

BREAKFAST

6:30 am to 10:30 am

| TROPICAL FRESH FRUITS AND JUICES | | EGG PREPARATION | |
|---|-----|---|-----|
| ■ FRESH FRUIT PLATTER 480 gm 72 kcal | 475 | ■ TWO FRESH FARM EGGS 🔘 🔘 | 500 |
| SEASONAL FRUIT JUICE 275 ml orange -142 kcal / watermelon -91 kcal | 425 | scrambled -180 gm 396 kcal / fried -180 gm 313 kcal boiled / poached -180 gm 153 kcal | |
| ■ TENDER COCONUT WATER 275 ml 56 kcal | 425 | THREE EGG OMELETTE O plain -295 gm 233 kcal / masala -295 gm 337 kcal / cheese -295 gm 510 kcal | 600 |
| YOGHURT | | | |
| ■ WITH FRUITS 250 gm 187 kcal ① | 325 | FROM THE GRIDDLE | |
| HOME-MADE NATURAL YOGHURT 150 gm 40 kcal | 275 | AMERICAN PANCAKES 295 gm 679 kcal | 500 |
| LASSI 275 ml 361 kcal plain / sweet / salted | 425 | △ CRISPY WAFFLES 240 gm 741 kcal 🔾 🔮 🛈 baked golden-brown & served with butter | 500 |
| CHAAS 275 ml 34 kcal plain / masala | 425 | & berry compote FRENCH TOAST 280 gm 310 kcal () () () | 500 |
| CEREALS 200 gm 210 kcal | 300 | served with maple syrup | |
| ■ HOT OATMEAL 335 gm 396 kcal ① ③ with brown sugar & raisins | 300 | | |
| ■ BIRCHER MUESLI 300 gm 186 kcal ① with seasonal fruits | 300 | | |
| MORNING BAKERIES danish/croissants -100 gm 382 kcal / muffins -60 gm 294 kcal served with butter / preserves | 300 | | |







BREAKFAST

6:30 am to 10:30 am

INDIAN SPECIALITIES

| ■ POORI BHAJI 415 gm 845 kcal served with home made pickle | 600 |
|---|-----|
| ■ TAWA PARATHAS 320 gm 415 kcal 🕡 🛈 check for daily selection | 600 |
| STEAMED IDLI 510 gm 478 kcal plain / kancheepuram served with sambhar & chutney | 500 |
| DOSA 440 gm 685 kcal plain / masala served with sambhar & chutney | 600 |
| GOLDEN FRIED VADAI 520 gm 792 kcal served with sambhar & chutney | 500 |
| ■ UPMA 345 gm 484 kcal semolina tempered with mustard seeds & onions | 550 |
| ■ POHA 320 gm 508 kcal maharashtrian preparation of flattened rice | 550 |

LO-CAL BREAKFAST

| EGG WHITE OMLETTE 190 gm () plain - 140kcal / masala - 150kcal | 500 |
|---|-----|
| OATS UPMA 400 gm 307 kcal with seasonal vegetables | 550 |
| SEASONAL VEGETABLE JUICE 275 ml beetroot - 86 kcal / cucumber - 38 kcal / carrot - 96 kcal | 425 |

SOUPS & SALAD

11:30 am to 04:00 am

| basil & bocconcini bruschetta -218kcal CHICKEN MANCHOW O SOUP 250 gm 186 kcal an all time favourite GREEK SALAD 180 gm 129 kcal o with vegetables, feta, olives, lemon & oregano dressing CAESAR SALAD WITH O MALAI PANEER 280 gm 765 kcal crispy lettuce & parmesan cheese in creamy dressing CAESAR SALAD O CAESAR SALAD | WILD MUSHROOM © ① SOUP 250 gm 124 kcal with paprika yoghurt & cheese toast | 700 |
|--|--|------|
| SOUP 250 gm 186 kcal an all time favourite GREEK SALAD 180 gm 129 kcal with vegetables, feta, olives, lemon & oregano dressing CAESAR SALAD WITH MALAI PANEER 280 gm 765 kcal crispy lettuce & parmesan cheese in creamy dressing CAESAR SALAD | MINESTRONE 250 gm 308 kcal | 700 |
| with vegetables, feta, olives, lemon & oregano dressing CAESAR SALAD WITH MALAI PANEER 280 gm 765 kcal crispy lettuce & parmesan cheese in creamy dressing CAESAR SALAD | SOUP 250 gm 186 kcal | 750 |
| MALAI PANEER 280 gm 765 kcal crispy lettuce & parmesan cheese in creamy dressing CAESAR SALAD | | 850 |
| GRILLED CHICKEN 310 gm 951 kcal 1050 | MALAI PANEER 280 gm 765 kcal | 950 |
| | GRILLED CHICKEN 310 gm 951 kcal | 1050 |





