



BREAKFAST
MONDAY-SUNDAY | 0700HRS - 1030HRS

HEALING JUICES 399

MOJITO

pineapple, lime and mint crushed together with green apple juice and a touch of ice
Superb refreshment after any meal and highly recommended for hyperacidity or reflux.

CLEAN & GREEN

apple, celery, kiwi, lime, honeydew melon and coriander
A delicious 'whole-food' supplement full of nutrients.

FRESH GINGER ALE

ginger, green apple and sparkling mineral water
A sparkling refresher good for digestion.

TUMMY LITE

ginger with cabbage, green apple and carrot
Stimulates and benefits digestive function while reducing acidity.

GREEN ZINGER

celery with lemon, green apple and carrot
Relieves headaches and reduces high blood pressure. Has a calming effect.

RED ZINGER

beet with cucumber, carrot and ginger
Stimulates and cleanses the liver while promoting skin renewal.

BODY CLEANSE

carrot, cucumber, beet, parsley, celery and garlic
Potent body cleanser. High in nutrients and antioxidants.

GENTLE CLEANSE

carrot and apple juice
Gently stimulates the liver and benefits the eyes.

GREEN POWER

leafy greens and parsley with green apple, cucumber, broccoli and lime
Boosts antioxidants, alkalizes and oxygenates your body.

RED EYE

carrot and beetroot
Cleanses the liver and benefits the eyes.

GREEN TWO

spinach and carrot
Digestive support with an abundance of iron and carotenoids

EARLY START

**FRESH JUICES
FRUITS**

orange/watermelon/pineapple

VEGETABLES

tomato/ beetroot/carrot/cucumber

LASSI

sweet/ salted/ plain

BUTTERMILK

salted/ masala/plain

SEASONAL SLICED FRUIT PLATTER

locally sourced seasonal fruit selection (5 types)

YOGHURT

plain/ blueberry/ banana

300

300

300

750

350

BIRCHER MUESLI
yoghurt, oats, toasted almonds, apple, carrot and honey

700

CEREAL SELECTION

corn flakes/ wheat flakes/ chocos/ dry muesli/ all bran
served with full cream, skimmed or soy milk

700

FRESHLY BAKED BAKERY DELIGHTS

choose any 4

700

danish pastry

muffin

doughnut

croissant

bread rolls

toast bread (3 pieces)

white/ multigrain/ brown

served with preserves and butter

AMERICAN BREAKFAST 1400

CHOICE OF FRESH FRUIT / VEGETABLE JUICE (SEASONAL)

or

SEASONAL FRESH FRUITS

BREAKFAST CEREAL WITH HOT / COLD / SOY MILK

or

BIRCHER MUESLI

TWO EGGS YOUR STYLE

fried/ scrambled/ boiled/ omelette

served with pork bacon/ chicken sausage hash brown, grilled tomato, vegetables

BAKERY DELIGHTS (choose any three)

oven fresh croissant / Danish pastry/ muffin/ doughnut

WHITE OR BROWN TOAST

served with butter & preserves

FRESHLY BREWED COFFEE

or

SELECTION OF TEAS

or

HOT CHOCOLATE

CONTINENTAL BREAKFAST 1050

CHOICE OF SEASONAL FRESH FRUIT JUICE

or

SEASONAL FRESH FRUITS

BAKERY DELIGHTS (choose any three)

Oven fresh croissant/ Danish pastry/ Muffin/ Doughnu

WHITE OR BROWN TOAST SERVED WITH BUTTER AND PRESERVES

FRESHLY BREWED COFFEE OR SELECTION OF TEAS OR HOT CHOCOLATE



BREAKFAST
MONDAY-SUNDAY | 0700HRS - 1100HRS

WELLNESS BREAKFAST 1250

- IMMUNE BOOST JUICE
carrot, orange, green apple, celery, ginger
rich in immune-supportive vitamins
or
 SEASONAL CUT FRUIT PLATTER
 COCONUT CINNAMON STEEL CUT OATMEAL
berries, dates, pumpkin and sunflower seeds
a high fiber, naturally sweetened, whole grain breakfast

2 EGGS OMELETTE WITH ASPARAGUS, MUSHROOM
AND SPINACH
served with grilled tomatoes and vegetables

LOCAL BREAKFAST 1250

- CHOICE OF PARATHA
potato/onion/cauliflower/cottage cheese
or
 DOSA
Plain/Masala
served with chutney and sambhar
 SEASONAL FRESH FRUITS
 LASSI
Sweet/ Salted
or
 FRESHLY SQUEEZED JUICE
orange/ carrot/ pineapple/ watermelon
freshly brewed coffee or selection of teas or hot chocolate

EGG COOKERY
all egg preparations are served with hash brown, choice of chicken sausage
/pork bacon choice of toast – white, brown, multigrain

TWO EGGS ANY STYLE

fried / poached / boiled / omelette

Choice of
Vegetables- onion/tomato/mushroom/bell pepper/asparagus/spinach
Meats- chicken/pork ham/pork bacon
Cheese - cheddar/goat cheese/feta/emmental

EGGS BENEDICT
pork ham, English muffin, poached egg, hollandaise

THREE EGGS INDIAN STYLE MASALA OMELETTE
local street style omelette with onion, tomato, green chilli and coriander

SIDE PORTIONS

- SEASONAL BUTTERED VEGETABLES 250
 GRILLED TOMATO 250
 SAUTÉED MUSHROOM 250
 HASH BROWN 250
PORK BACON 450
CHICKEN SAUSAGE 450

INDULGENCE

- BRIOCHE FRENCH TOAST 800
berry compote, maple syrup, whipped cream
 BUTTERMILK PANCAKES 800
berry compote, maple syrup, whipped cream

ALA CARTE BREAKFAST

- DOSA 800
plain/ masala/ mysore masala/ ragi
crisp-thin rice pancakes served with sambhar and chutneys
 MASALA UTTAPAM 800
rice and lentil pancakes, topped with chopped vegetables,
served with sambhar and chutneys
 IDLI 750
steamed rice cakes, served with sambhar and chutneys
 WHOLE WHEAT POORI (4 PCS) 750
deep fried breads, served with potato curry and pickle
 STUFFED TAWA PARANTHA (2 PCS) 750
Potato/Onion/Cauliflower/Cottage cheese
served with housemade white butter, yoghurt, pickle
 MASALA DALIYA 650
broken wheat porridge, cooked with onion, tomato and Indian spices

900

1000

900



R E S T A U R A N T



DEL


D E L H I






ROSEATE HOUSE

LUNCH & DINNER
1200 HRS - 2330 HRS


SOUP			
	SMOKED PUMPKIN SOUP <i>candied walnut, queso fresco</i> quantity 200ml, protein 5.7gm, carbs 13gm, fat 18gm, calories 232 kcal	CDG	750
	ROASTED TOMATO AND BASIL SOUP <i>tomatoes, fresh basil</i> quantity 200ml, protein 9.5gm, carbs 38gm, fat 8.2gm, calories 264 kcal	SFO	750


SANDWICHES/BURGERS/ROLLS			
sandwiches and burgers will be served with French fries and house salad on the side.			
	CLUB SANDWICH <i>toasted white bread, sliced grilled chicken, fried egg, pork bacon, iceberg lettuce, tomatoes</i> quantity 250gm, protein 30.03gm, carbs 16.35.6gm, fat 53.53gm, calories 667.28 kcal	EWR	1350


	VEGETARIAN CLUB <i>toasted white bread, caramelised onions, zucchini, marinated peppers, tomatoes, cucumber, feta</i> quantity 250gm, protein 11gm, carbs 32.6gm, fat 31.58gm, calories 458.65 kcal	EWR	1200
	HIGH PROTEIN QUINOA AND CHICK PEA BURGER <i>garlic yoghurt, iceburg, tomatoes, sesame bun</i> quantity 250gm, protein 11.5gm, carbs 58.24gm, fat 44.14gm, calories 676.20 kcal	CAI	1200

	MEDITERRANEAN VEGETABLE AND CHEESE PANINI <i>grilled zucchini, bell peppers, onions, air-dried tomatoes, aged yellow cheddar, basil pesto mayo</i> quantity 250gm, protein 6.35gm, carbs 15.26gm, fat 45.29gm, calories 494.1 kcal	NAP	1200
---	--	-----	------




	PANEER TIKKA KATHI ROLL <i>tandoor roasted cottage cheese, roomali roti</i> quantity 250gm, protein 20.49gm, carbs 53.64gm, fat 9.52gm, calories 382.24 kcal	LKO	1200
--	--	-----	------




	GRILLED CHICKEN PANINI <i>roasted chicken, gherkin, caramelised onions, mustard mayonnaise</i> quantity 250gm, protein 13.7gm, carbs 46.75gm, fat 36.94gm, calories 574.29 kcal	NAP	1300
---	---	-----	------


	TENDERLOIN BURGER <i>sesame bun, garlic, aged cheddar, water buffalo tenderloin patty, emmenthal cheese</i> quantity 250gm, protein 29.54gm, carbs 28.49gm, fat 48.21gm, calories 666 kcal	HAM	1500
---	--	-----	------



	CHICKEN BURGER <i>cajun spiced fried chicken picatta, iceberg, tomatoes, chipotle mayonnaise, sesame bun</i> quantity 250gm, protein 30.34gm, carbs 28.81gm, fat 46.14gm, calories 651.82 kcal	EWR	1300
---	--	-----	------


	MURGH TIKKA KATHI ROLL <i>tandoor roasted chicken, roomali roti</i> quantity 250gm, protein 22.75gm, carbs 66.36gm, fat 6.95gm, calories 418.98 kcal	LKO	1300
---	--	-----	------


SALADS			
CAESAR SALAD <i>heart of romaine lettuce, focaccia crouton, Caesar dressing, parmesan shaved and grated</i>			
	<i>Vegetable</i> quantity 180gm, protein 12.4gm, carbs 18.97gm, fat 11.25gm, calories 226kcal		1100
	<i>Chicken</i> quantity 180gm, protein 20gm, carbs 16gm, fat 10gm, calories 234kcal		1150
	<i>Classic (bacon and anchovies)</i> quantity 180gm, protein 12gm, carbs 23gm, fat 27gm, calories 386kcal		1250


SALADS			
	MEZZE PLATTER <i>hummus, babaghanoush, tabouleh, fattoush, tzasiki, marinated olives, grilled pita</i> quantity 250gm, protein 11.54gm, carbs 50.27gm, fat 9.20gm, calories 330.10 kcal	IST	1200
	ARUGULA SALAD, POMEGRANATE AND WARM GOAT CHEESE <i>balsamic vinaigrette, candied walnuts</i> quantity 150gm, protein 11gm, carbs 18gm, fat 18.23gm, calories 278kcal	CDG	1200
	MARINATED HEIRLOOM TOMATOES AND BOCONCINNI SALAD <i>arugula, pinenut pesto, balsamic reduction, evoo</i> quantity 150gm, protein 16gm, carbs 9.15gm, fat 30gm, calories 371 kcal	NAP	1300


