















BREAKFAST

- EGGS COOKED TO ORDER**     675
441 Kcal | Fried / 397 Kcal | boiled / 437 Kcal | scrambled / 397 Kcal | poached 465 Kcal | omelet served with grilled bacon or chicken sausages and hash brown, sautéed spinach, grilled tomato Also available in only egg white preparation
- CUT FRUIT PLATTER**   675
152 Kcal | Seasonal fresh fruits
- IDLI**    675
605 Kcal | Steamed savory rice cakes served with sambar and chutney
- MEDU VADA**    675
551 Kcal | Lentil doughnut served with sambar and chutney
- BREAKFAST PANCAKE**   675
540 Kcal | Cinnamon / 536 Kcal | banana / 535 Kcal | plain

- TAWA PARATHA**    625
Unleavened, stuffed Indian flat bread made with a choice of potato 409 Kcal, cottage cheese 470 Kcal or cauliflower 370 Kcal
- DOSA / UTTAPAM**    600
451 Kcal | Plain or masala
- OATMEAL**    525
459 Kcal | Skimmed / 422 Kcal | toned / 457 Kcal | soya milk
- CEREALS**    525
 Toned milk-corn flakes 398 Kcal, choco's 496 Kcal, muesli 449 Kcal, wheat flakes 454 Kcal
 Skimmed milk-corn flakes 424 Kcal, choco's 476 Kcal, muesli 413 Kcal, wheat flakes 418 Kcal
 Soya milk-corn flakes 424 Kcal, choco's 476 Kcal, muesli 448 Kcal, wheat flakes 444 Kcal
- SEASONAL FRESH FRUIT JUICE**   375
170 Kcal | Watermelon, 440 Kcal | Pineapple, 336 Kcal | Orange, 299 Kcal | Sweet lime

SALAD AND SOUP

- COBB SALAD**     900
896 Kcal | An American garden salad of chicken, bacon, lettuce, tomato, hardboiled egg, coriander with spring onion and buttermilk dressing
- SMOKED CHICKEN AND BARLEY SALAD**   800
818 Kcal | Smoked chicken, baby tomato, cheesy barley with lemon dressing
- MANCHAO CHICKEN OR VEGETABLE**     750 / 650
357 Kcal | 246 Kcal | Wholesome Chinese soup topped with crispy fried noodles




- CALDO SINQUERIM**     700
133 Kcal | Goan seafood broth
- SALATA HORIATIKI**  800
742 Kcal | Classic Greek salad with greens, vegetables, feta cheese and olives
- TOMATO AND RED PEPPER SOUP**   650
302 Kcal | Slow cooked plum tomato and red pepper soup










APPETIZERS

- TEEKHI TANDOORI POMFRET**     1550
713 Kcal | Pomfret marinated with yoghurt and crushed spices, charred in clay oven
- MUTTON SEEKH KEBAB**  1300
1345 Kcal | Minced lamb skewered and cooked in a clay oven
- MALAYSIAN CHICKEN SATEY**  1295
747 Kcal | Tender chicken morsels with oriental spices
- MURGH ANGARA OR MALAI TIKKA**    1200
518 Kcal | 557 Kcal | Chicken morsels marinated with hung curd and Indian spices or green cardamom flavored rich cream cooked in a clay oven






- SPIDER WEB PAKODA**   950
1090 Mixed vegetable gram flour crisps served with mint and tamarind chutney
- LAL MIRCH KA PANEER TIKKA / KASOONDI PANEER TIKKA**    950
423 Kcal | 432 Kcal Chunks of cottage cheese with yoghurt and Indian spices, cooked in a clay oven
- LUCKNOWI HARA BHARA KEBAB**    900
1025 Kcal | Aromatic spinach and lentil patties coated with nuts
- BHARWAN TIL WALA ALOO**     900
968 Kcal | Cottage cheese, peas and nuts filled in potato barrels, coated with sesame seeds and cooked in a clay oven

