

## Restaurant Guide Veg

### Indian (Choose Any 3):

Course	Menu	Portion Size
Soups	Tomato Shorba <b>OR</b>	1 Bowl
	Palak Shorba ( <b>No cream</b> )	1 Bowl
Salads	Green Salad (Only lemon dressing) ( <b>No other dressing</b> )	1 Bowl
Starters	Mushroom Tikka <b>OR</b>	2 Pcs
	Paneer Tikka	2 Pcs
Roti's	Tandoori Roti <b>OR</b>	1 Pcs
	Missi Roti <b>OR</b>	1 Pcs
	Kulcha	1 Pcs
	( <b>No butter</b> )	
Gravies	Vegetable Kolhapuri <b>OR</b>	½ Katori
	Vegetable Jalfrezi <b>OR</b>	½ Katori
	Tava Vegetable Gravy	½ Katori
Dals	Tadka Dal <b>OR</b>	½ Katori
	Dal Makhani ( <b>No dal fry</b> )	½ Katori
Raitas	Vegetable Raita <b>OR</b>	1 Katori
	Palak Raita <b>OR</b>	1 Katori
	Fruit Raita / Yogurt	1 Katori

### Chinese (Choose Any 3) (No Ajinomoto):

Course	Menu	Portion Size
<b>Soups</b>	Clear Vegetable Soup	1 Bowl
<b>Starters</b>	<b>Non- Fried</b> Vegetable Momos <b>OR</b> Baby-Corn & Mushroom <b>OR</b> Vegetable Momos	3 Pcs 3 Pcs Each 3 Pcs
<b>Stir Fry</b>	Stir Fry Vegetables in choice of sauce ( <b>No peanut sauce</b> ) <b>OR</b> Vegetable Stir-Fry without Tofu/Paneer ( <b>Matchbox size</b> )	1 Katori 1 Katori
<b>Main Course</b>	Vegetable Fried Rice <b>OR</b> Burnt Garlic Vegetable Rice <b>OR</b> Mushroom Fried Rice <b>OR</b> Vegetable Schezwan Rice <b>OR</b> Vegetable Hakka Noodles <b>OR</b> Tofu/Mix Veg in choice of Sauce ( <b>No peanut sauce</b> )	1 Katori 1 Katori 1 Katori 1 Katori 1 Katori 4 Pcs

### South-Indian (Choose Any 1):

Course	Menu	Portion Size
<b>Main Course</b>	Vegetable Uttapam <b>OR</b> Steamed Idli <b>OR</b> Kerala Stewed Vegetables <b>OR</b> Tamarind Rice <b>OR</b> Lemon Rice <b>OR</b> Tomato Rice <b>OR</b> Bissibille Rice <b>OR</b> Vermicilli in Tomato Gravy <b>OR</b> Aviyal / Thoran / Foogath <b>OR</b> Paratha <b>OR</b> Vegetable Korma <b>OR</b> Neer Dosa <b>OR</b> Vegetable Raita	1 2 Idli 1 Katori 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 1 Bowl 1 1 Bowl

### Gujrati (Any 2 Starters and Any 1 from Main Course):

Course	Menu	Portion Size
Starters	Khaman Dhokla <b>OR</b>	2 Pcs
	Khandvi <b>OR</b>	2 Pcs
	Patra <b>OR</b>	2 Pcs
	Dal Dhokli <b>OR</b>	1 Katori
	Muthiya	2 Pcs
Main Course	Gujarati Dal <b>OR</b>	1 Katori
	Dudhi Chana Dal Shaak <b>OR</b>	1 Katori
	Undiyo <b>OR</b>	1 Katori
	Aloo Mutter <b>OR</b>	1 Katori
	Turiya Moongdal <b>OR</b>	1 Katori
	Gujrati Bhakri ( <b>Whole Wheat, No Ghee</b> ) <b>OR</b>	1
	Puri / Thepla	1