MAIN COURSE

11:30 am to 04:00 am

INTERNATIONAL SELECTION

| GRILLED SALMON 337 gm 843 kcal 🔾 🕡 🕕 | 2050 |
|---|------|
| with mashed potato, salad & pommery mustard sauce | |
| IAAAD CIIODC 200 I 0051 1 | 2050 |

| LAMB CHOPS 380 gm 905 kcal 🔮 🕕 | 2050 |
|--|------|
| grilled & served with smoked potato & grilled vegetables | |

| NASI GORENG 533 gm 707 kcal 🚳 🕡 🚯 | 1650 |
|--------------------------------------|------|
| indonesian chicken & prawn "biryani" | |
| with fried egg & chicken satay | |

| WILD MUSHROOM | |
|---------------------------|------|
| CREPE 280 gm 150 kcal 🕕 | 1100 |
| served with saffron sauce | |

| VEGETABLE LASAGNE 340 gm 634 kcal 🕦 👔 | 1100 |
|---|------|
| cherry tomato confit | |

PAN INDIAN SELECTION

| M | MALVANI JHINGA 425 gm 677 kcal 📀 | 1700 |
|---|---|------|
| | aromas of malvan region of coconut base prawn curry | |

| KERALA FISH CURRY 360 gm 691 kcal 🔾 | 1600 |
|--|------|
| fish curry, just the way they prepare down south | |

| # | MUTTON ROGANJOSH 360 gm 626 kcal | 1650 |
|---|--|------|
| | tender mutton morsels in an aromatic gravy | |

| # | KADHAI MURGH 325 gm 555 kcal 1 | 1550 |
|---|---|------|
| | boneless chicken preparation cooked with tomato | |
| | & bell peppers | |

| N/A | MURGH TIKKA MAKHANI 325 gm 490 kcal 1 | 1550 |
|-----|--|------|
| | chargrilled chicken with rich tomato gravy | |

| MASALEDAR KADAI PANEER 420 gm 499 kcal semi dry preparation of cottage cheese with bell pepper | 1350 |
|--|-----------|
| MUSHROOM MATAR (1) HARA PYAAZ 410 gm 263 kcal mixed dry preparation of mushroom, green peas & green onion | 1050 |
| ■ VEGETABLE KOFTA CURRY 340 gm 519 kcal cottage cheese & mix vegetable koftas in a tomato gravy | 1050 y |
| LASOONI PALAK 400 gm 340 kcal | 1050 |
| VEGETABLE KOLHAPURI 335 gm 349 kcal mixed vegetables in a thick spiced gravy | 1050 |
| • YELLOW DAL TADKA 340 gm 482 kcal 1 | 800 |
| | |

