

YELLOW BRICK ROAD

Volume no.21

AMBASSADOR
III. SELEQTIONS

Special edition

India is known throughout the world as a culturally rich country that has a plethora of traditions and in turn, a variety of cuisines as well. Delhi, the melting pot of cultures, is the perfect destination to devour food from different parts of India – from the by lanes of Old Delhi to the artistically curated dishes – this paradise for foodies promises a joyful culinary ride.

The essence of Dilli Dilawaalon Ki lies in its food and the dynamic variety that's served throughout the city is not just loved by locals but also commended by the travellers, visiting from different corners of the world.

When we talk about the historical importance of Delhi, it's evident to talk about the fact that it was built and demolished many times but the one

thing that remains intact is its magnificence. Delhi was earlier known as Indraprastha, the capital of the Pandavas, which featured in the Mahabharata over 3000 years ago, and was once ruled by many emperors. We can witness the traces of these hierarchies in the monuments and ruins of the capital city that are still being researched and preserved by the Archaeological Department.

From emperor Sher Shah to Qutb-uddin, who occupied the city in 1193, Delhi has truly evolved and has been a witness to centuries of expansion. When the British captured Delhi in 1803, it became a commercial centre and needless to say, it didn't have the tag of 'Capital City'. Shortly after that, Delhi became the capital of our independent country.

About SeleQtions

Ambassador, as a brand, has consistently aimed towards providing seamless hospitality to the patrons. An ensemble of curated experiences, SeleQtions encapsulates an inimitable collection of properties with a distinct character – often in differentiated location. With a strong story beneath; either of its historic lineage, design principle or just the creative premise, these spaces make for matchless experiences for the experiential traveller. The theme, décor, service and even the cuisine is special and peculiar to its premise.

Following this vision, Ambassador Hotel has redefined the way travellers choose a sojourn and make beautiful memories worth reminiscing.



Food facts that will blow your mind

1. Ketchup was once believed to have medicinal qualities

In the early 1800s, tomatoes were believed to have medicinal qualities. A doctor in Ohio in the 1830s claimed that tomatoes could treat diarrhea and indigestion, publishing recipes for a kind of tomato ketchup that he soon turned into a concentrated pill.

2. Many shredded cheeses and cereals contain cellulose (wood pulp).

Cellulose, which is essentially sawdust, is often used in various shredded cheese products and cereals to prevent them from clumping.

3. Green, yellow, and red bell peppers are not actually the same vegetable.

These vegetables are not always the same plant. Though some green peppers are unripe red peppers, green, yellow, orange, and red peppers are all unique plants with their own seeds.

4. Foods, like ranch dressing or coffee creamer, can contain titanium dioxide, which can also be found in paint, plastic, and sunscreen.

5. A typical ear of corn has an even number of rows. Ears of corn generally have an even number of rows, usually 16.

6. Scientists can turn peanut butter into diamonds.

Scientists at the Bayerisches Geoinstitut in Germany have discovered that since peanut butter is so rich in carbon, it's possible to turn simple Skippy into diamonds. All you need is to extract the oxygen from the carbon dioxide found in the peanut spread, and then enact immense pressure on the carbon left behind.

7. White chocolate isn't actually chocolate.

Despite its name, white chocolate doesn't actually contain any real chocolate components. According to Bon Appetit, the item is made up of a

blend of sugar, milk products, vanilla, lecithin, and cocoa butter — no chocolate solids.

8. Fruit snacks and cars are coated in the same type of wax.

Did you ever wonder how gummy candies get that glossy sheen? They're coated with carnauba wax, the same stuff that is used on cars to make them shiny.

9. Ripe cranberries will bounce like rubber balls.

Cranberries are commonly referred to as "bounce berries" because they bounce when they're ripe. In fact, bouncing cranberries is a common ripeness test for farmers and consumers alike.

10. Potatoes can absorb and reflect Wi-Fi signals.

Test out their wireless signal on new planes in 2012, they placed giant piles of potatoes on seats. Because of their high water content and chemical makeup, potatoes absorb and reflect radio and wireless signals just like humans do.

11. The Aztecs used chocolate as currency.

The Aztecs may be known for their love of chocolate, but according to the International Cocoa Organization, they also used cocoa beans as currency. People under Aztec rule could use cocoa to pay their taxes.

12. Honey will never ever go bad.

Honey in its natural state is very low in moisture and very acidic: two primary defenses against food spoilage. In a low moisture and high-acid environment like a sealed jar, bacteria Pollination Center at the Robert Mondavi Institute at University of California.

This could explain why archaeologists have found pots of honey from thousands of years ago that still looked

fresh.

13. Grapes will explode if you put them in the microwave.

Here's a fun (and dangerous) science experiment: If you split a grape almost in half and put it in the microwave, it will create an explosive fireball of plasma and lighting. Scientists have explained that microwaves work by using microwave radiation to generate heat. If you heat up "nothing" in the microwave — or in this case a very small grape that doesn't absorb enough power — the electromagnetic waves have nothing to work on and become concentrated.

14. Eating too much nutmeg has the effect of hallucinogenic drug.

Nutmeg may be the perfect addition to your hot beverage, but don't sprinkle on too much. Eating too much nutmeg can have the physical effects of a hallucinogenic drug, including out-of-body sensations, nausea, dizziness, and sluggish brain activity. But, according to The New York Times, it takes a lot of nutmeg — more than two tablespoons — to start feeling the spice's drug like effects, so there's no need to worry too much.

