

Cilantro breakfast

Continental breakfast Rs. 625

Choice of fresh fruits and seasonal juices
Plain or multigrain toast or a baker's basket
Selection of tea or freshly brewed coffee

Baker's basket Rs. 375

Fresh juice Rs. 425

Choice of seasonal fresh fruit juices

Homemade muesli Rs.375

Cinnamon infused oatmeal
porridge Rs.375

Choice of organic eggs Rs.375
with roast potatoes, oven dried tomatoes
and Australian bacon, ham or pork sausages

Soufflé omelette Rs.375
Egg white omelette with a choice of filling

Low calorie options Vegetarian

We do not levy a Service Charge
An 18% Goods and Services Tax is applicable on all prices
July, 2017

Eggs royale Rs.595

Please allow us 20 minutes for service

Eggs benedict Rs.425

Please allow us 20 minutes for service

Scrambled eggs with asparagus and smoked salmon Rs.595

Please allow us 20 minutes for service

Pancakes Rs.375

Blueberry, banana and buttermilk

Belgian waffles Rs.375

with fruits and cream or plain

☉ 🟢 Fresh fruit platter Rs.375

🟢 Specialty teas Rs.425

English breakfast, flowers of camomile, high elevation Darjeeling, orange Pekoe Darjeeling,

Assam, Nilgiri organic, Earl grey, lemon scented

🟢 Espresso, cappuccino and filter coffee Rs.375

🟢 Decaffeinated coffee Rs.375

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Indian breakfast

☐ Flavoured lassi Rs.425

Blended yoghurt drinks

Mango and papaya, honey and banana,
rock salt and pepper

☐ Aloo parantha Rs.375
served with yogurt and home made pickles

☐ Poori bhaji Rs.375
served with curried potatoes and home made
pickles

☐ Idli with sambar Rs. 375
served with south Indian stew of lentil and
tomatoes

☐ Dosa with sambar Rs.375
Plain, masala and egg
served with sambar and coconut chutney

☐ Utthapam Rs. 375
Served with south Indian stew of lentil and
tomatoes

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Japanese breakfast

Yasai salad Rs 575

Miso soup Rs 550

Japanese vegetable stew
with sesame Rs. 575

Teriyaki Scottish salmon with steamed
vegetables Rs. 2195

Chicken and seaweed congee Rs. 575

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Organic Light and Healthy Menu

Appetiser

■ Slow roasted beet, arugula, Florida orange and pine nuts Rs. 1175

Calories (kcal): 193

Total fat (g): 13g

Cholesterol (mg): 0 mg

Total carbohydrates (g): 16g

Protein (g): 5g

■ Steamed Japanese edamame beans with sea salt Rs.775

Calories (kcal): 152

Total fat (g): 4g

Cholesterol (mg): 3 mg

Total carbohydrates (g): 26g

Protein (g): 6g

Thai raw papaya salad with chicken Rs.1175

Calories (kcal): 345

Total fat (g): 15g

Cholesterol (mg): 29 mg

Total carbohydrates (g): 29g

Protein (g): 22g

Soups

■ Carrot, orange, light yogurt and ginger soup Rs. 575

Calories (kcal): 263

Total fat (g): 11g

Cholesterol (mg): 0 mg

Total carbohydrates (g): 39g

Protein (g): 4g

Chicken and lemon grass broth Rs. 775

Calories (kcal): 65

Total fat (g): 1g

Cholesterol (mg): 14 mg

Total carbohydrates (g): 6g

Protein (g): 7g

Main course

■ Bok choy normai farang fai daeng Rs. 1675

Stir fried bokchoy, tofu and green asparagus

Calories (kcal): 496

Total fat (g): 5g

Cholesterol (mg): 1 mg

Total carbohydrates (g): 102g

Protein (g): 15g

■ Penne with wild mushrooms and tomato Rs. 1545

Calories (kcal): 618


Total fat (g): 12g

Cholesterol (mg): 0 mg

Total carbohydrates (g): 115g


Protein (g): 12g

■ Indicates vegetarian choice

 Seafood flown in every day

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 Garden spinach braised with cumin and tomato served with whole wheat bran roti Rs. 1675


Calories (kcal): 496

Total fat (g): 22g

Cholesterol (mg): 7 mg

Total carbohydrates (g): 71g

Protein (g): 21g

 Sautéed green peas with mint and coriander served with whole wheat bran roti Rs. 1545

Calories (kcal): 673

Total fat (g): 23g

Cholesterol (mg): 7 mg

Total carbohydrates (g): 104g

Protein (g): 30g

Basil prawns with shaved fennel and arugula Rs. 2375


Calories (kcal): 456

Total fat (g): 19g

Cholesterol (mg): 27mg

Total carbohydrates (g): 29g

Protein (g): 41g

 Tandoor cooked catch of the day served with tandoori vegetables, mint and light yogurt chutney
Rs. 2075


Calories (kcal): 692

Total fat (g): 20g

Cholesterol (mg): 77 mg

Total carbohydrates (g): 84g

Protein (g): 60g

 Grilled seabass with steamed vegetables and orange Rs. 2545

Calories (kcal): 523

Total fat (g): 16g

Cholesterol (mg): 94 mg

Total carbohydrates (g): 52g

Protein (g): 45g

Oriental style sliced chicken breast with vegetable in white garlic sauce Rs. 2075

Calories (kcal): 413


Total fat (g): 12g

Cholesterol (mg): 84mg

Total carbohydrates (g): 36g

Protein (g): 39g

Desserts

 Baked yogurt Rs. 575

Calories (kcal): 237

Total fat (g): 16g

Cholesterol (mg): 55mg

Total carbohydrates (g): 22g

Protein (g): 5g

Selection of sorbets Rs. 575

Apricot, mango, lime and lemon


Calories (kcal): 84


Total fat (g): 0g

Cholesterol (mg): 0mg

Total carbohydrates (g): 22g

Protein (g): 0g

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Desserts

Hot hazelnut soufflé Rs. 525
disappearing spoon, belgian ganache
baked to order, please allow 20 minutes

Floating panna cotta served on a cloud Rs. 525
vanilla bean, berry compote, anise crisp

Flaming Snickers brownie Rs. 525
half-baked brownie layered with
salted peanut nougat and French meringue

Swiss chocolate mousse Rs. 525
spiced brandy mist, almond soil

Deconstructed lemon tart Rs. 525
whipped mascarpone, lemon curd, brown butter crumble,
meringue shells

Classic tiramisu Rs. 525

Soft centered hot chocolate pudding Rs. 525
with vanilla ice cream

Trident signature sundae for two Rs. 975
selection of four ice creams
berry coulis, caramel sauce and chocolate sauce

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