	QUINOA SALAD <i>air-dried tomatoes, Kalamata olives, pesto and lemon vinaigrette dressing</i> quantity 150gm, protein 13gm, carbs 13gm, fat 34gm, calories 412 kcal	LIM	1300
---	---	-----	------

SUSHI ROLLS HND			
	TEMPURA ASPARAGUS ROLL <i>tempura fried as togarashi mayo, sesame seeds</i> quantity 125gm, protein 2.79gm, carbs 32.65gm, fat 1.04gm, calories 151.12 kcal		1200
	SPICY AVOCADO <i>cucumber, avocado, tanuki, spicy mayo</i> quantity 125gm, protein 6.5gm, carbs 46.55gm, fat 11.92gm, calories 319.415 kcal		1200




	GREEN VALLEY FUTOMAKI <i>cucumber, asparagus, red peppers, Japanese mayo</i> quantity 125gm, protein 5.48gm, carbs 44.515gm, fat 11.38gm, calories 302.425 kcal		1200
---	---	--	------





	EBI TEMPURA ROLL <i>tempura fried prawns, Japanese mayo, sesame seeds</i> quantity 125gm, protein 7.93gm, carbs 49.65gm, fat 8.34gm, calories 305.38 kcal		1400
---	---	--	------




	SALMON ROLL <i>salmon, avocado, spicy mayo, spring onion</i> quantity 125gm, protein 7.35gm, carbs 59.85gm, fat 11.65gm, calories 373.65 kcal		1400
---	---	--	------

	CALIFORNIAN ROLL <i>crab stick, avocado, prawns, cucumber, tobiko</i> quantity 125gm, protein 5.135gm, carbs 29.1gm, fat 12.45gm, calories 248.99 kcal		1400
---	--	--	------




ASIAN			
WOK TOSSED			
	<i>Noodles with Prawn</i> quantity 250gm, protein 27.07gm, carbs 83.95gm, fat 24.22gm, calories 662.06 kcal	PEK/BKK	1400
	<i>Noodles with Chicken</i> quantity 250gm, protein 37.88gm, carbs 89.83gm, fat 26.74gm, calories 751.5 kcal		1100
	<i>Noodles with Egg</i> quantity 250gm, protein 23.13gm, carbs 111.76gm, fat 25.15gm, calories 765.89 kcal		1050
	<i>Noodles with Vegetable</i> quantity 250gm, protein 19.28gm, carbs 90.66gm, fat 24.84gm, calories 663.31 kcal		1000
	<i>Fried rice with Prawn</i> quantity 250gm, protein 26.6gm, carbs 125.21gm, fat 15.63gm, calories 747.9 kcal		1400
	<i>Fried rice with Chicken</i> quantity 250gm, protein 32.84gm, carbs 126.69gm, fat 14.1gm, calories 765.05 kcal		1100
	<i>Fried rice with Egg</i> quantity 250gm, protein 20.44gm, carbs 155.14gm, fat 23.97gm, calories 918.01 kcal		1050
	<i>Phad Thai with Prawn</i> quantity 250gm, protein 10.89gm, carbs 59.31gm, fat 7.18gm, calories 345.44 kcal		1400
	<i>Phad Thai with Chicken</i> quantity 250gm, protein 16.25gm, carbs 62.08gm, fat 7.75gm, calories 383.07 kcal		1100
	<i>Phad Thai with Egg</i> quantity 250gm, protein 11.07gm, carbs 76.7gm, fat 7.55gm, calories 419.02 kcal		1050
	<i>Phad Thai with Vegetable</i> quantity 250gm, protein 11.06gm, carbs 77.57gm, fat 7.48gm, calories 421.79 kcal		1000



ASIAN			
TOM YUM <i>Bangkok style spicy and sour broth with lemon grass and kafir lime</i>			
	<i>Prawn</i> quantity 220gm, protein 17gm, carbs 19gm, fat 2.5gm, calories 164kcal	BKK	800
	<i>Chicken</i> quantity 220gm, protein 21.5gm, carbs 9.1gm, fat 4gm, calories 163kcal		750
	<i>Vegetable</i> quantity 220gm, protein 2.1gm, carbs 8gm, fat .63gm, calories 46.3kcal		700


	KHAO SOI <i>Burmese special coconut curry soup, crispy noodles, sprouts, chili paste, garlic, fried onion, peanuts, lime</i>	NYT	
	<i>Prawn</i> quantity 220gm, protein 13gm, carbs 49gm, fat 39gm, calories 600kcal		1100
	<i>Chicken</i> quantity 220gm, protein 16gm, carbs 48gm, fat 42gm, calories 632kcal		1000
	<i>Vegetable</i> quantity 220gm, protein 6.01gm, carbs 48gm, fat 45gm, calories 619kcal		900


ASIAN CLEAR NOODLE SOUP <i>lightly spiced mild flavoured broth</i>			
	<i>Prawn</i> quantity 220gm, protein 9gm, carbs 12gm, fat 8.3gm, calories 158kcal	LHW	800
	<i>Chicken</i> quantity 220gm, protein 12.4gm, carbs 11gm, fat 9gm, calories 171kcal		750
	<i>Vegetable</i> quantity 220gm, protein 3.1gm, carbs 11gm, fat 4.1gm, calories 94kcal		700


SOI 7 SATAY <i>grilled skewers served with peanut sauce</i>			
	<i>Prawn</i> quantity 180gm, protein 25.6gm, carbs 6.3gm, fat 3gm, calories 155kcal	BKK	1250
	<i>Chicken</i> quantity 180gm, protein 10gm, carbs 38gm, fat 3.3gm, calories 219kcal		1100
	<i>Tofu</i> quantity 180gm, protein 15gm, carbs 11.5gm, fat 8gm, calories 173kcal		1000


