



BREAKFAST

(Served until 12pm)

Huevos Rancheros	Rs. 450
Spinach, Feta, Tomato & Onion Omelet	Rs. 350
Sautéed Vegetable/Cheese Omelet	Rs. 250/300
Bacon, Egg & Cheese Panini	Rs. 490
Egg & Cheese Panini	Rs. 390
French Toast with Fresh Fruit & Pancake Syrup	Rs. 420
Pancakes/Banana Pancakes with Fresh Fruit & Pancake Syrup	Rs. 350/390
Buckwheat Pancakes with Fresh Fruit & Pancake Syrup	Rs. 420
Fruit Salad	Rs. 290
Muesli Fruit with Yogurt/Add flaxseeds	Rs.290/350
Oatmeal/Fruit	Rs. 220/320
Toast with Peanut Butter & Banana	Rs. 250
Eggs to Order (2)/with Toast	Rs. 150/250
Toast with Butter & Jam	Rs. 150

APPETIZERS

Hummus with Crudités	Rs. 350
Cucumber Cups with Hummus & Olives	Rs.390
Corn Chips with Salsa or Hummus /Combo	Rs. 250/290
Nachos - Vegetarian/Chicken	Rs. 390/450
Bruschetta with Feta, Tomato, Basil & Olive Oil	Rs. 350
Peanut Sandeko	Rs. 250
Tom Yum Soup (Chicken/Veg)	Rs. 390/290

SANDWICHES & PANINI'S

(Served with Corn Chips & Salsa)

Cheese Tomato Onion Sandwich/Panini	Rs. 350/400
Tuna Salad Sandwich	Rs. 390
BLT (Bacon, Lettuce & Tomato Sandwich)	Rs. 490
Chicken, Onion, Peppers & Cheese Panini	Rs. 450
Grilled Mixed Vegetable Panini/Cheese	Rs. 350/390

LOCALLY GROWN FRESH SALADS

(All Vegetables are Soaked in Iodine & Rinsed with Filtered Water)

Green Salad	Rs. 325
Greek Salad	Rs. 490
Grilled Chicken Salad	Rs. 450
Fajita Salad (Veg/Chicken)	Rs. 425/490
Spinach Beetroot & Feta Salad	Rs. 490
Watermelon, Mint & Feta Salad	Rs. 450

Please see boards or ask your server for our daily specials!

10% service charge will be added to your bill.

Thank you!



TEA & COFFEE

Fresh Filtered Coffee	Rs. 150
Tea (Black, Lemon, Mint, or Green/Milk, Cup, Small, Large Pot)	Rs. 90/ 150/250
Nepali Masala Tea	Rs. 150
Hot Lemon with Ginger & Honey	Rs. 150
Hot Chocolate	Rs. 150
Iced Coffee	Rs. 150
Iced Tea	Rs. 120

DRINKS

Smoothies (See Backside for Menu)	Rs. 250-390
Mixed Fruit Lassi	Rs. 180
Plain/Banana Lassi	Rs. 100/120
Fresh Lime Mint Cooler	Rs. 150
Fresh Lemonade	Rs. 180
Turmeric Lemonade	Rs. 150
Fresh Lemon Soda	Rs. 120
Bottled Water	Rs. 60
Coke, Fanta, Sprite	Rs. 90
Tonic Water	Rs. 180
Diet Coke	Rs. 180

COCKTAILS

Vodka, Mango & Cilantro Cooler	Rs. 490
Mojito	Rs. 490
Gin Basil Smash (seasonal)	Rs. 490
Gin & Tonic	Rs. 490

WINE

House Wine per Glass (Red/White)	Rs. 450
Wine Spritzer	Rs. 450
House Wine (Sol De chili)	Rs. 2,200

BEER & SPIRITS

Everest	Rs. 390
Carlsberg Beer	Rs. 490
Somersby Apple Cider	Rs.250
Local Spirits 60ml (Vodka, Whiskey, Gin or Rum)	Rs. 280

10% service charge will be added to your bill.

Thank you!



Smoothie Menu

1. ***Spa Cucumber***- Cucumber, Lemon Juice & Honey - Rs. 250
2. ***Groovy Green***- Spinach, Banana, Apple, Lemon Juice & Yogurt - Rs. 270
3. ***Green Banana***- Banana, Lettuce, Spinach & Lemon Juice - Rs. 250
4. ***Carrot and Pineapple*** – Carrot, Pineapple, Banana & Lemon Juice - Rs. 290
5. ***Spinach and Apple***- Spinach, Apple, Banana & Lemon Juice – Rs. 270
6. ***Green Beet Smoothie*** – Beetroot, Spinach, Apple & Lemon Juice – Rs. 270
7. ***Beet, Carrot and Apple Smoothie*** – Beetroot, Carrot, Apple, Yogurt & Lemon Juice – Rs. 290
8. ***Mixed Fruit Smoothie*** – Seasonal Fruits, Lemon Juice & Yogurt –Rs. 270
9. ***Watermelon, Mint Smoothie***- Fresh Watermelon, Mint & Lemon Juice - Rs. 290
10. ***Hemp Seed Smoothie***- Hempseeds, Pineapple, Banana & Orange – Rs. 320
11. ***Spirulina Smoothie***- Spirulina, Apple, Spinach, Cucumber, Honey & Green Tea- Rs. 320
12. ***Chia Seed Smoothie***- Chia Seeds, Spinach, Lettuce, Cucumber, Apple & Banana- Rs. 320
13. ***Chocolate, Peanut Butter and Banana***- Banana, Chocolate Sauce, Peanut Butter & Yogurt - Rs. 290
14. ***Cookies and Cream***- Oreo Cookies, Banana, Chocolate Sauce, Milk & Yogurt –Rs. 290

Add Spirulina, Hemp seeds, Chia Seeds or Flax Seeds to any Smoothie- Rs.80

All Smoothies are made with 100% Fresh Fruit & Vegetables

10% Service Charge will be Added to your Bill.

Thank you!