

KEEPING YOU GOING ALL DAY!

BREAKFAST

From 06:30hrs to 10:30hrs

Choice of Cereals- wheat flakes, chocos or muesli

Choice of freshly brewed Tea, Coffee, or Decaffeinated

Calories: 370kcal Protein: 10gFat: 12gCarbohydrates: 76g

coffee

From 06:30hrs to 10:30hrs			
Farmer's Breakfast Choice of fresh juices- Orange, Watermelon, Pineapple,	745	A LA CARTE BREAKFAST	
Carrot or Seasonal fresh fruit platter		Cheese Platter Brie, Edam, Emmental, and Cheddar with condiments	875
Choice of Cereals- wheat flakes, chocos or muesli			
Freshly baked bakers' basket or toast with preserves and butter		Total Calories: 405kcal, Total Protein: 26g, Total Fat: 33g, Total Carbohydrates: 2.7	_
Two eggs prepared any style		Cold Cuts Pork ham and chicken mortadella	745
Choice of any bacon, Sausage, mushrooms, hash browns, baked beans, grilled tomato.		Calories: 80kcal, Protein: 9g, Fat: 6g, Carbohydrates: 2g	
Choice of freshly brewed Coffee, Decaffeinated coffee, or Tea		Choice of Cereals Cornflakes, wheat flakes, muesli	315
Total Calories: 645 kcal, Total Carbohydrates: 75g, Total Protein: 35g, Total Fa	at: 30g	Soya milk, skimmed milk, almond milk, cold or hot milk	
Continental Breakfast 🔺	515	Calories: 350kcal, Carbohydrates: 76g, Protein:11 g, Fat:8g	
Choice of fresh juices- Orange, Watermelon, Pineapple, Carrot or Seasonal fresh fruit platter	,	Choice of Yoghurts Plain/Fruit/Low fat/Natural unsweetened	170
Freshly baked bakers' basket or toast with preserves and butter		Calories: 150kcal, Protein: 8g, Fat: 8g, Carbohydrates: 12g	
Choice of freshly brewed Coffee, Decaffeinated coffee, or Tea		Bircher Muesli Muesli mixed with yoghurt, grated apple, honey and	460
Total Calories: 641 kcal, Total Carbohydrates: 48g, Total Protein: 40g, Total Fa	it: 33g	orange juice	
Indian Breakfast 🔳	515	Total Calories: 350 kcal, Total Carbohydrates: 4g, Total Protein: 13g, Total Fat: 9g	
Choice of beverage- Orange, Watermelon, Pineapple, Butter milk or lassi		Seasonal Fresh Fruit Platter •	485
Total Calories: 491 kcal, Total Carbohydrates: 107g, Total Protein: 12g, Total F	at: 6g		
Aloo paratha served with yoghurt and pickle Total Calories: 310kcal, Total Carbohydrates: 47g, Total Protein: 10g, Total Fa	ıt: 12g	Freshly Squeezed Juices Orange/watermelon/carrot/pineapple	345
Or		Calories: 112kcal, Carbohydrates: 26g, Protein: 2g, Fat: 0g	
Choice of any-one: Dosa, Masala dosa, Podi Dosa, Ghee Dosa, Idly, Uttappam Calories: 828kcal, Carbohydrates: 148g, Protein: 20g, Fat: 28g Or	2	Two Egg any Style © Poached, sunny side, over easy, scrambled, boiled	345
Puttu with Kadala curry Total Calories: 300kcal, Total Carbohydrates: 50g, Total Protein: 12g, Total Fa	t: 6a	Served with choice of white, brown or multigrain toast with preserves and butter	
Or		Calories: 140 kcal, Protein: 12g, Fat: 10g, Carbohydrates: 1g	
Appam with veg chicken stew Total Calories:490kcal, Total Carbohydrates: 63g, Total Protein:22g, Total Fat: Choice of freshly brewed Masala Tea or Filter Coffee	18g	Choice of Omelette © Plain, cheese, onion, peppers, tomato, chilli, mushroom,	345
American Breakfast	745	bacon	
Two eggs prepared any style served with choice of	/45	Served with choice of white, brown or multigrain toast with preserves and butter	
- bacon, Sausage, mushrooms, hash browns, baked beans, grilled tomato		Calories: 335kcal, Protein: 16g, Fat: 20g, Carbohydrates: 16g	
Calories: 140kcal, Protein: 12g, Fat: 10g, Carbohydrates: 1g		Danashas @	7.5
Choice of Cereals- wheat flakes chocos or muesli		Pancakes ©	345