SANDWICH, BURGER AND WRAPS

- CHICKEN BURGER**        975
675 Kcal | Sesame bun, healthy greens, chicken patty with bacon or fried egg, sautéed onion, grilled peppers and mustard mayonnaise
- CHICKEN KATHI ROLL**    975
602 Kcal | Oven roasted chicken wrap
- AGUADA NON VEG CLUB SANDWICH**     975
1025 Kcal | Grilled chicken with bacon, lettuce, tomato, fried egg and mayonnaise in a triple decker of white or brown toast
- MEDITERRANEAN VEGETABLE BURGER**      900
555 Kcal | Sesame bun, crispy vegetable and cottage cheese patty

- PANNER KATHI ROLL**     900
605 Kcal | Char grilled cottage cheese wrap
- AGUADA VEGETABLE CLUB SANDWICH**   900
830 Kcal | Grilled vegetables, lettuce, tomato and mayonnaise in a triple decker of white or brown toast
- FRENCH FRIES** 610Kcal |   450
- CHEESY POTATO WEDGES** 667 Kcal |  450

PIZZA

- PIZZA CON POLLO ARROSTO**     850
831 Kcal | Roasted chicken and sundried tomato
- PIZZA AI PEPERONI**     850
1048 Kcal | Pork pepperoni and red onion
- PIZZA NOSTROMO**       850
641 Kcal | Tomato, seafood, chili flakes and garlic

- PIZZA MARGHERITA**    775
515 Kcal | Tomato and basil
- PIZZA PRIMAVERA**    775
582 Kcal | Marinated spring vegetable
- PIZZA VALPARAISO**    775
1048 Kcal | Bell peppers, corn, tomato, olives and jalapeno

ACCOMPANIMENT KCAL

Mint Chutney 106 Kcal | Tamarind Chutney 121 Kcal | Coleslaw 117 Kcal | Raita 41 Kcal | Curd 60 Kcal | Goan Side Salad 116 Kcal
Tandoori Onion Rings 106 Kcal | Fries 84 Kcal | Tartar Sauce 140 Kcal | Feta Cheese & Coriander Dip 64 Kcal | Seaweed Salad 85 Kcal
Hot Garlic Sauce 46 Kcal | Green Papaya Salad 91 Kcal | Peri Peri Sauce 42 Kcal | French Dressing 69 Kcal | Italian Dressing 68 Kcal
Balsamic Vinaigrette 48 Kcal | Strawberry Vinaigrette 47 Kcal

PORTION SIZE - SOUP-200-220 GMS, SALAD-250-280 GMS, STARTERS-180-200 GMS, MAIN COURSE-470-490 GMS, BIRYANI-760-790 GMS,
PIZZA-320-34 GMS, PASTA-450-470 GMS, SANDWICH/BURGERS-350-400 GMS, DESSERTS-200-240 GMS

AN AVERAGE ACTIVE ADULT REQUIRES 2000 KCAL ENERGY PER DAY, HOWEVER CALORIE NEEDS MAY VARY.

KINDLY INFORM OUR ASSOCIATES IF YOU ARE ALLERGIC TO ANY INGREDIENTS
ALL PRICES ARE EXCLUSIVE OF APPLICABLE GOVERNMENT TAXES

 INDICATES VEGETARIAN PREPARATION  INDICATES NON-VEGETARIAN PREPARATION  INDICATES VEGAN PREPARATION  INDICATES BEEF / PORK PREPARATION



MAIN COURSE

PASTA

CHOOSE YOUR PASTA (PENNE / SPAGHETTI)

NON VEGETARIAN SAUCES 1206 Kcal 925
 AL POLLO E TIMO: Chicken and thyme sauce
 MARE E MONTI: Seafood, mushroom, white wine and tomato sauce
 CARBONARA: Pancetta, pepper, parmesan and yolk of egg

VEGETARIAN SAUCES 1189 Kcal 850
 ALFREDO: Cream sauce
 AGLIO, OLIO E PEPERONCINO: Garlic, olive oil and chili
 VERDURE: Spring vegetables in tomato sauce
 AL PESTO BASILICO: Basil pesto cream sauce

INTERNATIONAL

GRILLED WHOLE POMFRET 1500
 1721 Kcal | Accompanied with citrus mash and balsamic glazed vegetables
 RICOTTA AND SPINACH STUFFED GRILLED CHICKEN BREAST 1350
 832 Kcal | Accompanied with potato mash and herb scented vegetable

