

**PRANĀ**

# INDIAN SELECTION BREAKFAST MENU

AVAILABLE FROM 7.30 AM - 10.30 AM

## SET BREAKFAST CHOICES

- **Pranā Breakfast** **390**  
*Eggs, hash brown, chicken sausages, toast, fresh juice, coffee or tea*
- **South Indian Sunshine** **330**  
*Idli - vada or poha or upma with sambar/chutney, tea or coffee or juice*
- **North Indian Morning** **330**  
*Paratha aloo/gobi or puri bhaji served with ginger tea or coffee or juice*

- **Poha** **220**  
*Made with flattened rice, onions, spices, and other vegetables*  
Per 100gms: 40 Cal | 0.2 gms Fat | 1.5 gms Protein | 8 gms Carbs | 2.5 gms Fiber
- **Upma** **220**  
*Semolina cooked with vegetables, mustard seeds, and curry leaves, seasoned with spices and garnished with roasted cashews*  
Per 100gms: 90 Cal | 7 gms Fat | 2 gms Protein | 6 gms Carbs | 2 gms Fiber
- **Idli Sambar** **220**  
*Steamed rice cakes served with flavourful lentil soup (sambar) and coconut chutney*  
Per 100gms: 90 Cal | 2 gms Protein | 6 gms Carbs | 2 gms Fiber
- **Paratha (Aloo/Gobi/Paneer)** **250/280**  
*Aloo/gobi or paneer stuffed in flat bread cooked to perfection and served with curd and pickle*  
Per 100gms: 90 Cal | 7gms Fat | 2gms Protein | 6gms Carbs | 2gms Fiber
- **EGGS TO ORDER** **280**  
**(Boiled Egg/Omelette/Fried Eggs/Scrambled Eggs/Egg Bhurji)**  
*Choices of 2 eggs, boiled, scrambled, omelettes, fried or poached served with hash brown grilled tomato and toast* **300**  
Per 100gms: 120 Cal | 4 gms Fat | 3 gms Protein | 16 gms Carbs | 2 gms Fiber
- **Buttermilk Pancakes**  
*Fluffy stack of pancakes with maple syrup & butter*
- **CUT FRUIT PLATTER** **280**  
*Four varieties of seasonal fruits*

# ALL DAY MENU

10:30 AM - 10:30 PM

## WOOD FIRED PIZZAS

- ■ Margherita Pizza (Veg/Chicken) **390/440**  
*Margherita pizza with tomato sauce, mozzarella & basil - veg or chicken*
- ■ Pepperoni Pizza (Veg/Chicken) **390/440**  
*Tomato sauce, mozzarella cheese and pepperoni*
- ■ Hawaiian Pizza (Veg/Chicken) **390/440**  
*Tomato sauce, mozzarella cheese, chicken, and pineapple*
- ■ Ayati's Spl BBQ Pizza (Veg/Chicken) **440/490**  
*BBQ sauce, mozzarella cheese grilled veg or chicken, red onions, & cilantro*

## SANDWICHES & PAKODAS

- ■ Grilled Cheese (Veg/Chicken) **280/330**  
*Vegetables/chicken, tomatoes and cheese grilled in crisp bread*
- ■ Pranā Club Sandwiches (Veg/Chicken) **280/330**  
*Vegetables/chicken, avocado & tomato on toast sourdough*
- ■ Barbeque Sandwich (Veg/Chicken) **290/360**  
*Grilled Vegetables/chicken tossed with mayonnaise stuffing*
- ■ Kathi Roll (Veg/Chicken) **280/330**  
*Sauté vegetable/chicken with bell pepper stuffed in Indian bread and shallow fried*
- ■ Ayati's Special Bread Roll (Veg/Chicken) **290/360**  
*Cheesy spices continental in bell pepper with exotic vegetable or chicken*
- ■ Classic Burger (Veg/Chicken) **260/310**  
*Vegetable/chicken (french) cutlets, served with veggies and fries*
- ■ Pakodas **280/330**  
(Mix Veg/Potato/Onion/Egg/Chicken)  
*Fried to crispy and perfection*

