

SUPERFOOD

SOUP

Seasonal Mushroom and Thyme (Kcal 145) 18 🕒

Freshly harvested cremini and button mushrooms, chevre cheese tart, cracked black pepper.

SALADS

Thar Quinoa, Beet and Goat Milk Cheese (Kcal 279) ****** & • Slow-roasted ash gourd, baby spinach, goat cheese, açai powder.

SMALL PLATES

Himalayan Earth Bowl (Kcal 460) 🖋 💽

Himalayan bean tofu, roast organic beets, garlic wilted greens, toasted sesame seeds, served on a bed of Himalayan red rice kedgeree.

DESSERT

Bitter Chocolate Orange Pave (Kcal 192) 10

Chilled bitter chocolate whipped ganache, orange zest, gluten-free sponge.

DAILY PRESS & LEELA FIT RECIPES

ABCG (Kcal 69)

Apple, beetroot, carrot, ginger.

Detoxify Me (Kcal 28)

Carrot, ginger, celery, orange, lime.

Bitter Gourd, Amla and Lime (Kcal 45)

Fresh Orange (Kcal 133)

DAILY PRESS & LEELA FIT RECIPES

Green Apple Smoothie (Kcal 54) 1 &

Avocado, green apple, yogurt and nuts.

Blueberry and Chia Seed Smoothie (Kcal 87)

Blueberry, chia seed, yogurt and nuts.

Chocolate or Vanilla Shake (Kcal 142) 1 🕹

Chocolate or vanilla ice cream, milk and nuts.

Soy Milk and Banana Shake (Kcal 50) / 🕹

Banana, soy milk and nuts.



BEVERAGES

Turmeric Ashwagandha

Paradise of Kashmir

Blueberry Green Tea

Turmeric Tulsi

Hardoor Estate Coorg - Organic Arabica

Hardoor Estate Coorg - Green Coffee

Veen Still (660 ml)

Perrier (330 ml)

Veen Sparkling (330 ml)