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900

■ DAL MAKHANI 340 gm | 556 kcal ①

MAIN COURSE

11:30 am to 04:00 am

| HOME STYLE SELECTION | | RICE SELECTION | |
|---|------|--|------|
| ► HOME STYLE MUTTON CURRY 365 gm 429 kcal | 1650 | ■ GOSHT BIRYANI 750 gm 666 kcal ① served with raita & gulab jamun | 1900 |
| no fusssimple home cooking HOME STYLE CHICKEN | | MURGH BIRYANI 750 gm 770 kcal served with raita & gulab jamun | 1800 |
| CURRY 377 gm 429kcal | 1550 | • SUBZ BIRYANI 520 gm 561 kcal 1 | 1450 |
| AAMCHURI BHINDI 300 gm 299kcal diced bhindi cooked with onion, tomato, | 1050 | served with raita & gulab jamun | 1350 |
| seasoned dried mango | | • KHICHDI 600 gm (1) delicious & comforting meal made of rice & lentil, | 1330 |
| ALOO MATAR RASSEDAR 415 gm 226kcal home style potato & green peas curry | 1050 | served with ghee, pickle, papad, curd & gulab jamun plain -147kcal / masala-175 kcal | |
| | | CURD RICE 600 gm 308kcal | 950 |
| INDIAN THALI SELECTION available from 12.30 pm to 3.00 pm & 7.30 pm till midnig. | ht | JEERA RICE 250 gm 240 kcal STEAMED RICE 250 gm 141 kcal | 425 |
| NON VEGETARIAN THALI daily selection of one mutton & one chicken | 1950 | BREAD SELECTION | 275 |
| preparation along with two vegetable preparation accompanied with yellow dal, steamed rice, | | NAAN 120 gm 287kcal | |
| choice of one indian bread & dessert of the day | | ROTI 90 gm 300kcal | |
| VEGETARIAN THALI daily selection of one paneer & two vegetable | 1750 | LACCHA PARATHA 110 gm 231kcal | |
| preparation accompanied with yellow dal, rice, choice of one indian bread & dessert of the day | | PHULKA 60 gm 30kcal | |

ASIAN SELECTION

12:30 pm to 12:00 am

| SIARIER |
|---------|
|---------|

| ■ SALT AND PEPPER 😂 🤴 | |
|---------------------------|------|
| PRAWN 260 gm 402 kcal | 1650 |

| MUSHROOM IN BLACK | |
|----------------------------------|-----|
| PEPPER SAUCE 260 gm 151 kcal | 950 |

MAIN COURSE

| FISH IN BASIL | |
|----------------------------------|------|
| & CHILLI 260 gm 227 kcal 🔾 🚯 | 1450 |
| ovster, bird eve chili & peppers | |

| KUNG PAO CHICKEN | 260 gm 725 kcal | 1250 |
|------------------|-------------------|------|
|------------------|-------------------|------|

| • VEGETABLE MANCHURIAN 250 gm 495 kcal | | 950 |
|--|--|-----|
|--|--|-----|

| WOK TOSSED BABY PAK CHOY, | |
|-------------------------------------|-----|
| BROCCOLI, MUSHROOM | |
| IN OYSTER SAUCE 295 gm 202 kcal | 950 |

THAI CURRIES

| CHICKEN RED CURRY | 295 gm 730 kcal | 1450 |
|-------------------|-------------------|------|
|-------------------|-------------------|------|

| VEGETABLE GREEN CURRY 295 gm 416 kcal | al 1050 |
|---|---------|
|---|---------|

RICE & NOODLES

BURNT GARLIC FRIED RICE

| ■ PRAWNS 385 gm 205 kcal | 1050 |
|----------------------------------|------|
| ▲ CHICKEN 385 gm 220 kcal 🔘 | 950 |
| • VEGETABLE 385 gm 217 kcal | 850 |
| JASMINE RICE 280 gm 170 kcal | 450 |

PHAD THAI

| ■ PRAWNS 455 gm 490 kcal 🕹 🔾 🕒 | 1050 |
|------------------------------------|------|
| ▲ CHICKEN 445 gm 502 kcal 🔘 🔮 | 950 |
| ■ VEGETABLE 450 gm 441 kcal | 850 |







LO-CAL MEAL

11:30 am to 04:00 am

LIGHT MEAL

24 HRS

750

850

SOUP

| ■ VEGETABLE CLEAR SOUP 250 gm 138 kcal | 700 |
|--|-----|
|--|-----|

CLEAR CHICKEN DUMPLING **SOUP** | 330 gm | 563kcal the lo-cal healthy option....with greens

SALAD

| SPROUT SALAD | |
|--------------------------------|-----|
| WITH LETTUCE 250 gm 45kcal | 750 |

■ FATTOUSH | 260 gm | 262kcal 🔮 lebanese chunky salad; tossed in lemon, mint, olive oil & sumac

MAIN COURSE

| ▲ STEAMED SEABASS 410 gm 188 kcal 🔾 | 1850 |
|---|------|
| topped with soy ginger | |

- 1650 ■ GRILLED CHICKEN | 410 gm | 888 kcal 🔮 with sautéed vegetables
- 1050 ■ STIR FRIED GREENS | 360 gm | 202 kcal 🔮 with tofu
- WHOLE WHEAT NOODLE | 380 gm | 224kcal 🔮 🕕 1050 with sprout & greens