# LUNCH/DINNER

LUNCH 12:30 PM- 3:00 PM, DINNER 7:30 PM - 10:30 PM

## SOUP

- ■ **Cream Soups (Tomato/Mushroom/Chicken)** **250/275**  
*Thickened and silky soup infused with fresh cream*  
Per 100ml: 50 Cal | 2 gms Fat | 2 gms Protein | 30 gms Carbs | 8 gms Fiber
- ■ **Manchow Soup (Veg/Chicken)** **250/275**  
*Spicy oriental hot soup topped with vegetables or chicken*  
Per 100ml: 50 Cal | 2 gms Fat | 2 gms Protein | 30 gms Carbs | 1 gms Fiber
- ■ **Hot & Sour Soup (Veg/Chicken)** **250/275**  
*Spicy and tangy soup with sesame and chilli flavour topped with vegetable or chicken*  
Per 100ml: 50 Cal | 2 gms Fat | 2 gms Protein | 14 gms Carbs | 1 gms Fiber
- ■ **Shorba (Brown Onion Chicken/Mutton) (Minestrone Chicken)** **265/320**  
*Mutton/chicken and onion caramelized spicy soup*  
Per 100ml: 50 Cal | 2 gms Fat | 2 gms Protein | 14 gms Carbs | 1 gms Fiber
- ■ **Clear Soup (Veg/Chicken/Mutton)** **240/275/320**  
*Clear soup with a choice of vegetable/chicken/mutton*  
Per 100ml: 40 Cal | 4 gms Fat | 4 gms Protein | 13 gms Carbs | 1 gms Fiber
- ■ **Golden/Sweet Corn Soup (Veg/Chicken)** **240/275**  
*Tender corn kernels and chopped corn and vegetable or diced chicken, simmered to a soup*  
Per 100ml: 70 Cal | 2 gms Fat | 2 gms Protein | 30 gms Carbs | 8 gms Fiber

## Salads (Veg/Non Veg)

- **Warm Watermelon & Quinoa Salad** **220**  
*A light and refreshing salad with juicy watermelon, fluffy quinoa, crisp veggies, and a zesty lime-mint dressing*  
Per 100gms: 120 Cal | 4 gms Fat | 3 gms Protein | 16 gms Carbs | 2 gms Fiber
- **Green Salad/Tossed Salad** **220**  
*The all time favourite*  
Per 100gms: 40 Cal | 0.2 gms Fat | 1.5 gms Protein | 8 gms Carbs | 2.5 gms Fiber
- **Spicy Corn, Cherry Tomato & Cucumber Salad** **220**  
*A crisp mix of corn, pimentos, and cucumber tossed in a tangy sauce and vinaigrette dressing*  
Per 100gms: 60 Cal | 0.6 gms Fat | 2 gms Protein | 12 gms Carbs | 2 gms Fiber

■ ■ **Caesar's Salad (Veg/Chicken)** **220/290**

*Classic salad made with lettuce and croutons/chicken served with dressing of olive oil, lemon juice, cheese and seasoning*

