

Aujasya isn't a word. It's a way of life. And it isn't about how good you feel today. It's about how well you face tomorrow.

Choose today for a healthier tomorrow.

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.

This menu is primarily millet-based and consists of:

- Whole grains
- Lean protein
- Low-fat dairy
- Fruits and vegetables

We present a palate of your wellbeing by combining the elements above in requisite proportions. Together, these food groups provide complex carbohydrates, fibre, protein, and a small amount of fat.

To balance taste as well as health, start the day right with this healthy selection of foods.



BREAKFAST

SORGHUM RAVA IDLI Gluten free | Vegan



500

This fermented and steamed South Indian dish is consumed and embraced in India and all around the world. In this high fibre variation, rice is replaced by Sorghum Rava and served with drumstick sambhar and coconut chutney.

Low GI | MCT's Rich | Antioxidant-Rich | Cal: 400 • Protein: 17 • Fats: 14.5 • Carbs: 62.8 • Fibre: 11.2

PEARL MILLET PESARATTU Gluten free | Vegan



575

Made with fibre and iron packed bajra and served with coconut chutney and sambhar

Gluten-Free | Iron-Rich | Diabetic Friendly Cal: 397 • Protein: 16.2 • Fats: 9 • Carbs: 63.5 • Fibre: 13.8

■ BAKED EGG WITH SPINACH AND TOMATO Gluten



650

Goodness of eggs blended with the super green - Popeye the sailor got his strength from, served with multigrain toast.

High Protein | Omega- | Calcium-Rich Cal: 385 • Protein: 21.1 • Fats: 14.2 • Carbs: 44.2 • Fibre: 8.2

▲ FAB PANCAKE — MILLET PANCAKE Gluten free



650

Fingermillet / Amaranth / Barnyard millet—make this a FAB pancake with a wealth of nutrients, sweetened with organic jaggery and flavoured with dry ginger and fennel seeds.

High Fibre | High Protein | Calcium-Rich | Gluten-Free Cal: 355 • Protein: 10.2 • Fats: 12.2 • Carbs: 51.9 • Fibre: 7.6



BREAKFAST

FRUIT AND NUT – YOGHURT BOWL Gluten free



750

Seasonal fresh fruits and roasted nuts layered with fresh natural yoghurt

Natural Immunity Booster | Omega- Rich | Calcium-Rich Cal: 322 • Protein: 10.3 • Fats: 15.8 • Carbs: 36.2 • Fibre: 6.5

TOFU SCRAMBLE TOAST Gluten free | Vegan

650

Bean curd, Himalayan turmeric, green tomato, red bell pepper, fresh herbs and country style millet

Antioxidant-Rich | Immunity Boost | High-Protein

Cal: 287 • Protein: 13.58 • Fats: 17.2 • Carbs: 21.8 • Fibre: 7.3

SATTU PARATHA, KACHUMBER SALAD 📗

500

A popular dish in the Bihar region of India, made from organic roasted gram flour

High Protein | Calcium-Rich

Cal: 372 • Protein: 15.6 • Fats: 10.5 • Carbs: 53.9 • Fibre: 8.2



All prices are in Indian rupees. Government taxes as applicable.

À La Carte Breakfast MORNING SMOOTHIES & JUICES

	Freshly Squeezed Juices 110 Kcal Serving Size 200ml	450
	Orange Pineapple Watermelon	
	Tender Coconut Water 45 Kcal Serving Size 200ml	450
	Stress Less Smoothie 🖔 🍪 160 Kcal Serving Size 220gm	450
	Berries Flax Seeds Natural Yoghurt	
	Orange Banana & Oat Smoothie 🏻 😻 156 Kcal Serving Size 220gm	450
	Orange Rolled Oats Natural Yoghurt	
	Green Ginger Smoothie 📗 💗 134 Kcal Serving Size 220gm	450
	Baby Spinach Green Apple Natural Yoghurt	
	BREAKFAST SIGNATURES	
V V V V V V V V V V V V V V V V V V V	BREAKFAST SIGNATURES Vegan Banoffee & Muesli Toast 240 Kcal Serving Size 200gm	775
V V V V V V V V V V V V V V V V V V V		775
NGAS.	Vegan Banoffee & Muesli Toast ❤️ 🖐 240 Kcal Serving Size 200gm	775 755
VIVOS	Vegan Banoffee & Muesli Toast	
NIMAS	Vegan Banoffee & Muesli Toast 240 Kcal Serving Size 200gm Peanut Butter Caramelized Banana Almonds Avocado & Egg Toast 60 380.12 Kcal Serving Size 200gm	
	Vegan Banoffee & Muesli Toast	755
	Vegan Banoffee & Muesli Toast 240 Kcal Serving Size 200gm Peanut Butter Caramelized Banana Almonds Avocado & Egg Toast 60 380.12 Kcal Serving Size 200gm Poached Egg Guacamole Multigrain Toast Keema Par Eedu 60 480.32 Kcal Serving Size 200gm Regional speciality	755



EGGS TO ORDER

(ALL EGG ORDERS ARE SERVED WITH HASH BROWN & GRILLED TOMATO)



EUROPEAN BREAKFAST

Choose Your Cereal # 180 Kcal Serving Size 300gm	375
Chocos Muesli Wheat Flakes Corn Flakes	
Choose Your Milk Full Cream Milk Almond Milk Soy Milk Skimmed Milk	
Oatmeal Porridge 300 Kcal Serving Size 166gm Vegan option available Oats Milk Apricots	450
Signature Bircher Muesli 🧴 👹 📁 310 Kcal Serving Size 300gm	455
Oats Yoghurt Green Apple Almond	
Granola & Yoghurt Parfait 🧻 👹 355 Kcal Serving Size 300gm	455
Granola Honey Yogurt Fresh Fruits	
Belgian Waffle 📗 🖐 🍊 426 Kcal Serving Size 180gm	555
Maple Syrup Whipped Cream Berry Compote	
Pancakes 📋 🖐 🌔 426 Kcal Serving Size 180gm	555
Maple Syrup Whipped Cream Berry Compote	
French Toast 🧻 🖐 🌔 450 Kcal Serving Size 180gm	555
Maple Syrup Whipped Cream Berry Compote	



SIDES

Baked Beans 187 Kcal Serving Size 250gm Vegan	300
Sauteed Mushrooms 185Kcal Serving Size 250gm	300
Chicken Sausage / Chicken Salami 245 Kcal Serving Size 120gm	300
Honey Roasted Ham 310Kcal Serving Size 120gm	350
Bacon 320 Kcal Serving Size 120gm	350
BAKERS BASKET (CHOOSE ANY TWO)	300
Croissants 🧂 🐸 🕌 891 Kcal Serving Size 200gm	
Chocolate Plain Almond	
Danish Pastry 🧻 🐸 🖐 780 Kcal Serving Size 200gm	
Fresh Fruit Cherry Crumble	
Muffins 🧂 💗 🕌 326 Kcal Serving Size 200gm	
Chocolate Oats Plain	
Toast Bread 🖐 🧂 192 Kcal Serving Size 75gm	
White Bread Whole Wheat Bread Multigrain Bread Gluten free	



INDIAN BREAKFAST

Paratha	515
Stuff Indian Bread Cooked On Griddle Plain Potato Cauliflower Paneer	
● Puri Bhaji 🧂 👹 656 Kcal Serving Size 250gm	515
Deep Fried Whole Wheat Indian Bread Served With Potato Curry	
● Chole Bhature 🧻 🖐 742 Kcal Serving Size 250gm	515
Deep Fried Refined Flour Indian Bread Served With Chickpea Curry	
Dosa 220 Kcal Serving Size 180gm Regional specialty Gluten free	515
Indian Savoury Crepes Made With Rice And Lentils Served With Selection Of Chutney & Sambar Plain Masala Rawa Mysore	
■ Uttappam	515
Indian Savoury Pancake Made With Rice And Lentils Served With Selection Of Chutney & Sambar	
Masala Onion Podi	
■ Idli 300.16 Kcal Serving Size 200gm Regional specialty Gluten free	515
Steamed Rice Cakes Served With Selection Of Chutney & Sambar	



Medu Vada 📗 405.28 Kcal Serving Size 200gm Regional specialty	515
Deep Fried Dumpling Made With Lentil Served With Selection Of Chutney & Sambar	
Kanda Poha 🥌 240 Kcal Serving Size 200gm Vegan Gluten free	515
Stir Fry Flat Rice With Onion And Peanut Served With	
Sev, Onion & Lemon Wedges	
Ghee Pongal	515
Indian Style Porridge Made With Rice And Lentil Served With Selection Of Chutney, Ghee & Sambar	
Vegetable Upma 🏻 😻 158 Kcal Serving Size 200gm Regional specialty Gluten free	515
Indian Style Porridge Made With Semolina Served With Selection Of Chutney, Ghee & Sambar	







The vigour of life





Aujasya by the Leela is a holistic wellness program - a healthy lifestyle reacted 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.

AUJASYA À LA CARTE

SOUPS

🧻 GIRNAR BUTTERNUT SQUASH AND GROUNDNUT 🧻 🐸 🦫 🖠 Millet bread crostini, low-fat cheese, nutmeg, dill leaves





₹600

Protein | Vitamin A | Mono and Poly Unsaturated Fats | Immunity Booster Cal: 217.2 Kcal • Protein: 6.6 gm • Fats: 10.2 gm • Carbs: 26.7 gm • Fiber: 5.5 gm

MALABAR KALE BROCCOLI AND COCONUT

₹600

A blend of nutritive greens, fresh coconut milk, silken tofu

Protein | Vitamin K | Calcium | Fiber | MCT's | Immunity Booster Cal: 191 Kcal • Protein: 7.5 gm • Fats: 13.8 gm • Carbs: 14.2 gm • Fiber: 5 gm

Free-range chicken, cage-free eggs, young ginger, pok choy





₹650

Protein | Vitamin D | Omega - 3 Fats | Immunity Booster

Cal: 210 Kcal • Protein: 19 gm • Fats: 12.8 gm • Carbs: 5.6 gm • Fiber: 1.7 gm

SEASONAL MUSHROOM AND THYME
\$\begin{align*} \pma_\limin\$ & \$\pma_\limin\$





₹650

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

Protein | Fiber | Zinc | Potassium | B Vitamin | Antioxidant Cal: 145.7 Kcal • Protein: 6.1 gm • Fats: 7.6 gm • Carbs: 14.7 gm • Fiber: 2.2 gm





Leela Signature | Sustainably Sourced Fish and Seafood







Vegetarian







Lactose

















Peanuts

Crustaceans Mustard





SALADS

DECCAN AVOCADO YOUNG SPINACH AND CITRUS 👖 🐇



₹650

Fresh pears, toasted walnuts, smoked yogurt dressing

Protein | Fiber | Healthy Fats | Vitamin C and A | Iron | Zinc | Antioxidant Cal: 279 Kcal • Protein: 5.6gm • Fats: 12.7gm • Carbs: 19.8 gm • Fiber: 7.7 gm