### Rajasthani (Any 2 out of 3 listed here):

Course	Menu	Portion Size
Subjis	Gatte Ki Subji <b>OR</b>	1 Katori
	Kersangri <b>OR</b>	1 Katori
	Baingan Ka Bharta <b>OR</b>	1 Katori
	Pithor Ki Subji	2 Pcs
Dals	Kaddhi <b>OR</b>	1 Katori
	Dal Panchratna <b>OR</b>	1 Katori
	Dal Bhati	1 Katori
Roti's / Rice	Bajra Roti <b>OR</b>	1
	Makai Roti <b>OR</b>	1
	Plain Rice <b>OR</b>	1 Katori
	Bajra Khichdi <b>OR</b>	1 Katori
	Dalia Khichdi	1 Katori

### Thai (Choose Any 1 Soup and 1 Main Course):

Course	Menu	Portion Size
Soup	Lemon Grass Soup	1 Bowl
Main Course	Vegetable Mushroom Pot Rice <b>OR</b>	1 Bowl
	Vegetable Pad Thai Noodles <b>OR</b>	1 Bowl
	Vegetable Khow Suey ( <b>No fried noodles</b> ) <b>OR</b>	1 Bowl + Veggies
	Vegetable Thai Curry	½ Bowl

### Italian (Soup, Salad and Any 1 from Main Course):

Course	Menu	Portion Size
<b>Soups</b>	Vegetable Minestrone Soup <b>OR</b> Mushroom Soup (No Cream)	½ Bowl
<b>Main Course</b>	Pasta in Red Sauce <b>OR</b> Spaghetti with Cottage Cheese / Tofu and Veggies <b>OR</b> Thin Crust in Whole Wheat / Multigrain Pizza (No Cheese)	1 Bowl ½ Bowl  1 Slice

### Lebanese (Any 1 Salad and 1 from Main Course) (No Olive Oil Drizzle):

Course	Menu	Portion Size
<b>Salad</b>	Lebanese Salad <b>OR</b> Fattoush <b>OR</b> Labnah / Hummus / Babaghanoush / Muhamura	1 Bowl 1 Katori 2 tbsp
<b>Main Course</b>	Vegetable Falafel with Pita Bread <b>OR</b>  Vegetable Paneer Shawarma <b>OR</b> Hummus with Pita Bread	2 Pcs + ½ Pita Bread   1 Katori Hummus + ½ Pita Bread

### Mexican (Any 1 Starter, 1 Dip and Any 1 from Main Course):

Course	Menu	Portion Size
<b>Starters</b>	Burritos <b>OR</b> Nachos <b>OR</b> Tacos	1 5 1
<b>Dips</b>	Guacamole Dip <b>OR</b> Salsa	2 tbsp 2 tbsp
<b>Main Course</b>	Vegetable & Bean Enchiladas <b>OR</b> Vegetable Quesadillas (No cheese)	½ PC 2 Pcs

### Japanese (Choose Any 2 out of 3 Course):

Course	Menu	Portion Size
<b>Soup</b>	Vegetable Seawood Soup <b>OR</b> Vegetable Miso Soup	1 Bowl 1 Bowl
<b>Sushi</b>	California Roll <b>OR</b> Futomaki Roll <b>OR</b> Kappa Roll	5 Pcs 5 Pcs 5 Pcs
<b>Main Course</b>	Noodles with Shiitake Mushrooms <b>OR</b> Okonomiyaki <b>OR</b> Dubu-Jungli-Stewed Tofu <b>OR</b> Kake Soba Noodles <b>OR</b> Silken Tofu and Mushrooms with Miso Chilly Grill Bowl	1 Bowl 1 4 Pcs 1 Bowl 3 Pcs Tofu + 2 Pcs Mushroom + Veggies

### Buffet Vegetarian (Any 3 out of 5 Courses):

Course	Menu	Portion Size
<b>Subjis</b>	Chana Masala <b>OR</b> Tava Vegetables	1 Katori 1 Katori
<b>Roti's</b>	Tandoori Roti <b>OR</b> Missi Roti <b>OR</b> Kulcha (No Butter)	1 1 1
<b>Rice / Gravy</b>	Plain Rice <b>OR</b> Jeera Rice <b>OR</b> Pasta in Red Sauce with Vegetables and Mushrooms	1 Katori 1 Katori ½ Bowl
<b>Raitas / Dal</b>	Plain Curd <b>OR</b> Vegetable Raita <b>OR</b> Yellow Dal <b>OR</b> Dal Makhani	1 Katori 1 Katori 1 Katori 1 Katori