15. Chili peppers contain a chemical that tricks your mouth into "thinking" it's being burned — that's why spicy food hurts so much.

That burning sensation you get when you eat spicy peppers is a mental reaction, not a physical one. Chili peppers contain a chemical known as capsaicin, which naturally binds to the pain receptors on our nerves.

Your brain thinks you are ingesting something hot, so you begin sweating and your face turns red. This is your body's way of trying to cool you down, even though there is no real temperature threat, only a perceived one.

5 Interesting Facts about Delhi Which Even the Locals Are Unaware Of

1. 20% of delhi's landmass is covered by forests



And it remains one of the greenest cities in the world

2. Entire public transport system in Delhi runs on CNG



From the auto rickshaws to the

famous DTC buses, everything runs on the eco-friendly Compressed Natural Gas.

3. 5 of the original 14 gates of the walled city of Delhi are still standing



Namely, the Ajmeri Gate - facing Ajmer in Rajasthan, Lahori Gate - facing Lahore in Pakistan, Kashmiri Gate - pointing North to Kashmir, Delhi Gate - pathway to earlier cities in the state and Turkman Gate - named after religious saint Hazrat Shah Turkman.

4. It's the second most populated city in the world after Tokyo



Delhi is the second most populous city with 25 million inhabitants! Census, in 2015, recorded 18.2 million people living in the city.



5. Delhi's Khari Baoli market is Asia's largest wholesale spice market



This is a must visit place for anyone who loves spicy food.

Gluten free and Lactose free selection

Breakfast Selection

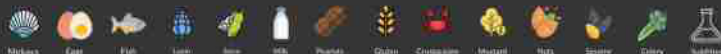
-  Dosa-plain or masala ₹ 799
 | Kcal 503 | 350gm 🌱
 South Indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney
-  Uttapam-plain, masala ₹ 799
 | Kcal 399 | 350gm 🌱
 A thick rice and lentil pancake served with sambhar and chutney
-  Idli ₹ 799
 | Kcal 339 | 300gm 🌱
 Steamed rice and lentil cake, served with sambhar and chutney

Lunch and dinner

-  10/10 Weight watcher's salad ₹ 1049
 | Kcal 207 | 300gm
 A salad of ten natural vegetables and freshly cut fruits seasoned to perfection
-  Risotto e pomodoro ₹ 1199
 | Kcal 673 | 300gm
 Tomatoes and spring vegetables cooked with arborio rice
-  Dal tadka ₹ 1199
 | Kcal 262 | 300gm
 Yellow dal cooked dhaba style
-  Cut fresh fruits ₹ 599
 | Kcal 157 | 300gm

An average active adult requires 2,000 Kcal energy per day, however, calorie need may vary. Kindly inform our associates if you are intolerant to any ingredients.

 Indicates vegetarian dishes
 Indicates non-vegetarian dishes



Govt. taxes as applicable
We levy no service charge

On Your Marks Starters / Soup

Noon to midnight



- Iceberg caesar's salad ₹ 1149
■ | Kcal 498 | 300gm
 Seared chicken, bacon, parmesan shavings & garlic croutons, with chef's special caesar dressing
- Kurkuri idli chaat ₹ 1049
■ | Kcal 996 | 350gm
 Combination of mini fried idlis, chickpeas, cottage cheese and masala potatoes topped with tamarind, curd and mint chutney
- Grilled vegetable, parmesan & iceberg salad ₹ 1049
■ | Kcal 1229 | 200 gm
 tossed with mayonnaise & parmesan dressing
- 10/10 weight watcher's salad ₹ 1049
■ | Kcal 207 | 300gm
 A salad of ten natural vegetables and freshly cut fruits seasoned to perfection
- Quinoa, raisins & lettuce salad ₹ 1049
■ | Kcal 345 | 350gm
 Quinoa, celery, raisins tossed with lettuce & olive oil dressing
- Basket of garlic bread ₹ 749
■ | Kcal 576 | 250gm
 With or without cheese
- Cream of chicken soup ₹ 749
■ | Kcal 1075 | 250gm
- Pollock soup ₹ 749
■ | Kcal 496 | 250gm
 Lamb & spice cooked to perfection & finished with stock to make this Flavorful soup
- Cream of porcini ₹ 699
■ | Kcal 1015 | 250gm
 A chef's special mushroom soup
- Mulligatawny ₹ 699
■ | Kcal 1077 | 250gm
 A curry flavoured lentil soup
- Tuscany tomato ₹ 699
■ | Kcal 434 | 250gm
 Pesto croutons
- Minestrone ₹ 699
■ | Kcal 471 | 250gm

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Buzz On, Buzz Off

By the 1840s the British Empire was at full tilt, operating colonies on every continent apart from Antarctica. Key for Britain's domination of world trade was India, which provided cotton, lumber, and one of the most formidable foes the Empire had yet faced. For all of its mercantile successes, the British Empire was nearly brought to its knees by the humble, irritating mosquito.

Malaria was rampant in the tropical colonies. Its initial onset was marked by high fevers, chills, and vomiting. In extreme cases it lead to seizures,

protozoans that the mosquitoes carried—and that ultimately caused the disease—were not discovered until the turn of the 20th century. What was known was an effective, if gustatorially unpleasant, treatment.