Served with maple syrup, berry compote and whipped

Total Calories: 550kcal, Total Protein: 10 g, Total Fat: 25g, Total Carbohydrates: 103 g

Waffles 🧯	345		
Served with maple syrup, berry compote and whipped cream		Angara Murgh Tikka 🔺	640
Total Calories: 600kcal, Total Protein: 10g, Total Fat: 25g, Total Carbohydrates: 10)3g	Fenugreek and mustard oil flavoured chicken thighs glazed in tandoor	
Baker's Basket 🏮	230	Calories: 250 kcal, Protein: 30g, Fat: 15g, Carbohydrates: 2g	
Croissant, Danish pastries, Muffin, Fruit slice cake Choice of Paratha - Plain/Aloo/Gobi/Paneer Served with plain yoghurt and pickle		Cheese Cherry Pineapple Calories: 150 kcal, Protein: 5 g, Fat: 7g, Carbohydrates: 15 g	485
Total Calories: 1,080kcal, Total Protein: 16g, Total Fat: 37g, Total Carbohydrates:	155 g	KERALA DELICACIES	
Poori • Deep fried wholewheat bread with potato and green peas curry Total Calories: 330 kcal, Total Carbohydrates: 48g, Total Protein: 8g, Total Fat: 12:	400	Masala Grilled Prawn Traditional Kerala-style marination with chili and curry leaves Calories: 160 kcal, Protein: 30 g, Fat: 2g, Carbohydrates: 2g	890
KERALA DELICACIES	3		075
Idly Served with sambar and chutneys Calories: ~100-120, Carbohydrates: 20-25g, Protein: 4-6g, Fat: 0.5-2g	400	Masala Grilled Kingfish Traditional Kerala-style marination with chili and curry leaves Calories: 160 kcal, Protein: 30 g, Fat: 2g, Carbohydrates: 2g	835
			DC E
Choice of Dosa- Plain Masala Podi Served with sambar and chutney Calories: ~100-120, Carbohydrates: 20-25g, Protein: 4-6g, Fat: 0.5-2g	400	Pan Fried Chilli Fish Fried fish shredded with bell pepper and scallions Calories: 250 kcal, Protein: 25 g, Fat: 15 g, Carbohydrates: 10 g	765
Uthappam - Plain or Masala • Served with sambar and chutney Calories: 120 kcal, Carbohydrates: 25g, Protein: 3g, Fat: 2g	400	Kottayam Beef Coconut Fry A Kerala favourite with beef, coconut, black pepper, and curry leaves Calories: 350 kcal, Protein: 25g, Fat: 25g, Carbohydrates: 5g	625
Appam with Vegetable Stew Total Calories: 190 kcal, Total Carbohydrates: 35g, Total Protein: g, Total Fat: 7g	455	Ulli Vada Red onion and chickpea flour fritters served with coconut chutney	430
Appam with Lamb Stew Acal Calories: 340 kcal, Carbohydrates: 30g, Protein: 22g Fat: 17g	775	Calories: 250 kcal, Protein: 6g, Fat: 15g, Carbohydrates: 25g Vegetable Pakoda	430
APPETIZERS (LUNCH & DINNER) From 11:30hrs to 15:30hrs & 19:00hrs to 23:0	00hrs	Mix vegetable fritters served with mint chutney Calories: 200 kcal, Protein: 4g, Fat: 10g, Carbohydrates: 25g	
Kung Pao Chicken	600	SALADS	
Stir fried chicken with peanuts, chili and green onions		From 11:30 hrs to 15:30 hrs & 19:00 hrs to 23:	:00 hrs
Calories: 280 kcal, Protein: 25g, Fat: 15g, Carbohydrates: 10g		Traditional Ceaser	400
Tandoori Paneer Tikka Cottage cheese marinated in garlic spiced yoghurt and	715	Crisp romaine lettuce, parmesan cheese and Caesar dressing (V)	
cooked in the tandoor		Calories: 300 kcal, Protein: 10 g, Carbohydrates: 10 g, Fat:25 g	
Calories: 250 kcal, Protein: 20g, Fat: 15g, Carbohydrates: 8g		Add grilled chicken and bacon	460
Chilli Paneer	690	Calories: 500 kcal, Protein: 30 g, Carbohydrates: 10 g, Fat: 35 g	
Deep fried cottage cheese tossed in chili and soy Calories: 300 kcal, Protein: 15g, Fat: 20g, Carbohydrates: 15g		Add prawns Calories: 450 kcal, Protein: 30 g, Carbohydrates: 10 g, Fat: 30 g	575
Tandoori Khumb	570	Calones. 430 kcai, Flotein. 30 g, Calbonyurates. 10 g, rat. 30 g	
Mustard oil flavored spicy stuffed button mushrooms charred in tandoor Calories: 120kcal, Protein: 5g, Fat: 8g, Carbohydrates: 8g	570	Sprout Salad Mixed sprouts, apple, peppers, corn, tomato, lemon with lemon vinaigrette Calories: 150 kcal, Protein: 7g, Fat: 5g, Carbohydrates: 25g	400
Mix Vegetable with Mushroom	450	Greek Salad ■	400
Salt and Pepper Stir fried vegetable with mushroom Calories: 100kcal, Protein: 3g, Fat: 2g, Carbohydrates: 15g	.55	Tomato, cucumber, lettuce, onions, peppers, olives and feta cheese with herb lime vinaigrette. Calories: 200 kcal, Protein: 6g, Fat: 15g, Carbohydrates: 10g	400
Vegetable Spring Roll ■	395		