THAR QUINOA, BEET AND GOAT MILK CHEESE

Protein | Fiber | Iron | Antioxidant | Gluten-Free







₹650

Slow-roasted Ash gourd, baby spinach, goat cheese, acai powder

Cal: 274 Kcal • Protein: 10gm • Fats: 12.5gm • Carbs: 30 gm • Fiber: 7.3 gm





Leela Signature | Sustainably Sourced Fish and Seafood

















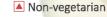


Gluten

Crustaceans

Vegetarian

Mustard



SMALL PLATES

| HIMALAYAN EARTH BOWL | # # 4

₹800

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

Protein | Zinc | Iron | Antioxidant | Gluten-Free

Cal: 460 Kcal • Protein: 28.3gm • Fats: 19.2gm • Carbs: 56 gm • Fiber: 8.2 gm

BARLEY AND BEETROOT QUINOTTO \$\bar{\cap}\$ \$\begin{aligned} \bar{\cap} \end{aligned}\$

₹800

Slow cooked grains, roasted beetroot, low fat cheese, arugula, sunflower seeds

Protein | Iron | Copper | Selenium | Antioxidant | Nitrates

Cal: 443 Kcal • Protein: 16.7gm • Fats: 12.4gm • Carbs: 56.6 gm • Fiber: 13.2 gm

MULTIGRAIN CRÊPE 🌭 🕌

₹650

Courgetti and sundried tomato caponata, zucchini, plum tomato, tofu

Protein | Fiber | Iron | Calcium | Antioxidant

Cal: 310.4 Kcal • Protein: 16.7gm • Fats: 9.4gm • Carbs: 42.5gm • Fiber: 8.2 gm

MUQABILAT \(\backslash \text{ \(\begin{array}{c} \b

₹800

Edamame green pea hummus, organic chickpea falafel, 7 seed pita, fattoush

Protein | Fiber | Omega-3 Fatty Acids | Antioxidant | Immunity Booster

Cal: 341 Kcal • Protein: 10.8 gm • Fats: 16.5gm • Carbs: 39.2 gm • Fiber: 10 gm



| Vegan

Vegetarian

Non-vegetarian

SMALL PLATES

🔼 KOCHI BAY GRILLED PRAWNS 🕺 🍩 🌭 🖠 🤬



₹1050

Thar watermelon, roasted beetroot puree, crisp hydroponic kale, millet breadcrumbs with locally sourced prawns

Protein | Selenium | Zinc | B Vitamins | Vitamin E | Omega-3 Fatty Acids | Antioxidant Cal: 188.1 Kcal • Protein: 24.8 gm • Fats: 5.6 gm • Carbs: 10.3 gm • Fiber: 1.6 gm

LARGE PLATES

64-DEGREE CHICKEN BREAST #

₹1625

Lime and parsley barley, pickled radish, shaved asparagus, and tomato salad, pan jus

Protein | Fiber | Selenium | B Vitamins

Cal: 410Kcal • Protein: 34.8 gm • Fats: 14.7 gm • Carbs: 33 gm • Fiber: 8.2 gm



₹1975

Locally sourced Gujarat Bay red snapper, roasted sweet potato crush, Valencia orange nage

Protein | Selenium | A and B Vitamins | Omega-3 Fatty Acids

Cal: 208.7 Kcal • Protein: 21.8 gm • Fats: 8.6 gm • Carbs: 10.5 gm • Fiber: 3 gm



LARGE PLATES

FAB SPAETZLE



₹950

Handmade pasta known as 'little sparrow,' enriched with Finger, Amaranth and Barnyard millet flours, fresh herbs crumble, olive oil We use cage-free eggs as an ingredient while crafting our handmade spaetzle Choice of fresh vegetables or free-range chicken

Protein | Fiber | Iron | Niacin | Antioxidant

Veg -Cal: 265.7 Kcal • Protein: 8.2 gm • Fats: 12.8 gm • Carbs: 30.3 gm • Fiber: 4.9 gm Chicken - Cal: 295 Kcal • Protein: 13.8 gm • Fats: 13.6 gm • Carbs: 29.4 gm • Fiber: 4.5 gm



₹900

Spinach and Himalayan millet risotto, sundried tomatoes, wilted greens and confit garlic

Protein | Fiber | Iron | Vitamin C | Antioxidant

Cal: 440Kcal • Protein: 16.5gm • Fats: 16gm • Carbs: 60gm • Fiber: 11gm



₹1050 / 1250

A blend of red and yellow quinoa handpicked fragrant spices, avocado and mint raita, spiced tapioca cracker Choice of farm fresh vegetables or free-range chicken

Protein | Fiber | Folate | Antioxidant | Gluten-Free

Veg - Cal: 494Kcal • Protein: 18qm • Fats: 17.7qm • Carbs: 67.4qm • Fiber: 12.5qm Chicken - Cal: 545Kcal • Protein: 30.6gm • Fats: 19.6gm • Carbs: 61.4gm • Fiber: 10gm



DESSERTS



₹650

Monk fruit extract sweetened milk pudding, cardamom powder, raisins, almond and cashew nuts

Protein | Fiber | Vitamin K | Antioxidant | Sugar-Free

Cal: 147 Kcal • Protein: 4.8 gm • Fats: 10.2 gm • Carbs: 9.3 gm • Fiber: 1.5 gm

🔼 BITTER CHOCOLATE ORANGE PAVÉ 🕺 🌔 🐇



₹650

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

Vitamin C | Iron | Antioxidant | Gluten-Free | Sugar-Free

Cal: 192Kcal • Protein: 3.6gm • Fats: 15.8gm • Carbs: 2.7gm • Fiber: 0.7gm

WILD BERRY POPSICLE

₹600

Childhood memories are 'Quintessentially' frozen, a flavorful liquid of raspberries, blueberries, cherries and mint