Quinine, derived from the bark of the cinchona tree native to South America, was known to be an effective treatment for malaria as early as the late 16th century. The dried and powdered bark was shipped around the Empire to battle malaria and maintain British presence in the colonies. The unpalatable taste of the bitter alkaloid was a common complaint, and as a remedy, colonists began mixing the substance with water and sugar. This crude 'tonic water' took the colonies by storm. In short order the officers in the British military began adding this new, more pleasant dose of malaria prevention to their afternoon tippie. Gin, a favorite among the military elite, was the natural choice. And thus the gin and tonic was born.



coma, and death. Left untreated the disease resurged in prior victims, incapacitating those who had battled through a first encounter. The causal link between malaria and insects had been observed as far back as the Roman occupation of Northern Africa. Despite this, the parasitic

It may never be known who was the first to mix anti-malarial business with pleasure, but the gin and tonic's historical relevance should not be overlooked. So next time the summertime resurgence of mosquitoes proves to be too much, raise a G&T to your health. And perhaps add a wedge of lime to ward off that pesky scurvy.

[Ed. Note: We do not endorse gin and tonic as a sole means of mitigating mosquito related diseases. See your medical professional for more details.]

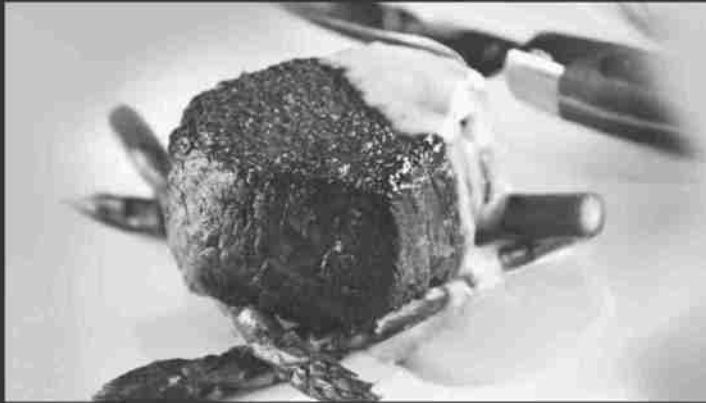
Solution

PUZZLE

Across: 1. Just, 4. Secure, 7. Exert, 8. Kelp, 9. Archer, 10. Egg, 11. Rudder, 13. Emerge, 15. Casual, 17. Septet, 18. Puppet, 20. Adhere, Rot, 24 Beetle, 25. Vase, 26. Niece, 27. Emand, 28. Next.
 Down: 1. Joker, 2. Tepid, 3. Serveral, 4. Stage, 5. Usherette, 6. Earnest, 12. Disapperar, 14. Mae, 15. Capable, 16. Ale, 17. Scatter, 19. Trend, 21. Haven, 22. Elect.

Around The World

Yellow Brick Road favourites



- 🍗 Pan seared prawns 🍗🍌🍌 | Kcal 417 | 250gm ₹ 2499
 With capers nage, walnut mash, grilled vegetables
- 🍗 Country style river sole steak 🍌🍌🍌 | Kcal 481 | 300gm ₹ 1549
 With lime & butter emulsion, beetroot mash potato, grilled vegetables, ginger pickle
- 🍗 Minced chicken steak 🍌🍌🍌 | Kcal 505 | 350gm ₹ 1549
 With thyme lacquer, grilled vegetables, creamy mash potato
- 🍗 YBR chicken 🍌🍌🍌 | Kcal 610 | 300gm ₹ 1549
 Red wine marinated spicy grilled chicken, sauteed vegetables & jacket potato
- 🍗 Fish & chips 🍌🍌🍌 | Kcal 639 | 300gm ₹ 1549
 Served with tartare sauce
- 🍗 Honey & cumin spiked pork chops 🍌🍌🍌 | Kcal 550 | 300gm ₹ 2499
 With pan jus, grilled vegetable, potato wedges
- 🍗 Mexican chicken quesadillas 🍌🍌🍌 | Kcal 659 | 300gm ₹ 1549
 Served with pice de gallo & guacamole
- 🍗 Mexican pepper & cheese quesadillas 🍌🍌🍌 | Kcal 771 | 350gm ₹ 1299
 With pice de gallo & guacamola
- 🍗 Mustard vegetable stuffed cottage cheese steak 🍌🍌🍌 | Kcal 595 | 350gm ₹ 1299
 With mash potato, barbrque sauce, grilled vegetable
- 🍗 Vegetable railway cutlets 🍌🍌🍌 | Kcal 594 | 300gm ₹ 1299
 Mustard vinaigrette tossed salad, tangy tomato glaze, french fries

Simply thai

- 🍗 Pattaya prawn curry ₹ 2499
 | Kcal 423 | 300gm 🍌🍌
 Prawns cooked in chefs style Thai red curry
- 🍗 Bangkok chicken curry ₹ 1549
 | Kcal 730 | 300gm 🍌
 Sliced chicken cooked in chefs style Thai red curry
- 🍗 Thai green curry ₹ 1399
 | Kcal 630 | 300gm 🍌
 Garden fresh vegetables cooked in chefs style Thai green curry