Served with Sweet Chilli Sauce

Fattoush ●	400	Classic Burgers	
Fresh seasonal vegetables tossed in a sweet and tangy		Curried vegetable and potato patty	470
dressing and topped with crispy fried pita		Chicken 🔼	580
Calories: 200 kcal, Protein: 5g, Fat: 10g, Carbohydrates: 30g		Beef 🔺	705
Watermelon Feta with Black Olives	400	mayonnaise, lettuce, tomato, onion, fried egg and	
Calories: Approximately 150 kcal, Protein: 5g, Fat: 8g, Carbohydrates: 12g		cheddar	
		Calories: 611kcal, Protein: 36g, Fat: 45g, Carbohydrates: 45g	
SOUP		Sandwiches and burgers are served with choice of French fries or Potato wedges	
Soup of the Day (Please ask the server)	345	Kathi Roll	
Calories: 100 kcal, Protein: 5gFat: 2gCarbohydrates: 15g		Spiced cottage cheese and bell peppers	600
Sweet Corn			
Vegetable Calories: 120 kcal, Protein: 3g, Fat: 2g, Carbohydrates: 25g	315	Chicken and bell peppers Calories: 372kcal, Protein: 30g, Fat: 16g, Carbohydrates: 45g	660
Chicken A Calories: 150 kcal, Protein: 10g, Fat: 4g, Carbohydrates: 15g	345		
Roasted Tomato and Basil Soup	345	PIZZA	
Calories: 100 kcal, Protein: 2g, Fat: 3g, Carbohydrates: 15g		12:30 hrs - 23:00 hrs	
Lemon Coriander Broth			
Vegetable ■	315	Margarita •	760
Chicken Calories: 60 kcal, Protein: 8g, Fat: 2g, Carbohydrates: 2g	345	Tomato, mozzarella and basil Calories: 200 kcal, Protein: 8g, Fat: 8g, Carbohydrates: 25g	
Manchow Soup	315		
Crisp noodles and scallions	313	Mediterranean	760
Vegetable Calories: 150 kcal, Protein: 3g, Fat: 5g, Carbohydrates: 25g	345	Peppers, broccoli, tomato, olives, basil and Greek feta	
Chicken	J - J	Calories: 150 kcal, Protein: 5g, Fat: 10gCarbohydrates: 10g	
Pepper Rasam	325	Quattro Formaggi 💿	895
Calories: 40 kcal, Protein: 1g, Fat: 1g, Carbohydrates: 8g		Four cheese pizza	
SANDWICHES, BURGERS& WRA	ADS	Calories: 250 kcal, Protein: 10g, Fat: 12g, Carbohydrates: 25g	
SANDWICHES, BORGERSQ WK	AF 5	Chicken Tikka and Jalapeno	895
Holiday Inn Panini 🖲	515	Tandoori chicken, jalapeno and onions	
Vegetable and potato patty, mayonnaise,	515	Calories: 250 kcal, Protein: 20g, Fat: 10g, Carbohydrates: 10g	
onion, cheese,			070
Chicken, mayonnaise, onion, cheese	565	Caramelized onion and roast beef pizza Calories: 250 kcal, Protein: 12g, Fat: 10g, Carbohydrates: 25g	930
Calories: 320kcal, Protein: 7g, Fat: 21g, Carbohydrates: 30g	303	enones zoo kee, rotenii 12g, aa rog, ensonyaates 25g	
Holiday Inn Club		Diavola 🔺	895
Choice of white/brown/multigrain bread, mayonnaise,		Tomato, mozzarella and spicy beef salami	
tomato, lettuce, and cheese	529	Calories: 250 kcal, Protein: 12g, Fat: 12g, Carbohydrates: 25g	
Choice of white/brown/multigrain bread, mayonnaise,	569	Seafood Marinara 🔺	965
chicken, bacon, fried egg, tomato,lettuce, and cheese		Mix seafood	
Calories: 506kcal Protein: 45g, Fat: 36g, Carbohydrates: 33g		Calories: 200 kcal, Protein: 20g, Fat: 5g, Carbohydrates: 10g	
Make Your Own Sandwich 🔳 🔺		Capricciosa 🔺	930
Calories: 445kcal, Protein: 36g, Fat: 20g, Carbohydrates: 35g Choice of Veg	515	Pork cold cuts, black olives and mushrooms	220
Calories: 376kcal, Protein: 15g, Fat: 22g, Carbohydrates: 31g		Calories: 250 kcal, Protein: 12-18gFat: 12-20g, Carbohydrates: 25-35g	
Choice of Chicken	535	<i>5 5 7 3</i>	