FISH AND CHIPS 1125
 1105 Kcal | Crumb fried fish fillets, tartar sauce and French fries
 VEGETABLE A LA PRINCESS 1025
 687 Kcal | Gratinated vegetables on a bed of spinach

INDIAN

GOSHT ROGAN JOSH 1400
 890 Kcal | Tender chunks of mutton stewed in Indian spices
 MURGH MAKHANI 1200
 1212 Kcal | Chicken morsels simmered in rich tomato gravy
 MURGH METHI 1095
 1066 Kcal | Succulent chicken morsels simmered with fresh fenugreek leave
 PANEER TIKKA BUTTER MASALA / PALAK PANEER 1025
 671 Kcal | 620 Kcal | Cottage cheese cooked to your choice of fresh fenugreek flavored tomato / spinach gravy

SUBZ BAWALI HANDI 925
 1090 Kcal | Mixed vegetables tempered with onion seeds and Indian spices
 GOBHI ALOO HARA PYAZ 925
 449 Kcal | Cauliflower and potato tossed with spring onion
 DAL MAKHANI 875
 810 Kcal | Slow cooked buttery black lentils
 KHUMB MAKAI LAZEEZ 850
 1226 Kcal | Mushroom and corn
 YELLOW DAL TADKA 800
 350 Kcal | Tempered toor dal

GOAN

PRAWN BALCHAO 1395
 768 Kcal | Prawns with sweet spicy sour brown onion and pickled spices
 KING FISH RAWA FRIED / PERI PERI 1350
 696 Kcal | King fish coated with semolina or pickled chili marinade and pan-fried
 KING FISH CURRY / PRAWN CURRY 1350 / 1450
 1126 Kcal | 742 Kcal | Pure Goan soul food

CHICKEN XACUTI 1150
 692 Kcal | Chicken morsels cooked with roasted spices and coconut
 PORK VINDALOO 1150
 844 Kcal | Pork cooked in spicy red masala and finished with feni-a traditional goan liquor
 BHINDI SOL 825
 1312 Kcal | Okra flavored with green chili, fresh grated coconut and kokum (sour berry)

ORIENTAL

KING PRAWN IN HOT GARLIC SAUCE 1450
 699 Kcal |
 THAI RED CURRY/THAI GREEN CURRY 1450 / 1225 / 925
 575 Kcal | Prawn / 696 Kcal | chicken / 557 Kcal | vegetable

SLICE FISH IN CHILI GARLIC SOYA 1350
 588 Kcal |
 CHICKEN KUNG PAO 1225
 767 Kcal |
 PHAD PHAK 925
 185 Kcal | Stir-fried exotic vegetables

RICE, NOODLES & BREADS

BIRYANI 1050 / 1200 / 1300 / 1300
 Our style of basmati rice cooked with yoghurt, mint, saffron, onion masala
 Kcal 613 / 798 / 921 / 795 | vegetable / chicken / lamb / prawn
 NOODLES 1025
 Kcal 442 / 551 / 531 | vegetable / chicken / prawn / Sichuan / burnt garlic
 FRIED RICE 1025
 Kcal 651 / 760 / 740 | vegetable / chicken / prawn / Sichuan / burnt garlic

TANDOORI ROTI / NAAN / CHEESE GARLIC NAAN 300
 165 Kcal | 320 Kcal | 345 Kcal
 STEAMED/UNPOLISHED RICE 315
 385 Kcal | 415 Kcal |

DESSERTS

VANILLA CRÈME BRULÉE WITH PISTACHIO BISCOTTI 650
 497 Kcal | Vanilla flavored burnt cream (sugar free)
 CHOCOLATE DECADENCE 650
 688 Kcal | Delicate rich bitter chocolate cake

MALAI KULFI 650
 169 Kcal | A traditional Indian dessert served with falooda
 GAJAR AUR BADAM KA HALWA 650
 150 Kcal | Carrot pudding topped with almonds
 CHOICE OF ANY ICE CREAM 450
 102 Kcal | Vanilla / 205 Kcal | Strawberry / 203 Kcal | Mango / 205 Kcal | Coffee

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