



An uncompromising culinary tradition from an uncompromising land.

Falak is a word from the Arabic, Persian, and Urdu traditions. It means 'star' or refers to 'one who decorates the sky'. An apt name for a restaurant that sits atop The Leela Bhartiya City Bengaluru with breath-taking views and sky-high ambitions. Falak is destined to join the ranks of the finest Indian cuisine restaurants, both in India and around the world.

Slow-cooked cuisine from the northern reaches of the Indian subcontinent represents one of the last true luxuries in the world. Slow cooking ensures a delicate and even infusion of the myriad spices, seasonings, and ingredients that set this cuisine apart. Meat is simmered over a slow fire for hours (sometimes overnight), allowing it to cook through to a melt-in-your-mouth tenderness, something the nawabs of old insisted on. The same attention to process and the same authenticity will course through your meal of signature 'dal', delicate kebabs, sumptuous biryanis, and rich desserts.

Come experience a feast worthy of the battle-hardened horse masters of the Hindu Kush, the demanding rulers of the Indo-Gangetic plains, and you.

Set against the canvas of sweeping panoramas of a changing India, Falak is where the past and the future of Indian gastronomy come alive.



Aujasya by the Leela is a holistic wellness program - a healthy lifestyle reflected in physical, mental, social, and spiritual well-being. Aujasya is not just a word, it's a way of life.

Conceived and executed in collaboration with Dr. Ankita Jalori, one of India's pre-eminent nutrition and wellness consultants, the menu has been curated to achieve the impossible balance between your health needs and your gastronomic expectations. Our Chefs have worked behind the scenes on our signature recipes to increase the nutritional values and enhance the functional components but retaining the authentic essence and experience of each dish.

SOUP

■ Shatwar Tulsi Mulethi Ka Shorba

Asparagus, basil and licorice soup

Vitamin-B | Vitamin-C | Iron | Anti-Inflammatory | Antioxidant

Mulethi a traditional herb exhibits manifold benefits and is extensively used in several folk remedies and classical ayurvedic formulations to treat respiratory problems, obesity, skin infections, liver disorders, gastric problems, hormonal regulation, general debility, and joint pain. Tulsi has also been shown to counter metabolic stress through the normalization of blood glucose, blood pressure, and lipid levels, and psychological stress through the positive effects on memory and cognitive function and through its anxiolytic and anti-depressant properties. It is a rich source of vitamin-B and is a great antioxidant.

STAR INGREDIENTS - Mulethi (Licorice), Tulsi (Basil)

Portion Size : 180 g

Cal: 59 Kcal • Protein: 5 gm • Fats: Trace • Carbs: 12 gm • Fiber: 4 gm

▲ Paya Shorba

Gongura leaves and saffron-flavored lamb trotter soup

Vitamin-A | Vitamin-C | Iron | Calcium | Zinc | Antioxidants

The leaves contain protein, fat, and carbohydrate. It is rich in phosphorus, iron, carotene, riboflavin, and vitamin-C. The major fatty acid present in the gongura seeds helps in reducing cholesterol. These green leaves improve immunity and prevent anaemia.

STAR INGREDIENT - Gongura leaves (Sorrel)

Portion Size : 180 g

Cal: 335 Kcal • Protein: 54 gm • Fat: 11 gm • Carbs: 18 gm • Fiber: 4 gm

STARTERS

■ Akhrot Aur Palak Ki Tikki

Sauté spinach galette stuffed with walnuts

Vitamin-E | Melatonin | Folate | Omega Acids

Walnuts are beneficial for the brain, heart, and bones, and aid in digestion and weight loss. Walnuts contain mono-unsaturated fatty acids, helping to ease inflammation and lower bad cholesterol in the body. Walnuts also have high quantities of vitamin-B, vitamin-E, and antioxidants. All these nutrients help in preserving the health of the skin and the overall well-being of the skin.

STAR INGREDIENT - Akhrot (Walnuts)

Portion Size : 180 g

Cal: 336 Kcal • Protein: 9 gm • Fat: 27 gm • Carbs: 20 gm • Fiber: 5 gm



Crustaceans



Eggs



Nuts



Gluten



Soy



Sesame



Sulphites



Dairy



Mushroom



Fish



Vegetarian



Non-Vegetarian

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Tandoori Salmon Tikka

Garlic yogurt and homemade spiced salmon

Vitamin-A | Vitamin-B12 | Vitamin-D | Iron | Omega Acids

Salmon is rich in vitamin-A, which is an immune-boosting nutrient. It is important not only for immune function but also for reproduction and vision. Salmon is a good source of iron, which is crucial for many bodily processes. Iron helps with the transfer of oxygen from your lungs to other tissues, and it also supports muscle metabolism. Omega acids also help prevent heart disease and play protective roles in cancer.