THAI GREEN CURRY <i>served with jasmine rice</i>			
	<i>Prawn</i> quantity 250gm, protein 27.03gm, carbs 93.3gm, fat 31.1gm, calories 761.18 kcal	BKK	1350
	<i>Chicken</i> quantity 250gm, protein 34.2gm, carbs 93.09gm, fat 38.64gm, calories 856.97 kcal		1200
	<i>Vegetable</i> quantity 250gm, protein 10.54gm, carbs 96gm, fat 41.21gm, calories 797.01 kcal		1100

THAI RED CURRY <i>served with jasmine rice</i>			
	<i>Prawn</i> quantity 250gm, protein 18.6gm, carbs127.7gm, fat 41.3gm, calories 956.9 kcal	BKK	1350
	<i>Chicken</i> quantity 250gm, protein 28.99gm, carbs 72.13gm, fat 33.93gm, calories 709.88 kcal		1200
	<i>Vegetable</i> quantity 250gm, protein 14.66gm, carbs 129.85gm, fat 16.78gm, calories 729.1 kcal		1100


	CHICKEN KRA POW <i>wok fried minced chicken, garlic, chilly, oyster sauce, and basil served with jasmine rice</i> quantity 250gm, protein 13.54gm, carbs 69.26gm, fat 7.83gm, calories 401.67 kcal	BKK	1350
---	--	-----	------





	WOK FRIED TOFU <i>Asian greens, soy, chili and garlic served with jasmine rice</i> quantity 250gm, protein 12.95gm, carbs 67.62gm, fat 8.38gm, calories 397.73 kcal	PEK	1200
---	---	-----	------





EUROPEAN			
MAKE YOUR OWN PASTA <i>Penne/ Spaghetti / Whole wheat penne</i>			
	SAUCES <i>Arrabiata - tomato sauce, chili flakes</i> quantity 250gm, protein 16.5gm, carbs 94.62gm, fat 24.42gm, calories 664.21 kcal		1200
	<i>Cheese sauce - parmesan, fresh cream</i> quantity 250gm, protein 20.89gm, carbs 87.66gm, fat 16.9gm, calories 586.29 kcal		1200
	<i>Aglio, olio, pepperoncino - garlic, olive oil, chili flakes</i> quantity 258gm, protein 15.46gm, carbs 24.77gm, fat 26.68gm, calories 400.98 kcal		1200
	<i>Lamb Bolognese - lamb, rosemary, tomato</i> quantity 250gm, protein 17.11gm, carbs 43.22gm, fat 30.36gm, calories 514.58 kcal		1350
	<i>Carbonara- pork bacon, egg yolk, cream</i> quantity 250gm, protein 45.65gm, carbs 72.8gm, fat 47.05gm, calories 897.22 kcal		1350

	WILD MUSHROOM RISSOTTO <i>grana padano, truffle infused, morel dust</i> quantity 250gm, protein 26.03gm, carbs 87.28gm, fat 29.54gm, calories 719.05 kcal	LIN	1400
---	---	-----	------

	TOMATO BARLEY RISSOTTO <i>cherry tomato, goat cheese and arugula</i> quantity 250gm, protein 27.63gm, carbs 98.51gm, fat 25.45gm, calories 733.58 kcal	TRS	1400
---	--	-----	------

















	SEAFOOD RISSOTTO <i>squid ink, shrimps, squid and fish</i> quantity 250gm, protein 25.43gm, carbs 118.76gm, fat 10.16gm, calories 668.2 kcal	RRO	1600
---	--	-----	------

INTERNATIONAL GRILLS <i>choose your meat with a choice of starch and side</i>			
	<i>King prawn, sauce vierge</i> quantity 300gm, protein 36gm, carbs 13.45gm, fat 41gm, calories 550 kcal	CDG	2100
	<i>Seabass fillet, LBC sauce</i> quantity 250gm, protein 39.34gm, carbs 8.29gm, fat 45.29gm, calories 597.64 kcal		1800
	<i>Chicken breast, mushroom jus</i> quantity 250gm, protein 42.98gm, carbs 71.1gm, fat 32.43gm, calories 748.16 kcal		1600
	<i>NZ lamb chop, rosemary and shallot jus</i> quantity 250gm, protein 55.31gm, carbs 7.96gm, fat 48.82gm, calories 692.48 kcal		2200

	STARCH <i>Classic potato mash</i> quantity 250gm, protein 3.66gm, carbs 34.82gm, fat 70.92gm, calories 792.21 kcal		
	<i>Truffle infused green pea mash</i> quantity 200gm, protein 3.6gm, carbs 31.44gm, fat 7.08gm, calories 176 kcal		
	<i>Roasted baby potatoes</i> quantity 100gm, protein 0.87gm, carbs 7.33gm, fat 59.28gm, calories 566.3 kcal		
	<i>Rosemary potato wedges</i> quantity 100gm, protein 2.12gm, carbs 19.56gm, fat 5.66gm, calories 137.63 kcal		

	SIDES <i>Steamed garden fresh vegetables</i> quantity 100gm, protein 2.71gm, carbs 7.7gm, fat 0.32gm, calories 44.55 kcal		
	<i>Sauteed mushroom</i> quantity 100gm, protein 3.15gm, carbs 4.59gm, fat 2.77gm, calories 55.9 kcal		
	<i>Healthy house salad</i> quantity 100gm, protein 3gm, carbs 71.1gm, fat 2.27gm, calories 99.45 kcal		
	<i>Grilled peppers</i>		




Additional sides and starch @ 250/-

	vegetarian		Fish		Nuts		Peanuts		Gluten		Crustaceans		Mustard		Milk
	non-vegetarian		Soya		Sesame		Eggs		Lupin		Celery		Molluscs		Sulphite




