



Breakfast - served till 11.30 am

- (v) (vg) **Homemade granola with yogurt/milk**
Regular – Rolled oats, puffed rice, amaranth, dried fruits, seeds, nuts and palm sugar Rs. 250
- (gf) Grain free – Coconut, sesame, nuts, seeds, palm sugar, flax seeds and dried fruits
- Pan Cakes** Rs. 375
Indulgent - Flour, chocolate, eggs, cream served with real maple syrup
- (gf) Healthy - Buckwheat flour, banana, eggs with peanut butter drizzle and coconut chocolate toppings (did you know that buckwheat is a seed?) Rs. 395

Toasts & Sandwiches

(served with side of fruits)

- (v) **Avocado & Mushroom** Rs. 350
Sliced avocado and sautéed mushrooms on buttered sourdough toast
- (v) **Grilled Cheese Sandwich** Rs. 375
Buttered toast and cheddar on sourdough bread
- Breakfast Croissant** (vegetarian possible) Rs. 375
Croissant, lettuce, cucumber, tomato, cheese, egg, mayo, relish
- P*E*L*T** (vegetarian & vegan possible) Rs. 350
Pumpkin, eggs, lettuce and tomato on sourdough bread
- B*E*L*T** Rs. 350
Bacon, eggs, lettuce and tomato on sourdough bread
- French toast** Rs. 275
Brioche slices, eggs and milk
- Kaya Toast** Rs. 325
Brioche slices and kaya jam made of coconut and eggs

Eggs

Shakshuka (vegetarian & vegan possible) Rs. 375

Poached eggs, tomato sauce, apple, peppers, onion, cumin and parsley served with brioche toast

Blanket eggs (3 eggs) Rs. 395

Green beans and apple wrapped in eggs, grilled tomato and spicy pesto

Baked

served with fruits and bread

Cheesy mushroom Rs. 350
- with mushroom, cheddar and Parmesan

Asian Rs. 325
- with scallions, ginger, soy sauce and white pepper

Chicken Rs. 375
- with chicken sausage and scallions

Scrambled (get your 3 eggs fix)

Served with sourdough slice

Mexican Rs. 395
- avocado, black beans, cheddar, tomato salsa and cilantro

Mushroom and cheese Rs. 350
- button mushroom and cheddar

Spicy chorizo Rs. 425
- chorizo, chilli flakes, charred tomato, brussel sprouts and harissa

Omelette

served with side of fruits and bread

Spinach and mushroom omelette Rs. 350
(Chopped spinach and mushroom)

Asian omelette Rs. 325
(Garlic, ginger, scallions, soy sauce, cabbage and carrot)

(v) (vg) **Tofu scramble** Rs. 300

Tofu, onions, tomato, turmeric, ginger, fresh herbs and toast served with herbed potatoes and fruit



Morning Glory Bowls

Creamy Polenta

Soft polenta, butter, cheese, garlic, poached eggs

(v) Mushroom and zucchini Rs. 395

Eggs Rs. 425

Chicken sausage Rs. 525

Bacon Rs. 525

(v) (vg) Congee

Rice porridge, mushrooms, scallions, roasted peanuts, soy sauce and fried shallots, roasted peanuts,

Tofu Rs. 295

Chicken Rs. 350

Mexican Breakfast Bowl (vegetarian & vegan possible)

Colourful veggies, avocado, kidney beans, fried egg and cheddar

Rs. 395

Breakfast Hash (vegetarian & vegan possible)

Sweet potato, potato, mushrooms, egg, chicken, red and green pepper, scallion, cheese and herbs

Rs. 400

Grain free bowl (vegetarian & vegan possible)

Grilled pumpkin, sweet potatoes, spinach, mushrooms, red and green pepper, nuts, dried fruits, soft-boiled egg

Rs. 350

Miso Noodle Soup Bowl

Vermicelli, komatsuna, green beans, broccoli, miso

Rs. 350

(v) (vg) (gf) Smoothie Bowls

Earth bowl

– Cacao, banana, chia seeds, almond milk, whey protein

Rs. 450

Tropical colada bowl

– Tropical fruits and vegetables, apple, banana, coconut milk, wheat grass

Rs. 395

Berry bowl

– Mixed berries, dragon fruit, banana, almond milk, amla

Rs. 450

Oat meal bowl

– Oats, banana, dates, peanut butter, fresh coconut, almond milk, hint of cardamom, spirulina

Rs. 395

Benedicts

(served with herbed potatoes & fruit)