Italian fare

- 🍗 Spaghetti carbonara 🍌🍌🍌 ₹ 1299
 | Kcal 679 | 350gm
 Bacon, egg, cream and parmesan
- 🍗 Risotto chicken mushroom ₹ 1299
 | Kcal 633 | 350gm 🍌
 Italian risotto, chicken dices, cream sauce, butter mushrooms
- 🍗 Fusilli, riversole aglio olio ₹ 1299
 | Kcal 589 | 350gm 🍌🍌🍌
 Pasta, grilled fish dices aglio olio style
- 🍗 Conchiglie chicken pomodoro ₹ 1299
 | Kcal 710 | 300gm 🍌🍌
 Pasta, chicken, tomato based sauce
- 🍗 Millet penne tomato basil ₹ 1199
 | Kcal 734 | 300gm 🍌🍌
 Special millet pasta tossed with tomato & basil sauce
- 🍗 Penne arrabiatta ₹ 1199
 | Kcal 451 | 300gm 🍌🍌
 Fresh tomato sauce with garlic, basil and pounded peppers
- 🍗 Whole wheat spaghetti ₹ 1199
 | Kcal 348 | 350gm 🍌🍌
 Whole wheat pasta tossed with vegetable, garlic, parmesan, chillies & olive oil
- 🍗 Risotto e pomodoro ₹ 1199
 | Kcal 673 | 350gm 🍌
 Tomatoes and spring vegetables cooked with arborio rice















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Govt. taxes as applicable
 We levy no service charge

Local SELECTIONS

- | | |
|---|---|
| <p> Ambassador's masala murgh tikka ₹ 1449</p> <p> Kcal 518 350gm</p> <p>Tandoori chicken tikka tossed in butter, garlic and chilies</p> | <p> Rajma chawal ₹ 1299</p> <p> Kcal 416 350gm</p> <p>Red kidney beans curry with steamed rice, a Delhi favorite</p> |
| <p> Keema matar with tawa paratha ₹ 1549</p> <p> Kcal 1395 350gm</p> <p>Minced lamb with green peas served with crisp home style tawa paratha</p> | <p> Pao bhaji ₹ 1299</p> <p> Kcal 731 350gm</p> <p>A Mumbai favorite-melange of potatoes, onions and tomatoes served with pao bread</p> |
| <p> Keema pao ₹ 1549</p> <p> Kcal 1412 350gm</p> <p>Minced lamb with green peas served with pao bread</p> | <p> Paneer kathi roll ₹ 1299</p> <p> Kcal 691 350gm</p> <p>Soft cottage cheese in a spicy mixture of onions and tomatoes rolled in soft paratha bread</p> |
| <p> Chicken kathi roll ₹ 1399</p> <p> Kcal 692 350gm</p> <p>Skewer roasted chicken wrapped in paratha bread, sliced onion, mint sauce</p> | |

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


















Indian Selection

Taëndoari

Curries & more

1200 hours till 2345 hours

-  Sarson macchi tikka ₹ 1349
Kcal 562 | 350gm |  
Fish tikka infused with freshly crushed mustard grains
-  Gillafi gosht seekh kebab ₹ 1349
Kcal 670 | 350gm | 
Spiced mutton mince flavoured with hand pounded Indian spices
-  Achari murgh tikka ₹ 1349
Kcal 160 | 300gm |  
Succulent morsels of chicken with yoghurt & pickling spices
-  Basil murgh tikka ₹ 1349
Kcal 565 | 300gm |   
Basil spiked chicken morsels finished in clay oven
-  Non-vegetarian kebab platter ₹ 1999
Kcal 1701 | 350gm |  
An assortment of achari murgh tikka, fish tikka & gosht seekh kebab
-  Tandoori malai broccoli ₹ 1299
Kcal 985 | 350gm | 
Tandoori paneer tikka ₹ 1299
Kcal 850 | 350gm |  
Cottage cheese cubes flavoured with cardamom, chillies and mint chutney
-  Palak ke shami kebab ₹ 1299
Kcal 498 | 350gm | 
Griddled spinach patty stuffed with ginger, chilli and raisins
-  Vegetarian kebab platter ₹ 1699
Kcal 1284 | 350gm |  
Assortment of paneer tikka, palak ke shami and tandoori malai broccoli