DESSERT

350 • SUGAR FREE....Ask for Daily Selection •

| in mexican stylenachos, salsa & guacamole | 1450 |
|---|------|
| ► DHAKAI-PARATHA | 1300 |
| SPICY KOLHAPURI MISAL 550 gm 195 kcal | 1100 |
| ■ AMRITSARI CHOLE 625 gm 455 kcal 🔮 🛈 with bhature or tandoori kulcha | 1100 |
| ■ PAV BHAJI 545 gm 907kcal ● ① mumbai special potato & tomato preparation | 1100 |

served with pav

SANDWICHES & BURGER

24 HRS

| NON VEG CLUB 410 gm 1051 kcal | 1250 |
|---|------|
| GRILLED CHICKEN & EMMENTAL 305 gm 943 kcal (1) | 1150 |
| CHARGRILLED CHICKEN TIKKA IN MULTIGRAIN BREAD 290 gm 747 kcal <a>↑ | 1150 |
| CHICKEN BURGER 400 gm 707kcal 🕕 🚯 | 1150 |

| CLUB SANDWICH- VEGETARIAN 355 gm 830 kcal | 1050 |
|--|------|
| ■ TOMATO, MOZZARELLA & BASIL GRILLED IN PANINI 350 gm 238 kcal 🕕 📦 | 1050 |
| BOMBAY GRILLED SANDWICH 400 gm 258 kcal | 1050 |
| STREET STYLE VEG SANDWICH 235 gm 258 kcal | 1050 |
| ■ VEGETABLE BURGER 420 gm 724 kcal 🕕 | 1050 |

PIZZA

11:30 am to 04:00 am

| ► PIZZAsmoked salmon, rucola & olives 491 gm 1079 kcal | 1250 |
|---|------|
| ▶ PIZZAchicken tikka, peppers & onion 591 gm 1185 kcal | 1250 |
| ■ PIZZAonion, peppers, ① ⑤ olive & caper 450 gm 1185kcal | 1150 |
| ■ PIZZAprimavera 585 gm 1077 kcal ① | 1150 |
| PIZZAmargherita 420 gm 1149 kcal | 1150 |

PASTA | 261KCAL

24 HRS

| ■ PASTAcarbonara 450 gm 676 kcal 🕕 💗 | 1250 |
|--|------|
| PASTAarabiata 450 gm 215 kcal | 1150 |
| ■ PASTAaglio olio 380 gm 512 kcal 🚯 | 1150 |
| ■ PASTAbasil pesto 380 gm 453 kcal 🕕 💗 | 1150 |
| | |





SNACKS

11:30 am to 04:00 am

| TANDOORI JHINGA 295 gm 415 kcal plump prawns doused in creamy cheese & exotic spices, char grilled | 1650 |
|--|------|
| TAWA POMFRET 220 gm 713 kcal 😂 🕕 spiced, griddle cooked pomfret fillets | 1650 |
| SEEKH KEBAB 180 gm 473 kcal aromatic lamb kebab cooked on a skewer over charcoal | 1550 |
| CAJUN SPICED MURGH (1) TIKKA 395 gm 826 kcal cajun dusted marinated chicken in yogurt & chilli, cooked in tandoor spit | 1450 |
| MURGH MALAI TIKKA 395 gm 717 kcal Chicken morsels marinated with creamy cheese & garlic | 1450 |
| LASOONI PANEER TIKKA 550 gm 270 kcal tandoor grilled paneerdominant garlic flavour | 1250 |
| TANDOORI MUSHROOM 180 gm 488 kcal tandoor grilled mushroomdominant tandoori flavour | 1150 |
| ALOO MATAR SAMOSA 220 gm 289 kcal open golden fried potato & peas parcel | 900 |
| MIXED VEGETABLE PAKODA 155 gm 442 kcal an assortment of batter fried vegetables | 900 |
| CHILLI CHEESE TOAST 162 gm 991 kcal (1) (1) spiced cheese spread on crisp toasted bread, gratinated | 900 |
| FIVE SPICE SPRING ROLLS 220 gm 228 kcal golden friedserved with chilli dip | 900 |