Poached eggs with hollandaise sauce on a toasted brioche and

Spinach, tomato and mushroom Blanched spinach, tomato slices and sautéed mushrooms	Rs. 425
B.C. Benny Smoked salmon	Rs. 475
Southern Chorizo and chili flakes	Rs. 475
BLT Bacon, lettuce and tomato	Rs. 475
Chicken sausage Chicken sausage	Rs. 450
Crab Benny Crabmeat, onion, red peppers, grain mustard mayo	Rs. 675
(gf) Grain free Benny Grilled aubergine, smoked salmon, poached eggs, hollandaise	Rs. 475
(gf) Quinoa Cake Benny Quinoa nut patty, green beans, poached eggs, hollandaise	Rs. 495

Sides

Fruits	Rs. 150
Herbed potatoes	Rs. 150
Single egg	Rs. 75
Eggs	Rs. 150
Chorizo sausage	Rs. 300
Grilled or Poached chicken breasts	Rs. 275
Bacon	Rs. 200
Chicken sausage	Rs. 200
Real Maple Syrup	Rs. 100



Lunch & Dinner

- served from 11.30 am onwards

Soup

(vg) Pumpkin soup	Rs. 200
(vg) Cauliflower soup	Rs. 200
(vg) Roasted fennel and tomato soup	Rs. 225
(v) Wonton soup veg (vegan possible)	Rs. 250
Wonton soup chicken	Rs. 295
Hong Kong seafood soup	Rs. 350
Caribbean chicken soup	Rs. 295

Salad of the Day

ask your server for today's special

Flat Bread Pizza

- served between 12 pm & 6 pm

Grilled chicken - tomato sauce, onion, grilled chicken, cheddar and fresh herbs	Rs. 375
(v) Roasted Vegetable - tomato sauce, roasted tomato and zucchini, cheddar and mozzarella	Rs. 375
(v) Green Margherita - tomato sauce, mozzarella, Parmesan, topped with spinach and basil	Rs. 375
(v) Bianca Pizza - caramelized onion, roasted potato, baby mozzarella	Rs. 350

Calzone

- served between 12 pm & 6 pm

(v) Spinach, mushroom, mozzarella	Rs. 300
(vg) Mushroom, onion, tofu, miso	Rs. 300
Bacon, sausage, mozzarella and cheddar	Rs. 350

Small Bites

- (v) (vg) **Miso tofu with spicy pesto** Rs. 350
Grilled tofu marinated in miso and ginger served with spicy pesto
- (v) **Garlic sherry mushrooms** Rs. 325
Button mushrooms, garlic and sherry
- (v) (vg) **Grilled tempeh** (fermented soy cakes made in house) Rs. 350
Tempeh marinated in chilli and cumin served with satay sauce
- (v) **Sweet potato corn cakes** (vegan possible) Rs. 275
Sweet potato, onion, potato, garlic, chili, grain mustard, yogurt and fresh grated radish
- Crab cakes** Rs. 675
Crab meat, onion, potato, garlic, chili, grain mustard, yogurt and fresh grated radish
- Harissa chicken wings** Rs. 450
Oven roasted chicken wings coated in harissa served with harissa mayo
- Chicken larb** Rs. 350
Minced chicken, red chilli, kaffir lime leaves, scallion, fresh herbs on a bed of lettuce with crustinis
- (v) (vg) **Sichuan beans** Rs. 250
Long beans, house Sichuan chilli sauce
- Sichuan prawns** Rs. 495
Prawns, house Sichuan chilli sauce
- Calamari sambal** Rs. 475
Calamari rings, spicy Malay chilli paste



Oodles of Noodles

(v) (vg) (gf)	Glass noodle stir - fry with 3 mushrooms Bean noodles, 3 kinds of mushrooms, red pepper and mushroom sauce	Rs. 350
	Dan Dan Noodle Rice noodles smothered in spicy Sichuan sauce, sesame paste, greens,	
(v) (vg)	Mushrooms	Rs. 425
	Chicken	Rs. 495
	Mee Goreng Noodles, potato, peas, cabbage, tomato, spices	
(v) (vg)	Tofu	Rs. 350
	Egg	Rs. 400
	Chicken	Rs. 450
(v)	Rainbow Pasta Spaghetti in a rich sauce of ricotta cheese, cashews, mushroom, red and yellow pepper and spinach	Rs. 425
(v)	Spaghetti Pomodoro 3 kinds of tomatoes, grilled aubergine, mozzarella, spaghetti	Rs. 425
	Gnocchi Home made gnocchi, vegetables tossed with butter, fresh herbs	
(v)	Vegetables	Rs. 550
	Crab	Rs. 900
	Seafood Linguini Linguini, red and white sauce, seafood, garlic, chili flakes and olive oil	Rs. 675
	Ramen	
(v) (vg)	Tofu	Rs. 350
	Chicken and egg	Rs. 400
	Thai Noodle Soup Bowl Rice noodles, Thai spice, coconut milk, broccoli, bok choy, Chinese cabbage,	
(v) (vg)	Tofu	Rs. 300
	Chicken	Rs. 375
	Seafood	Rs. 450
	Singapore Laksa Rice noodles, spiced coconut broth, prawn paste, hard-boiled egg,	
	Chicken	Rs. 450
	Prawn	Rs. 500
(v) (vg)	Vegetarian	Rs. 400