PASTA & RISOTTO		SIDE DISHES	
Choose any one: Penne, Spaghetti, Fussili		Sautéed vegetable • Calories: 50 kcalProtein: 2gFat: 3gCarbohydrates: 10g	255
Spicy tomato sauce Calories: 70 kcal, Protein: 2g, Fat: 2g, Carbohydrates: 12g	650	Boiled vegetable Calories: 30kcal, Protein: 2g, Fat: 1g, Carbohydrates: 7g	255
Veg Chicken	650 760	Sauteed mushroom Calories: 70 Kcal, Protein: 3 g, Fat: 5 g, Carbohydrates: 8 g	255
Aglio E Olio 💿		Mashed potatoes • Calories: 200 Kcal, Protein: 4g, Fat: 8g, Carbohydrates: 30 g	255
Garlic, chilly, cherry tomato Calories: 250 kcalProtein: 7gFat: 10gCarbohydrates: 35g		French fries / Potato wedges Calories: 350 Kcal, Protein: 3g, Fat: 15 g, Carbohydrates: 50 g	255
	650		
Alfredo Sauce	760	ASIAN STIR-FRIES	
Veg Chicken	785	AND CURRIES	
		STIR FRY	
Calories: 250 kcal, Protein: 15g, Fat: 15g, Carbohydrates: 10g with mushroom, bell peppers	760	Asian vegetable Calories: 50 Kcal, Protein: 3 g, Fat: 0.5 g, Carbohydrates: 10 g	630
		Fish Calories: 150 Kcal, Protein: 20 g, Fat: 5 g, Carbohydrates: 5 g	675
		Prawn Calories: 100 kcal, Protein: 20 g, Fat: 2 g, Carbohydrates: 1 grams	890
Meat sauce with rosemary and parmesan <a>Calories: 250 kcal, Protein: 15g, Fat: 15g, Carbohydrates: 5g	760	Chicken	760
Mushroom Risotto	650	Hot bean Spicy chilli Black pepper Schezwan Tha chilli basil Char Sui	i
Calories: 300 kcal, Protein: 6g, Fat: 8g, Carbohydrates: 45g		Served with steamed rice	
INTERNATIONAL MAINS			
Grilled Tiger Prawns 🔺	1200	Thai Green Curry / Red Curry	
Sauteed vegetable, potato wedges, lemon butter sauce			
Calories: 400 kcal, Protein: 25g, Fat: 20g, Carbohydrates: 40g		Vegetables •	630
Pan Seared Norwegian Salmon 🔺	1895	Calories: 200 kcal, Protein: 4 g, Fat: 15 g, Carbohydrates: 15 g	
Broccoli Almondine, Garlic Mash and Champagne		Chicken A Calories: 300kcal, Protein: 20 g, Fat: 20 g, Carbohydrates: 10 g	855
Butter Sauce Calories: 600 kcal, Protein: 40g, Fat: 40g, Carbohydrates: 40g			890
Calones, soo ica, i focali. 10g, tac 10g, caloonyanaes, 10g		Prawn Calories: 250 kcal, Protein: 20 g, Fat: 15 g, Carbohydrates: 10 g	050
Fish 'n' Chips 🔺	660	Served with steamed rice	
Served with tartar sauce and French fries Calories: 800 kcal, Protein: 25g, Fat: 40g, Carbohydrates: 70g		Fried Rice or Noodles	
	F/0	Vegetable Calories: 200 kcal, Protein: 4 gramsFat: 5 grams Carbohydrates: 30 grams	525
Grilled Chicken 🔺	740	Chicken 🛕	640
Gilled chicken leg marinated with garlic and rosemary and paprika served vegetables, potato wedges		Calories:300 kcal, Protein: 20 g, Fat: 10 g, Carbohydrates: 30 g	
Calories: 400 kcal, Protein: 30g, Fat: 20g, Carbohydrates: 40g		Seafood A	880
		Calories: 300 kcal, Protein: 20 g, Fat: 10 g, Carbohydrates: 30 g	
English Roasted Pork Ribbs served with roasted vegetable and jus	850		

