



#### A WHOLE LOT OF WHOLESOME!

If variety is the spice of your life, then Aravali is glad to present a menu that features a wide selection of culinary delights from the Wild Wild West and our own backyard where Marwaris reign supreme and having sweets before the main course is customary.

While our master chefs have perfected the art of recreating international fare using the finest produce, they've also masterminded ACTIVE FOOD – great-to-taste, micronutrient-based food and beverage for those who look after themselves.

Active Food includes ingredients of low glycemic value – such as complex carbohy-drates, unpolished and unprocessed whole grains, vegetables and legumes – that ensure sugar is released into the blood stream much slower than other types of food.

This helps in weight management and keeping your energy levels high.

It also includes fresh fruit dishes packed with antioxidants and phytochemicais that fight against free radicals and inflammation, known to cause chronic diseases; pro-biotic food that's naturally fermented and loaded with useful bacteria; and super foods that are believed to be mood enhancers.

Think there's nothing better than good home-cooked food? We agree! That's why we brought in homemakers to don the chef's cap. They're eager to bring to your table cuisine prepared using fresh-off-the-market ingredients and flavors that are characteristic of this part of the world.

If that's too hot to handle, there's an assortment of classics that's prelly much in your comfort zone.



07:30 am - 10:30 am

## **INTERNATIONAL**

× •	Choice of freshly squeezed seasonal fruit juice 115 Kcal   300 gms Pineapple, watermelon and seasonal varieties	320
~ •	Seasonal cut fruit platter 78 Kcal   200 gms Pineapple, watermelon, banana, apple and papaya	400
× •	Chef's special vegetable juice  112 Kcal   200 gms vegetable, herbs & spices	320
× •	Cereals 375 Kcal   200 gms Corn flakes	350
	wheat flakes	
	chocos	
	muesli	
	served with hot or cold milk	
× •	Oat meal porridge  1385 Kcal   250 gms oats I fruits & honey	350
<b>⇔</b> ⊁ •	Good-to-drink smoothie 302 Kcal   300 gms banana, seasonal fruit & yoghurt	320

## List of Allergens:



## ALL DAY BREAKFAST

07:30 am - 10:30 am









07:30 am - 10:30 am

#### **INDIAN**

🗘 🏲 💽 Pratap Mahal dosa 450 1878 Kcal | 350 gms nine types of lentils, I grains I red, green chutney I tomato I bell Pepper I potato I olive oil 🏅 💽 Idli 450 132 Kcal | 180 gms sambhar & chutney Poori with aloo bhaji 450 864 Kcal | 350 gms Indian bread I potato Choice of paratha 450 1297 Kcal | 120 gms Indian bread I potato I cauliflower I cottage cheese pickle & yoghurt 🏅 💽 Upma semolina or vermicelli 450 961 Kcal | 270 gms semolina I vermicelli I onion I tomato 450 🏲 💽 Dosa plain or masala dosa Plain 411 Kcal I 140 gms Dosa masala 536 Kcal I 180gms 🗘 🏲 💽 Pratap Mahal ka nasta 450 Kadhi Kachori 580 Kcal I 200gms

## List of Allergens:





















## **Sweet corn**

Vegetable 250 Kcal | 200 gms 500

▲ Chicken 328 Kcal I 200 gms 550

#### Manchow

Vegetable 1263 Kcal | 250 gms 500

▲ Chicken 328 Kcal I 200 gms 550

**4** 6

Cream of tomato 476 Kcal | 250 gms

500

Dal palak ka shorba

435 Kcal | 230 gms Spinach, lentil

500

List of Allergens:







## **APPETIZERS**

Chinese bhel  1181 Kcal   250 gms fried noodles I hot garlic sauce & vegetable	550
Paan Patta Chaat 653 Kcal   300 gms beetle leaves I gram flour I curd I chutneys	550
Boondi aur makai ki bhel  1130 Kcal   180 gms corn I boondi I roasted peanuts I chaat masala coriander leaves I lemon juice & tamarind chutney.	550















## STREET FOOD

Masala Peanut
599 Kcal | 310 gms
peanut I tomato I onion

Mirchi vada 450 966 Kcal | 420 gms chilly I Indian spices & potatoes 500 Chef special Pakora 847 Kcal | 290 gms gram flour I vegetable I spices 300 French fries 984 Kcal | 180 gms potato 450 Cheese chilli toast 866 Kcal | 330 gms bread I cheese I chilli

275

List of Allergens:





## **KATHI ROLL**

47 4

Paneer kathi roll

1463 Kcal | 360 gms

550

fine flour bread, cottage cheese & bell peppers

Whole wheat kathi roll
932 Kcal | 360 gms

whole wheat flour bread, sprouts & pepper

△ Chicken kathi roll 600

709 Kcal | 380 gms fine flour bread I chicken I bell pepper

List of Allergens:





## **SANDWICHES**

## Make your own sandwich Whole wheat or white bread

 -Cheese, tomato, lettuce, cucumber 1290 Kcal | 450 gms

650

650

750

700 ▲ -Grilled chicken, ham, fried egg and chicken salami 1363 Kcal | 450 gms

Vegetarian club sandwich

873 Kcal | 450 gms multi-grain or white bread I cheese Lettuce I tomato I coleslaw salad

Non Veg. club sandwich

1182 Kcal | 450 gms

multi-grain or white bread I lettuce, Cheese, I tomato I sliced grilled chicken I fried egg

#### **BURGERS**

Vegetable 650

697 Kcal | 180 gms Potato cheese I pickled gherkins, Lettuce I tomato & french fries

Chicken 750

993 Kcal | 200 gms chicken cheese I pickled gherkins I lettuce I tomato & french fries

#### List of Allergens:





## CONTINENTAL

750 Grilled cottage cheese steak 1309 Kcal | 390 gms cottage cheese I mustard I vegetables

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• Freshly tossed vegetables in olive oil 404 Kcal | 290 gms 700

baby corn I broccoli I carrot I peas I zucchini I garlic & hot pepper flakes

900 Pan seared fish

640 Kcal | 370 gms fish I mashed potatoes & sauté vegetables

Barbeque grilled chicken 850

457 Kcal | 270 gms chicken breast I garlic I thyme I herbs I mashed potato

List of Allergens:





## **PIZZA**

© Gourmet pizza
1144 Kcal | 300 gms
olives I American corn & jalapeno

700

750

Tandoori surprise pizza
1780 Kcal | 310 gms
cottage cheese I onion I tomato & bell peppers

Margherita

1613 Kcal | 300 gms
tomato sauce & cheese

Mafia Bite

884 Kcal | 310 gms
chicken sausage I mushroom & jalapeno

Spicy chicken tikka pizza
1417 Kcal | 310 gms
chicken tikka I spices
750

List of Allergens:





#### **PASTA**

Spaghetti, penne or farfalle

Make your own pasta 900kcal I 300gms 650 mushroom I pesto or aglio e olio 

650 Alfredo 1358 Kcal | 300 gms cheese sauce

Arrabiata 650 1364 Kcal | 300 gms

tomato sauce I basil 

650 Mac n cheese 1831 Kcal | 300 gms

macaroni, cheese 

750 Carbonara 1250 Kcal | 300 gms

Bacon I egg yolk I crushed black pepper & parmesan cheese 

Bolognese 750

879 Kcal | 300 gms spaghetti, minced meat & red wine

List of Allergens:





#### Glass noodle salad

Vegetable 1070 Kcal | 290 gms 600

▲ Chicken 1179 Kcal | 370

650

**6** 🎉 🚕

Crispy chilli potato

1476 Kcal | 290 gms potato & spicy tomato sauce 500

**4** 

Vegetable spring roll

1120 Kcal | 240 gms vegetable roll & hot garlic sauce 500

**500** 

Crispy corn kernels

908 Kcal | 300 gms corn kernels & chilli pepper sauce

Chilli paneer

904 Kcal | 230 gms

600

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▲ Fiery chicken

414 Kcal | 320 gms chicken I garlic I dried red chilli & sichuan chilli sauce 650

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List of Allergens:



Crustaceans Mustard Nuts Sesame Celery Sulphites



## Thai curry

Galangal I lemon grass I kafir lime leaves I coconut milk I steamed rice

-Vegetable 852 Kcal | 350 gms 850

4

-Chicken 525 Kcal | 360 gms 950

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List of Allergens:



## PAN ASIAN

12:30 pm - 2:45 pm | 7:30 pm - 10:45 pm









## Hakka noodles

Vegetable 591 Kcal | 300 gms **4** 

800

▲ -Chicken 662 Kcal | 360 gms 900

## Fried rice or noodles

-Vegetable 979 Kcal | 350 gms

800

**4** 

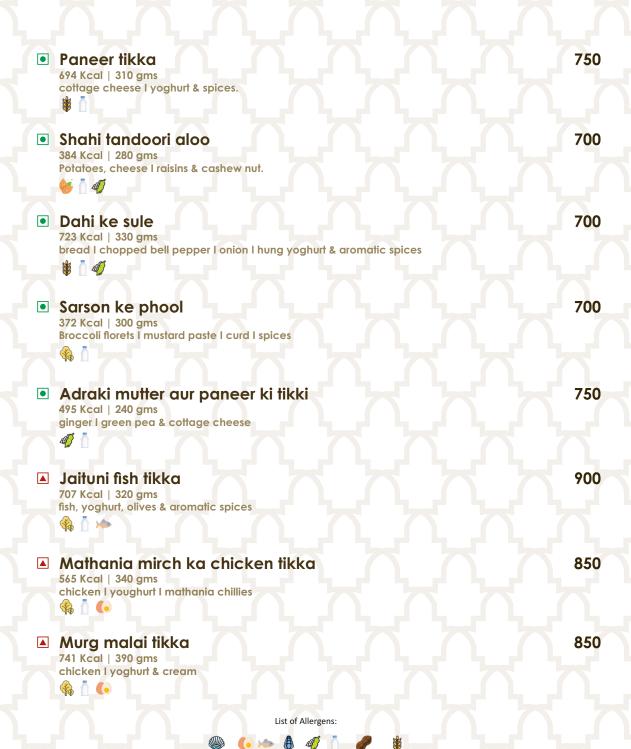
-Chicken 1281 Kcal | 350 gms 900

4 to

List of Allergens:









Moluscs Eggs Fish Lupin Soya Milk Peanuts Gluten



850

850

Khaas seekh kebab

627 Kcal | 350 gms lamb I onion & peppers

▲ Tandoori chicken 410 Kcal | 360 gms

Chicken I spices & yoghurt.





List of Allergens:



## **CURRIES**

12:30 pm - 2:45 pm | 7:30 pm - 10:45 pm





| Vegetarian | Non Vegetarian | Pratap Mahal Signature Dish Active
| Please inform our associates if you are allergic to any ingredients
| All prices in Indian rupees and exclusive of taxes

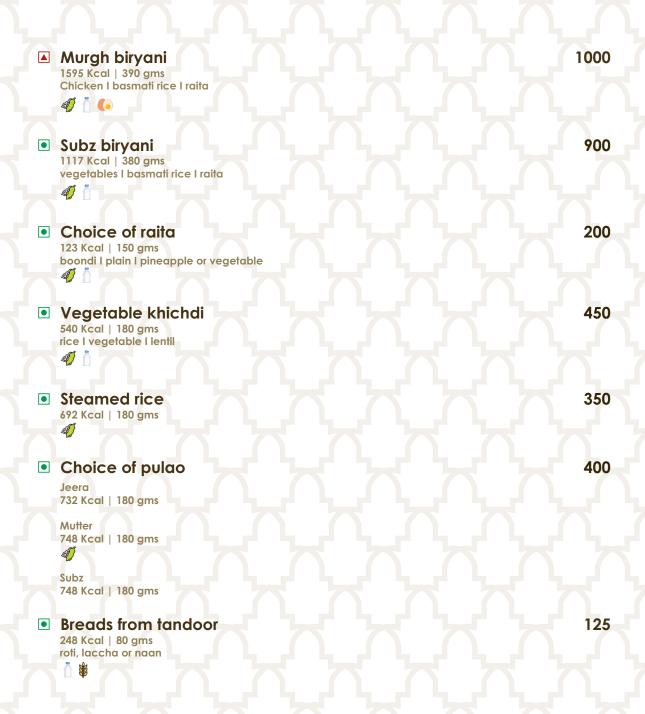






















Vegetarian ▲ Non Vegetarian ♦ Pratap Mahal Signature Dish ➤ Active Please inform our associates if you are allergic to any ingredients All prices in Indian rupees and exclusive of taxes

List of Allergens:



#### INTERNATIONAL

Caramel custard

450

303 Kcal | 180 gms egg I milk & caramelised sugar

Apple pie (sugar free)

450

586 Kcal | 200 gms pie shell I apples & vanilla ice cream

Choice of ice cream

400

570 Kcal | 60 gms Vanilla I chocolate I butterscotch I strawberry

Chocolate Brownie with ice cream

**500** 

1024 Kcal | 180 gms dark chocolate I walnut brownie & ice cream

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■ Tiramisu

500

285 Kcal | 100 gms an Italian finisher

## **INDIAN**

Malpua

400

461 Kcal | 150 gms Speciality from pushkar

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Gulkand rolls with ice cream

450

1017 Kcal | 180 gms rose preserve I Ice cream.



List of Allergens:





Pista stuffed gulab jamun
421 Kcal | 140 gms
mawa balls & pista.

400

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Angoori rasmalai

143 Kcal | 80 gms Cottage cheese I reduced milk & sugar 400

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List of Allergens:



# BEVERAGES

24 X 7

•	Coffee 104 Kcal   120 ml Cappuccino I espresso	250
	Tea 104 Kcal   120 ml Masala I ginger I lemon I earl grey I green tea I herbal or chamomile	250
•	Bournvita, Hot chocolate or Horlicks 280 Kcal   150 ml	300
	Cold Coffee  281 Kcal   300 ml  With or without ice cream	300
•	Lassi or Chass 167 Kcal   300 ml Sweet, salted, plain or masala	350
	Milkshake 281 Kcal   300 ml Vanilla, strawberry or banana	350
•	Himalayan Mineral Water 1000 ml	150
•	Fresh lime soda or water	275
•	Aerated beverages	275
•	Tonic Water	200
•	Red bull	300

List of Allergens:

