain, brown or white bread with house salad



▲ Grilled Chicken and Cheese Sandwich (1359kcal, 200gms) ① ⑧ Ciabatta bread, roasted chicken salad, matured cheddar cheese with house salad	₹1250
▲ Free Range Chicken Burger (1476kcal, 200gms) ① ⑧ ⑤ ⑥ ① Toasted sesame bun, grilled chicken patty, fried egg, melted house cheese, pickled gherkins, lettuce, tomatoes and spicy garlic sauce with house salad	₹1250
Food Exchange Club Sandwich (1886kcal, 200gms) (1) (1) (1) (2) (3) (2) (1) (1) (1) (2) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	₹1350
▲ Hamburger (1654kcal, 200gms) ① ⑧ ⑥ ♣️ Toasted sesame bun, grilled tenderloin patty, onion conflit, sharp cheddar cheese with a choice of bacon with house salad	₹1250
Croque Monsieur (784kcal, 200gms) (a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c	₹1250
Hand Rolled Thin Crust Pizzas	
Hand Rolled Thin Crust Pizzas Classic Margherita (842kcal, 180gms) (1) (1) Tomato, fresh mozzarella, basil	₹1250
Classic Margherita (842kcal, 180gms) (1) (1)	₹1250 ₹1250
 Classic Margherita (842kcal, 180gms) (1) (1) Tomato, fresh mozzarella, basil Vegetariana (615kcal, 180gms) (1) (1) 	
 Classic Margherita (842kcal, 180gms) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	₹1250

Signature Sizzlers

	Mix Meat Sizzler (718kcal, 250gms) (1) (1) Milk-fed lamb chops, chicken supreme, Bratwurst sausages, bacon, crispy fried potatoes, seasonal vegetables and jus	₹1650
	Corn-Fed Chicken Sizzler (450kcal, 250gms) (1) Stuffed chicken breast, served with crispy fried potato, seasonal vegetables and thyme jus	₹1350
A	Seafood Sizzler (410kcal, 250gms) ① ⑥ Tiger prawns, baby lobster tail, squid, steak, herb potato, seasonal vegetables and pepper jus	₹1450
•	Vegetarian Sizzler (367kcal, 250gms) (1) (2) Root vegetable patty, pesto marinated cottage cheese steak, Ricotta stuffed baby aubergine, herb potato, seasonal vegetables and smoked barbeque sauce	₹1200

Main Course

● Whole Wheat Crepes (453kcal, 160gms) ① ⑧ Served with wild mushroom ragout, spinach fondue	₹1050	
 Baked Aubergine (513kcal, 160gms) (1) Ratatouille stuffing, herbed couscous 	₹1050	
Multigrain Porridge (Healthy) (298kcal, 150gms) (*) (*) Macedonia vegetables	₹850	
 Lasagne (1118kcal, 150gms) (1) (118kcal, 150gms) (119kcal, 150gms) Roasted vegetables, basil, tomato sauce and fresh mozzarella 	₹1250	
Pasta Factory (Restaurant speciality) (150gms) (₹1250/₹1350	
▲ Chicken Schnitzel (1565kcal, 180gms) ⑥ ⑧ Crisp Panko crusted chicken 'picatta' served with German potato salad and house sala	₹1350 d	
▲ Joseph's Fish and Chips (1537kcal, 160gms) ① ⑤ ⑥ ⑥ ① Crumb fried fish, tartar sauce, house fries and salad	₹1450	
Shepard's Pie (1255kcal, 160gms) Minced lamb ragu topped with creamy mashed potatoes and baked	₹1450	
Banger & Mash (1154kcal, 160gms) (1) (1) (1) Pork sausages, garlic mash, onion gravy	₹1350	
Pot Roast Chicken (Healthy) (1108kcal, 240gms) (1) Herb marinated roasted free range chicken served with rosemary potatoes, charred seasonal vegetables and thyme jus	₹1350	
▲ Today's Fish Fillet (497kcal, 160gms) (cooked as per your liking) ① ④ ❷ ⑤ Pan seared or steamed served with house grown charred seasonal vegetables	₹1450	
▲ Twice Cooked Belgian Pork Belly (1555kcal, 200gms) ® Lentil stew, balsamic honey glaze	₹1650	
	ns Soy 🌇 Ham/Pork Contains Egg (Free Range) 🥞 Vega	ın