Calories: 600 kcal, Protein: 30g, Fat: 40g, Saturated Fat: 15g, Carbohydrates: 20g

INDIAN MAIN COURSE 890 Karimeen Pollichathu Spicy masala fish wrapped in banana leaf and pan fried with coconut oil. Gosht Rogan Josh 🔼 970 Calories: 300 kcal, Protein: 20 g, Fat: 15 g, Carbohydrates: 8 g Slow braised lamb, onion, tomatoes, Kashmiri red chilli Calories: 350kcal, Protein: 25 g, Fat: 20 g, Carbohydrates: 10 g Malabar Kozhi Curry 🔼 760 Chicken, coriander, coconut milk, spices 740 Calories: 350kcal, Protein: 25 g, Fat: 20 g, Carbohydrates: 5 g Murgh Tikka Masala 🔼 Chicken tikka, tomato, cashew and spices **STAPLES** Calories: 350kcal, Protein: 25 g, Fat: 20 g, Carbohydrates: 10 g From the Tandoor (Tandoor timing from 12:30hrs to 15:30hrs and 19:30hrs to 2300hrs) 110 Paneer Aap ki Pasand 730 Tandoori Roti Choice of Paneer butter masala | Kadai paneer | Palak Plain Calories: 180kcal, Protein: 10 g, Fat: 5 g, Carbohydrates: 30 g Paneer Butter Calories: 150 kcal, Protein: 3 g, Fat: 5 g, Carbohydrates: 25 g Calories: 400kcal, Protein: 20 g, Fat: 30 g, Carbohydrates: 10 g 110 Naan 530 Bhindi do pyaza Plain Calories: 150 kcal, Protein: 3 g, Fat: 5 g, Carbohydrates: 25 g Okra with caramelized onions and tempering made Butter Calories: 150 kcal, Protein: 3 g, Fat: 5 g, Carbohydrates: 25 g with red chillies Calories: 100 kcal, Protein: 2 g, Fat: 5 g, Carbohydrates: 15 g Garlic Calories: 280 kcal, Carbohydrates: 45 g, Protein: 8 g, Fat: 8 g 110 Laccha Paratha | Kulcha 👤 Calories: 300 kcal, Carbohydrates: 45 g, Protein: 6 g, Fat: 12 g Aloo gobi adraki or Aloo Jeera 💽 530 Malabar Parotta 👵 100 Potato, cauliflower, ginger, Indian spices Calories: 300 kcal, Carbohydrates: 40 g, Protein: 6 g, Fat: 15 g Calories: 120 kcal, Protein: 3 g, Fat: 4 g, Carbohydrates: 20 g 100 Phulka Calories: 100 kcal, Carbohydrates: 20g, Protein: 3 g, Fat: 0.5 g Kadai subz 530 Mix vegetable, tomato, onion, dry Indian spices 100 Chappati 💽 Calories: 100 kcal, Protein: 3 g, Fat: 4g, Carbohydrates: 15 g Calories: 110 kcal, Carbohydrates: 20 g, Protein: 3 g, Fat: 1 g 100 Appam