Per 100gms: 150 Cal | 11 gms Fat | 4 gms Protein | 9 gms Carbs | 2 gms Fiber

■ **Kimchi Salad (Veg)** **220**

*Classic salad with cabbage, carrot, bell pepper with chinese sauce dressing*

Per 100gms: 150 Cal | 11 gms Fat | 4 gms Protein | 9 gms Carbs | 2 gms Fiber

## SMALL PLATES

■ **Papad Roasted/Fry** **100**

Per 100gms: 210 Cal | 12 gms Fat | 4 gms Protein | 24 gms Carbs | 2 gms Fiber

■ **Papad Masala** **160**

Per 100gms: 210 Cal | 12 gms Fat | 4 gms Protein | 24 gms Carbs | 2 gms Fiber

■ **Raita (Mix Veg/Boondi/Pineapple)** **160**

Per 100gms: 320 Cal | 15 gms Fat | 8 gms Protein | 38 gms Carbs | 2 gms Fiber

## APPETIZERS ORIENTAL

■ ■ **Manchurian Dry (Veg/Chicken)** **300/410**

*Batter fried crispy vegetables or chicken tossed with tangy sauce*

Per 100gms: 210 Cal | 12 gms Fat | 4 gms Protein | 24 gms Carbs | 2 gms Fiber

■ ■ **Crispy (Veg/Paneer/Chicken)** **300/360/410**

*Batter fried crispy vegetables/paneer or chicken tossed with tangy sauce*

Per 100gms: 220 Cal | 11 gms Fat | 3 gms Protein | 28 gms Carbs | 3 gms Fiber

■ ■ **Chilli (Paneer/Egg/Chicken)** **360/410**

*Fried paneer, egg or chicken dumplings tossed in dry manchurian sauce*

Per 100gms: 220 Cal | 15 gms Fat | 14 gms Protein | 10 gms Carbs | 1 gms Fiber

■ **American Corn Salt and Pepper** **300**

*Fried sweet corn kernels sprinkled with salt & pepper*

Per 100gms: 200 Cal | 10 gms Fat | 3 gms Protein | 25 gms Carbs | 3 gms Fiber

■ ■ **Spring Rolls (Veg/Chicken)** **330/385**

*Asian assorted vegetables/chicken stuffed in deep fried pan rolls*

Per 100gms: 250 Cal | 14 gms Fat | 5 gms Protein | 28 gms Carbs | 3 gms Fiber

■ ■ **Stir Fried Exotic Veggies/Chicken With Choice of Sauce options** **330/410**  
*Soya chilli/manchurian or chicken/hot garlic/schezwan/hunan/black bean*  
Per 100gms: 140 Cal | 7 gms Fat | 3 gms Protein | 15 gms Carbs | 4 gms Fiber

■ **Golden Fried Prawns** **710**  
*Fresh prawns fried in tempura batter served with chilli garlic sauce*  
Per 100gms: 320 Cal | 20 gms Fat | 25 gms Protein | 10 gms Carbs | 1 gms Fiber

## APPETIZERS INDIAN TANDOOR

■ ■ **Lasooni Mirch Tikka (Paneer/Mushroom/Chicken)** **360/420**  
*Paneer/mushroom/chicken marinated in garlic, cream, green chilli and spice*  
Per 100gms: 210 Cal | 14 gms Fat | 56 gms Protein | 20 gms Carbs | 24 gms Fiber

■ **Paneer Tikka - Your choice** **360**  
*Classic/angara/pudina/lasooni/achari-paneer tikka marinated in Indian spices*  
Per 100gms: 300 Cal | 20 gms Fat | 18 gms Protein | 10 gms Carbs | 12 gms Fiber

■ **Bhatti Ke Aloo/Bharva Tandoori Aloo** **330/360**  
*Roasted baby potatoes or stuffed paneer, cashewnuts, mava, cheese marinated in fresh ground spices*  
Per 100gms: 180 Cal | 25 gms Fat | 4 gms Protein | 24 gms Carbs | 13 gms Fiber

■ **Machhalee Tikka (Ajvaini Nimbu/Prawns)** **550/710**  
*Tandoor roasted all-time favourite fish tikka, prawns grilled in our own blend of spice*  
Per 100gms: 230 Cal | 12 gms Fat | 24 gms Protein | 10 gms Carbs | 3 gms Fiber

■ **Shahi Masaledar Tandoor Pomfret** **710**  
*Pomfret marinated with royal cumin and fresh spices, then char-grilled to perfection*  
Per 100gms: 230 Cal | 12 gms Fat | 26 gms Protein | 5 gms Carbs | 2 gms Fiber

■ **Murgh Tikka-Your choice** **440**  
**(Classic/Angara Pudina/Zafrani/Lasooni/Malai/Achari)**  
*Tandoor roasted chicken marinated in hung curd*  
Per 100gms: 250 Cal | 15 gms Fat | 22 gms Protein | 5 gms Carbs | 2 gms Fiber

