

## EAT WELL

### NOURISH YOUR WELL-BEING

At Westin, we believe that feeling good starts with getting the nourishment that is right for you. That's why we aim to provide nutritious options that contribute to your overall well-being. We ensure that dishes are sourced responsibly, crafted flexibly and created thoughtfully to accommodate individual dietary needs and preferences without compromising flavor, taste or satisfaction.

### In-Room Dining Menu

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### BREAKFAST:

Available from 06:30 AM to 11:00 AM. Dial Service Express

## Breakfast A La Carte

### Westin Lifestyle Breakfast – 900

Fresh fruit juicer | freshly cut assorted seasonal fruit platter | bowl of Greek yogurt with granola bar | freshly brewed coffee or tea

### America - 1050

Choice of freshly squeezed orange | pineapple | sweet lime | watermelon | fresh fruit plate.

Oven fresh baker's basket – choose any one: croissant | Danish pastry | muffin or banana bread served with jam, marmalade, honey loops served with your choice of whole milk | low fat milk | soya milk | almond milk; Waffle or pancake with whipped cream, maple syrup; two eggs preparation (Cage-Free) of your choice with chicken sausage | pork bacon | ham | hash brown | tomato | sautéed beans; freshly brewed coffee | tea or hot chocolate

### Indian – 900

Sweet | salted lassi | or tender coconut water; fresh seasonal cut fruits; choose any one'; dosa | uttapam | idly | aloo paratha | puri-bhaji; served with traditional accompaniments; Masala tea or south Indian filter coffee

**EAT WELL BREAKFAST - 900**

Seasonal fresh fruit juice | poached eggs (Cage-Free), tofu bhurjee with multi-grain toast | freshly cut assorted seasonal fruit platter | freshly brewed coffee or tea.

## Cereals

**TRADITIONAL OATMEAL PORRIDGE (gf) - 295**

Brown sugar, golden raisins, cinnamon

**SELECTION OF DRY CEREALS -295**

Dry muesli | corn flakes | honey loops | rice krispies | bajra puff (gf) | served with choice of whole | skim milk | soya milk | almond milk

## Morning Pastry + Bakery

**BAKER'S BASKET - 400**

Choose any three; classic plain or chocolate croissant | Choco-chip muffins | blueberry muffins | banana read | doughnuts | fruit Danish | cinnamon Danish | white | whole wheat or multi-grain bread served with butter | honey | marmalade

**PANCAKES / WAFFLES - 500**

With whipped cream | maple syrup

**FRENCH TOAST - 500**

With whipped cream | maple syrup

**YOUR CHOICE OF TOAST - 200**

White | whole wheat | multi grain | gluten free served with butter | honey | preserves

## Eggs + Breakfast Specialties

**TWO FARMED EGGS YOUR STYLE (CAGE-FREE) 550**

Indian masala | sunny side | poached | scrambled with your choice of sausage | hash brown | sautéed beans | grilled tomatoes

**TWO FARMED EGGS WHITE OMELETTE (CAGE-FREE) 550**

Your choice of sausage | sautéed beans | grilled tomatoes

**EGGS BENEDICT (CAGE-FREE) 600**

Ham | Poached eggs | English muffin | hollandaise

**EGGS FLORENTINE (CAGE-FREE) 600**

Poached eggs | creamed spinach | English muffin | hollandaise

### Sides - 300

Chicken sausage | pork sausage | turkey | pork ham | Herbed potatoes | hash brown | sautéed mushrooms | grilled tomatoes | smoked salmon | sautéed beans | fresh fruit | plain yogurt | low fat yoghurt

## Indian Specialties

### DOSA: FLAT INIDAN SAVOURY RICE CREPE - 500

Plain | masala with sambar, coconut chutney, tomato chutney

### UTTAPAM: SOUTH INDIAN RICE PANCAKE – 500

Plain | tomato | onion with sambar, coconut chutney, tomato chutney

### IDLI: STEAMED RICE CAKES - 500

With sambar, coconut chutney, tomato chutney

### UPMA: SEMOLINA PORRIDGE - 500

Semolina, curry leaves, mustard seeds

### TAWA ALOO PARATHA: STUFFED INDIAN FLAT BREAD - 500

Potato mash, pickle, yoghurt

### POORI BHAJI: INDIAN POTATO STEW WITH FRIED FLAT BREAD - 500

Wheat flour, potato, onion, tomatoes

## Eat Well Menu

Our Westin Eat Well Menu offers a selection of nutritious dishes, handcrafted by our Chef with guests' well-being in mind. From flexible portion sizes to mindfully selected ingredients, this special menu offers a variety of healthier choices to help you eat well, for you.