Fiber | Vitamin C | Manganese | Antioxidant | Gluten-Free

Cal: 83.3 Kcal • Protein: 0.9 gm • Fats: 0.2 gm • Carbs: 20.4 gm • Fiber: 1.8g



SALADS

£ 🛕	Caesar Salad 🕴 🗓 📂 🌔 595 Kcal Serving Size 250gm	1200
	Young Romaine Poached Organic Eggs House Made Garlic Brioche Croutons Thyme and Mustard Chicken Parmesan Cheese Caesar Dressing Add on: Canadian Crispy Bacon or Anchovies	
£ 📵	Som Tam 🖋 🖐 186.26 Kcal Serving Size 250gm (Vegan)	875
	Raw Papaya Lime Tamarind Dressing Bird Eye Chilies	
	Classic Greek Salad 🗓 338 Kcal Serving Size 250gm (Gluten Free)	1025
	Kalamata Olives Caper Berries Feta Oregano	
	Burrata Salad 🚨 📋 496.88 Kcal Serving Size 250gm (Gluten Free)	1275
	Plum Tomatoes Pesto mesclun	



SOUPS

£	Mulligatawny Soup Serving Size 200 ml	
	Red Lentils and Aromatic Spices Served With "Appalam" (Rice Poppadum), Puffed rice and Lemon Podlum.	
	Vegetarian 296 Kcal – soup served with a garnish of vegetables tossed in virgin coconut oil.	700
	Non-vegetarian 299 Kcal - soup served with a garnish of diced chicken tikka.	750
£	Tom Yum Soup Serving Size 200 ml	
•	Vegetable 342.26 Kcal Serving Size 300ml (Vegan)	850
	Chicken 420 Kcal Serving Size 300ml	875
	Prawns 352.22 Kcal Serving Size 300ml (Locally sourced)	900
	Pepper Rasam 200.28 Kcal Serving Size 300ml (Vegan, Gluten Free) South Indian Style Black Pepper Flavored Broth	525
	Cream of Mushroom ♥ ☐ 265.86 Kcal Serving Size 300ml Truffle Essence Garlic Crostini	800
	Vegetable Hot & Sour Soup 321.28 Kcal Serving Size 300ml Shitake Mushroom Black Fungus Silken Tofu	875
	Minestrone Soup / 119.11 Kcal Serving Size 300ml Vegetables Pesto Pasta	875

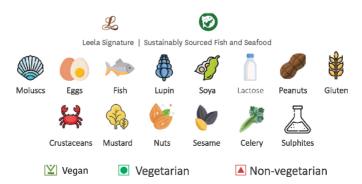


APPETIZERS

L 🛕	Tandoori Chicken 712 Kcal Serving Size 300gm	1700
	Unique blend of spices, yogurt, and the tandoor cooking which imparts	
	a distinct smoky flavor	
£ •	Multani Paneer Tikka 438 Kcal Serving Size 200 gm	1100
	Chilli & Yoghurt Marinated Cottage Cheese Cooked in Clay Oven	
	Subz Aur Khubani Ki Seekh 1407.17 Kcal Serving Size 250gm (Gluten Free)	1050
	Skewered vegetable and Apricot Kebab served with Mint Chutney	1050
	Thai Corn Fritters \$ 874.82 Kcal Serving Size 250gm (Vegan)	950
	Thai Style Corn Cakes Served with Sweet Chilli Sauce	
	Pacha Mirapakaya Kozhi Vepudu 🌔 455.16 Kcal Serving Size 250gm	1075
	South Indian Spices Marinated Fried Chicken Morsels	
	Satay Gai 🥒 🖐 1270 Kcal Serving Size 250gm	1075
	Thai Herb Marinated Chicken Satay Served With Peanut Sauce	
	Achari Murgh Tikka 🚯 📋 612.35 Kcal Serving Size 250gm	1100
	Pickling Spices & Yoghurt Marinated Chicken Morsels Cooked In Clay Oven	
	Meen Tawa Fry 🐎 1423.46 Kcal Serving Size 250gm	1450
	Madras Spices & Curry Leaf Marinated locally sourced fish Cooked on Griddle	
	Gilafi Seekh Kebab 🧂 941.82 Kcal Serving Size 250gm	1500
	Skewered Lamb Kebab Cooked In Clay Oven	
	Karikudi Prawn Thoval 👪 191.04 Kcal Serving Size 220gm	1600
	Hand Pounded South Indian Spices Marinated locally sourced Prawns Cooked on Griddle	
	Leela Signature Sustainably Sourced Fish and Seafood	
	Moluscs Eggs Fish Lupin Soya Lactose Peanuts Gluten	
	Crustaceans Mustard Nuts Sesame Celery Sulphites	
	■ Vegetarian ▲ Non-vegetarian	

SANDWICHES | BURGERS | WRAPS

£	Submarine Sandwich	1300
	Vegetarian - 1236 Kcal Serving Size 400 gm	1200
	Non-vegetarian - 1331 Kcal Serving Size 500 gm	1300
	Multigrain bread filled with avocado, bocconcini and organic tomatoes.	1300
	Classic bread filled with honey glazed ham, Emmenthal cheese, hass avocado, bocconcini and organic tomatoes	
£	The Leela Burger	
<i>&</i>	I Serving Size 500 gm	
	Veg - 787 Kcal Non-veg - 941 Kcal	
	De-constructed elements, amalgamating into a bite of textures & flavors.	
	Vegetarian: Vegetable burger	1200
	Non-Vegetarian: Chicken burger	1300
£	The Leela Club Sandwich	
	Veg 415.68 Kcal Serving Size 300gm	1250
	Grilled Vegetables Avocado Coleslaw Lettuce	
	Non-Veg 🕻 🌎 871.26 Kcal Serving Size 300gm	1250
	Sous Vide Chicken Chicken Salami Fried Egg Lettuce	1350
	Choice of White, Whole Wheat, Multi Seed Bread Served with French Fries	
	and House Salad	
TISA	Plant Based Burger (Vegan) 😻 797.81 Kcal Serving Size 300gm	1150
	Hummus Avocado Tomato Vegan Bun	



