### **EAT HEALTHY AT THE OBEROI**

Indulge in an all new wellness menu at The Oberoi Grand wherein all appetisers are less than 150 calories and all main courses are less than 300 calories

## **Appetisers**

			Tastina Portion
Quinoa and mango (V) almond, pickled ginger, teriyaki dressing	110/66 calories	₹ 625	Tasting Portion ₹ 375
threesixtythree° green salad <b>(V)</b> avocado, pecan nut, maple balsamic dressing	132 calories	₹ 625	
Beetroot tartare (V) pickled onion, beetroot sorbet	123/73 calories	₹ 625	₹ 375
House pickled Tuna ceviche chilli, lemon and ginger dressing	144 calories	₹ 1,250	
Soups			
Cauliflower with truffle essence (V)	97 calories	₹ 525	
Mushroom, spinach and barley (V)	85 calories	₹ 525	
Main courses			
Sorghum rissotto (V) wild mushroom, arugula, asparagus	216/129 calories	₹ 1,075	₹ 645
Multigrain atta kathi roll cottage cheese (V) chicken tikka	295 calories 299 calories	₹ 825 ₹ 975	
Asian broth pak choi, shiitake, noodles, celery and shrimp	225 calories	₹ 1,075	
Steamed Bekti Asian greens, ginger and scallion	225 calories	₹ 1,600	

Signature dishes (V) Vegetarian

The above prices exclude 18% GST

We levy no service charge

# **Appetisers and Salads**

Vine ripened tomato, Burrata (V) basil, avocado	₹ 1,025	Tasting Portion ₹ 615
Watermelon carpaccio (V) feta cheese and olive dust, balsamic treacle	₹ 925	
Warm French 'Chevre' and figs (V) caramalised onion, mushroom soil	₹ 1,025	
Mezze sampler (V) hummus, muhammara, labneh, babaganoush, tahini, olives, roasted garlic	₹ 1,025	
Iceberg lettuce (V) Williams pear, cherry tomato, blue cheese dressing	₹ 1,025	
Flavours of Benaras <b>(V)</b> Tamatar ki chaat, moong dal ki chilla, chivda mattar, dahi gujiya	₹ 875	
Sunehri paneer kebab (V) cottage cheese marinated with mustard oil and Indian spices, cooked in tandoor	₹ 975	
Mirchi kebab (V)	₹ 875	
Dahi ke kebab (V) pan fried chilli and ginger flavoured yoghurt galettes filled with sweet mango chutn	<b>₹ 975</b> ney	
Shrimp cocktail 9	₹ 1,375	
threesixtythree° Caesar salad bacon and anchovies	₹ 925	



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## **Appetisers and Salads**

Black forest ham and pomelo honey mustard drizzle	₹ 1,125
Tandoori jhinga Bay of Bengal prawns flavoured with a hint of cardamom and ginger, cooked in the tandoor	₹ 1,525
Tawa pomfret <b>&gt;</b> pomfret marinated with yoghurt, red chilli, cooked on a flat griddle	₹ 1,375
Bhune murgh ke pasanday escalopes of chicken flavoured with rose petals, saffron, glazed on a charcoal grill	₹ 1,075
Murg Angara spicy morsels of chicken marinated with yoghurt and spices, roasted in the tandoor	₹ 1,075
Galouti Spring lamb mince kebab flavoured with saffron and spices	₹ 1,275
Soups	
Mulligatawny (V) with chicken	₹ 425 ₹ 425
Essence of porcini mushroom (V)	₹ 425
Minestrone with cannellini beans (V)	₹ 425
Puree of pumpkin (V) cocoa nibs, almond crumble	₹ 425



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### **Western Main Courses**

Farmer's rösti, wild mushroom (V)	₹ 1,225	Tasting Portion ₹ 735
Asparagus, artichoke and parmesan polenta (V) red pepper cream, white truffle oil	₹ 1,225	₹ 735
Lobster Thermidor losses herb rice	₹ 1,975	
Home smoked hilsa (9) 'kasundi' mustard sauce	₹ 2,575	
Crumb fried Bay of Bengal bekti tartare sauce	₹ 1,625	
Asian sea Bass broccoli, puy lentil, octovinaigrette	₹ 1,625	
Chilean sea bass 63° poached egg, asparagus, miso butter	₹ 2,650	
Scottish salmon asparagus, tomato olive crush, sauce vierge	₹ 2,025	
Pan roast chicken sweet potato, warm wild mushroom salad	₹ 1,675	
New Zealand lamb rack mushroom paté, spring onion, garlic new potatoes	₹ 2,100	
Braised lamb shank polenta, roasted smoked baby carrot, wilted spinach	₹ 1,825	