■ **Tandoori Chicken (Half/Full)** **470/770**  
*Tandoor roasted chicken with Indian spices*  
Per 100gms: 250 Cal | 14 gms Fat | 22 gms Protein | 9 gms Carbs | 12 gms Fiber

■ **Kebab** **580**  
**(Murgh Doheri/Lucknowi Tangdi/Lamb Galouti)**  
*Tandoori roasted chicken/tawa roasted lamb stuffed with cheese, ghee roasted spices, mince chicken and the kebab shallow fried*  
Per 100gms: 290 Cal | 20 gms Fat | 25 gms Protein | 9 gms Carbs | 13 gms Fiber

## APPETIZERS (CONTINENTAL)

- **Cheese Corn Balls** **390**  
*Crispy fried cheese and corn balls coated with panko crumbs*  
Per 100gms: 270 Cal | 14 gms Fat | 11 gms Protein | 28 gms Carbs | 3 gms Fiber
- **Cheesy Mushroom Spinach Rolls** **390**  
*Crispy fried mushroom and spinach rolls coated with panko crumbs*  
Per 100gms: 270 Cal | 14 gms Fat | 6 gms Protein | 28 gms Carbs | 3 gms Fiber
- **Persillade Crunchy Fish Finger** **540**  
*Crumb-fried fish fingers marinated with fresh parsley, spices, and mustard, served with tartar sauce*  
Per 100gms: 310 Cal | 30 gms Fat | 20 gms Protein | 14 gms Carbs | 1 gms Fiber

## FUSION APPETIZERS

- **Kolhapuri Chicken Drums** **440**  
*Crispy fried chicken drums made with a flavourful blend of chicken keema, kolhapuri masala, and lahsun chutney, served with a reduction of tambda and pandhara rassa*  
Per 100gms: 380 Cal | 22 gms Fat | 18 gms Protein | 28 gms Carbs | 1 gms Fiber
- **Kolhapuri Chicken Lollipop** **410**  
*Tossed in your choice of local spiced blend - mirchi kharda kara masala or cheesy sukha*  
Per 100gms: 350 Cal | 20 gms Fat | 22 gms Protein | 9 gms Carbs | 1 gms Fiber

## WESTERN DELIGHTS

- ■ **Choice of Pasta (Spaghetti/Penne) Veg/Chicken** **390/440**  
*Choice of sauce-pomodoro/pesto/cheese/primavera/alfredo/arrabbiata/marinara*  
Per 100gms: 350 Cal | 14 gms Fat | 28 gms Protein | 48 gms Carbs | 3 gms Fiber
- ■ **Spaghetti Aglio Olio Veg/Chicken** **360/390**  
*Simple yet classical spaghetti tossed in extra virgin olive oil and sliced garlic*  
Per 100gms: 200 Cal | 12 gms Fat | 6 gms Protein | 34 gms Carbs | 2 gms Fiber
- ■ **Lasagna Veg/Chicken** **390/440**  
*Lasagna is a popular dish from Italy made with stacked layer of thin cut pasta stuffed with assorted minced exotic vegetable/chicken*  
Per 100gms: 370 Cal | 15 gms Fat | 9 gms Protein | 42 gms Carbs | 12 gms Fiber