Dial Service Express.

### POACHED EGG, PISTACHIO & PUMPKIN SEED PESTO

Half – 375 | Full 675

Poached egg served on whole wheat bread topped with house made pistachio pumpkin pesto

### GLUTEN FREE AVOCADO TOAST

Half- 300 | Full 450

Avocado mash, feta on gluten free bread

### TOFU WITH MULTIGRAIN TOAST

Half-300 | Full 450

## Breakfast

Available from 06:30 AM to 11:00 AM. Dial Service Express.

Westin Fresh by The Juicery offers a menu of nourishing | revitalizing juices, smoothies curated by the experts at The Juicery.

### JUICES

Watermelon, basil - 450

Papaya, Pineapple, mint - 450

Beet, apple, lemon, ginger – 450

Lemon, lime, ginger, turmeric, coconut water- 450

### SMOOTHIES

Kale, spinach, banana, mango, cinnamon – 475

Almond milk, frozen banana, peanut butter, Cacao nibs 475

Yogurt, papaya, mint, cinnamon, chia seeds 475

Pear, spinach, avocado, coconut water 475

## Fruits, Juices + Yogurts

**FRESH SEASONAL CUT FRUITS/ FRESH FRUIT SALAD 450**

**FRESH SQUEEZED FRUIT AND VEGETABLE JUICE 350**

Orange | pineapple | watermelon | apple | beetroot | carrot

**CHILLED CANNED JUICES 300**

Cranberry | guava | mango

**YOGHURT 250**

Natural plain | low fat | mango | blueberry

**Coffee + Tea**

**FRESHLY BREWED HOT COFFEE 275**

Espresso, cappuccino, café mocha, macchiato, Americano, just black or whiter, South Indian filter, decaffeinated

**FRESHLY MADE COLD COFFEE 350**

Iced cappuccino, iced mocha

**A TASTE OF TEA 300**

Green tea, Assam tea, English breakfast tea, earl grey tea, Darjeeling tea

**JING TEA 350**

Chamomile

**SPECIAL BREW 300**

Masala chai, specialty teas

**HOT CHOCOLATE 300**

**CHOICE OF HOT OR COLD MILK 275**

Whole, skimmed, soy, almond

## Westin Weekend Breakfast Menu

Weekends last longer at Westin hotels | with extended breakfast hours. \* Whether you sleep in and slow down or jump- start your day with a WestinWORKOUT | you can dine at your own pace  
Available from 06:30 AM TO 3:00PM\*

**BAKER'S BASKET: CHOOSE ANY THREE 400**

Classic plain or chocolate croissant | muffins | banana bread | doughnuts | fruit Danish | white | whole wheat or multi- grain bread with preserves, honey, butter

**SELECTION OF DRY CEREALS 295**

Rice krispies | dry museli | corn flakes | honey loops | bajra puff

Your choice of whole milk | low fat milk | soya milk | almond milk

**TWO FARMED EGGS YOUR STYLE (CAGE-FREE) 550**

Indian masala | sunny side | poached | scrambled with your choice of sausage | hash brown | sautéed beans | grilled tomatoes

**FRENCH TOAST 500**

Whipped cream, maple syrup

**UPMA: SEMOLINA PORRIDGE - 500**

Semolina, curry leaves, mustard seeds

**TAWA ALOO PARATHA: STUFFED INDIAN FLAT BREAD - 500**

Potato mash, pickle, yogurt

**FRESHLY SQUEEZED FRUIT AND VEGETABLE JUICE 350**

Orange | pineapple | watermelon | apple | beetroot | carrot

**A TASTE OF TEA 300**

Green tea, Assam tea, English breakfast tea, earl grey tea, Darjeeling te

## All- Day Dining

Available from 11:00AM to 11:00 PM. Dial Service Express.