STAR INGREDIENT - Salmon

Portion Size : 180 g

Cal: 552 Kcal • Protein: 43 gm • Fat: 30 gm • Carbs: 30 gm • Fiber: 7 gm

MAINS

5 Grain Khichdi with Curd

Broken wheat, jowar, foxtail millet, moong lentil, navara rice porridge

STAR INGREDIENTS - Jowar (Sorghum), Fox tail millet, Navara rice

Millets are gluten-free ancient grains packed with nutrients and antioxidants that support healthy and regular digestion Navara is a special rice, that has properties to rectify the basic ills affecting the circulatory, respiratory as well as the digestive system. Jowar is loaded with protein,carbohydrates and dietary fibre which promotes growth and development, it is an ideal cereal in a Weight Watcher's diet also regulates diabetes.

STAR INGREDIENTS - Jowar (Sorghum), Fox tail millet, Navara rice

Portion Size : 200 g

Cal: 386 Kcal • Protein: 11 gm • Fat: 13 gm • Carbs: 64 gm • Fiber: 23 gm

Kachi Haldi Ki Sabji with Jowar Roti and Curd

Vegetables cooked with fresh turmeric

Vitamins-A | Vitamin-B | Vitamins-K | Iron | Zinc | Selenium

Turmeric is the most common ingredient used by most of us that helps in treating colds, cough, skin infections, urinary tract infections and even fatty liver disease. Raw turmeric almost works instantly on pain, especially joint-related pains. It is loaded with anti-inflammatory properties which makes it a natural pain reliever. Sorghum is a nutrient packed grain and an excellent source of fiber.

STAR INGREDIENTS - Fresh Turmeric, Jowar Roti (Sorghum)

Portion Size : 180 g

Cal: 386 Kcal • Protein: 11 gm • Fat: 13 gm • Carbs: 64 gm • Fiber: 23 gm



Crustaceans



Eggs



Nuts



Gluten



Soy



Sesame



Sulphites



Dairy



Mushroom



Fish

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Pahadi Saag Murgh with Jowar Roti

Chicken morsels cooked with mountain spinach, mustard leaves and amaranth leaves

Vitamin-C | Vitamin-K | Calcium | Magnesium | Phosphorous | Iron | Carotenes | Protein | Zinc | Anthocyanins

Mountain spinach is very low in calories and fats. Its leaves hold a good amount of soluble dietary fiber. Mustard greens may also be good for your immune system. Mustard greens may also be good for your heart. Amaranth leaves and stems are good economic sources of carotenoids, and proteins, including the essential amino acids methionine and lysine, dietary fiber, and minerals, such as magnesium, calcium, potassium, copper, phosphorus, zinc, iron, and manganese.

STAR INGREDIENTS - Pahadi saag (Mountain Spinach), Mustard leaves, Amaranth leaves

Portion Size : 200 g

Cal: 425 • Protein: 35 gm • Fat: 5 gm • Carbs: 12 gm • Fiber: 4 gm

DESSERT

Jaggery and Sour Berry Sorbet

Sea buckthorn and palm jaggery sorbet

Vitamin-A | Vitamin-B1 | Vitamin-B2 | Vitamin-C | Vitamin-E | Vitamin-K | Calcium | Omega ac

Sea buckthorn berries are especially rich in vitamin-A, vitamin-C, vitamin-K, and vitamin-E. They also contain considerable amounts of iron, calcium, magnesium, potassium, copper, and zinc. The berries have benefits including blocking cholesterol from your diet from being absorbed in your body the effects on people with normal blood pressure and cholesterol levels. Palm jaggery is rich in essential minerals. According to some studies, it has 60 times more minerals than white sugar. It is also the storehouse of many vitamins.

STAR INGREDIENTS - Sea buckthorn (Leh berry), palm jaggery

Portion Size : 80 g

Cal: 40 Kcal • Protein: Trace • Fats: Trace • Carbs: 11 gm • Fiber: Trace



Crustaceans



Eggs



Nuts



Gluten



Soy



Sesame



Sulphites



Dairy



Mushroom



Fish



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SHORBA

-  **TAMATAR SHORBA**
Tomato-flavored soup with peppercorns.
(Kcal 180) 
-  **MURGH YAKHNI BADAMI**
Chicken soup flavoured with mint.
(Kcal 913)  