## MAIN COURSE - INDIAN (VEG/NON VEG)

- **Aloo Aap Ki Pasand (Jeera/Palak/Gobi/Matar)** **360/390**  
*Potato cooked in variety of your choice*  
Per 100gms: 125 Cal | 5 gms Fat | 2 gms Protein | 89 gms Carbs | 3 gms Fiber
- **Lasooni (Palak/Methi/Paneer)** **390**  
*Spinach/methi leaves or paneer cooked with brown garlic, kastoori methi & cumin*  
Per 100gms: 110 Cal | 4 gms Fat | 3 gms Protein | 10 gms Carbs | 12 gms Fiber
- **Matka Malai Kumbh** **390**  
*Tandoori roasted mushrooms served in a rich, creamy white gravy*  
Per 100gms: 110 Cal | 4 gms Fat | 3 gms Protein | 10 gms Carbs | 12 gms Fiber
- **Kaju Masala/Kaju Paneer Masala** **495**  
*Creamy, mildly spiced curry with cashews and optional paneer*  
Per 100gms: 250 Cal | 14 gms Fat | 9 gms Protein | 10 gms Carbs | 29 gms Fiber
- **Paneer in Choice of Gravy** **390**  
*Makhani/lababdar/palak/shahi/kadhai/bhurji/chatpata*  
Per 100gms: 200 Cal | 15 gms Fat | 10 gms Protein | 30 gms Carbs | 1 gms Fiber
- **Paneer Tikka Masala** **390**  
*Chargrilled cottage cheese in a rich tomato-cashew gravy*  
Per 100gms: 210 Cal | 14 gms Fat | 12 gms Protein | 12 gms Carbs | 1 gms Fiber
- **Ayati's special Paneer (Khajana/Wazwani/Kundankali)** **450**  
*Mix veg and based on malvani gravy masala/red gravy triangle cutting paneer/  
paneer stuffed with mava, dry fruit flavour kashmiri dish in yellow gravy*  
Per 100gms: 160 Cal | 25 gms Fat | 5 gms Protein | 15 gms Carbs | 13 gms Fiber
- ■ **Kofta Curry (Veg/Chicken)** **360/430**  
*Melt in your mouth dumplings of minced cottage cheese/chicken served with  
your choice of gravy*  
Per 100gms: 210 Cal | 16 gms Fat | 12 gms Protein | 2 gms Carbs | 4 gms Fiber
- ■ **Malvani special (Veg/Chicken/Mutton)** **330/430/540**  
*Mix veg/chicken/mutton based on malvani gravy masala*  
Per 100gms: 160 Cal | 16 gms Fat | 5 gms Protein | 15 gms Carbs | 13 gms Fiber
- **Murgh (Lababdar/Tikka Masala/Makhani/Musallam)** **440**  
*Tender chicken cooked in your choice of rich, flavourful gravies -  
lababdar, tikka masala, makhani, or musallam*  
Per 100gms: 80 Cal | 10 gms Fat | 12 gms Protein | 10 gms Carbs | 19 gms Fiber
- **Goan Fish Curry (Surmai/Prawns)** **715**  
*Traditional Goan dish with coconut and kokum base curry*  
Per 100gms: 180 Cal | 8 gms Fat | 12 gms Protein | 10 gms Carbs | 1 gms Fiber
- **Mutton (Rogan Josh/Rara Gosht)** **575**  
*Mutton cooked in your choice of classic rogan josh or hearty rara gosht gravy*  
Per 100gms: 230 Cal | 20 gms Fat | 25 gms Protein | 0 g Carbs | 19 gms Fiber

## LOCAL APPETIZERS

- **Mumbai Mushroom Sukka** **390**  
*Mushroom dry masala made with fresh local ground spiced powder*  
Per 100gms: 140 Cal | 11 gms Fat | 4 gms Protein | 12 gms Carbs | 3 gms Fiber
- **Chicken Sukka** **540**  
*Chicken dry masala made with fresh local ground spiced powder*  
Per 100gms: 190 Cal | 15 gms Fat | 14 gms Protein | 6 gms Carbs | 1 gms Fiber
- **Rawa Fry/Tawa Masala-Surmai/Prawns** **710**  
*Surmai or prawns prepared your way - crispy rawa fry or flavourful tawa masala*  
Per 100gms: 180 Cal | 10 gms Fat | 16 gms Protein | 4 gms Carbs | 0 gms Fiber
- **Mutton (Sukka Loncha/Chops Sukka)** **550**  
*Mutton dry masala made with fresh ground spiced powder*  
Per 100gms: 220 Cal | 16 gms Fat | 18 gms Protein | 4 gms Carbs | 1 gms Fiber