ORIENTAL SELECTION

▲ Rock Prawns (994kcal, 150gms) 🔊 🕲 🛞 🔘 🔘

Crispy fried tiger prawns tossed with peppers, spring onion and smoked salt

Appetizers

 Zenan Spring Rolls (567kcal, 160gms) (1) (8) (2) (2) Vegetables and bean sprout fried roll served with sweet chili sauce 	₹950
Crispy Fried Tofu (457kcal, 160gms) (1) (3) (3) (3) (4) Thai style deep fried tofu tossed in hot chili sauce	₹950
■ Pickled Fried Chicken Wings (264kcal, 160gms) ⑤ ⑥ ⑥ ⑥ Spicy fried chicken wings with pickle chili sauce	₹1100
▲ Tangra Style Chili Chicken Dry (local) (789kcal, 150gms) ③ ⑥ ⑥ ② ⑥ From streets of old Kolkata, wok fried diced chicken with homemade chili sauce, bell per	₹1100 ppers and spring onions
▲ Fish Fingers Hakka style (317kcal, 150gms) ⑤ ⑥ ⑥ ⑥ ⑥ ⑥ Fried fish tossed with fresh chilies, spring onions and garlic	₹1150
▲ Satay Ruam (690kcal, 180gms) (② ③ ③ ③ ⑤ ⑤ ⑤ ⑤ ⑤ ⑥ ⑤ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥	₹1100/1100/1300

₹1300



ORIENTAL SELECTION

Soup

Hot and Sour (1) (8) ₹650/₹750/₹850

Spicy and sour broth served with an option of Vegetable (45kcal, 200gms)
Chicken (189kcal, 200gms)
Prawns (165kcal, 200gms)

Sweet Corn Soup (1) ₹650/₹750/₹850

Cream of corn kernels served with an option of Asparagus (179kcal, 150gms)
Chicken (211kcal, 150gms)
Prawns (181kcal, 150gms)

Tom Yum [®] ₹650/₹750/₹850

Bangkok style spicy and sour broth with lemongrass, kaffir lime, straw mushrooms and coriander Vegetable (48kcal, 150gms)

Chicken (124kcal, 150gms)

Prawns (119kcal, 150gms)

Khao Suey **(** €650/₹750/₹850

Chiang Mai special coconut curry soup, crispy noodles, sprouts, chili paste and lime Vegetable (785kcal, 150gms)
Chicken (1024kcal, 150gms)
Prawns (1024kcal, 150gms)

Manchow Soup **③ ⑤ ●** ₹650/₹750/₹850

Classic Indo-Chinese soup with an option of Vegetable (540kcal, 150gms)
Chicken (237kcal, 150gms)
Prawns (166kcal, 150gms)

Main Course

(2) Chef Special

	Mail Course	
•	Mapo Tofu (restaurant speciality) (628kcal, 200gms) 🔊 😂 Diced tofu tossed in Pixian chili sauce and green onions	₹1150
•	Stir Fried Asian Greens (105kcal, 180gms) 📎 😂 Stir fried seasonal greens tossed with light soya, ginger and garlic	₹1150
	Kung Pao Chicken (462kcal, 200gms) (§ (§) (§) (§) (§) (§) (§) (§) (§) (§)	₹1350
	Szechuan Chicken (496kcal, 180gms) 🔊 🕒 🖺 Diced chicken tossed in spicy hot and sour Sichuan sauce	₹1350
	Thai Green Curry (S) Vegetable (698kcal, 180gms) Chicken (724kcal, 180gms) Prawns (493kcal, 180gms) (S)	₹1550/₹1650/₹1750
	Thai Red Curry (No. 150gms) Vegetable (783kcal, 150gms) Chicken (879kcal, 150gms) Prawns (721kcal, 150gms) (@	₹1550/₹1650/₹1750
A	Today's Market Fresh Fish(475kcal, 200gms) ⑤ ⑥ ⑥ ⑥ ⑥ Cooked according to your preference	₹1450
	Steamed Lemon chili and fresh coriander sauce Cantonese style with light soy, ginger and fresh herbs	
	Fried · Hot basil and blister beans · Black pepper sauce · Black bean, fresh chilies and mushrooms	
	Lijiang Lamb (1430kcal, 180gms) 🔊 🕲 🛈 📳 Sliced lamb tossed with chili, pearl onions, and ginger	₹1500
	Spicy Pork Belly (1282kcal, 180gms) 🔊 🛈 🖼 Crispy fried Belgium pork tossed in red and green pepper sauce	₹1650
	Phad Thai ⑤ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ ⑥ Sweet and sour rice noodles with bok choy, egg, beans sprout Vegetable (698kcal, 250gms) Chicken (879kcal, 250gms) Prawns (825kcal, 250gms) ⑥	₹1150/₹1250/₹1450

● Vegetarian ▲ Non Vegetarian ﴿ Contains Nuts ﴿ Contains Dairy ﴿ Contains Gluten ﴿ Contains Soy 🌇 Ham/Pork