Dal makhani 💽 530 Slow cooked black lentils with tomato puree, Calories: 150 kcal, Carbohydrates: 30 g, Protein: 3 g, Fat: 2 g cream, butter and spices Vegetable Biryani 640 Calories: 100kcal, Protein: 3 g, Fat: 4g, Carbohydrates: 15 grams Aromatic basmati rice cooked with Indian spices and served with raita, pickle and papadam Dal tadka 💿 530 Yellow lentils tempered with cumin seeds, Calories: 37 kcal, Carbohydrates: 6 g, Protein: 12 g, Fat: 12 g red chili and garlic. Chicken Biryani 820 Calories: 180kcal, Protein: 10 g, Fat: 5 g, Carbohydrates: 30 g Calories: 37 kcal, Carbohydrates: 6 g, Protein: 12 g, Fat: 12 g Vegetable of the day 990 Mutton Biryani (Please ask the server) Calories: 37 kcal, Carbohydrates: 6 g, Protein: 12 g, Fat: 12 g **KERALA DELICACIES** Mutton Kuruma 970 Steamed Basmati Rice 250 A traditional blend of mutton and spices Calories: 400 kcal, Protein: 30 g, Fat: 25g, Carbohydrates: 5 g 290 Jeera Rice Calories: 37 kcal, Carbohydrates: 6 g, Protein: 12 g, Fat: 12 g

Vegetable Pulao 💿

Calories: 250 kcal, Carbohydrates: 45 g, Protein: 6 g, Fat: 8 g

410

860

Alleppey Fish Curry

Calories: 300 kcal, Protein: 20 g, Fat: 15 g, Carbohydrates: 8 g

Kerala style spicy fish curry

DESSERTS

Cheesecake A

New York cheesecake with berry compote

Calories: 320 kcal, Carbohydrates: 35 g, Protein: 6 g, Fat: 20 grams

Cream Brulee 🔺 580

Rich and creamy custard with a layer of hard caramel served with almond biscotti

Calories: 400 kcal, Carbohydrates: 40 g, Protein: 8 g, Fat: 24 g

Walnut Chocolate Brownie 🔼 580

Rich chocolatey fudgy cake with walnuts, served with vanilla ice cream

Calories: 400 kcal, Carbohydrates: 45 g,Protein: 6 g, Fat: 19 g

Gulab Jamun

470

Deep fried cheese dumplings soaked in flavored sugar syrup

Calories: 250 kcal, Carbohydrates: 50 g, Protein: 5 g, Fat: 10 g

Payasam of the Day

470

Traditional Kerala dessert

Choice of ice cream

470

Vanilla | chocolate | butterscotch | Mango | Strawberry Coffee | Pista

Calories: 180 - 210 kcal, Carbohydrates: 25g, Protein: 2 - 4 g,Fat: 8 - 15 $\,$ g