### Appetizers + Salads

**FRIED CALAMARI 750**

Garlic aioli, charred lemon

**MUTTON CHUKKA VARUVAL 800**

Lamb morsels, whole red chili, curry leaves

**FISH SATAY 800**

Mahi Mahi, peanut sauce, Asian pickle

**BUFFALO CHICKEN WINGS 750**

Vegetable crudités, honey bbq sauce

**CRISPY NACHOS 700**

Pico de gallo, sour cream, guacamole

**CRISPY NACHOS – CHILLI CORN CARNE 750**

Ground beef, kidney beans, pico de gallo, sour cream, guacamole

**CHICKEN PEPPER FRY 750**

Black pepper, curry leaves

**PODI IDLI 650**

Mini idli, gun powder

**HARIYALI TIKKI 700**

Spinach patty stuffed with cheese, nuts and sauce

**WESTIN CAESAR**

Prawns | chicken | chicken tikka | vegetable | 725 | 700 | 700 | 650

Romaine lettuce hearts, Caesar dressing, herbed croutons

**CHEFS SPECISL COBB SALAD 725**

House greens, hard boiled eggs, turkey, smoked, salmon, lemon caper dressing

**TOMATO MOZZARELLA 650**

With basil pesto dressing

**GREEK FETA SALAD 650**

Assorted lettuce, cucumber, tomatoes, red onions, Greek feta, extra virgin olive oil

## Eat Well Menu

Our Westin Eat Well Menu offers a selection of nutritious dishes, handcrafted by our Chef with guests' well-being in mind. From flexible portion sizes to mindfully selected ingredients, this special menu offers a variety of healthier choices to help you eat well, for you.

Dial Service Express.

**TANDOORI CICKEN SALAD**

Half 400 | Full 700

Mesculun, avocadoes

**VEGGIE SLIDER WITH ROASTED SWEET POTATO**

Half 400 | Full 650

Soy, sweet potato

**PEARL MILLET RISOTTO**

Half 500 | Full 800

Tandoori vegetables

**SPINACH CREAM SOUP**

Half 250 | Full 350

Creamy spinach and herb soup, garlic crostini

**STEAMED CATCH OF THE DAY WITH CHARRED VEGETABLES**

Half 900 | Full 1600

Kasundi mustard steamed white fish, charred vegetables, unpolished red rice

**SLOW POACHED CHICKEN WITH SOY & GINGER SAUCE**

Half 700 | Full 1400

With honey, sesame oil

## All Day- Dining

Available from 11:00AM to 11:00 PM. Dial Service Express.

### Soup

**SOUP OF THE DAY 550|450**

Non vegetarian | vegetarian

**ROASTED TOMATO SOUP 450**

Garlic croutons

**TRUFFLE AND PORCINI MUSHROOM SOUP 500**

Truffle oil

### Comfort

All burgers, sandwiches and rolls are accompanied with French fries, side salad

**BURGER 950|850**

Tenderloin | Chicken

Sesame bun, chipotle peppers

**CHICKPEA AND POTATO BURGER 750**

**WESTING SIGNATURE CLUB 800|700**

Classic chicken & bacon | Veg



**HEALTHY TUNA ON BROWN BREAD:**

**PLAIN | GRILLED 800**

Mustard, celery

**PHILLY CHEESE STEAK 850**

Shaved tenderloin, Cajun spice, French baguette

**GRILLED HAM & CHEESE SANDWICH 800**

Sliced ham | cheddar

**KATHI ROLL PANEER 700**

Flaky paratha, cottage cheese masala, red onions

**Pasta + Risotto**

Choose from penne, spaghetti, whole wheat pasta, gluten free pasta

**ARRABIATA 800**

Choose from penne, spaghetti, whole wheat pasta, gluten free pasta

**PESTO GENOVESE 800**

Basil, pine nut, extra virgin olive oil

**AGLIO OLIO PEPPERONCINO**

Extra virgin olive oil, garlic, chili

**ALFREDO 800**

Mushroom, cream, parmesan, garlic, herbs

**BOLOGNESE 850**

Mixed tenderloin ragout, garlic, mascarpone, parmesan cheese

**SEAFOOD MARINARA 850**

Prawn, squid in tomato garlic sauce, white wine, herbs

**CARNAROLI RISOTTO**

Asparagus, corn, sun-dried tomato 800

Smoked chicken, mushrooms 850

**All Day- Dining**

Available from 11:00AM to 11:00 PM. Dial Service Express.