All prices are in Indian rupees. government taxes as applicable. no service charge levied. kindly inform us if you have any food related allergies or intolerance. An average active adult requires 2000 kcal energy per day, however calorie needs may vary





INDIAN



APPETISERS



	DAHI KE KEBAB  	LKO	1200
hung curd, raisins, black pepper, chilli, crushed coriander seeds			
quantity 180gm, protein 14.1gm, carbs 42.1gm, fat 13.6gm, calories 347kcal			




	BHATTI KA PANEER   	IXC	1200
cottage cheese, sweet peppers, chef's special spice mix			
quantity 180gm, protein 2.7gm, carbs 19.4gm, fat 104gm, calories 392kcal			





	BHARWAN TANDOORI ALOO  	DEL	1200
marinated stuffed potatoes			
quantity 180gm, protein 3.8gm, carbs 27.06gm, fat 144.76gm, calories 1027kcal			






	KASUNDI TAWA MACCHI   	CCU	1500
housemade mustard marinated fish cooked on griddle			
quantity 160gm, protein 19gm, carbs 32gm, fat 6.4gm, calories 260kcal			

	MURGH MALAI TIKKA 	DEL	1300
chicken, cheese, cardamom			
quantity 180gm, protein 23gm, carbs 17gm, fat 24.5gm, calories 378kcal			









	MUTTON SEEKH KEBAB 	ESB	1500
minced lamb, garlic, chef's spice mix			
quantity 180gm, protein 22gm, carbs 29gm, fat 15gm, calories 382kcal			

	TANDOORI MURGH  	DEL	
spring chicken, chili, lime juice			
half 1400 full 2500			
quantity 250gm, protein 25.09gm, carbs 36.09gm, fat 33.12gm, calories 542.75 kcal			
quantity 400gm, protein 40gm, carbs 58gm, fat 53gm, calories 1868kcal			





	KEBAB SAMPLER (3PCS EACH)		
Vegetarian   			
dahi ke kebab, bhatti ka paneer, bharwan tandoori aloo			
quantity 300gm, protein 22gm, carbs 38gm, fat 84gm, calories 981kcal			

	Non vegetarian    		2100
kasundi tawa macchi, mutton seekh kebab, murgh malai tikka			
quantity 300gm, protein 36gm, carbs 45.4gm, fat 14gm, calories 1560kcal			

RICE AND BIRYANIS




	AWADHI BIRYANI	LKO	
Awadhi style fragrant basmati rice, mint, saffron, brown onion			
	Chicken 		1400
quantity 300gm, protein 27gm, carbs 80gm, fat 20.28gm, calories 607kcal			
	Mutton 		1600
quantity 300gm, protein 18gm, carbs 70gm, fat 29.5gm, calories 617kcal			
	Quinoa		1350
quantity 250gm, protein 9.6gm, carbs 54.71gm, fat 28.71gm, calories 515.64 kcal			
	Vegetable 		1300
quantity 300gm, protein 12gm, carbs 36.4gm, fat 8.5gm, calories 270kcal			
served with burrani raita			
	STEAMED RICE		450
quantity 250gm, protein 4.67gm, carbs 41.86gm, fat 5.02gm, calories 231.31 kcal			




ACCOMPANIMENTS



	PLAIN NATURAL YOGHURT		400
quantity 125gm, protein 3.8gm, carbs 6.3gm, fat 4.2gm, calories 78.98 kcal			
	RAITA 		450
Jeera			
quantity 124gm, protein 6.2gm, carbs 13.5gm, fat 6.04gm, calories 135 kcal			
Boondi			
quantity 125gm, protein 5gm, carbs 10gm, fat 4gm, calories 98 kcal			
Burrani			
quantity 125gm, protein 5gm, carbs 21gm, fat 2.3gm, calories 125kcal			
	GREEN SALAD		500
onion, tomato, cucumber			
quantity 150gm, protein 3.4gm, carbs 11gm, fat 2.4gm, calories 78kcal			






MAINS



	AMRITSARI MURGH TARIWALA 	ATQ	1600
chicken curry cooked with onion and tomato, spiced with black pepper			
quantity 320gm, protein 38gm, carbs 30.6gm, fat 37gm, calories 603kcal			





	MURGH MAKHANWALA  	DEL	1600
charred boneless chicken cooked with butter and tomato gravy			
quantity 300gm, protein 23gm, carbs 67gm, fat 51gm, calories 821kcal			




	LAL MAAS  	UDR	1700
smoked mutton curry cooked with chillies and yoghurt			
quantity 300gm, protein 8.1gm, carbs 32gm, fat 57gm, calories 676kcal			

	KANDHARI RAAN   	KDH	2500
braised mutton leg cooked with chef's special spice mix			
quantity 400gm, protein 72.5gm, carbs 17.4gm, fat 54gm, calories 846kcal			



	MALABAR CURRY	BOM	
coastal curry cooked with coconut and finished with kokum			
Fish  			
quantity 250gm, protein 35gm, carbs 37gm, fat 44gm, calories 687kcal			
Prawn  			
quantity 250gm, protein 23gm, carbs 41gm, fat 49gm, calories 697kcal			




	KHADA DHANIA AUR MIRCHI WALA PANEER  	DEL	1300
cottage cheese tempered with chillies, coriander seeds and cooked			
with fresh tomatoes, sweet peppers			
quantity 300gm, protein 5.96gm, carbs 13.92gm, fat 8.12gm, calories 149.4 kcal			