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-  Gosht roganjosh ₹ 1549
Kcal 956 | 350gm | 
Succulent lamb pieces cooked on the bone along with hand picked spices
-  Rahra gosht ₹ 1549
| Kcal 965 | 300gm |  
Unique combination of lamb mince and pieces on the bone with subtle spices
-  Butter chicken ludhiana ₹ 1549
| Kcal 783 | 300gm |   
Chicken tikka cooked in rich tomato gravy
-  Pakhtooni murgh masala ₹ 1549
| Kcal 749 | 300gm |  
Clay oven cooked chicken morsels simmered in special gravy from the Pakhtoon region
-  Zaffrani gosht biryani ₹ 1549
| Kcal 1184 | 350gm | 
Succulent lamb cooked on the bone along with special fragrant rice & subtle spices
-  Subz jalfrezi nimbu hari mirchi ₹ 1349
| Kcal 432 | 350gm | 
Melange of vegetable tossed with Indian spices and finished with lemon
-  Makhmali paneer tikka palak ₹ 1349
Kcal 990 | 350gm |  
Creamed spinach and cubes of cheese cooked with a special blend of spices
-  Paneer punjabi bagh ₹ 1349
Kcal 491 | 350gm | 
Fresh cottage cheese in buttered tomato gravy, reminiscent of Delhi
-  Baingan Sharaf ₹ 1349
| Kcal 884 | 350gm |  
Indian spiced aubergine mash served artistically
-  Hyderabad subz biryani ₹ 1349
| Kcal 325 | 300gm | 
A delicate combination of assorted vegetables and basmati rice flavoured with saffron
-  Pindi cholley ₹ 1199
| Kcal 306 | 300gm | 
A special chick peas preparation from the pindi street of North West frontier
-  Dal makhani | Kcal 585 | 300gm |  ₹ 1199
Black lentils simmered overnight on a slow fire and finished with cream
-  Dal tadka | Kcal 262 | 300gm |  ₹ 1199
Yellow dal cooked dhaba style
-  Indian breads ₹ 349
| Kcal 289 | 350gm | 
Tandoori roti, pudina paratha, mirchi paratha, laccha paratha, masala missi roti, butter naan, plain naan, olive naan, garlic naan
-  Steamed rice ₹ 349
| Kcal 573 | 350gm
-  Pulao  ₹ 999
Green peas, Mix vegetable, Onion, Cumin
-  Yoghurt plain ₹ 349
| Kcal 157 | 250gm | 
Raita ₹ 599
| Kcal 114 | 250gm | 
Boondi, pineapple, mix veg

Indian curry dishes are served with choice of indian breads or steamed rice.

The curry story from down south

1200 hours till 1600 hours

Chicken chettinad 🍗 | Kcal 904 | 350gm ₹ 1549

Chicken curry with the unique regional flavour of aniseed and black pepper

Home style south Indian fish curry ₹ 1549

🐟 | Kcal 592 | 350gm

Bisi bele huliya ₹ 1199

🍛 | Kcal 330 | 350gm

Rice and dal cooked together with vegetables and tamarind in the classic karnataka style

quick gun murugan

Curd rice 🥛 | Kcal 695 | 350gm ₹ 1049

Choice of dosa 🥞 | Kcal 503 | 350gm ₹ 799

Plain, masala or mysore masala

Uttapam 🥞 | Kcal 399 | 350gm ₹ 799

Plain, onion or masala

Idli 🍲 | Kcal 339 | 300gm ₹ 799

Steamed rice and lentil cake

Served with sambhar and fresh coconut chutney.

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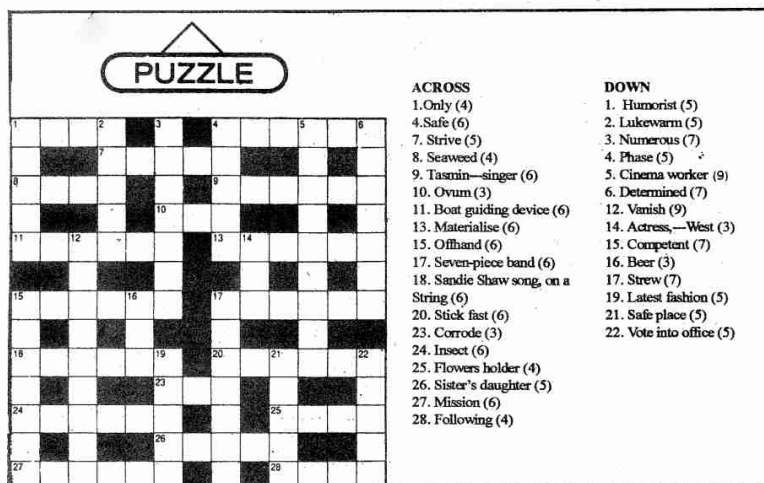
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The Story of the Bull's Eye

Once upon a time on the Chilly Night of 23rd December we had a brilliant restaurant manager whom we used to lovingly call Bully, since he was so huge and imposing in one of the best coffee shops of busy days, Bully was feeling very hungry and it was 3 a.m in the morning and the chef said "sorry buddy all stuff is over!!..now Bully had to eat something and had to eat something really fast so he decides to go in one of those huge refrigerators that we in a hotel call Walkins,..poor Bully, all that he could find in the fridge is fresh fruits and some vegetables !!! He looks here and there and suddenly in one corner of the Walkin he finds a chocolate truffle pastry block, It's cold in the Walkin and he can't take the whole cake with him so he hurriedly cuts the cake, puts it onto his plate and walks out of the Walkin. Poor Bully still can't have the cake coz it's so cold...he has a funny idea in his mind, he decides to heat it in the microwave oven and so he tells chef to heat it, and they heat it and when it comes out it's nice and

hot and chocolate sauce oozing out, Bully just can't wait for it to go in his mouth!! But suddenly he has an idea...why not add a scoop of creamy vanilla ice cream in this! They add a scoop of ice cream in the center of the cake and it looks just like an 'EYE' Bully then thinks that if he has liked the dessert so much than the public would just love it!!! And so he speaks to his food and beverage manager and they also love the new dessert

and decide to have it on the menu. What should they name the dessert? Now since Bully has discovered it the management decide we will name it after him and since it had an EYE SHAPE they name it the BULL'S EYE and hence Bull's eye was born and is still so popular amongst the people of Delhi.