## From Our Wood Fired Pizza Oven

### MARGHERITA 700

Tomato, mozzarella, basil, oregano

### GARDENIA 750

Bell pepper, onion, mushroom, asparagus, jalapenos, mozzarella

### MARINARA 850

Shrimp, squid, onions, capers

### CHICKEN TIKKA 800

Spit roasted spiced chicken, red onions, ground spices

### PEPPERONI 850

Pepperoni

## Western Mains

### FISH AND CHIPS 950

Mahi Mahi fish with tartar sauce

### GRILLED TO PERFECTION:

#### LAMB RACK 2150

#### LOBSTER TAIL 2150

#### SALMON STEAK 1700

#### HERBED TENDERLOIN 1750

#### CHICKEN BREAST 1400

All grilled meats served with pan glazed vegetable, potato mash with sauce of your choice lemon butter | pesto cream | classic red wine jus | mushroom | black pepper jus

## Sides 350

### FRENCH FRIES

### HERBED POTATO WEDGES

### GLAZED CARROTS

### CREAMED SPINACH

## SEASONAL BUTTERED VEGETABLES

### Asian Mains

#### STIR FRIED SEAFOOD WITH BASIL 1550

Assorted seafood, bird eye chilies, light soy

#### WOK TOSSED CHICKEN 850

Kung pao, hot garlic, black pepper

#### WOK TOSSED PRAWNS 950

Black pepper sauce

#### THAI GREEN CURRY 1051|850|750

Seafood | chicken | vegetable served with jasmine rice

#### STIR FRY BOODLES 750|650|550

Seafood | chicken | vegetable

#### FRIED RICE 750|650|550

Seafood | chicken | vegetable

### All -Day Dining

Available from 11:00AM to 11:00 PM. Dial Service Express.

### Charcoal Fired Tandoor

#### KASMIRI MIRCH PANEER TIKKA 725

Cottage cheese, red chilies, hung curd marinade, charred

#### ACHAARI BHARWAAN TANDOORI ALOO 700

New potatoes, marinated in Indian pickling spices, tandoor roasted

#### AJWAINI JHINGA 1150

Caraway, lemon juice, hung yogurt

#### TAWA MACCHI 900

Spiced Mahi Mahi cooked on grilled

#### LASOONI MURGH TIKKA 850

Tandoor roasted chicken morsels with predominant flavors of garlic

**GOSHT SEEKH KEBAB 950**

Minced lamb skewers cooked in tandoor

**TANDOORI MURGH: OVEN ROASTED SPRING  
CHICKEN (FULL|HALF) 1600| 950**

Minced lamb skewers cooked in tandoor

**TANDOORI SAMPLER NON VEGETARIAN 1950**

Ajwaini jhinga, seekh kebab, lasooni murgh tikka

**TANDOORI SAMPLER VEGETARIAN 1200**

Kashmiri mirch paneer, hariyali tikki, achari bharwaan aloo

## Indian Mains

**CHETTINAD: SPICED SOUTH INDIAN PREPARATION 1250| 850 |750**

Prawn | chicken | mushroom, baby corn

**GOAN CURRY 1250 | 950**

Prawn | Kingfish

**TARIWALA GOSHT 950**

Slow cooked lamb with onions, spices

**BUTTER CHICKEN 850**

A classic chicken preparation with tomatoes, cream

**CHICKEN TIKKA MASALA 850**

Spit roasted chicken morsels simmered in onion, tomato, fenugreek masala, green chilies

**DHABA MURGH: HOME STYLE CHICKEN PREPARATION 850**

Onion, tomato, fresh coriander

**PANEER: INDIAN COTTAGE CHEESE 750**

Kadai | makhani | palak

**VEGETABLE OF THE DAY 750**

Check with server for our daily special

**VEGETABLE OF THE DAY 750**

Check with server for our daily special

**ALOO GOBHI 750**

Cauliflower, potatoes, onion, tomatoes

**DAL MAKHANI 700**

Black whole lentils, butter, cream, tomatoes

**YELLOW DAL TADKA 700**

Cumin, garlic, green chili

## **All- Day Dining**

Available from 11:00AM to 11:00 PM. Dial Service Express.

