

DEW

TAJ MADIKERI RESORT & SPA, COORG

THE WELLNESS RESTAURANT



TAJ MADIKERI RESORT & SPA · COORG

A KISMET MENU · TAJ MADIKERI RESORT & SPA, COORG

À LA CARTE

RELAX

- Caramelized cauliflower and water chestnut soup 500
288 kcal | 200 gms
Slow-cooked cauliflower, infusion of an expectorant with home-grown thyme (Active ingredients: water chestnuts, hazelnuts) Only 4 gms of MUFA (mono-unsaturated fatty acids)
- Curried yellow split pea & fennel soup 500
283 kcal | 220 gms
Enrich your protein with the essence of fennel (Active ingredients: turmeric, ginger) 8 gms of protein and healthy amino acids
- ▲ Lemongrass chicken broth 550
244 kcal | 220 gms
Protein enriched broth infused with citronella (Active ingredients: pokchoy, carrot) 10 gms lean protein and branch chain amino acids

DELIGHT

- ▲ Protein egg and millet rice salad in the bowl 600
315 kcal | 180 gms
Healthy salad high in protein with low glycaemic index (Active ingredients: millets, organic forest honey) 18 gms of protein and poly-complex carbohydrates
- Organic garden salad 600
90.2 kcal | 220 gms
Straight from Asha's garden onto your plate (Active ingredients: tomato, pepper) Antioxidants and loaded with phytonutrients
- Sprouted gram & udon noodles salad 600
156 kcal | 280 gms
Asian flavoured fresh indulgence (Active ingredients: tofu, horse gram)

SUSHI PLATTER

170 gms

- Vegetarian 650
311 kcal

■ VEGETARIAN

▲ NON-VEGETARIAN

Please inform our associate if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to applicable Government taxes.
As per the guidelines issued by the Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kJ of energy per day.
However, the actual calories needed may vary per person.

À LA CARTE

SUSHI PLATTER • CONTINUED

- | | | |
|---|---|-----|
| ▲ | Seafood | 900 |
| | 334 kcal | |
| | Energize your senses by grabbing a couple of Japanese sushi | |
| ■ | Dim sum | 600 |
| | 214 kcal 120 gms | |
| | Steamed healthy fragrant dumpling (Active ingredients: spinach) | |
| ▲ | Pokchoy wrapped seafood dim sum | 500 |
| | 283 kcal 170 gms | |
| | Enriched in omega-3 fatty acids and lean protein | |

FLAT BREADS

All flat breads are made from organic finger millet flour

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|---|---|-----|
| ■ | Trio of heirloom tomato flat bread | 725 |
| | 602 kcal 200 gms | |
| | Heirloom tomato, confit tomato, sun-dried tomato, goat cheese, parmesan, sea salt, pepper | |
| ■ | Summer vegetable flat bread | 725 |
| | 653 kcal 230 gms | |
| | Zucchini, onion, bell pepper, tomato, parmesan | |
| ▲ | Garlicky greens & chicken flat bread | 825 |
| | 487 kcal 250 gms | |
| | Green zucchini, broccoli, spinach, chayote, chicken | |

INDULGE

- | | | |
|---|--|-----|
| ■ | Bruschetta | 725 |
| | 345 kcal 190 gms | |
| | Zucchini, mushroom, tomato, basil (Active ingredients: basil) | |
| ■ | Jowar & tofu quesadillas | 725 |
| | 935 kcal 340 gms | |
| | Sorghum, tofu, red cabbage, pineapple, red onion (Active ingredients: sorghum) | |

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INDULGE • CONTINUED

- Finger millet ravioli in Brahmi pesto 725
537 kcal | 170 gms
Stuffed with carrot and mango ginger (Active ingredients: Brahmi)

RECHARGE

- Wild brown rice and organic vegetable bowls 725
696 kcal | 520 gms
Complete meal on its own, complex carbohydrates with micronutrients
- Koda vakuru kari with organic rice 725
514 kcal | 425 gms
With love from grandma's kitchen (Active ingredients: kuru bean)
- ▲ Asian flavoured braised chicken 900
426 kcal | 300 gms
Intense flavours of Thai ginger, lemon grass chicken (Active ingredients: Thai ginger)
- ▲ Sumac & garlic braised prawns 950
361 kcal | 320 gms
Grilled polenta, organic tomato, orange vierge (Active ingredients: organic tomato)

REJUVENATE

- Dark cocoa semi-fredo 450
136 kcal | 130 gms
Finest Belgium chocolate, coconut crème, Rosemary (Active ingredients: Belgium chocolate)
- Spanish red rice pudding 450
264 kcal | 180 gms
Organic red rice, pistachio (Active ingredients: red rice)
- Frozen berry yoghurt 450
98.4 kcal | 100 gms
Greek yoghurt, berry (Active ingredients: berry)

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REVIVE

■	Relaxing turmeric latte	400
	262 kcal 260 gms	
	Almond milk, turmeric, honey, cinnamon powder, ginger powder, a pinch of salt (Active ingredients: turmeric)	
■	Berry milkshake	400
	518 kcal 350 gms	
	Almond milk, berries, organic honey	
■	Tender coconut & lemon grass juice	350
	102 kcal 330 gms	
	(Active ingredients: lemon grass)	
■	Beetroot & garcinia cambogia juice	350
	155 kcal 330 gms	
■	Fresh lime soda or water	175
	Selection of plain, sweet, salted	
■	Aerated beverages	175
■	Bottled water 1000 ml	175

FRESH JUICES

300 gms 395

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|---|------------|
| ■ | Orange |
| | 141 kcal |
| ■ | Watermelon |
| | 108 kcal |

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