	ALOO BUKHARA AUR CHHENE KE KOFTA   	LKO	1300
prunes stuffed deep fried cottage cheese balls cooked in saffron infused			
cashew nut curry			
quantity 300gm, protein 20gm, carbs 69gm, fat 37.3gm, calories 694kcal			

	SUBZ DUM HANDI  	LKO	1200
seasonal vegetables cooked with onions, tomatoes and cashew nut			
quantity 280gm, protein 12.3gm, carbs 51gm, fat 18gm, calories 410kcal			

	LEHSOONI KHUMB PALAK  	IXC	1200
garlic tempered spinach cooked with mushroom			
quantity 300gm, protein 8.5gm, carbs 18.2gm, fat 9.1gm, calories 190kcal			

	GUNCHA-O-KEEMA 	LXO	1300
broccoli and cauliflower florettes tossed with onions, sweet peppers and tomatoes			
quantity 250gm, protein 0.27gm, carbs 17.20gm, fat 79.97gm, calories 789.56 kcal			

	DAL-E-DHUNGAR  	DEL	1100
black lentil simmered with butter and cream			
quantity 300gm, protein 37gm, carbs 117gm, fat 26gm, calories 849kcal			

	DAL TADKA 	DEL	1050
yellow lentil cooked with onions, tomatoes and finished			
with clarified butter and lemon juice			
quantity 280gm, protein 40gm, carbs 124.5gm, fat 29.4gm, calories 923kcal			



CLAY OVEN BREADS

	ROTI 		300
Tandoori/Butter/Missi			
quantity 80gm, protein 6.66gm, carbs 36.6gm, fat 1.35gm, calories 185.216 kcal			
quantity 80gm, protein 9.8gm, carbs 25.96gm, fat 6.7gm, calories 204.48 kcal			
quantity 80gm, protein 4.68gm, carbs 25.67gm, fat 3.75gm, calories 155.22 kcal			

	NAAN  		300
Plain/Butter/Garlic			
quantity 100gm, protein 1.3gm, carbs 8.4gm, fat 1.5gm, calories 53kcal			
quantity 100gm, protein 0.5gm, carbs 45.4gm, fat 4gm, calories 218kcal			
quantity 100gm, protein 4.16gm, carbs 46.6gm, fat 22.5gm, calories 77.5kcal			

CLAY OVEN BREADS

	LACHHA PARATHA  		325
Butter/Pudina/Ajwaini/Mirchi			
quantity 100gm, protein 7gm, carbs 45gm, fat 3.3gm, calories 237kcal			
quantity 100gm, protein 6.2gm, carbs 40gm, fat 5gm, calories 237kcal			
quantity 100gm, protein 8gm, carbs 44gm, fat 7.2gm, calories 274kcal			
quantity 100gm, protein 8gm, carbs 43gm, fat 6.5gm, calories 264kcal			

	KULCHA 		350
Aloo/Pyaz/Paneer			
quantity 100gm, protein 6.55gm, carbs 37.35gm, fat 6.13gm, calories 230.73 kcal			
quantity 100gm, protein 6.32gm, carbs 34.68gm, fat 6.11gm, calories 219.04 kcal			
quantity 100gm, protein 8.63gm, carbs 41.08gm, fat 9.22gm, calories 281.79 kcal			



	HEARTY		350
Bajra/Jowar/Ragi			
quantity 80gm, protein 6.94gm, carbs 32.128gm, fat 4.616gm, calories 197.6 kcal			
quantity 80gm, protein 7.42gm, carbs 52.47gm, fat 3.576gm, calories 271.2 kcal			
quantity 80gm, protein 3.08gm, carbs 19.51gm, fat 1.41gm, calories 103.13 kcal			

MILLETS BASED MENU

BREAKFAST


	SORGHUM ALOO PARATHA  		800
curd, pickle and butter			
quantity 120gm, protein 5.88gm, carbs 48.63gm, fat 13.66gm, calories 335.56kcal			

	PEARL MILLET CHILLA  		800
spiced cottage cheese, date tamarind chutney, mint chutney			
quantity 80gm, protein 8.09gm, carbs 29.30gm, fat 7.72gm, calories 222.848kcal			

	FINGER MILLET MASALA PODI UTTAPAM 		800
coconut chutney, tomato chutney, sambhar			
quantity 100gm, protein 7.79gm, carbs 42.31gm, fat 30.03gm, calories 463.55 kcal			

	SORGHUM PANCAKE  		800
pancake syrup, blueberry compote, whipped cream			
quantity 100gm, protein 3.3gm, carbs 44.6gm, fat 13.2gm, calories 306 kcal			











LUNCH/DINNER

	HIGH FIBER MILLET AND CHICK PEA SALAD		1000</
---	---------------------------------------	--	--------



KIDS MENU

MONDAY-SUNDAY | 12:00HRS - 23:30HRS

	MAC & CHEESE 	550
	<i>baked macaroni & cheese</i>	
	PEANUT BUTTER SANDWICH  	300
	<i>peanut butter spread on a slice of bread</i>	
	GRILLED HOT DOG 	650
	<i>grilled smoked sausage with barbeque sauce</i>	
	FISH STRIPS	650
	<i>flaky & tender fish sticks served with tartar sauce</i>	
	FRENCH FRIES	350
	<i>batten shaped deep fried potato</i>	
	SMILEY	350
	<i>happy shaped crispy fried potato</i>	
	MILKSHAKE 	350
	<i>chocolate, vanilla, strawberry, banana</i>	



ROSEATE HOUSE

NEW DELHI



BEVERAGE MENU

- APERITIF & DIGESTIF

Campari	1700
Aperol	1400
Martini Bianco	1200
Cinzano Rosso	1200
Jägermeister	1200
Ricard	1100