## LOCAL MAIN COURSE SELECTION

- ■ **Kolhapuri (Mix Veg/Chicken/Mutton)** **330/540/600**  
*Assorted veg/chicken/mutton in spicy kolhapuri masala*  
Per 100gms: 130 Cal | 7 gms Fat | 4 gms Protein | 12 gms Carbs | 2 gms Fiber
- **Bharlele Wange/Matki Chi Usal/Besan Zunka/Pithla** **360**  
*Maharashtrian dishes made with local spices, showcasing hearty vegetables, sprouted legumes, and chickpea flour*  
Per 100gms: 150 Cal | 9 gms Fat | 3 gms Protein | 140 Carbs | 2 gms Fiber
- **Varan/Dal/Amti** **275**  
Per 100gms: 90 Cal | 2 gms Fat | 15 gms Protein | 10 gms Carbs | 1 gms Fiber
- **Matka Mutton** **600**  
*Delicious smoky flavoured mutton preparation blended with local masala and served in clay*  
Per 100gms: 240 Cal | 16 gms Fat | 20 gms Protein | 39 gms Carbs | 19 gms Fiber

## RICE SELECTION

- ■ **Biryani (Vegetable/Chicken/Mutton/Prawns)** **390/440/550/660**  
Per 100gms: 200 Cal | 10gms Fat | 4gms Protein | 32gms Carbs | 2gms Fiber
- **Steamed Rice/Jeera Rice/Curd Rice/  
Dal Khichdi/Millet Khichdi** **195/230/275/320/450**  
Per 100gms: 130 Cal | 0gms Fat | 12gms Protein | 28gms Carbs | 0gms Fiber
- **Pulao - Vegetable/Birista/Green Peas** **275**  
*Basmati Rice cooked in different styles and flavors of your choice*  
Per 100gms: 200Cal | 6gms Fat | 3gms Protein | 30gms Carbs | 19gms Fiber
- ■ **Fried Rice (Vegetable/Egg/Chicken)** **275/330**  
Per 100gms: 210 Cal | 16gms Fat | 56gms Protein | 10gms Carbs | 24gms Fiber

- ■ **Schezwan/Singapore Rice (Veg/Chicken)** **305/365**  
Per 100gms: 300 Cal | 20 gms Fat | 18 gms Protein | 12 gms Carbs | 18 gms Fiber
- ■ **Hakka Noodles (Veg/Chicken)** **275/330**  
Per 100gms: 300 Cal | 20 gms Fat | 18 gms Protein | 9 gms Carbs | 12 gms Fiber
- ■ **Schezwan/Singapore Noodles (Veg/Chicken)** **305/365**  
Per 100gms: 140 Cal | 7 gms Fat | 3 gms Protein | 15 gms Carbs | 4 gms Fiber

## CHOICE OF DAL

- **Dal Lasooni Tadka** **250**  
*Slow cooked yellow lentil tempered twice with spices and chilli*  
Per 100gms: 150 Cal | 5 gms Fat | 4 gms Protein | 20 gms Carbs | 19 gms Fiber
- **Dal Palak** **275**  
*A healthy and hearty combination of toor dal and spinach*  
Per 100gms: 130 Cal | 4 gms Fat | 5 gms Protein | 18 gms Carbs | 2 gms Fiber
- **Dal Makhani** **390**  
*Overnight cooked black lentil, finished with kastoori methi and white butter*  
Per 100gms: 190 Cal | 10 gms Fat | 6 gms Protein | 22 gms Carbs | 2 gms Fiber
- **Kadi Pakoda** **275**  
*A local favourite of curd and bengal gram flour, done in the style of your kitchen*  
Per 100gms: 160 Cal | 8 gms Fat | 4 gms Protein | 16 gms Carbs | 1 gms Fiber