SANDWICHES | BURGERS | WRAPS

Bombay Masala Sandwich / 821.32 Kcal Serving Size 300gm Cheese Vegetables Mint Chutney Beetroot Peanut Potato	1075
Grilled Chicken & Cheese Sandwich 310.32 Kcal Serving Size 300gm Sous Vide Chicken Melted Cheese	1175
Lamb Burger ♥ 1091.3 Kcal Serving Size 300gm Cheese Slice Sautéed Onions Mushroom BBQ Sauce Sesame Bun	1600
Kolkata Kathi Roll Flaky Paratha Kasundi Sliced Onion	
Bhuna Paneer 🐞 📗 753.12 Kcal Serving Size 300gm	1100
Bhuna Chicken 🛊 🖟 🌔 844.36 Kcal Serving Size 300gm	1125



PIZZA [12pm - 11pm]

Neapolitan Style 12" Pizza, Whole Wheat and Gluten Free Option Available

Margherita 🕴 🗓 786.25 Kcal Serving Size 320gm	1175
Fresh Mozzarella Basil Pomodoro	
Wild Mushroom 🐞 🗂 939.88 Kcal Serving Size 320gm	1300
Sauteed Wild Mushrooms Truffle Essence Garlic Confit	
Braccio De Ferro 🕸 🧴 682.46 Kcal Serving Size 320gm	1350
Wilted Spinach Burrata Fresh Mozzarella	
Pollo Arrosto 🛊 🗂 1201.30 Kcal Serving Size 320gm	1350
Roast Chicken Sun Dried Tomatoes Mozzarella	
Chicken Tikka and Mint 🐉 🗓 1254.06 Kcal Serving Size 320gm	1350
Murgh Tikka Mint Onions	
Frutti De Mare 🕻 🖟 🤐 🍅 1091.87 Kcal Serving Size 320gm Sustainably & Locally sourced Calamari Prawns Crab Meat	1425



PASTA & RISOTTO

£ 🛕	Aglio-e-Olio with Prawns	1550
	With fresh garlic slices, extra virgin olive oil and fresh herbs, served along a refreshing rucola & orange salad & Leela sourdough garlic bread toast.	
	Arrabiatta ♥ 363.14 Kcal Serving Size 350gm	1175
	Pomodoro Basil Extra Vergin Olive Oil	
	Pesto 👹 🛔 🕴 949.70 Kcal Serving Size 350gm	1175
	Pinenuts Basil Parmesan	
	Al Fredo 🕴 🕺 892.23 Kcal Serving Size 350gm	1315
	Roast Chicken Cream Parmesan	
	Seafood \$ ₩ > 607.45 Kcal Serving Size 350gm	1350
	Sustainably sourced Prawns Calamari Pomodoro	
	Lamb Bolognaise 958.14 Kcal Serving Size 350gm Lamb Mince Rosemary	1375
	Choices of Penne, Fusilli, Spaghetti, Tagliatelle, Linguine, Gluten Free, Whole Wheat	40==
	Truffle Mac & Cheese # 248.34 Kcal Serving Size 350gm	1375
	Macaroni Swiss Cheese Sharp Cheddar Truffle Essence	
	Asparagus & Almond Tortellini 🕸 🗓 ጮ 664.38 Kcal Serving Size 350gm	1400
	Spinach Cream	
	Spectra Vegetable Risotto 650.79 Kcal Serving Size 250gm Asparagus Green Pea Pomodoro	1200
	Chicken and Mushroom Risotto 915.48 Kcal Serving Size 250gm Wild Mushroom Black Pepper Chicken Marco Pollo Spice Mix	1375



WESTERN MAINS

£ 🛕	Braised Chicken with Morels & Pilaf 🧂 568 Kcal Serving Size 420 gm	1400
	Bresse chicken, shallots, fresh herbs, wine-soaked morels mushroom and serve with herb butter p	oilaf.
	Potato And Mushroom Stack 517.36 Kcal Serving Size 300gm (Gluten Free)	1400
	Mushroom Ragout Goat Cheese Cream Herb Oil	
	Eggplant Parmigiana 🐉 🗂 315,26 Kcal Serving Size 300gm	1400
	Parmesan Cheese Fried Eggplant Pomodoro Sauce	
	Fish And Chips 🐞 ѩ 锅 688.12 Kcal Serving Size 300gm	1700
	Batter fried locally sourced fish Tartare Sauce Malt Vinegar French Fries	



WESTERN GRILL

▲ Grilled Chicken with Peppercorn Jus	1875
☐ Grain Fed Tenderloin with Rosemary Jus ☐ 867.82 Kcal Serving Size 350gm	2000
☐ Grilled Jumbo Prawns with Caper Butter Emulsion ☐ 404.71 Kcal Serving Size 350gm (Locally Sourced Kerala Prawns)	2000
Norwegian Crispy Skin Salmon with Beurre Blanc (Sustainably sourced) Serving Size 350gm 926.04 Kcal	2100
New Zealand Lamb Chops with Mint Jus [614.99 Kcal Serving Size 350gm	3300

All grills are served with mashed potatoes / roast potatoes & sautéed vegetables



JAPANESE

SOUP & APPETIZERS

Miso Shiru ♥ ♥ 105 Kcal Serving Size 300ml (Vegan)	800
Silken Tofu Spring Onion Soya Bean Paste	
Steam Edamame 🧳 🛊 302.1 Kcal Serving Size 250gm (Vegan)	925
Sea Salt Togarashi	
Vegetable Tempura 🇳 🖐 302.1 Kcal Serving Size 250gm (Vegan)	1050
Mayonnaise Spring Onion	
Prawn Tempura 🐸 💆 🖐 312 Kcal Serving Size 250gm	1300
Locally sourced Kerala Prawns Mayonnaise Spring Onion	