© Contains Crustacean Contains Fish (Sustainably Certified) Contains Sulphite Contains Egg (Free Range) Wegan

Hakka Noodles 🔊 🕲 🚯 🚯 Vegetable (578kcal, 200gms) Chicken (831kcal, 200gms)

₹950/₹1250/₹1450

Prawns (777kcal, 200gms) @

₹900/₹1050/₹1250

Vegetable (596kcal, 200gms) Chicken (674kcal, 200gms) Prawns (478kcal, 200gms) @

■ Steamed Jasmine Rice (381kcal, 200gms) 🥞

₹650







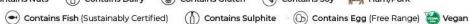
















INDIAN SELECTION

Indian Appetizer

•	Hari Mirch Ka Paneer Tikka (754kcal, 180gms) (1) Cottage cheese marinated in mint and green chili, cooked in clay oven	₹1100
•	Bharwan Broccoli Tikki (405kcal, 180gms) (1) (1) Cheese stuffed broccoli patty, served with garlic and tomato chutney	₹950
•	Subz Akhrot Ki Seekh (634kcal, 180gms) © © Skewered minced vegetables with Indian spices and walnuts, cooked in clay oven	₹950
•	Vegetarian Tasting Kebab Platter (restaurant speciality) (852kcal, 180gms) (180gms) (180gms) (180gms)	Ø (₹1800
	Highway Murgh Tikka (640kcal, 180gms) (1) (2) Succulent chicken thigh marinated with hung yogurt, chili and lemon, cooked in clay oven	₹1250
A	Kasundi Machhi Tikka <i>(159kcal, 180gms)</i> ⊕	₹1450
	Mutton Ki Seekh (606kcal, 180gms) (1) (2) Fine minced lamb skewers with Indian spices, cooked in clay oven	₹1450
	Tandoori Jhinga <i>(372kcal, 180gms)</i> (a) (b) (c) Tiger prawns marinated in Indian spices, cooked in clay oven	₹1650
	Non- Vegetarian Tasting Kebab Platter (88kcal, 280gms) ⊕ ① ⊕ Æ Kasundi macchi tikka, Mutton ki seekh, highway murgh tikka, tandoori jhinga	₹2200
	Barrah Kebab (888kcal, 280gms) (1) Lamb chops marinated in Indian spices, cooked in clay oven	₹1450
	Food Exchange Signature Tandoori Chicken (Half/full) (585kcal/1130kcal, 300gms/600gms) ② ① Chef's signature roasted chicken preparation marinated in yogurt, Indian spices and cooked	1250/₹1800 in clay oven

Grand Mama's Kitchen (Local)

•	Khichdi (healthy) (909kcal, 250gms) 🛈
	Traditional Indian house hold light meal staple savory pudding
	made with lentils and rice, tempered with cumin
	(plain / masala / vegetable)

₹750

🔺 Anda Curry (726kcal, 400gms) 🕦 🕦 🚯 Boiled eggs simmered in onion and tomato gravy, served with choice of steamed rice or ajwaini paratha ₹1250

Pahadi Tari Wala Murgh (937kcal, 220gms) A Himalayan delicacy from the Northern part of India, chicken cooked in a light flavorful curry with aromatic spices ₹1450

Sunday "Cooker" Mutton curry (1297kcal, 220gms) (1) Slow cooked lamb curry in pressure cooker, with Indian spices

₹1650

Chef's Garden Seasonal Produce (Seasonal, Healthy & Organic)

Gajar Matar ki Subzi (292kcal, 180gms) Dry preparation of carrots and peas tempered with Indian spices

₹900

■ Baigan ka Bharta (112kcal, 400gms) ① Char roasted eggplant cooked with onions, tomatoes and green chili ₹900

Lauki Channa (120kcal, 400gms) (1) Bottle gourd cooked with yellow lentils in light onion and tomato gravy