DESSERT

24 HRS

| ► CHAI CRÈME BRULEE 190 gm 527 kcal (1) everyone's favouritetea flavoured delicate & rich | 400 |
|--|-----|
| ► CHOCOLATE BROWNIE 200 gm 436 kcal | 400 |
| ■ TIRAMISU 130 gm 424 kcal ① ② ② with a difference, flavours of espresso & rum | 400 |
| ■ BAKED GULAB JAMUN 200 gm 108 kcal ① gulab jamun baked with rabadi | 400 |
| KESARI RASMALAI 190 gm 567 kcal (1) rasmalai in saffron flavoured rabdi | 400 |
| ■ ICE CREAM 110 gm 414 kcal 1 | 400 |

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HOT BEVERAGES

24 HRS

| COFFEE 180 ml | 400 |
|--|-----|
| Espresso-02kcal / Cappuccino-110 kcal / Café latte-136 kc | al |
| TEA 180 ml 132 kcal (1) Masala, Ginger or Elaichi | 400 |
| TEA 180 ml 30 kcal Darjeeling, Earl Grey, Assam | 400 |
| HERBAL TEA 180 ml 02 kcal Jasmine, Chamomile, Mint, Green Tea | 400 |
| HOT CHOCOLATE 180 ml 110 kcal | 400 |

COLD BEVERAGES

24 HRS

| MILK SHAKE WITH ICE CREAM 350ml 495 kcal | 450 |
|--|-----|
| ■ MILK SHAKES 410 ml 288 kcal ① | 400 |
| COLD COFFEE WITH ICE CREAM 350 ml 515 kcal | 450 |
| ■ COLD COFFEE 410 ml 308 kcal ① | 400 |
| ■ ICED TEA 410 ml 108 kcal | 400 |









SPECIALTY CUISINE



from 7:00 pm to 12:30 am

| WRA | APS |
|-----|------------|
|-----|------------|

| SHAWARMA | |
|---|------|
| CHICKEN ROLL 435 gm 810 kcal 🕕 🚯 | 1600 |
| shawarma chicken & pickled vegetables wrapped | |
| in freshly baked bread | |

| FALAFEL ROLL 411 gm 540 kcal 🕕 🚯 | 1250 |
|--|------|
| falafel patties wrapped in freshly baked | |
| bread along with gherkins & parsley | |

HOT MEZZEH

| ▲ KIBBEH 210 gm 709 kcal 🕡 | 1200 |
|---|------|
| crispy fried lamb dumplings stuffed with pinenuts | |

| SAFI'HA 253 gm 373 kcal | 1100 |
|--|------|
| b'jibnehhalloumi & zatar stuffed mini open pie | |

COLD MEZZEH

| ■ TABBOULEH 180 gm 239 kcal 🚯 | 950 |
|--|-----|
| the famous parsley & cracked wheat salad | |
| | |

| ■ BEIRUTI 180 gm 621 kcal | 950 |
|---|-----|
| chickpea puree with extra strong garlic & lemon | |

MAIN COURSE

| 🖪 LAHAM MOUZET 715 gm 1057 kcal 🍪 🚯 | 2000 |
|---|------|
| lamb shanks served with spicy vegetable & lebanese rice | |

| KHUDRA MOUSIM 250 gm 307 kcal | 1400 |
|--|------|
| vegetables of the season grilled & sautéed in balsamic | |

DESSERT

| BAKLAW | VA 150 gm 742 kcal 🕕 🚱 🚯 | 400 |
|--------------------------|-------------------------------------|-----|
| the famou | us lebanese crispy pistachio pastry | |

🖸 Vegetarian 🔼 Non-vegetarian 🛮 Allergen: 🐞 Gluten 🐲 Crustacean 🚯 Groundnut 🔗 Soyabean 🔈 Sulphate 🚺 Milk 🕧 Egg 😻 Fish

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SPECIALTY CUISINE



from 12:30 pm to 2:45 pm & 7:00 pm to 10:30 pm

STARTER

PARSI PATRANI
POMFRET | 300 gm | 250 kcal 2300

When the parsi community escaped to india in the 8th century fearing religious persecution, they brought with them their culture as well as cuisine. This mildly spiced dish is a result of that. Pomfret fish fillets marinated with ground coriander & coconut, wrapped in banana leaves, & steamed to perfection, scented with peppermint

CHAAMP "NAMAK"