SUSHI

NON VEGETARIAN ROLLS

Spicy Maguro Uramaki 🎻 🖒 🖟 🕻 🚺 | 553.84 Kcal | Serving Size 160gm 925 Tuna | Spring Onion | Spicy Mayonnaise (Sustainably Sourced) Ebi Tempura Futomaki 🎻 🖒 🕍 🕍 | 610.57 Kcal | Serving Size 160gm 1050 Tempura Prawn | Spicy Mayonnaise | Cucumber (Locally Sourced) Sake Uramaki 4 | 628.58 Kcal | Serving Size 160gm 1125 Salmon | Spring Onion | Tobiko (Sustainably Sourced) California Uramaki 6 4 1 612.6 Kcal | Serving Size 160gm 1425 Crab Stick | Avocado | Tobiko (Sustainably Sourced) VEGETARIAN ROLLS ● Avocado Yasai Uramaki 🐠 🌭 349.07 Kcal | Serving Size 250gm 775 Sesame Seeds | Japanese Mayonnaise | Cucumber Vegetable Tempura Uramaki ♥ | 313.14 Kcal | Serving Size 250gm 825 Japanese Mayonnaise | Teriyaki Sauce

■ Asparagus & Cream Cheese Futomaki 4 309.18 Kcal | Serving Size 250gm 975

Asparagus | Cream Cheese | Japanese Mayo



SASHIMI (Served 3 Pieces)

Suzuki �� ▶ \$ 151.51 Kcal Serving Size 65gm	525
Sustainably Sourced Seabass	
Maguro 🎻 🍅 🍍 159.18 Kcal Serving Size 65gm	800
Sustainably Sourced Tuna	
Sake 🧳 👝 🛊 143.18 Kcal Serving Size 65gm	800
Sustainably Sourced Salmon	
Hamachi �� № # 159.18 Kcal Serving Size 65gm	850
Sustainably Sourced Yellow Tail Tuna	
Hotate 🎻 🌑 🛊 152.19 Kcal Serving Size 90gm	850
Sustainably Sourced Scallop	
NIGIRI (Served 3 Pieces)	
Sake 🎻 🛰 🛊 366.87 Kcal Serving Size 80gm	900
Sustainably Sourced Salmon	
Maguro 🧳 🛰 🛊 336.68 Kcal Serving Size 80gm	900
Sustainably Sourced Tuna	
Hamachi ﴿ ♦ ♦ 336.68 Kcal Serving Size 80gm	950
Sustainably Sourced Yellow Tail Tuna	
Hotate 🎻 🌑 🛊 321.14 Kcal Serving Size 80gm	950
Sustainably Sourced Scallop	
Moluscs Eggs Fish Lupin Soya Lactose Peanuts Gluten	
🔐 🚱 🕍 🥦 月	
Crustaceans Mustard Nuts Sesame Celery Sulphites	
VegetarianNon-vegetarian	

ASIAN MAINS [12pm-11pm]

All Curries are served with Jasmine Rice

Tahoo Phad Kaprow 🛊 🎻 689.33 Kcal Serving Size 350gm (Vegan)	1050
Stir Fry Tofu Chilli Basil Sauce	
Stir Fried Asian Greens 🛊 🎻 318.77 Kcal Serving Size 350gm (Vegan)	1050
Broccoli Pokchoy Asparagus Golden Garlic	
Vegetable Green Curry 483.27 Kcal Serving Size 350gm (Vegan Gluten Free)	1225
Lemon Grass Pea Aubergine Mélange of Vegetables Jasmine Rice	
Gai Ka Prow 😂 🗢 🛷 🖐 812.63 Kcal Serving Size 350gm	1375
Thai Inspired Wok Tossed Mince Chicken Fragrant Basil Bird's Eye Chilli	
Thai Chicken Red Curry > 1581.41 Kcal Serving Size 350gm (Gluten Free)	1400
Galangal Kaffir Lime Leaves Chicken Morsel Jasmine Rice	
Gai Phad Medmamuang 🕞 🛷 😽 791.93 Kcal Serving Size 350gm	1475
Wok Fried Chicken Cashewnuts Waterchestnut Dry Chillies	
Goong Phad Ka Prow 😂 🍅 🇳 🖁 812.63 Kcal Serving Size 350gm	1700
Stir Fried locally sourced prawns Fish Sauce Hot Basil Chilli	
Pla Neung 🐎 🕌 801.91 Kcal Serving Size 350gm	1750
Steamed locally sourced fish Chilli-lemongrass Nam Pla	





Leela Signature | Sustainably Sourced Fish and Seafood



Vegetarian

▲ Non-vegetarian

Phad Thai

Flat Noodle s| Assorted Vegetables | Crushed Peanuts | Tamarind Sauce

Vegetable #	1075
△ Chicken 🛊 🐗 🥒 337.85 Kcal Serving Size 350gm	1100
Prawns ₩��� № 524.85 Kcal Serving Size 350gm locally sourced	1175

Wok Tossed Rice

Jasmine Rice | Light Soya | Vinegar

● Vegetable 🐠 🖔 689.33 Kcal Serving Size 350gm	1100
▲ Egg 6 4 8 326.34 Kcal Serving Size 350gm	1050