₹900







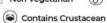


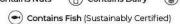


















Main Course

•	Dal Punjabi Tadka (1049kcal, 400gms) (1) Yellow lentils tempered with garlic, cumin & chili	₹900
•	Dal Makhani (1181kcal, 400gms) (1) Overnight simmered black lentil, in-house specialty with churned white butter	₹1100
•	Bhuna Palak Makai (585kcal, 200gms) (1) Semi-dry spinach and corn preparation with golden garlic and Indian spices	₹900
•	Aloo Palak Ki Gujia (467kcal, 200gms) ① 🏶 🕲 Crisp patties with tempered potato, spinach simmered in a fragrant fennel tomato curry	₹900
•	Paneer "The Indian Cottage Cheese" (771kcal, 400gms) © (1) Tawa masala: Cooked on griddle with onion and tomato masala Makhhanwala: Creamy tomatoes and butter gravy (1) Saagwala: Spinach gravy with onion and tomatoes Kadhai: Bell peppers, onions and tomatoes with kadhai masala	₹1250
•	Sardarjee ke Chikkad Chole (1211kcal, 400gms) 🔊 😂 Amritsari spicy chickpea curry	₹900
A	The Food Exchange Signature Butter Chicken (885kcal, 500gms) $\ \ \ \ \ \ \ \ \ \ \ \ \ $	₹1450
A	Captain Chicken Curry (721kcal, 500gms) © (1) Delicacy from British undivided India, chicken cooked on dum with fresh ginger and tomatoes	₹1450
A	Chicken Madras Cafe (913kcal, 500gms) South Indian style chicken curry flavored with curry leaves	₹1450
A	Junglee Maas (341kcal, 400gms) (3 (1) (2) A Rajputana delicacy of hunter style baby goat with whole garlic, Mathania red chilies and coriand	₹1650 ler
A	Bhutwa (875kcal, 450gms) © @ A Himalayan delicacy from the state of Uttarakhand, lamb meat and liver cooked with tomatoes and onion	₹1650
	Mutton Korma (1366kcal, 500gms) ⑤ ⑥ ⑥ From the streets of old Delhi, slow cooked mutton with royal Indian spices	₹1650

▲ Handi Gosht (921kcal, 500gms) ⑤ Lamb curry cooked on slow flame, flavored with aromatic Indian spices	₹1650
▲ Steamer boat 'Malabar' Fish Curry (446kcal, 500gms) ① ↔ South Indian style fish curry flavored with coconut milk	₹1650
■ Tawa Biryani © ① Fragrant basmati rice cooked on griddle with house dried spices Vegetable (1212kcal, 550gms) Chicken (933kcal, 550gms) Prawns (1188kcal, 550gms)	₹1150/₹1350/₹1450
Steamed Basmati Rice (291kcal, 200gms) **	₹425
Indian Breads	
Roti (204kcal, 80gms) (1) (8) Plain / butter	₹275
■ Naan (236kcal, 120gms) (1) (1) (1) (Salonji / butter / garlic	₹275
Paratha (204kcal, 120gms) (1) (8) Butter / pudina	₹275
 Stuffed Kulcha (278kcal, 120gms) (1) (1) Traditional flat bread stuffed with pea, potato, coriander, dried pomegran cooked in tandoor 	₹400 nate seeds and green chili,
Accompaniments: Plain natural yogurt Green salad Raita - plain, jeera, pineapple and mixed vegetable	₹300 ₹400 ₹350

Vegan Food

 Steamed Idli (194kcal, 120gms) Steamed rice and lentil cakes, served along with sambhar & selection of chutneys 	₹750
 Poha (746kcal, 120gms) Flattened rice, cooked and tempered with onion, mustard seeds, curry leaves and spices 	₹750
 Salad "Shun" (246kcal, 150gms) Greens with compressed vegetables, fruits and sesame miso dressing 	₹800
 Multigrain Porridge (389kcal, 120gms) Basil pesto flavored multigrain porridge with vegetables 	₹850
 Crispy Fried Tofu (457kcal, 160gms) Tossed in hot basil sauce 	₹950
 Mapo Tofu (628kcal, 200gms) Diced tofu tossed in Pixian chili sauce and green onions 	₹1150
 Asian Greens (105kcal, 180gms) Stir fried seasonal greens tossed with light soya, ginger and garlic 	₹1150

DESSERTS SELECTION

■ Gulab Jamun (800kcal, 130gms) ⑤ ⑥ ⑥ ⑥ Soft and moist reduced milk and flour dough balls, fried and soaked in rose-flavored sugar syrup, served with vanilla icecream	₹550
 Rasmalai (799kcal, 130gms) (1) (1) (1) Cottage cheese dumpling, sweetened saffron milk, pistachio flakes 	₹550
■ Walnut Fudge Brownie (679kcal, 130gms) (® (® Served with vanilla ice-cream	₹600
▲ Tiramisu (668kcal, 130gms) ⓑ ⓓ ⑪ An Italian delicacy served with espresso gelato	₹600
 Creamy Cheesecake (559kcal, 130gms) (*) Mixed berry compote, pistachio crumble 	₹600
● Homemade Artesian Gelatos (1) (1) French Vanilla (559kcal, 150gms) Belgian Chocolate (559kcal, 150gms) Salted Caramel (559kcal, 150gms) Forest Berries (559kcal, 150gms) Banana Caramel (559kcal, 150gms) Coconut and Pineapple (559kcal, 150gms)	₹600
Panna Cotta (sugar & lactose free) (255kcal, 130gms)	₹550
• Fresh Fruit Salad (142kcal, 250gms)	₹600