### Greek (Choose Any 1):

Course	Menu	Portion Size
Main Course	Vegetable Souvlaki <b>OR</b>	1
	G-Lite <b>OR</b>	1
	Pitaroudia <b>OR</b>	1
	Greek Salad <b>OR</b>	1 Bowl
	Fattoush Salad	1 Bowl

### Tex-Mex (Choose Any 2 Courses):

Course	Menu	Portion Size
Bread	Tortilla	1
Soup	Tex-Mex Black Bean Soup	1 Bowl
Wraps	Bean Burrito <b>OR</b>	1
	Bean Chalupa <b>OR</b>	1
	Bean Quesadilla <b>OR</b>	1 Piece
	Bean Taco <b>OR</b>	1
	Bean Taquito	1
Appetiser / Dip	Guacamole <b>OR</b>	2 tbsp
	Baked Nachos with Salad Dip <b>OR</b>	1 Katori + 2 tbsp
	Seven Layer Dip <b>OR</b>	2 tbsp
	Chilli Con Queso <b>OR</b>	2 tbsp
	Refried Beans	2 tbsp
Salad	Taco Salad <b>OR</b>	1 Katori
	Texas Cavier <b>OR</b>	1 Katori
	Pico De Gallo	1 Katori
Main Course	Spanish Rice <b>OR</b>	1 Katori
	Spring Veggie Taco with Avocado Cream <b>OR</b>	1 no + 2 tbsp
	Mexican Black Bean Quinoa Skillet	1 Katori
Dessert	Baken Flan II <b>OR</b>	½ Katori
	Coconut Pineapple Paletas (Mexican ice pop) <b>OR</b>	1 Ice Pop
	Biscochitos I	1 PC

### Turkish and Lebanese (Any 3) (No Olive Oil Drizzle):

Course	Menu	Portion Size
<b>Soup</b>	Red Lentil Soup <b>OR</b> Turkish Style Tomato Soup <b>OR</b> Highland Meadow Soup <b>OR</b> Tarhana Soup	1 Katori 1 Katori 1 Katori 1 Katori
<b>Bread</b>	Bazlama <b>OR</b> Pide ( <b>Without topping</b> ) <b>OR</b> Lavash <b>OR</b> Misirekmegi ( <b>Corn Bread</b> ) <b>OR</b> Simit <b>OR</b> Yufka	1 Pcs 1 Pcs 1 Pcs 1 Pcs 1 Pcs 1 Pcs
<b>Mezes</b>	Acili Ezme <b>OR</b> Kisir <b>OR</b> Cevizli Biber	1 Katori 1 Katori 1 Katori
<b>Salad</b>	Roka Salad <b>OR</b> Patlican Salatasi <b>OR</b> Piyaz <b>OR</b> Deniz Borulcesi Salatasi <b>OR</b> Guvurdagi Salad <b>OR</b> Lebanese Salad <b>OR</b> Fattoush <b>OR</b> Labnah / Hummus / Babaghanoush / Muhamura <b>OR</b> Turp Out Salad <b>OR</b> Zeytin Piyasi <b>OR</b> Eggplant Salad <b>OR</b> Acuka <b>OR</b> Baklama Ezmesi <b>OR</b> Muhammara	1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 Bowl 1 tbsp 1 Bowl 1 Bowl 1 Bowl 2 tbsp 2 tbsp
<b>Main Couse</b>	Fasulye Pilaki <b>OR</b> Barbunya Pilaki <b>OR</b> Saksuka <b>OR</b>  Vegetable Falafel with Pita Bread <b>OR</b>  Vegetable Paneer Shawarma <b>OR</b>  Hummus with Pita Bread	1 Katori 1 Katori 1 Katori  2 Pcs + ½ Pita Bread  1  2 tbsp hummus + ½ Pita Bread