Prawns 🕌 🏈 🕯 🕟 | 710.36 Kcal | Serving Size 350gm locally sourced



INDIAN MAINS

L 🔵	Dal Tadka 🖔 366.63 Kcal Serving Size 300gm (Gluten Free)	1000
	Split Yellow Lentils Tempered With Clarified Butter	
& 💽	Dal Jamavar 🧂 626.26 Kcal Serving Size 350 gm (Gluten Free)	1100
	Slow cooked black dal made with handpicking the finest ingredients and using our own house made Garam masala that makes it unique and a signature.	
	Amritsari Chole 🖔 687.32 Kcal Serving Size 300gm (Gluten Free)	975
	Chickpea Curry Cooked With Clarified Butter & Flavored With Dry Pomegranate	
•	Subz Diwani Handi 📋 354.06 Kcal Serving Size 300gm (Gluten Free)	1050
	Melange Of Vegetables Cooked With Spinach & Fenugreek Leaves	
	Vegetable Stew 211.38 Kcal Serving Size 300gm (Gluten Free)	1050
	Kerala Style Mix Vegetable Stew Cooked With Coconut Milk	
	Your Choice of Paneer 🍪 🧴 Serving Size 300gm (Gluten Free)	1325
	Choice of Kadhai, Palak and Butter Masala	
		-

All Indian Main Courses Are Served With a Choice Of Steamed Rice Or An Indian Bread



Madras Meen Kozhambu 🍅 211.08 Kcal Serving Size 300gm	1400
Locally sourced Fish in a tangy Curry Cooked with Madras spices & Tomato	
Gosht Rogan Josh 🖟 629.29 Kcal Serving Size 300gm	1700
Lamb Cooked with Kashmiri Chilis & Pounded Spices	
Chettinad Kozhi Kozhambu 🕺 243.02 Kcal Serving Size 300gm	1500
Spicy South Indian Style Chicken Curry Cooked With Chettinad Spices & Black Pepper	
Classic Butter Chicken 🍯 📋 1266.36 Kcal Serving Size 300gm	1500
Clay Oven Charred Chicken Cooked In Tomato Cashew Gravy And Finisned With Butter & Cream.	
Alleppey Chemmen Curry ¥ 240.9 Kcal Serving Size 300gm	1675
Kerala Style Locally Sourced Prawn Curry Cooked With Coconut Milk & Raw Mango	
Kerala Erachi Stew 💗 623.81 Kcal Serving Size 300gm	1700
Kerala Style Lamb Stew Cooked With Coconut Milk, Onion & Green Chili	

All Indian Main Courses Are Served With a Choice Of Steamed Rice Or An Indian Bread



BIRYANI

£ 💽	Awadhi Subz Biryani 🗓 678.28 Kcal Serving Size 400gm	1300
	Rice Cooked with Vegetables & Aromatic Indian Spices	
L 🛕	Awadhi Murgh Dum Biryani 🧂 755.96 Kcal Serving Size 400gm	1600
	Rice Cooked with Chicken & Aromatic Indian Spices	
£ 🛕	Awadhi Gosht Dum Biryani 🗓 808.68 Kcal Serving Size 400gm	1700
	Rice Cooked with Lamb & Aromatic Indian Spices	
	BREADS & STAPLES	
	Raita / Pacchadi 120.12 Kcal Serving Size 300ml	300
	Malabar Paratha 🗯 309.56 Kcal Serving Size 150gm	300
	Roti 222.6 Kcal Serving Size 80gm	300
	Garlic Naan 🕴 🕺 239.36 Kcal Serving Size 80gm	310
	Laccha Paratha 🕴 🗓 226.32 Kcal Serving Size 80gm	325
	Masala Cheese Kulcha 🕴 📋 314.79 Kcal Serving Size 80gm	350
	Appam 132.72 Kcal Serving Size 150gm (Vegan)	375
	Kal Dosa 268.63 Kcal Serving Size 150gm (Vegan)	375
	Steamed Basmati Rice 270.15 Kcal Serving Size 300gm	425
	Pilaf Rice 289.32 Kcal Serving Size 300gm	450
	La companya di santa	



DESSERTS

£ 🔵	■ Kesar Pista Kulfi 🖁 🗓 324.50 Kcal Serving Size 150 gm					750	
£ 🛕	Tiramisu 📋 338.88 Kcal Serving Size 120 gm					750	
	Kahlua Mascarpone Savoiardi						
L 🛕	Chocolate Brownie 🐞 👗 466 Kcal Serv	ing Size 1	.00gm 65	50			650
	Walnut Vanilla Ice Cream						
						-	
	Gulab Jamun 🖐 🧴 539 Kcal Serving Siz	ze 80gm					550
	Seasonal Fresh Fruit Platter 560	Kcal Ser	ving Siz	e 80gn	(Vegan	Gluten Free)	600
	Selection Of Ice Creams 630 Kcal Se	erving Siz	e 100gm	l			600
	Kindly Ask Server for Available Flavors Sugar	Free optio	ns availa	able			
	Selection Of International Cheese \$	630 K	cal Ser	ving Si	ze 100gn	n	1050
	Tahitian Vanilla Bean Crème Brulee	1895 Kc:	al Servi	ing Siz	e 100gm		600
	Vanilla Bean Brulee Ginger Madeleine Mint S				v roogii		•••
	▲ Warm Sticky Date Pudding 🐉 🗂 290 Kcal Serving Size 100gm					650	
	Sticky Date Pudding Caramel Sauce Vanilla I	ce Cream					
	Tab Tim Krob 290 kcal Serving Size	100 gm	(Vega	n Gl	uten Fi	ree)	750
	Thai Delicacy Water Chestnut Coconut Milk	9	(, , ,				750
	$oldsymbol{arphi}$		6	2			
	Leela Sign) ature Sustai	inably Sourc	ed Fish a	nd Seafood		
		A	<i>Æ</i>	_		₩	
	Moluscs Eggs Fish	Lupin	Soya	Lactose	Peanuts	Gluten	
	11010000 11011	A	Soya	actosc .	F	diaterr	
		3		-5			
Crustaceans Mustard Nuts Sesame Celery Sulphites							
	■ Vegetarian ▲ Non-vegetarian						
	Please let your server know if you are allergic to any food ingredient						