## INDIAN BREADS

- **Roti (Plain/Butter)** **65/75**  
*Indian whole wheat bread cooked in charcoal pit fired oven*  
Per 100gms: 240 Cal | 6 gms Fat | 6 gms Protein | 42 gms Carbs | 2 gms Fiber
- **Naan/Garlic Naan Plain (Plain/Butter)** **100/135**  
*Clay baked Indian style bread made with all-purpose flour*  
Per 100gms: 260 Cal | 8 gms Fat | 7 gms Protein | 40 gms Carbs | 2 gms Fiber
- **Garlic Naan (Plain/Butter)** **120/155**  
Per 100gms: 270 Cal | 9 gms Fat | 7 gms Protein | 41 gms Carbs | 1 gms Fiber
- **Laccha Butter Paratha** **135**  
Per 100gms: 290 Cal | 12 gms Fat | 6 gms Protein | 38 gms Carbs | 2 gms Fiber
- **Kulcha Plain/Butter/Stuffed Kulcha** **100/120/195**  
Per 100gms: 250 Cal | 9 gms Fat | 6 gms Protein | 38 gms Carbs | 2 gms Fiber
- **Tawa Chapati/Fulka/Bhakri** **110**  
Per 100gms: 210 Cal | 4 gms Fat | 5 gms Protein | 35 gms Carbs | 2 gms Fiber
- **Stuffed Paratha** **195**  
*Stuffed Indian bread with choice of veggies/potato/onion*  
Per 100gms: 320 Cal | 15 gms Fat | 8 gms Protein | 38 gms Carbs | 2 gms Fiber

## DESSERTS

Choice of Ice Cream **220/275**

(Vanilla/Chocolate/Butterscotch/Strawberry/Kesar Pista)

*Ask your server for available flavours*

Per 100gms: 200 Cal | 10 gms Fat | 3 gms Protein | 24 gms Carbs | 0 gms Fiber

Belgium White & Dark Mousse **275**

*Velvety chocolate mousse, dusted with cocoa and served with berry coulis*

Per 100gms :120 Cal | 2 gms protein | 8 gms fat |10 gms carbs | 1 gms Fiber

Gulab Jamun **220**

*The hottest delight of fried reduced milk dumpling in sweet sugary syrup*

Per 100gms: 300 Cal | 10 gms Fat | 4 gms Protein | 45 gms Carbs | 0 gms Fiber

Halwa - Moong Dal **275**

*Halwa cooked in heavy ghee, sweetened with sugar*

Per 100gms: 350 Cal | 15 gms Fat | 5 gms Protein | 50 gms Carbs | 2 gms Fiber

Ayati's Special - Dakkhan Ka Mithas **330**

*Bread rolling malai, stuffed mava, dry fruit with rabdi*

Per 100gms: 200 Cal | 16 gms Fat | 5 gms Protein | 28 gms Carbs | 0 gms Fiber

## SOFT BEVERAGES

### MOCKTAILS

<b>Virgin Mojito</b>	<b>275</b>
<i>A refreshing mix of lime and mint, sweetened to taste</i>	
<b>Lychee Blossom</b>	<b>275</b>
<i>Light and fragrant mocktail made with lychee juice, citrus, and soda</i>	
<b>Piña Colada</b>	<b>275</b>
<i>Tropical blend of pineapple juice, coconut cream, and crushed ice, served as a creamy refreshing mocktail</i>	
<b>Orange Delight</b>	<b>275</b>
<i>Made with orange juice, lemon, and fizz</i>	
<b>Pomo Taki</b>	<b>275</b>
<i>Refreshing mocktail blending the flavor of pomegranate with a crisp soda twist</i>	
<b>Agal-Agal</b>	<b>275</b>
<i>Cool, refreshing drink made with kokam, lemon and soda</i>	

### OTHER BEVERAGES

<b>Red Bull</b>	<b>260</b>
<b>Tonic Water</b>	<b>130</b>
<b>Ginger Ale</b>	<b>130</b>
<b>Diet Coke</b>	<b>135</b>
<b>Fresh Lime Soda/Water</b>	<b>135</b>
<b>Soft Aerated Drink</b>	<b>110</b>
<b>Fresh Juice</b>	<b>240</b>
<b>Soda</b>	<b>85</b>
<b>Water Bottle</b>	<b>55</b>

### HOT BEVERAGES

<b>Tea</b>	<b>80</b>
<b>Hot Milk</b>	<b>110</b>
<b>BournVita</b>	<b>165</b>
<b>Hot Chocolate</b>	<b>165</b>