Tale in a Bowl

(vg) (gf)	Umami bowl Quinoa, tempeh, brussel sprouts, zucchini, broccoli, beans, carrots, aubergine, miso	Rs. 450
	Vietnamese lemon grass noodle bowl Rice noodles, fresh veggies, a dash of clear tangy, sweet and spicy sauce with lemon grass	
(v) (vg)	Tofu	Rs. 300
	Chicken	Rs. 350
	Rainbow bowl Colorful veggies, sesame seeds, red pepper, mushroom, spinach, carrot, cauliflower rice,	
(v) (vg)	Tofu	Rs. 325
	Prawn	Rs. 450
(v)	Pumpkin in a bowtie Farfalle pasta, pumpkin, veggies and spinach in olive oil, garlic, lime, chilli flakes	Rs. 425
	Mexican bowl Colourful veggies, refried beans, Mexican rice, avocado, cheddar	
(v)	Tofu (vegan possible)	Rs. 425
	Chicken	Rs. 475
	Hainanese chicken fried rice Chicken stock marinated rice, stir fried with shredded chicken and veggies	Rs. 450
	Pumpkin mutton bowl Roasted pumpkin, mutton, quinoa, scallion, lettuce and herbs	Rs. 600
	Poke bowl Black rice, tuna sashimi, eggs, avocado, olive oil, garlic and ginger (ponzu sauce)	Rs. 625



Rice

(v) **Mushroom Risotto** Rs. 475

Arborio rice, 3 kinds of mushroom, Parmesan, cream, fresh herbs and roasted pistachio
Add Grilled chicken for Rs.50

Thai green curry

Jasmine rice and curry with Thai spices, vegetables, fresh basil, kaffir lime leaf, coconut milk and

(v) (vg) Tofu Rs. 350
Chicken Rs. 450
Prawn Rs. 525

Balinese curry

Jasmine rice, curry with galangal root, ginger, garlic, Thai chili, turmeric root, lemon grass, potato and

(v) (vg) Tofu Rs. 350
Chicken Rs. 450
Fish Rs. 525

Harissa Chicken

Chicken thighs, harissa, black rice, greens Rs. 550

Bibimbap

Jasmine rice served in a hot stone bowl with gochujang chili, spinach, carrots, mushrooms, bean sprouts, cucumber,

(v) (vg) Tofu Rs. 395
Chicken Rs. 475
Prawn Rs. 575

Malay red curry

Jasmine rice with spicy curry in a base of chillies, onions, candle nut, kaffir lime, star anise, more spices,

(v) (vg) Tofu Rs. 375
Chicken Rs. 450

Chicken rice

Chicken, cucumber, tomato and rice cooked in chicken broth served with two kinds of dips Rs. 425

Meal-full for the soul

Fall Harvest Bowl Rs. 350

Grilled pumpkin, sweet potatoes, spinach, mushrooms,
red and green pepper, nuts, dried fruits, soft-boiled egg

Shakshuka (vegetarian & vegan possible) Rs. 450

3 eggs, tomato sauce, apple, peppers, onion, cumin
and parsley served with brioche toast, greens

Guiltless fried rice

Colorful greens, mushroom, pinch of rice, cauliflower rice lightly spiced,

(v) (vg) Veggies Rs. 300

Egg Rs. 350

Chicken Rs. 425

Gado-Gado (vegetarian & vegan possible) Rs. 350

Cucumber, beans, cabbage, carrots, tofu, potato, bean sprouts
and hard boiled eggs, peanut-tamarind-chili dressing

Pepper Crusted Snapper Rs. 650

Snapper fillet, lemon butter, dill, black rice, green beans

Souvlaki

'Cauliflower rice', tzatziki, Greek salad,

(v) Grilled tofu Rs. 375

Grilled Chicken Rs. 450

Meatballs Rs. 525

Mutton meatballs in tomato sauce, hummus, lettuce, bread

Roast Chicken Rs. 475

Roasted chicken, roasted root vegetables,
mashed potato, mushroom pepper gravy

Mediterranean lamb plate Rs. 700

Oven roasted lamb, lemon butter potato, Greek salad, pita bread

(v) Meat (less) Loaf Rs. 400

Chickpeas, nuts, quinoa, root vegetables,
mashed potatoes, mushroom pepper gravy