MIDNIGHT MENU [11PM-6AM]

	SOUP	875
£	Minestrone Soup 119.11 Kcal Serving Size 300ml	
	Vegetable Pesto Pasta	
£ •	Mulligatawny Soup Serving Size 200 ml Red Lentils and Aromatic Spices Served With "Appalam" (Rice Poppadum) Puffed rice and Lemon Podlum	
	Vegetarian 296 Kcal - soup served with a garnish of vegetables tossed in virgin coconut oil.	700
	Non-vegetarian 299 Kcal - soup served with a ganish of diced chicken tikka.	750
	SANDWICHES & BURGERS	
£ •	The Leela Burger ☐ ♥ Serving Size 500 gm Veg - 787 Kcal Non-veg - 941 Kcal	
	De-constructed elements, amalgamating into a bite of textures & flavors.	1200
	Vegetarian: Vegetable burger	1200
	Non-Vegetarian: Chicken burger	1300
	Bombay Masala Sandwich 🧂 💐 821.32 Kcal Serving Size 300gm	1075
	Cheese Vegetables Mint Chutney	



SANDWICHES & BURGERS

Leela Club Sandwich

Veg # 415.68 Kcal Serving Size 300gm	1250
Grilled Vegetables Avocado Coleslaw Lettuce	

- Non-Veg 86 | 871.26 Kcal | Serving Size 300gm Sous Vide Chicken | Chicken Salami | Fried Egg | Lettuce
- Lamb Burger ♥ Î ► | 1091.3 Kcal | Serving Size 300gm
 Cheese Slice | Sautéed Onions | Mushroom | Bbq Sauce | Sesame Bun

Choice of White, Whole Wheat, Multi Seed Bread Served with French Fries and House Salad







Leela Signature | Sustainably Sourced Fish and Seafood



PASTA

Aglio-e-Olio with Prawns | 1770 Kcal | Serving Size 250 gm (Locally Sourced Prawns)

With fresh garlic slices, extra virgin olive oil and fresh herbs, served along a refreshing rucola & orange salad & Leela sourdough garlic bread toast.

Arrabiatta | 363.14 Kcal | Serving Size 350gm Pomodoro | Basil | Extra Vergin Olive Oil

Pesto | 1949.70 Kcal | Serving Size 350gm Pinenuts | Basil | Parmesan Choices of Penne, Fusilli, Spaghetti, Tagliatelle, Linguine, Gluten Free, Whole Wheat



INDIAN MAINS

£ •	Dal Tadka 366.63 Kcal Serving Size 300gm (Gluten Free)	1000
	Split Yellow Lentils Tempered with Clarified Butter ——————————————————————————————————	_
	Paneer Butter Masala [6 384.15 Kcal Serving Size 300gm Cottage Cheese Cooked in Butter Tomato & Cashew Nut Gravy	1325
A	Madras Meen Kozhambu > 211.08 Kcal Serving Size 300gm Locally sourced Fish Tangy Curry Cooked with Madras Spices & Tomato	1400
	Gosht Rogan Josh 🗓 629.29 Kcal Serving Size 300gm Lamb Cooked with Kashmiri Chilis & Pounded Spices	1700
	Chettinad Kozhi Kozhambu 📋 243.02 Kcal Serving Size 300gm Spicy South Indian Style Chicken Curry Cooked with Chettinad Spices & Black Pepper	1500



BIRYANI

£	Awadhi Subz Biryani 🗓 678.28 Kcal Serving Size 400gm	1300
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	Rice Cooked with Chicken & Aromatic Indian Spices	
£ 🛕	Awadhi Gosht Dum Biryani 🧂 808.68 Kcal Serving Size 400gm	1700
	Rice Cooked with Lamb & Aromatic Indian Spices	
		_
	BREADS & STAPLES	
	Raita / Pacchadi	300
	Raita / Pacchadi 120.12 Kcal Serving Size 300ml Malabar Paratha 309.56 Kcal Serving Size 150gm	300 300
	Malabar Paratha 🕴 309.56 Kcal Serving Size 150gm	300



DESSERTS

L 🔺	Chocolate Brownie 🍍 🧂 466 Kcal Serving Size 100gm	650
L 💽	Walnut Vanilla Ice Cream Kesar Pista Kulfi	750
L 🔵	Tiramisu 🛊 👖 338.88 Kcal Serving Size 120 gm	750
	Kahlua Mascarpone Savoiardi	
	Gulab Jamun ♥ 🗓 539 Kcal Serving Size 80gm	550
	Seasonal Fresh Fruit Platter 560 Kcal Serving Size 80gm (Vegan Gluten Free)	600



NON-ALCOHOLIC BEVERAGES

Selection of Tea	350
Choice Of Assam, Darjeeling, English Breakfast, Green, Jasmine Peppermint and Chamomile	
Selection of Coffee	350
Choice Of Americano, Espresso, Cappuccino, Caffe latte, Macchiato and Locally Sourced Filter Coffee	
Selection of Aerated Beverages	350
Choice Of Coke, Diet Coke, Coke Zero, Ginger Ale, Sprite	
Energy Drink	375
Red Bull	
Selection of Freshly Squeezed Juice	450
Choice of Orange, Watermelon, Pineapple	
Perrier Sparkling Water - 330ml/750ml	450/600
Still Water 750ml	350

All prices are in Indian rupees. Government taxes as applicable We levy 5% of staff contribution which is optional