ANNUAL HOROSCOPES

We just wanted to give everyone a general preview of their year ahead. Naturally, this is very general, since the interpretation only relates to your sun or ascendant. You can always learn more about the year ahead with specifics if you get an astrological reading by another astrologer. Good luck and take some positive action.



Aries Sun or Ascendant

This can be an especially eventful year for the ram; so much going on, it's enough to make your head spin. As busy as it will be, generally speaking, most things should go your way. However, watch out for your ruling planet Mars to bring to you some unusual eccentricities. Handle things as they occur. Procrastinating will only complicate matters. Most of the year you may feel that you are on a fast forward course and the sudden stops may startle you. Use this time to put things in perspective and regroup, because before you know it, the whole shebang will start all over again.



Aquarius Sun or Ascendant

Planets Uranus and Neptune have been sitting in your solar first house and have been causing quite an upheaval. By no means is life dull for my Aquarian friends. You are so busy with the here and now, that you have not given much thought to your future. However, now you need to take some alone time and concentrate on it. Where do you want to be a year from now??? You may take some time in deciding, but do begin to make a game plan. You have been distracted you say? And you have loose ends to tie up before you can move on? No more excuses. There is no time like the present to put things in the proper perspective. Stop procrastinating... If it has not worked out to this point, it won't. So shelve it and move on to your next adventure.



Capricorn Sun or Ascendant

Prepare yourself for a year of mixed blessings, especially in the area of finances and career. The usually hard working goat likes to know where he or she is going and exactly how he or she is getting there. They do not take kindly to surprises and usually do not get involved with financial speculation that involves risk of any kind. Slow but steady is their motto; building their financial portfolio a little at a time. Well, get ready for a bit of shake up. Whether it be to your credit or debit, financial fluctuations can occur during this year.



Cancer Sun or Ascendant

Things have been running smoothly and have been relatively quiet lately for the moon child, however, that is likely to change. This is the year for you to take reigns in hand and make up your mind to just do it. I have often written that cancer is one of the strongest signs of the zodiac. You are sensitive, intuitive, nurturing and shrewd. Very often you can gain the advantage in any given situation when you utilize these traits. This year you should be presented with ample opportunity to flourish, to meet any challenge head on. There is nothing that you cannot accomplish once you make up your mind, and that is what it is about this year... knowing what you want and going after it. Remember your character is your power, your indecisiveness your weakness.



Gemini Sun or Ascendant

Hold on tight and fasten your seat belts, you are in a cycle of major change. In the year past you started to get a sense of what I am talking about. You felt the reins tighten and began to experience increased

responsibility. There are decisions that will have to be made with no more procrastinating. Are you backed into a corner? I hope not. One thing I can promise is if you do not face things head on... that corner will start to look pretty good. The reality is that planet Saturn, which represents the taskmaster and karmic lessons, is sitting in your solar first house and is in very good company with your sun sign. Sounds heavy, you say?? It is!! Sounds bad you say??? Not necessarily... It is Whatever you make of it.



Leo Sun or Ascendant

Clear the cluttered path by putting things in the proper perspective. Rebuild your energy, acquire new and healthier habits and you should have no problem finding the road that leads straight to prosperity. The Road has lightened for the warmhearted lion who by now knows the tricks of the trade while getting things done. Now let us take it a step further. Break the ice, introduce yourself to new things and new groups of people. Investigate ideas for a second source of income. You now possess the innovation and energy to make things happen. For too long you have encountered one obstacle after another, that is yesterday's news and is certainly not the case this year. You are now in control of your own destiny. Show them how it's done.



Libra Sun or Ascendant

You seem to be right on target and have bounced back remarkably well. Remember just a few years ago when your life was full of upheaval and chaos? Well things have settled down, for the most part anyway. I don't know if Libra will ever be completely on an even keel, after all you are ruled by the scales and keeping them balanced is not a easy task. Being an enthusiastic, multi-talented individual you are fortunate to enjoy the gifts of both intellect and creativity. Still, keep in mind it is not a trade off of one versus the other, rather it is finding a middle ground where you can strike some sort of a symmetry and unity. This year brings with it the opportunity to create in every sense of the word, however you must maintain that balance in order for you to do your very best work.



Pisces Sun or Ascendant

This new chapter of your life begins with heavy emphasis on your solar 12th house. Many things are now coming to a head. What you have for so long put off until tomorrow can be put off no longer. Tomorrow has arrived. In accordance to what life stage you happen to be in, this will mean a variety of different things. Some of you have come full term with a difficult relationship, others aspire to change directions with their job and then there are those of you who have unresolved conflicts concerning a medley of different life changing decisions. Still, for the fishes, the time and opportunity has come to get to the core of these matters and firmly tie up any and all loose ends. You usually do more giving than getting; it is time to attend to your needs. Make the decision not to be intimidated.



Scorpio Sun or Ascendant

You may be blessed with abundant energy throughout this entire year. After being side tracked for the

past few years. You are once again focused and back in the game... You can now concentrate on the specific tasks at hand and move forward steadily and progressively, leaving behind the various former obstacles that you have had to deal with at every turn. Your mind is sharp and unencumbered. Physically and mentally you should be feeling much better. Planet Saturn has finished making an opposition to your Sun sign. However, while he was visiting you, he taught you a lifetime of valuable lessons, and while they often seemed harsh, they have helped you grow, mentally, emotionally and spiritually. Take a trip down memory lane and recall where you were a few years ago and recognize how far you have come. All areas of your life should now improve. Your goals are within reach as the stars are now at your command. You have paid the price and now it is time to be duly rewarded.