TANDOOR / KADHAI AUR Tawe se

VEGETARIAN KEBAB

-  **PAAN PALAK KI CHAAT**
Crispy-fried, hand-torn leaves of betel and spinach, laced with tamarind, mint chutney and yogurt.
(Kcal 304)  
-  **BHARWAN ALOO**
Potatoes stuffed with paneer, dry nuts and cooked in a tandoor.
(Kcal 635)  
-  **TANDOOR KE PHOOL**
Broccoli and cauliflower florets marinated in yogurt, cream, cheese and spices and cooked in a tandoor.
(Kcal 459) 
-  **TIKKI LAZEEZ**
Cabbage patties served with tamarind, yogurt and mint chutney.
(Kcal 579) 
-  **SHAHI NADRU CHAANP**
Lotus stem stuffed with minced kebab.
(Kcal 523)   
-  **HARA BHARA KEBAB**
Patties of spinach stuffed with nuts and chilli cooked on a griddle.
(Kcal 640)  
-  **BHUTTE KE KARARE KEBAB**
Shallow-fried sweet corn and potato patties coated with semolina.
(Kcal 304) 
-  **PANEER TIKKA**
Cottage cheese marinated with yogurt and stuffed in pomegranate.
(Kcal 979) 



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- **ZAUTOONI PANEER TIKKA**
Cottage cheese marinated with olive oil and stuffed in olives and cheese.
(Kcal 979) 🍷
- **SOYA CHAANP**
Soya chaanp marinated in yogurt, red chilli and garam masala.
(Kcal 695) 🍷🍷🍷🍷🍷
- **VEGETARIAN KEBAB PLATTER**
Paneer tikka Zaitooni, Hara bhara kebab, Tikki lazeez, Tandoor ke phool.
(Kcal 759) 🍷🍷

NON-VEGETARIAN

- ▲ **TANDOORI MURGH - HALF / FULL**
The King of kebabs.
(Kcal 605) 🍷
- ▲ **MURGH TIKKA**
Chicken cooked with homemade spices and yogurt.
(Kcal 666) 🍷
- ▲ **MURGH ZAFFRANI**
Bone less juicy chicken with yogurt, lemon, saffron, cheese and smoked in a tandoor.
(Kcal 687) 🍷
- ▲ **MURGH-E-FIRDAUSE**
Morsels of chicken, marinated with coriander, mint, green chilli and raw mango.
(Kcal 677) 🍷
- ▲ **MACCHI TIKKA**
Sole fish marinated with homemade spices and yogurt.
(Kcal 345) 🍷🍷
- ▲ **GOSHT BARRAH KEBAB**
Overnight marinated baby lamb shanks. A house speciality spiced and roasted.
(Kcal 1140) 🍷
- ▲ **GOSHT DIL PASAND SEEKH KEBAB**
Lamb mince with onion, green chilli, ginger and cooked in a tandoor.
(Kcal 1322) 🍷



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- 
GOSHT KI GILAWAT
 A mouth melting delicacy of lamb marinated with handpicked spices from Lucknow.
 (Kcal 1022)   
- 
SUNEHRI JHEENGA
 Tiger prawns marinated with yogurt, hint of carom seed and saffron.
 (Kcal 597)  
- 
NON-VEGETARIAN KEBAB PLATTER
 Gosht ki Gilawat, Sunheri Jheenga, Murgh tikka, Seekh kebab, Macchi tikka.
 (Kcal 2078)     
- 
RAAN-E-SIKANDARI
 Braised and roasted leg of lamb finished in tandoor.
 (Kcal 894) 

MAIN COURSE

VEGETARIAN

- 
DAL-E-FALAK
 The Dal-e-Falak contains generous amounts of ghee specially sourced from Amritsar.
 (Kcal 640) 
- 
DAL TADKA
 Tempered yellow lentil with cumin, garlic and chilli.
 (Kcal 280) 
- 
PALAK AAP KI PASAND
 Spinach puree of your choice (Paneer / Mushroom / Potato / Corn / Vegetable).
 (Kcal 537) 
- 
BHINDI DO PYAZA
 Okra sauteed with spicy mixture of onion, tomato, green chilli and ginger.
 (Kcal 310)  
- 
MARTABAN KE CHHOLE
 Chickpeas cooked with dried mango powder, chillies and pickling spices.
 (Kcal 644) 
- 
KHOTI BAZAAR KA SOYA CHAANP
 Soya chaanp cooked on tawa (griddle) with spices and butter.
 (Kcal 571)    



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■ DUM ALOO KASHMIRI

Baby potatoes simmered in yogurt, spices and flavored with dried ginger, cardamom and aniseed.

(Kcal 368) 🌟 🍴

■ AWADHI TARKARI

Mixed vegetable curry with cashew and carom seeds.