## **Indian Rice + Breads**

**BIRYANI 950 | 850 | 750**

Lamb | chicken | vegetable

**STEAMED BASMATI RICE 300**

**CURD RICE 300**

South Indian tempered rice and yoghurt preparation

**NAAN | ROTI | LACCHA PARATHA 200**

Plain | butter | garlic

**MALABAR PARATHA | TAWA PARATHA | PHULKA 200**

Staple Indian breads traditionally served at home. A portion of bread contains 2 pcs

## Desserts

**TIRAMISU BIANCA 450**

Soft mascarpone cream flavored with white chocolate truffle layered with savoiardi

**WARM BROWNIE 450**

Vanilla ice cream

**KESAR RASMALAI 350**

Cottage cheese dumplings soaked in reduced milk with saffron

**GULAN JAMUN 350**

Cardamom scented reduced milk dumplings soaked in sugar syrup

**FRESH SEASONAL CUT FRUITS / FRUIT SALAD 350**

**SELECTION OF ICE CREAMS 300**

Honey nut crunch | vanilla | strawberry | chocolate | coffee

**KULFI 350**

Falooda, basil seeds, rose syrup

**64% VALRHONA DARK CHOCOLATE MOUSSE 500**

(Sugar / gluten free)

Fresh berries

## Westin Fresh by the Juicery

Westin Fresh by the Juicery offers a menu of nourishing | revitalizing juices, smoothies curated by the experts at The Juicery.

### JUICES

Watermelon, Basil 450

Papaya, Pineapple, Mint 450

## SMOOTHIES

Kales, spinach, banana, mango, cinnamon 475

Yoghurt, papaya, mint, cinnamon, chia seeds 475

## All- day breakfast

### TRADITIONAL OATMEAL PORRIDGE 295

Brown sugar, golden raisins, cinnamon

### SELECTION OF DRY CEREALS 295

Rice krispies | dry muesli | corn flakes | honey loops | bajra puff

Your choice of whole milk | low fat milk | soya milk | almond milk

### TWO FARMED EGGS YOUR STYLE 550

Indian masala | sunny side | poached | scrambled with your choice of sausage | hash brown | sautéed beans | grilled tomatoes

### UPMA: SEMOLINA PORRIDGE 500

Semolina, curry leaves, mustard seeds

### TAWA ALOO PARATHA: STUFFED INDIAN FLAT BREAD 500

Potato mash, pickle, yoghurt

## Chef's Express Dine-In Tray Menu

Our chef's selection of tray meals available from 12:30 PM to 3:00 PM for lunch and 7:00 PM to 11:00 PM for dinner. Dial Service Express\*

Non Vegetarian 1200

Vegetarian 1100

### INDIAN FARE

Enjoy an Indian Odyssey;

Veg or non veg main of the day;  
Lentil preparation; vegetable of the day;  
Aromatic basmati rice;  
Roti or naan;  
Indian dessert of the day

**JUST EUROPEAN**

Savour the continental experience  
House salad,  
Hand crafted bread with butter;  
Sautéed vegetable or potato mash or glazed; carrots with peas;  
Veg or non veg pasta of your choice;  
Dessert of the day

**ASIAN DELIGHT**

Journey through the Asian continent;  
Asian appetizer or salad;  
Veg or non veg main of the day;  
Asian vegetable preparation of the day;  
Veg or non veg hakka noodles or fried rice;  
Dessert of the day

**Late- Night Dining**

Available from 11:00 PM to 06:30 AM Dial service Express\*

**Appetizers, Soup+ Salads**



**MUTTON CHUKKA VARUVAL 800**

Lamb morsels, whole red chili, curry leaves

**BUFFALO CHICKEN WINGS 750**

Vegetable crudités, honey bbq sauce

**CHICKEN PEPPER FRY 750**

Black pepper, curry leaves

**PODI IDLI 650**

Mini idli, gun powder

**HARIYALI TIKKI 700**

Spinach patty stuffed with cheese, nuts and sauce

**ROASTED TOMATO SOUP 450**

Garlic croutons

**TRUFFLE AND PORCINI MUSHROOM SOUP 500**

Truffle oil

**WESTIN CAESAR 725 | 700 | 650**

Prawns | chicken | vegetable

Romaine lettuce hearts, Caesar dressing, herbed croutons

**TOMATO MOZZARELLA 650**

With basil pesto dressing

**FRESH SEASONAL CUT FRUITS / FRUIT SALAD 350**

## Comfort

All burgers, sandwiches and rolls are accompanied with French Fries & side salad

**BURGER 950 | 850**

Tenderloin | Chicken  
Sesame bun, chipotle peppers

**CHICKPEA AND POTATO BURGER 750**

**WESTIN SIGNATURE CLUB 800 | 700**  
Classic chicken & bacon Non- Veg | Veg

**GRILLED HAM & CHEESE SANDWICH 800**  
Sliced ham | cheddar

**TRADITIONAL OATMEAL PORRIDGE 295**  
Brown sugar, golden raisins, cinnamon

**BIRCHER MUESLI 350**

**SELECTION OF DRY CEREALS 295**  
Dry muesli | corn flakes | honey loops | rice krispies | bajra puff (gf) | served with choice of whole | skim milk | soya milk | almond milk