Sagittarius Sun or Ascendant

The playful spirits of the zodiac are about to settle down, regardless of whether they are prepared to or not. Starting in April of 2019, Planet Saturn began a two and a half year opposition to your sun sign and make no mistake, this is a life changing cycle. Many of you who are early archers have already felt Saturn's iron hand and have a good idea of what I am talking about. This is a time of awareness, of taking responsibility, of making major decisions that will alter your life forever. There will be those of you who will experience endings in your life, still, keep in mind that when one door closes another one opens. Yes! This transit is going to ruffle your feathers a little... To that I have no doubt. Nevertheless avoid looking at this cycle as being unfavorable. Indeed, it is challenging. But then again who loves a challenge more than a Sagg.



Taurus Sun or Ascendant

The bull has paid its dues and is now back on track. Most things have come full circle, and you are certainly the wiser for it. It is time to relish in this major planetary transition and quietly move forward in your life. Yes, you have recently shifted away from a cycle that had brought more than it's share of editing and changes. Still, with it all said and done, it is yesterday's news. The cycle now is clear and new. It is time to get back in balance and move eagerly and optimistically ahead.



Virgo Sun or Ascendant

The squeaky wheel gets the grease. It would be to your advantage to remember this phrase throughout this year, my Virgo friend. Attend to matters in order of their importance, however, do not take on the whole load solo. When you are in need of help, ask for it. The cycle you are currently in is one of power. Still, in order to reach your potential, you will need the assistance and guidance of others.

Planet Saturn, which entered your solar tenth house in April 2018, will remain there throughout the year. The ball is in your court and there are tough career choices to be made. Many of you may choose to totally change your profession, while others will initiate other and different types of change. Contract negotiations, starting new businesses and firming up deals is favored during this transit.

Burgers, Sandwiches and More

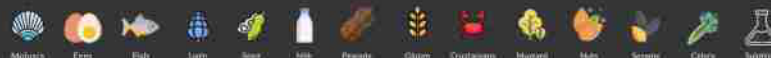
Ambassador club sandwich
three tiers of white or whole wheat bread

- Non-vegetarian 🍳🥚🍗 | Kcal 1198 | 350gm ₹ 1349
Chicken salad, ham, fried egg, tomato
- Vegetarian 🥬🍅🥒 | Kcal 1052 | 300gm ₹ 1249
Cheese, lettuce, tomato, cucumber and coleslaw
- BLT 🍳🥚🍗 | Kcal 474 | 300gm ₹ 1149
Bacon, lettuce and tomato on toasted bread
- Lebanese chicken faraya roll 🍳🥚🍗 | Kcal 630 | 300gm ₹ 1149
Chicken, yoghurt, tahini stuffed inside special leavened bread, served with hummus
- Tex mex chicken burger 🍳🥚🍗 | Kcal 564 ₹ 1149
Mexican style chicken & cheese burger stuffed with tex mex sauce
- Cottage cheese & vegetable faraya roll 🥬🍅🥒 | Kcal 702 | 350gm ₹ 999
Vegetable, cottage cheese, yoghurt, tahini stuffed inside special leavened bread, served with hummus
- Tex mex vegetable burger 🥬🍅🥒 | Kcal 765 ₹ 999
Mexican style vegetable & cheese burger stuffed with tex mex sauce
- Country sandwich 🍳🥚🍗 | Kcal 750 | 300gm ₹ 999
Grilled zucchini, button mushrooms, onions and cheddar on toasted wheat bread
- Jalapeno and cheddar cheese melt 🍳🥚🍗 | Kcal 474 | 350gm ₹ 999
A mouth watering combination of jalapeno and Cheddar on garlic bread

All sandwiches and burgers are served with french fries.

An average active adult requires 2,000 Kcal energy per day, however, calorie need may vary. Kindly inform our associates if you are intolerant to any ingredients.

■ Indicates vegetarian dishes
■ Indicates non-vegetarian dishes



Govt. taxes as applicable
We levy no service charge.

Pizzas



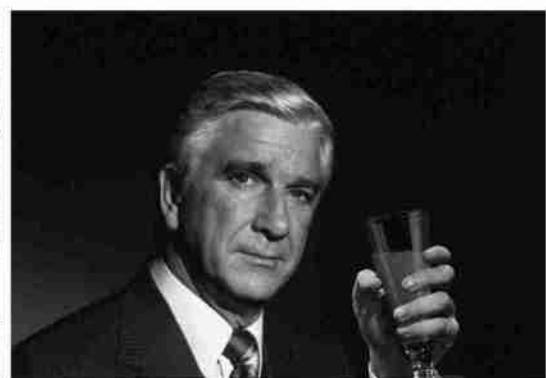
- Mafia bite 🍳🥚🍗 | Kcal 619 | 350gm ₹1099
Chicken salami, chicken ham, capsicum, tomatoes, sliced onions and mozzarella
- Pizza passionara 🍳🥚🍗 | Kcal 619 | 350gm ₹1099
Chicken tikka pizza with green chillies, onions, tomatoes and mozzarella
- Italian temptation 🍳🥚🍗 | Kcal 735 | 300gm ₹ 999
Topped mushrooms and garlic jalapeno peppers olives, gherkins and mozzarella cheese
- Margherita 🍳🥚🍗 | Kcal 735 | 300gm ₹ 999
Tomatoes, mozzarella, basil & oregano with tomato sauce

Tastes on a Plane

Consumption of tomato juice is unusually popular on commercial airline flights. For example, German airline Lufthansa estimates they serve about 53,000 gallons (about 200,000 liters) of the stuff a year, which is not too far off from the 59,000 gallons (223,000 liters) of beer they serve annually on their airplanes. Its popularity has something to do with the history of drink service on airplanes. When commercial flights began, alcohol was complimentary and therefore hugely popular. Because of the expense, airlines eventually began charging for booze, but the mixers remained available free of charge.

