



SUPERFOOD

SOUP

Seasonal Mushroom and Thyme Soup (Per Serve (180ml) - Kcal 145)   

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

SALAD

Thar Quinoa, Beet and Goat Milk Cheese (Per Serve (160gm) - Kcal 279)    

Slow-roasted ash gourd, baby spinach, goat cheese, acai powder.

SMALL PLATE

Himalayan Earth Bowl (Per Serve (250gm) - Kcal 460)  

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

DESSERT

Bitter Chocolate Orange Pave (Per Serve (60gm) - Kcal 192)   

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

DAILY PRESS & LEELA FIT RECIPES

ABCG

Apple, beetroot, carrot, ginger
(Per Serve (260ml) - Kcal 69)

De Toxify Me

Carrot, ginger, celery, orange, lime
(Per Serve (260ml) - Kcal 28)

Bitter Gourd, Amla & Lime

(Per Serve (260ml) - Kcal 45)

Fresh Orange

(Per Serve (260ml) - Kcal 133)



Vegetarian / Non Vegetarian / Contains Milk / Contains Soya / Contains Gluten / Contains Nuts / Contains Egg

The Hotel will levy 2.5% service charge + GST on all food & beverage invoice.

An average active adult requires 2000 kcal per day: however calorie needs may vary.

The above mentioned caloric values are based on standard recipes and often vary basis customization

DAILY PRESS & LEELA FIT RECIPES

Green Apple Smoothie

Avocado, green apple, yogurt and nuts
(Per Serve (260ml) - Kcal 54)

Blueberry & Chia Seed Smoothie

Blueberry, chia seed, yogurt and nuts
(Per Serve (260ml) - Kcal 87)

Chocolate or Vanilla Shake

Chocolate or vanilla ice cream, milk and nuts
(Per Serve (260ml) - Kcal 142)

Soy Milk & Banana Shake

Banana, soy milk and nuts
(Per Serve (260ml) - Kcal 50)

EXPLORE TEA & COFFEE

Turmeric Ashwagandha (Per serve (200ml) - Kcal 2.4)

Paradise of Kashmir (Per serve (200ml) - Kcal 2.7)

Blueberry Green Tea (Per serve (200ml) - Kcal 2.7)

Turmeric Tulsi (Per serve (200ml) - Kcal 2.4)

Hardoor Estate Coorg - Organic Arabica (Per serve (200ml) - Kcal 2.7)

Hardoor Estate Coorg - Green Coffee (Per serve (200ml) - Kcal 2.2)

CHOICE OF WATER

San Benedetto - Sparkling (750ml)

San Benedetto - Still (750ml)

Perrier - Sparkling (330ml)

San Benedetto - Still (250ml)



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