## Western Mains

**FISH AND CHIPS 950**  
Mahi Mahi fish, tartar sauce

**GRILLED TO PERFECTION:**

**SALMON STEAK 1700**

**CHICKEN BREAST 1400**  
All grilled meats served with pan glazed vegetable, potato mash and sauce of your choice  
Lemon butter | pesto cream | classic red wine jus | mushroom | black pepper jus

## Late- Night Dining

Available from 11:00 PM to 06:30 AM. Dial Service Express\*

## Indian Mains

### GOAN CURRY 1250 | 950

Prawn | kingfish

### TARIWALA GOSHT 950

Slow cooked lamb with onions, spices

### BUTTER CHICKEN 850

A classic chicken preparation with tomatoes, cream

### DHABA MURGH: HOME STYLE CHICKEN PREPARATION 850

Onion, tomato, fresh coriander

### PANEER: INDIAN COTTAGE CHEESE 750

Kadai | makhani | palak

### ALOO GOBHI 750

Cauliflower, potatoes, onion, tomatoes

### DAL MAKHANI 700

Black whole lentils, butter, cream, tomatoes

## Indian Rice + Breads

### BIRYANI 850 | 750

Chicken | vegetable

### STEAMED BASMATI RICE 300

### CURD RICE 500

South Indian tempered rice and yoghurt preparation

### MALABAR PARATHA | TAWA PARATHA | PHULKA 200

Staple Indian breads traditionally served at home \* A portion of bread contains 2 pcs

## Dessert

### **TIRAMISU BIANCO 450**

Soft mascarpone cream flavored with white chocolate truffle with savoiradi

### **KESAR RASMALAI**

Cottage cheese dumplings soaked in reduced milk with saffron

### **GULAB JAMUN 350**

Cardamom scented reduced milk dumplings soaked

### **KULFI 350**

Falooda, basil seeds, rose syrup

## Eat Well Menu for Kids

Discover kid's meals that are as delicious as they are nutritious with the Westin Eat Well Menu for Kids, developed with Super Chefs to make kids and parents happy.

## Breakfast

Available from 06:30 AM to 11:00 AM

### **CEREAL SERVED WITH SEASONAL FRUIT & MILK 295**

Breakfast cereal with raisins, skim milk & strawberries

### **OATMEAL WITH APPLE AND WALNUTS 295**

Steelcut oatmeal with honey and skim milk

### **PEANUT BUTTER AND BANANA SANDWICH 450**

Served on whole- wheat bread Gluten free options are available

## Lunch or Dinner

Available from 11:00 AM to 11:00 PM

### **CHICKEN NOODLE SOUP 500**

With fresh garden vegetables, thin whole wheat pasta

### **SALMON AND SOBA NOODLES 450**

Asian style baked salmon with fresh ginger, carrots, red peppers, onions, sesame seeds

**PITA CHIPS AND VEGETABLE 450**

Served with hummus and low fat yoghurt dip

**MATTAR PANEER 450**

Low fat paneer served with rice, naan, raita

**CHICKEN & APPLE CURRY 450**

Chicken, apple, green peppers, peas in curry sauce served with jasmine rice

**SPAGHETTI BOLOGNAISE 450**

## Dessert

Available from 11:00 AM to 11:00 PM

**CHOCOLATE PUDDING 350**

Banana chocolate pudding with Greek yoghurt, strawberries and honey

**FRUIT SALAD 350**

Cored apple filled with fresh fruits

## Drinks

Available from 6:30AM to 11:00PM

**FRUIT SMOOTHIE 350**

Strawberries, blueberries, banana blended with low fat milk, honey

**PINEAPPLE STRAWBERRY SMOOTHIE 350**

Made with almond coconut milk

## Sleep Well Menu

Enjoy these superfoods 1-2 hours before bedtime to enhance your rest and enrich your well-being.\*

Available 24/7. Dial Service Express.