MANDI | 300 gm | 700 kcal
This mutton chop preparation was a street favourite in the markets of peshawar, typically marinated with a minimalistic blend of

favourite in the markets of peshawar, typically marinated with a minimalistic blend of ingredients. Chaamp "namak" mandi essentially translates to salted, roasted lamb chops. Our version takes succulent new zealand lamb chops cured with salt & cooked on open charcoal

- PANEER AAM PAPAD
 ROLL | 380 gm | 450 kcal
 Rolled paneer tikkas with the tangy &
 sweet flavours of aam papad & crushed
 walnuts
- TANDOORI BROCCOLI | 380 gm | 272 kcal 1 1200
 broccoli marinated with hung yoghurt,
 ginger & garlic finished in tandoor

MAIN COURSE

- ▲ AMBADE KA MURGH | 470 gm | 580 kcal 1800 delicious preparation of roasted chicken cooked with ambada leaves
- LAL MAAS | 480 gm | 350 kcal

 The history of lal maas is deeply rooted in the royal heritage of rajasthan. It is believed to have originated in the region during the era of the rajput rulers, who were known for their lavish lifestyles & love for hunting. The curry known for its fiery & smoky flavours & vibrant red colour imparted by the regional mathania chillies
- RAJAWADI PANEER

 MAKHANA | 480 gm | 450 kcal

 Influenced by the khansamas of the nawabs, the bawarchis of rajput rasorhas started using cashews & aromatic herbs & spices in rajasthani cuisine. In this delicacy cottage cheese is cooked in a gravy of tomatoes, cashews, spices & topped with toasted makhana.
- SAU DAKHANI SAAG | 460 gm | 413 kcal 1
 spinach tempered with roasted garlic,
 cumin & ginger, flavoured with dill leaves

💿 Vegetarian 🔼 Non-vegetarian 🛮 Allergen: 🛊 Gluten 🔅 Crustacean 🚯 Groundnut 🔗 Soyabean 🔈 Sulphate 🚺 Milk 🕧 Egg 🗪 Fish

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KID'S MENU

11:00 am to Midnight

| | SHINCHAN'S FAVOURITE NOODLES | |
|-----|--|--|
| 550 | ► CHICKEN 230 gm 276 kcal 🔮 🔘 | 650 |
| 550 | ■ VEGETARIAN 215 gm 199 kcal 📦 SPONGEROR'S FISH | 550 |
| 550 | GOUJON 170 gm 241 kcal 🔮 😂 batter fried golden fish fingers | 650 |
| | ■ OGGY'S CREAMY PASTA 210 gm 350kcal ① ⑤ spaghetti with chicken & mushrooms in cream sauce | 650 |
| | ▲ MINION'S MANCHURIAN 260 gm 214 kcal ② O chicken manchurian served with egg fried rice | 750 |
| 650 | | |
| 550 | DESSERTS | |
| | ■ SCOOBY-DOO BROWNIE 140 gm 699 kcal ① ◎ with vanilla ice cream & hot chocolate sauce | 300 |
| | ■ SHAUN'S SUNDAE DELIGHT 80 gm 414 kcal choice of ice cream flavour to make it your funday ① ② | 300 |
| 650 | | |
| 550 | | |
| | 550 550 550 550 | SFONGEBOB'S FISH GOUJON 170 gm 241 kcal (1) (2) batter fried golden fish fingers GOGY'S CREAMY PASTA 210 gm 350kcal (1) (2) spaghetti with chicken & mushrooms in cream sauce MINION'S MANCHURIAN 260 gm 214 kcal (2) (2) chicken manchurian served with egg fried rice BOOSSERTS SCOOBY-DOO BROWNIE 140 gm 699 kcal (1) (2) with vanilla ice cream & hot chocolate sauce SHAUN'S SUNDAE DELIGHT 80 gm 414 kcal choice of ice cream flavour to make it your funday (1) (3) 650 |

TO PLACE YOUR IN- ROOM DINING ORDER, PLEASE PRESS THE IN-ROOM DINING ICON ON YOUR ROOM PHONE.

AN AVERAGE ACTIVE ADULT REQUIRES 2,000 KCAL ENERGY PER DAY, HOWEVER, CALORIE NEEDS MAY VARY.









HOTEL SAHARA STAR, OPP. DOMESTIC AIRPORT, MUMBAI – 99, INDIA.