Seasonal Fresh Cut Fruit

500

Calories: 60 kcal, Carbohydrates: 15 g, Protein: 1 g, Fat: 1 g

KIDS MENU

Ben Ten's Gadget 🛕 200

Chicken and corn soup

580

Calories: 150 kcal, Carbohydrates: 20 g, Protein: 10 g, Fat: 5 g

Tom n' Jerry 🔼 300

Mini fish finger with fries and mayonnaise

Calories: 590 kcal, Carbohydrates: 60 g, Protein: 13 g, Fat: 35 g

Pirates' Treasure Trove

300

Chicken nuggets with fries

Calories: 550 kcal, Carbohydrates: 55 g, Protein: 18 g, Fat: 30 g

Jerry's Delight

■ 250

Potato cheese nuggets

Calories: 250 kcal, Carbohydrates: 3 g, Protein: 6 g, Fat: 12 g

Spiderman's Web

300

Spaghetti pasta with cheese sauce

Calories: 350 kcal, Carbohydrates: 50 g, Protein: 10 g, Fat: 15 g

Mother's Khichadi ■ 200

A mash of lentil and rice finished with clarified butter

Calories: 180 kcal, Carbohydrates: 30 g, Protein: 8 g, Fat: 5 g

Lightning McQueen's Chocolate Cake ≥ 200

Rich chocolate sponge filled with Chef's special chocolate ganache

Calories: 350 kcal, Carbohydrates: 40 g, Protein: 5 g, Fat: 18 g

HOT BEVERAGES		COLD BEVERAGES	
Choice of Tea	175	Choice of fresh or vegetable juice	300
English breakfast Earl grey Green Tea		Watermelon Pineapple Orange Cucumber ABC	
Chamomile Masala Ginger Cardamom		Beetroot and Carrot	
Choice of Coffee	200	Canned juice	200
Espresso Americano Filter coffee Decaffeinated		Apple cranberry guava mango tomato	
coffee Cappuccino Café Late		Lassi	300
Hot Chocolate	200	Plain Salted Sweet	
Bournvita	200	Smoothies	300
Horlicks	200	Banana and honey Mango	
Hot Milk	175	Shakes	300
Full cream Soya Low fat		Dark chocolate Cocoa & brownie Vanilla	
Blended chocolate milk	200	Strawberry Butter scotch Pista Apple	
		Cold Coffee with Ice Cream	300
		Iced Tea	250
MOCKTAILS		Passion fruit Peach Lemon	
Virgin Mojito	300	Aerated Beverages	150
Pineapple Flipper	300	Pepsi Diet Pepsi 7up Mirinda Soda	
Offside	300	Tonic water	150
Tie Breaker	300	Ginger Ale	150
Power Play	300	Red Bull	225
Stadia Spike	300	Lemonade	175
Stadia Kickoff	300	Sparkling Water	225
Tripple Play	300	Natural Mineral Water	200
		Bottled Water	125

LATE NIGHT MENU

(From 23:30 hrs to 06:00 hrs)

SOUP

Sweet Corn

Vegetable
Calories: 10kral Protein: 3 g. Eat: 2 g. Carbohydrates: 20 g

Chicken ▲

Calories: 150kcal, Protein: 10 g, Fat: 5 g, Carbohydrates: 15 g

Roasted Tomato and Basil Soup

Served with garlic croutons

350

Calories: 120kcal, Protein: 3 g, Fat: 5 g, Carbohydrates: 18 g

APPETIZER / SALADS

Traditional Ceaser **●** 410

Crisp romaine lettuce, parmesan cheese and caesar dressing $\ lacktriangledown$

Calories: 200kcal, Protein: 6 g, Fat: 18 gm, Carbohydrates: 5 g

Add grilled chicken and bacon 🔺 470

Calories: 200kcal, Protein: 6 g, Fat: 18 g, Carbohydrates: 5 g

Add prawns
Calories: 300kcal, Protein: 25 g, Fat: 20g, Carbohydrates: 5g

Vegetable Spring Roll

395

Served with sweet chilli sauce

KERALA DELICACIES

Masala Grilled Prawn 🛕 890

Traditional Kerala-style marination with chili and curry leaves

calories: 120kcal, Protein: 24g, Fat: 2 g, Carbohydrates: 2 g

Kottayam Beef Coconut Fry 🔼 625

A Kerala favourite with beef, coconut, black pepper, and curry leaves

Kariveppila Chicken Fry

590

SANDWICH / BURGER •A

Holiday Inn Club

529

Choice of white/brown/multigrain bread, mayonnaise, tomato, lettuce and cheese

Choice of white/brown/multigrain bread, mayonnaise, 569 chicken, bacon, fried egg, tomato, lettuce and cheese

Classic Burgers

Curried vegetable and potato patty

470

Chicken

580

Beef ▲ 705

mayonnaise, lettuce, tomato, onion, fried egg and cheddar

Sandwiches and burgers are served with choice of French fries or Potato wedges

Pasta

Spaghetti | Penne/ fusilli

Arabiatta

Olive oil and garlic

Mushroom and cheese sauce.