**OATMEAL TABOULEH 550**

**WHIPPED EGG WHITE AND BROCCOLI OMELET 550**

**GUAVA NUTS POMEGRANATE SALAD 695**

Guava, nuts, pomegranate, chat masala

**BEDTIME SNACKS 550**

Cherry, walnut, oat muffin

**CHAMOILE TEA 350**

Unwind with a cup of naturally caffeine-free herbal tea, featuring a proprietary blend of aromatic herbs designed to promote relaxation and restful sleep.

Whether you're adjusting to a new time zone or recovering from your travels, restful sleep is the key to renewal. These selections are packed with amino acids, vitamins and minerals that promote sound sleep, including:

**TRYPTOPHAN**

Boosts serotonin production  
And enhances sleepiness

**MAGNESIUM & POTASSIUM**

Electrolytes often lost during travel that help promotes sleep and prevent insomnia

**MELATONIN**

Resets sleep-wake cycles, combating jet lag and improving sleep quantity

**FOLATE**

Helps fight fatigue during the day and promotes sound at night

**THIAMIN**

Important B vitamin that helps improve sleep patterns

**SEROTONIN**

Promotes relaxation and induces sleepiness

## Non-Alcoholic Beverages

Available 24:00 hours. Dial Service Express.

### Coffee + Tea

**FRESHLY BREWED HOT COFFEE 275**

Espresso | cappuccino | café mocha | macchiato | Americano | just black or white | south Indian filter | decaffeinated

**FRESHLY MADE COLD COFFEE 350**

Iced cappuccino | Iced mocha

**A TASTE OF TEA 300**

Green tea | Assam tea | English breakfast tea | earl grey tea | Darjeeling tea

**JING TEA 350**

Peppermint

**SPECIAL BREW 300**

Masala chai | specialty teas

**HOT CHOCOLATE 300**

## **Beverages**

**FRESHLY SQUEEZED FRUIT AND VEGETABLE JUICE 350**

Orange | pineapple | watermelon | apple | musk melon | carrot

**CHILLED CANNED JUICES 300**

Cranberry | guava | mango

**CHOICE OF HOT OR COLD MILK 275**

Whole | skimmed | soy | almond milk

**INDIAN LASSI 300**

Sweet | salted

**CHAAS 250**

Plain | masala

**MILK SHAKES 350**

Just ask us

**STILL WATER 150 | 275**

Packaged drinking water (1000 ml)

Kelzai (750 ml)

**SPARKLING WATER 285**

San Benedetto (250ml)

## **Fizzy Beverage**

**RED BULL 300**

**FRESH LIME SODA 250**

Sweet | salted

**CARBONATED SOFT DRINKS 250**

## Hotel Venues

A pleasurable adventure for your palate awaits at four diverse restaurants and bars. Each venue offers an engaging sensory experience, from unique modern interiors with natural light to fresh and dynamic culinary and cocktail menus.

## Seasonal Tastes

With fresh and delectable international fare, Seasonal Tastes offers colorful variety amid soothing modern décor. An enticing buffet and creative a la carte options are available with an emphasis on local and seasonal.

### HOURS

Buffet Breakfast	06:30AM -10:30AM
Buffet Lunch	12:30PM – 03:00PM
Buffet Dinner	07:00PM – 11:00PM
Sunday Brunch	12:30 PM – 04:00PM

### LOCATION

Lobby Level

## Sunset Grill

Sunset Grill brings together the simplicity of grilling and the perfection of gourmet fare, for a refreshing dining experience. With direct access to the pool deck.

### HOURS

Monday – Sunday	07:00PM – 11:00PM
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### LOCATION

Second Level, Poolside

## Willows Lounge Bar



A sophisticated space that pays homage India's most popular sport by covering the front of its bar with cricket balls and displaying an exclusive collection of sportsman's caps, among other sports paraphernalia.

**HOURS**

Monday – Saturday                      04:00PM-02:00AM  
Sunday                                        04:00PM-12:00AM

**LOCATION**

First Level

## **Madras Kitchen Company**

An all-day tea room serving a jugalbandi of regional Indian & Oriental Street eats in a modern casual setting.

**HOURS**

Monday-Sunday                            12:00PM-12:00AM

**LOCATION**

First Level

## **Daily Treats**

Daily Treats is a one stop destination for a variety of deli favorites, from made-to-order sandwiches and gourmet salads to freshly baked pastries and cakes.

**HOURS**

Monday-Sunday                            10:00AM-10:00PM

**LOCATION**

Lobby Level