(Kcal 468) 🌟 🍴

■ BAINGAN BHARTA ZAITOONI

Aubergine cooked in tandoor, finished with olive oils, yogurt, onion, and cumin.

(Kcal 421) 🍴

■ KADAHI PANEER

Cottage cheese with whole spices.

(Kcal 588) 🌟 🍴

■ PANEER MAKHANI

Cottage Cheese with smooth makhani gravy.

(Kcal 575) 🌟 🍴

■ BHARWAN SUBZ KOFTA

Cottage cheese and vegetable dumplings stuffed with nuts cooked in an aromatic gravy.

(Kcal 1048) 🌟 🌟 🍴

NON-VEGETARIAN

▲ DAADI JAAN KA MURGH QUORMA

From the royal kitchens. The one served at Falak is an age-old recipe of Chef Farman's grandmother.

(Kcal 390) 🌟 🍴

▲ MURGH MAKHAN WALA

Classic tandoori chicken, de-boned and simmered in a creamy tomato sauce.

(Kcal 926) 🌟 🍴

▲ MURGH METHI

shredded chicken sautéed with fresh fenugreek and spinach.

(Kcal 816) 🌟 🍴

▲ MURGH KASHMIRI

Juicy boneless chicken cooked with Kashmiri chilli, cardamom and dry ginger.

(Kcal 716) 🍴



Crustaceans



Eggs



Nuts



Gluten



Soy



Sesame



Sulphites



Dairy



Mushroom



Fish



Vegetarian



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-  **SHAHI NALLI NEHARI**
Baby lamb shanks cooked overnight with an aromatic potli masala.
(Kcal 380)  
-  **MUTTON ROGAN JOSH**
Mutton cooked with Kashmiri spices, herbs and yogurt.
(Kcal 675) 
-  **GOSHT SAAG**
Mutton cooked with spinach puree and flavored with fenugreek.
(Kcal 775) 
-  **JHEENGA HARA MASALA**
Prawns cooked in green masala.
(Kcal 539)  
-  **MACCHI MASALEDAR**
Fish simmered in a tangy mustard-flavored gravy.
(Kcal 545) 
-  **KADAHAI TOSSED LOBSTER**
Lobster sautéed with kadhai spices.
(Kcal 525)    



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RICE

- **BASMATI RICE**
Steamed fragrant basmati rice.
(Kcal 537)
- **PULAO AAP KI PASAND**
Pilaf rice of your choice – Vegetable, Peas, or Corn.
(Kcal 537) 🍴
- **SUBZ BIRYANI**
Fragrant preparation of basmati rice and vegetables simmered in a dum sealed handi.
(Kcal 845) 🍴
- ▲ **MURGH BIRYANI**
Fragrant preparation of basmati rice and chicken simmered in a dum-sealed handi.
(Kcal 1092) 🍴
- ▲ **GOSHT KI BIRYANI**
Fragrant preparation of rice and lamb simmered in dum-sealed handi.
(Kcal 1145) 🍴

BREADS

- **NAAN**
Plain, Butter, Garlic, Rogani.
(Kcal 332) 🍴
- **ROTI**
Khameeri, Roomali, Missi, Plain, Butter.
(Kcal 314) 🍴
- **PARANTHA**
Warqi, Pudina, Mirchi.
(Kcal 389) 🍴
- **BESAN KA PARANTHA**
Gram flour-layered bread.
(Kcal 300) 🍴
- **BIKANERI PARANTHA**
Whole-wheat bread filled with lentils cooked on a griddle.
(Kcal 326) 🍴
- **JODHPURI PARANTHA**
Whole-wheat flour bread with sesame seed, coriander and green chilli.
(Kcal 326) 🍴
- **BHARWAAN KULCHA OR PARANTHA**
Bread filled with your choice of onion, potato, cottage cheese or minced lamb.
(Kcal 294) 🍴



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MEETHAI / DESSERT

-  **BALAI KA TUKDA**
A royal dessert from the Mughal era.
(Kcal 692)   
-  **BHARWAN GULAB JAMUN**
Reduced milk dumplings stuffed with saffron and almond, deep-fried.
(Kcal 915)   
-  **GULAB KI PHIRNI**
Slow cooked broken rice with rose petals and pistachios.
(Kcal 404)   
-  **KESARI RASMALAI**
Cottage cheese dumpling served in reduced milk.
(Kcal 711)   
-  **KULFI FALOODA**
Served with sweet noodles and Rooh Afza.
(Kcal 916)   
-  **ANJEER BADAM HALWA**
A preparation of figs and almonds.
(Kcal 816)  
-  **JALEBI RABRI**
Sugar syrup-soaked fried twirls with sweetened reduced milk.
(Kcal 816)   



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