Vegetable

● 660

Chicken ▲ 760

Bolognaise 🔺 760

INDIAN MAINS

Gosht Rogan Josh	995
Slow braised lamb, onion, tomatoes, Kashmiri red chili	
slew braised family, smerry, cornacted, reasoning the	
Chicken Tikka Masala 🔼	740
Chicken tikka, tomato, cashew and spices	
Paneer Butter Masala	735
Dal Makhani 📵	530
Slow cooked black lentils with tomato puree, cream, butter and spices	
Dal Tadka	530
Yellow lentils tempered with cumin seeds, red chili and garlic	
KERALA DELICACIES	
Alleppey Meen Curry	860
Raw mango cooked with kingfish and Indian spices with coconut milk	
Malabar Kozhi Curry 🔼	760
Chicken, coriander, coconut milk, spices	
STAPLES • A	
From the Griddle	
Kerala Parotta 🄞	100
Chapati •	100
Phulka	100
Steamed Basmati Rice	
Biryani	
Vegetable •	640
Chicken A	820
Mutton 🛕	990

ALCOHOLIC BEVERAGES

CHAMPAGNE		RED WINE BY GLASS	
Louis Roederer Brut	22000	Fratelli Franc Shiraz	900
Moet Chandon Rose	21999	Fratelli Cabernet Sauvignon	750
Moet Chandon Brut	19999	Fratelli Merlot	750
Pommery Remis Brut	12999	Fretelli Classic Shiraz	720
CDA DIZI INC WINE		Grover Merlot	750
SPARKLING WINE		Big Banyan Cabernet Sauvignon	690
Tiamo Prosecco	6499	WILLICKEY	
Jacob's Creek	5555	WHISKEY	
WHITE WINE		JW Double Black	1100
***************************************		JW Black label	980
Big Banyan sauvignon blanc	5700	Jack Daniel's	900
Los Vascos Sauvignon blanc	4800	JW Red Label	580
Two Oceans Chardonnay	4800	Jim Beam	500
Koonunga Hills Chardonnay	3500	Teacher's	500
Fratelli Sauvignon blanc	3350	Antiquity	500
Grover Chenin Blanc Late Harvest	2300	Royal Challenge	500
RED WINE		Signature	400
Fratelli Cabernet Sauvignon	7050	BRANDY	
Fratelli Merlot	3950 3750	St. Remy	500
Fratelli Franc Shiraz	3750 3750	Beehive	450
Grover Merlot	3220	Sterling	400
Big Banyan Cabernet Sauvignon	3750	Kyron	395
Fratelli Classic Shiraz	3220	Louis Vernant	375
Tratem Glassic Stimuz	3220	Morpheus	355
WHITE WINE BY GLASS		Ceaser	350
Grover Chenin Blanc Late Harvest	1100		
Big Banyan sauvignon blanc	690	VODKA	
Fratelli Sauvignon blanc	750	Grey Goose	748
		Absolut	600
		Smirnoff	450

GIN		COCKTAILS
Tanquery	500	Bull Frog
Beefeater	575	Long Island Iced Tea

Bombay Sapphire	600	Mojito	600

Daiguri

899

899

TEQUILA	Daiquri	600
TEQUILA	Mai Tai	600

Patron Gold	1300	Blue Lagoon	600

Camino Real silver	500	Cosmopolitan	600

Camino Real Gold	500	Margarita	600

Buen Amigo Silver 500 Tec	uila Sunrise 600
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RUM	Negroni	900
ROM	Gimlet	600

Bacardi White	500	Whisky Sour	600

Bacardi Limon	445
Bacarar Enrion	773

Bacardi Black	400
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Old Monk	400

LIQUEURS

Bailev's Irish	680
Dalica 2 Ilizii	000

400 Jägermeister

BEER

Heineken	595
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Budweiser Magnun 590

Kingfisher Premium 500

Kingfisher Strong 500

Corona 500

Budweiser Premium 500