However, that's not the whole story. Studies in chambers that mimic airplane cabins in flight indicate there's a scientific reason for tomato juice's airborne popularity. The modern airplane cabin's combination of low pressure, loud engine noise, and desert-like humidity has an impact on a human's sense of taste. These factors dull humans' sensitivity to sweet and salty flavors by about 30%, but do not impact the umami flavors that are important to the taste of tomato juice. As a result, people consistently rate tomato juice as tasting better in conditions observed in an airplane than in conditions normally seen on the ground. These studies also found that sour, bitter, and spicy flavors are mostly unaffected.

The same effects that enhance the flavor of tomato juice seem to be partially to blame for airline food's infamous lack of appeal. In an effort to circumvent the phenomenon, some airlines conduct taste tests in simulated airplane cabins.



Breakfast Selection

All Day Breakfast

Breakfast a la carte

- | | | | |
|--|-------|---|-------|
| American waffles
 Kcal 669 350gm 🍌🍌🍌
Melted butter, honey or maple syrup | ₹ 999 | Poori bhaji
 Kcal 1554 300gm 🍌
Mildly spiced potato curry, served with fried puffed Indian bread | ₹ 999 |
| Pancakes
 Kcal 250 300gm 🍌🍌🍌
Melted butter, honey or maple syrup | ₹ 999 | Dosa
 Kcal 503 350gm 🍌🍌🍌
South indian fermented rice and lentil pancake served with sambhar, tomato and coconut chutney | ₹ 799 |
| Eggs to order
 Kcal 332 300gm 🍌
Fried, boiled, scrambled, poached, omelette or akuri served with crispy bacon, chicken sausages and golden hash browns | ₹ 999 | Uttapam
 Kcal 399 350gm 🍌🍌🍌
Onion or tomato a thick rice and lentil pancake served with sambhar and chutney | ₹ 799 |
| Punjabi Parantha
 Kcal 1081 350gm 🍌🍌
Whole wheat bread, griddled and filled with a choice of potato, cauliflower or cottage cheese, served with pickle and yoghurt | ₹ 799 | Idli
 Kcal 339 300gm 🍌🍌🍌
Steamed rice and lentil cake, served with sambhar and chutney | ₹ 799 |
| | | Cut fresh fruits
 Kcal 157 300gm | ₹ 599 |



Desserts and Beverages

Sweet nothings Drink and D(e)rive

- | | |
|---|--|
| Bull's eye Kcal 531 250gm 🍌🍌🍌 ₹ 799
Served with two scoops of vanilla ice cream | Fresh lime soda/water & services ₹ 399
Aerated water & services ₹ 399
Tender coconut water ₹ 399
 Kcal 119 250ml
Choice of tea ₹ 399
Choice of coffee ₹ 399
Horlicks/bournvita Kcal 228 250ml 🍌
Hot chocolate Kcal 200 250ml 🍌
Milk shake Kcal 303 300ml 🍌
Vanilla, strawberry, chocolate Iced tea ₹ 399
 Kcal 275 300ml
Cold coffee ₹ 399
 Kcal 174 300ml 🍌
With or without ice cream ₹ 399
Fresh juices ₹ 399
Chaas-saled or masala 🍌 ₹ 399
Lassi-sweet ₹ 399
 Kcal 151 300ml 🍌
Lassi- salted ₹ 399
 Kcal 65 300ml 🍌
Packaged drinking water (1 Lt.) & services ₹ 299 |
| Italian tiramisu ₹ 799
 Kcal 579 250gm 🍌🍌🍌 | |
| Kancha jamun cheese cake ₹ 699
 Kcal 452 🍌🍌🍌
Cottage cheese, refined flour sweet dumplings based inside cheese cake | |
| Sugar free Rasmalai ₹ 699
 Kcal 376 🍌🍌
Cottage cheese dumplings served with cardamom perfumed sugar free reduced milk | |
| Narm gulab jamun ₹ 649
 Kcal 617 150gm 🍌🍌
Cottage cheese, refined flour sweet dumplings in flavoured sugar syrup | |
| Zafrani kulfi falooda ₹ 649
 Kcal 975 200gm 🍌🍌🍌
Traditional Indian ice cream | |
| Choice of ice cream ₹ 449
 Kcal 360 150 gm 🍌
Vanilla, strawberry, chocolate | |
| Cut fresh fruits Kcal 157 300gm ₹ 599 | |



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🍌 Indicates vegetarian dishes
 🍌🍌 Indicates non-vegetarian dishes



Govt. taxes as applicable
 We levy no service charge

AMBASSADOR

IHCL SELECTIONS