- LIQUEUR

Patron XO Café	1300
Limoncello di Capri	1100
Amarula	1100
Sambuca Molinari	1100
Cointreau	1000

- BEER

Corona	600
Hoegaarden	600
Kati Patang	500
Kingfisher Ultra	500
Bira White	500

- WHISK(E)Y

SINGLE MALT

ISLAY

The Classic Bruichladdich	3200
Bowmore 15 Y.O.	2500
Laphroaig Select	2400

SPEYSIDE

Glenfiddich 21 Y.O.	8000
Glenfiddich 18 Y.O.	3600
Glengrant 18 Y.O.	3600
Aultmore 18 Y.O.	3000
Longmorn	2800
Balvenie 12 Y.O.	2000
Glenfiddich 15 Y.O.	1900
Singleton 12 Y.O.	1750
Glenfiddich 12 Y.O.	1700
Glen Grant 10 Y.O.	1700

HIGHLAND

Dalmore 15 Y.O.	3600
Macallan 12 Y.O.	2600
Old Pulteney 12 Y.O.	1800
Glenmorangie 10 Y.O.	1800
Aberfeldy 12 Y.O.	1700
Speyburn 10 Y.O.	1600

ISLE OF SKYE

Talisker Strom	3000
----------------	------

INDIA

Indri	1400
-------	------

- WHISK(E)Y

BLENDLED MALT

Johnnie Walker Gold Label Reserve	2400
Dewars 15 Y.O.	1700
Monkey Shoulder	1700
Johnnie Walker Black Label	1700
Dewars 12 Y.O.	1400
JW Red Label	1000
JW Blonde Blended Scotch	1000

JAPAN

Suntory Hibiki	3200
Kirin Fuji Sanroku	3000
Suntory Toki	1500

TENNESSEE, BOURBON & CANADIAN

Michter's Bourbon	2400
Maker's Mark	1600
Wild Turkey	1300
Jim Beam Black	1100

- VODKA

Beluga Gold	5000
Roberto Cavalli	1800
Grey Goose	1600
Dyavol Single Estate	1600
Beluga, Noble	1600
Belvedere	1500
Stolichnaya	1300
Sky Vodka	1000

- RUM

Mount Gay Eclipse Silver	1200
Bacardi Carta Blanca	800
Old Monk Dark	800
Old Monk White	800

- GIN

Roku Japanese Craft	1800
Hendricks	1700
Bulldog	1400
Tanqueray	1300
Bombay Sapphire	1300
Terai	1000

- TEQUILA

Don Remeo Reposado	2400
Don Remeo Blanco	2000
Don Angel Bianco	1000
Jose Curevo Especial	800

- COGNAC

Remy Martin VSOP	2400
ST- Remy VSOP	1600

- WINE BY THE GLASS

WHITE WINE BY THE GLASS

Five reserve Chenin Blanc, <i>South Africa</i>	1300
Two Ocean Chardonnay, <i>South Africa</i>	1300
Black Tower, Riesling, <i>Germany</i>	1200
Fishing Cat Pinot Grigio, <i>Italy</i>	1100
Fratelli, Sauvignon Blanc, <i>Nashik India</i>	1100

RED WINE BY THE GLASS

Merius, Syrah Grenache, <i>French</i>	1700
Monte Pacifico, Merlot, <i>Chile</i>	1500
Sula Rasa Syrah, <i>Nashik India</i>	1200
Sula, Shiraz Cabernet, <i>Nashik India</i>	1100

ROSE WINE BY THE GLASS

Sula The Source Grenache Rose, <i>Nashik, India</i>	1100
---	------

SPARKLING WINE BY THE GLASS

Cinzano Prosecco, <i>Italy</i>	1300
Fratelli Brut, <i>Nashik, India</i>	1300

-CHAMPAGNE

Lanson Le Black Label Brut	32000
Moet & Chandon Brut	27000
Devaux Brut	24000

-SPARKLING WINE

Codorniu Clasico Brut Cava <i>Spain</i>	7000
Fratelli Brut, <i>Nashik, India</i>	6000
Cinzano Prosecco, <i>Italy</i>	6000

- WHITE GRAPES

CHARDONNAY

Domaine long Depaquit Chablis, Burgundy, French	29000
Penfold Koonnunga Hill, Chardonnay, Australia	8500
Monte Pacifico, Chardonnay, Chile	6000
Two Ocean Chardonnay, South Africa	6000
Bush Ballard, Chardonnay, Australia	5000

SAUVIGNON BLANC

Jacky Marteau Sauvignon Blanc, Loire Valley, French	9000
Sula Sauvignon Blanc	5000

RIESLING

I Heart, Riesling, Germany	5500
Black Tower, Germany	5500

CHENNIN BLANC

Five Reserve Chenin Blanc, South Africa	6000
Fratelli Chenin Blanc, Nashik, India	5000

PINOT GRIGIO

Zonin, Friuli Aquileia, Doc Italy	9000
Sartori Di Verona, Friuli Grave DOC	7000
Fishing Cat Pinot, Grigio Italy	5000

- RED GRAPES

CABERNET SAUVIGNON

Château Rollan de By Médoc Cru Bourgeois, <i>France</i>	40000
Chateau Lacoste Garzac, Cabernet Sauvignon ,Franc, Merlot, Bordeaux, <i>France</i>	8000
Sula Rasa, Cabernet Sauvignon, <i>Nashik India</i>	8000
Monte Pacifico, Cabernet Sauvignon, <i>Chile</i>	8000

PINOT NOIR

Monte Pacifico, Pinot Noir, <i>Chile</i>	6000
Camas, Pinot Noir, <i>France</i>	6000