### Chaats (Choose Any 1):

Course	Menu	Portion Size
<b>Food Items</b>	Ragda Chaat <b>OR</b> Boiled Chana Chaat <b>OR</b> Sprouted Moong Chaat <b>OR</b> Jhaal Moori <b>OR</b> Pani Puri <b>OR</b> Dahi Puri <b>OR</b> Sev Puri <b>OR</b> Bhel Puri	1 Bowl 1 Bowl 1 Bowl 1 Bowl 3 Pcs 3 Pcs 3 Pcs 1 Katori

### Sizzlers (Choose Any 1):

Course	Menu	Portion Size
<b>Main Course</b>	Paneer Shaslik (Rice OR Noodles + Paneer + Veggies) <b>OR</b>  Mushroom Shaslik (Rice OR Noodles + Mushroom + Veggies)	2 Pcs Paneer + Veggies + 1 Katori Rice OR Noodles  3 Pcs Mushrooms + veggies + 1 Katori Rice OR Noodles

### Grills (Choose Any 1):

Course	Menu	Portion Size
<b>Main Course</b>	Can be served with Green Salad + Mint Coriander + Pudina Chutney + Grilled Paneer <b>OR</b> Grilled Mushroom <b>OR</b> Grilled Potato <b>OR</b> Grilled Vegetables	Salad (1 Bowl) Chutney 3 tsps 3 Pcs 5 Pcs 3 Pcs 1 Bowl

### Theatre (Choose 1 Veg OR 1 Non-Veg Sub):

Course	Menu	Portion Size
<b>Vegetarian Snacks</b>	Plain Pop-Corn <b>OR</b> Corn on the Cob <b>OR</b> Veg Momos / Dumplings <b>OR</b> Paneer Frankie	1 Small 1 3 Pcs 1



**Cafe (Choose 1 Beverage and 1 Veg OR Non-Veg Food Item) (No Fries):**

Course	Menu	Portion Size
<b>Main Course</b>	Black tea <b>OR</b> Green Tea <b>OR</b> Americano <b>OR</b> Cappuccino (Skimmed Milk, add Sugar Free)	1 Cup 1 Cup 1 Cup 1 Cup
<b>Vegetarian Snacks</b>	Whole Wheat Sandwich <b>OR</b> Spinach Corn Sandwich	1 Pc out of 2 Served (No Chips and Fries)
<b>Non-Vegetarian Snacks</b>	Baked Bean Toast <b>OR</b> Smoked Chicken Sandwich <b>OR</b> Grilled Chicken Sandwich <b>OR</b> Roast Chicken Sandwich	1 1 Pc out of 2 Served (No Chips and Fries)

**Subway (Make 1 Veg OR 1 Non-Veg Sub):**

Course	Menu	Portion Size
<b>Breads</b>	Only Multigrain Breads	
<b>Sauces</b>	Barbeque Mustard Chilly Vinaigrette Sweet Onion	
<b>Vegetarian</b>	Veggie Delight	6"

**Beverages (Choose 1):**

Course	Menu	Portion Size
<b>Main Course</b>	Diet Coke <b>OR</b> Lced Tea (Add Sugar Free) <b>OR</b> Fresh Lime Water <b>OR</b> Fruit Smoothies <b>OR</b> Buttermilk / Chaas <b>OR</b> Coconut Water <b>OR</b> Salted Lassi (No Malai) <b>OR</b> Coffee (add Sugar Free) <b>OR</b> Fruit Juices (No Sugar) <b>OR</b> Vegetables Juices	½ 1 Glass 1 Glass 1 Glass 1 Glass 1 Glass 1 Glass 1 Cup 1 Glass 1 Glass

**Desserts (Choose 1):**

Course	Menu	Portion Size
Main Course	Fruit Salad <b>OR</b> Fruit Sooffle <b>OR</b> Brown Rice Kheer <b>OR</b> Vermicelli Kheer <b>OR</b> Rasgulla <b>OR</b> Ice Cream	1 Bowl ½ Katori 1 Katori 1 Katori 1 Pc ½ Scoop