SHIRAZ

ChateauNeuf du Pape, Syrah Grenache Vielies Vignes, <i>France</i>	40000
M.Chapoutier Crozes-Hermitage Les Meysonniers, Rhone, <i>France</i>	22500
Marius, Syrah Grenache, <i>France</i>	8000
Sula Rasa Syrah, <i>Nashik India</i>	6000
Bush Ballard, Shiraz, <i>Australia</i>	5000

MERLOT

Monte Pacifico Merlot, <i>Chile</i>	7000
Fishing Cat Merlot, <i>Italy</i>	5500
Fratelli,Merlot, <i>Nashik India</i>	5000

SANGIOVESE

Brunello Di Montalcino Bonacchi	18000
Golden Sparrow, <i>Italy</i>	6000

ROSE

Sula The Source Grenach Rose, <i>Nashik India</i>	5000
Sula Zinfendel Rose, <i>Nashik India</i>	5000

INTERESTING BLENDS

Duckhorn Napa Valley, Cabernet Sauvignon,Merlot,Cabernet Franc, Petit Verdot, <i>USA</i>	35000
Zenato Ripassa Valpolicella DOC Superiore	29500
Duckkhon Napa Valley, Merlot,Cabernet Sauvignon, <i>USA</i>	25000
M. Chapoutier Bila-Haut Grenache,Syrah,Marselan, <i>France</i>	15000
Fratelli Sette, <i>India</i>	8000
Senorita Malbec Reserva, <i>Chili</i>	7000
Bush Ballard, Shiraz Cabernet, <i>Australia</i>	5000
Sula, Shiraz Cabernet, <i>Nashik India</i>	5000

- MIXOLOGY

Gin & Tonic

950

"Gin and tonic has saved more Englishmen's lives, and minds, than all the doctors in the Empire." - Winston Churchill

East India Company

gin, lime, coconut, bell pepper, tonic

Mediterranean tonic

gin with green apple, rosemary, strawberry, topped up with tonic water

Quinine fog

gin with ginger bread syrup, ginger juice, pineapple juice, lime juice, topped up with tonic water.

J&K

gin, lime, cucumber, rosemary, tonic

ROSEATE HOUSE SIGNATURE

1100

SOURS

"When life hands you lemons, make sours"- Elbert Hubbard

Smokey Sour

whisky, egg white, maple syrup, lime juice, angostura bitter

Malt and Honey

scotch, Drambuie, honey and orange syrup, lime juice, bitters

The dessert Rose

gin, strawberry, cucumber, rosemary, apple cider vinegar, topped up white wine

Mr. Black

rasins infused whiskey tennessee, coffee, pineapple, toffee syrup, bitters

NRI

walnut infused bourbon, lime, homemade Indian spiced sugar, bitters

The Idealist

tequila, kaffir lime, pineapple and peach, lime juice, bitters

INHERITED

1100

Kir Royale

The kir became popular in French cafes in the middle of the 19th century and was further popularized by Felix Kir after World War II. Then mayor of Dijon in Burgundy, France, served the drink often to promote his region's fine products. The name kir has been associated with the drink ever since.

Aperol Spritz

It's late spring, 6 p.m. Golden hour is nigh. It's too late for lemonade, too early for whiskey — spritz time on the dot. First the spritz, then the Aperol, and finally, the marriage of the two.

Boulevardier

It was first published in the 1920's bar book, ABC of Mixing Cocktails by the renowned bartender Harry MacElhone. It also appeared in his 1927 book, Barflies, and Cocktails. The bittersweet interplay between Campari and vermouth remains, but the whiskey changes the storyline.

Clover Club

The Clover Club cocktail is another pre-prohibition cocktail that is becoming a new favourite among current cocktail-drinkers. The name comes from the Philadelphia men's club, where it originated, and was being enjoyed as early as 1910.

Moscow Mule

"The mule was born in Manhattan but 'stalled' on the west coast for the duration," the paper read. "The birthplace of 'Little Moscow' was in New York's Chatham Hotel. That was back in 1941 when the first carload of Jack Morgan's Cock 'n' Bull ginger beer and John Martin vodka comes together."

- MIXOLOGY

NON ALCOHOLIC MIX

400

Basil Smash

basil, lemon grass, homemade Indian spice sugar syrup, ginger ale

Borrito

blueberry, coffee, mint, lime, ginger ale

Aquarius

mint, ginger, lime juice, ginger ale

ICED TEAS

550

Apdishati

Jamiran

Narid

Sevon Tvak

Amraa

ROSEATE SIGNATURE TEA

550

Longjing Tea

Silver Needle Tea

Jasmine Pearl Tea

Darjeeling First Flush Tea

CAFÈ

"Behind every successful person is a substantial amount of coffee."

Anne Morrow Lindbergh

Café latte

600

Café au lait

600

Café mocha

600

Cappuccino

600

Cold coffee

600

Americano

600

Macchiato

600

Espresso

500

TWG TEA

550

"A cup of tea makes everything better." - Bindi Irwin

Black Chai

1837 Black Tea

Chamomile

Earl Grey Buddha

London Breakfast

Alfonso

1837 Green Tea

Crème Caramel

AERATED BEVERAGES

250

coke, diet coke, zero coke, soda, tonic, ginger ale, sprite, fanta

Red Bull

400

Evian Mineral water

550

Veen Sparkling water

450

Veen Still water

400

Perrier Sparkling water 750 ml

450

Perrier Sparkling water 330 ml

300

Sparkling water 750 ml

450

Sparkling water 330 ml

300

Mineral water 1000 ml

250

Mineral water 500 ml

150

Fresh juice

325

seasonal

Shake

325

vanilla, chocolate, strawberry