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### **Indian Main Courses**

Amchoori bhindi (V) okra stir fried with mango powder, onion, ginger	₹ 975
Kaju mutter makhana <b>(V)</b> Iotus seed puffs, fresh green pea and cashewnuts braised yoghurt, Indian spices	₹ 975
Karaikudi vegetable khorma (V) fennel flavoured vegetable preparation finished with coconut milk	₹ 975
Mughlai saag (V) spinach tempered with garlic, tomato, spices	₹ 1,450
Dum ka paneer (V) cottage cheese stewed in a rich tomato gravy	₹ 975
Bharwan gucchi <b>(V)</b> Kashmiri morels filled with nuts, reduced milk, braised in an aromatic gravy	₹ 1,450
Amritsari choley <b>(V)</b> kulcha	₹ 1,025
Meen pollichathu South Indian style fish wrapped in a banana leaf, pan fried served with Malabari paratha	₹ 1,375
Prawn Malabar curry Kerala style prawns simmered in coconut milk with 'kokum', South Indian spices	₹ 1,625
Tandoori murgh spring chicken marinated with yoghurt, Indian spices	₹ 1,250
Chooza khaas makhani tandoori spring chicken simmered in fenugreek flavoured tomato gravy	₹ 1,250
Grand chicken curry (Grand chicken with bone simmered in a gravy made of turmeric, red chillies, onion	₹ 1,250
Awadhi gosht korma spring lamb braised in a delicate brown onion gravy	₹ 1,250

All Indian main courses are served with the lentil and vegetable of the day along with an Indian bread or steamed rice



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Dishes made in the tandoor are available from 1230 hours to 1500 hours and from 1900 hours to 2330 hours

Should you be allergic to any ingredient, please bring it to the attention of the order taker

# **Specialities of Bengal**

Mattar shuttir dhokar dalna (V) galettes of green pea, fried and simmered in an onion tomato gravy	₹ 975
Jhinge bodi posto <b>(V)</b> ridge gourd, lentil dumplings and potato cooked with poppy seeds	₹ 975
Paturi marinated with fresh mustard paste, steamed in a banana leaf chenna (V) bhetki	₹ 975 ₹ 1,375
Narkel chingri prawns cooked with fresh coconut, green chilli, mustard oil	₹ 1,625
Sorshe illish boneless hilsa fillet simmered in a mustard gravy	₹ 2,050
Maccher jhol Bay of Bengal bekti simmered in a light onion gravy	₹ 1,375
Kosha mangsho lamb cooked with onion, cinnamon and ginger	₹ 1,375
Kolkata Biryani Chicken Lamb	₹ 1,275 ₹ 1,375
Royal Bengali thali Royal Bengali vegetarian thali (V)	₹ 2,200 ₹ 1,975

All Bengali main courses are served with begun bhaja, the lentil of the day along with luchi or Gobindo bhog rice



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### An ode to Chinatown

The only city in India which can lay claim to its own Chinatown, Kolkata seems to have provided refuge and trade opportunities for its Eastern settlers from the early 19th century. It is said that the earliest settlers were from the Hakka speaking provincial areas, and hence the Kolkatan's well known love for 'Hakka' noodles.

The influence of Chinatown on the culinary landscape of Kolkata is legendary. We offer you a small sampler of this legend.

Stir fry of tofu, peppers and black fungus in chilli bean sauce (V)	₹ 1,175
Crispy chilli babycorn (V)	₹ 1,175
Honey chilli potato (V)	₹ 1,175
Hakka chow (V)	₹ 825
Prawn salt and pepper	₹ 1,845
Sichuan chicken dry	₹ 1,295
Stir fry of pork with chillies and black bean	₹ 1,345
Five spice dry lamb with chillies	₹ 1,345
Yang chow fried rice egg, peas, shrimp	₹ 1,175
Gluten free options	
Heart of palm with hazelnut dressing (V) fennel, apples, gondoraj lemon	₹ 1,025
Balsamic marinated beetroot (V) Greek feta, roast tomato, pears	₹ 1,025
Grilled Asian sea bass potato olive crush, sauce vierge	₹ 2,025
Pan roast chicken mushroom puree, kale, octovinaigrette	₹ 2,025



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### Pasta and risotto

Choice of penne, spaghetti, linguine and fettucine made with durum wheat flour Choice of spaghetti and penne made with whole wheat flour

Choice of spagnerii and perine made wiiii whole wheat not		Tasting Portion
Aglio olio peperoncino (V)	₹ 1,075	₹ 645
Pomodoro (V)	₹ 975	
Caramelized onion, wilted spinach, eggplant, pesto rosso (V)	₹ 975	
Carbonara	₹ 1,125	
Bolognese	₹ 1,125	
Wild mushroom agnelotti with truffle cream (V)	₹ 1,125	₹ 675
Butternut squash tortellini with thyme ragout (V)	₹ 1,125	₹ 675
Tomato and honey risotto (V)	₹ 1,225	₹ 735
Seafood risotto	₹ 1,325	
Burgers and sandwiches		
The Grand vegetable burger (V) cheddar, avocado, tomato, iceberg lettuce	₹ 1,075	
Masala potato, cheese and mint mayonnaise panini (V)	₹ 825	
Toasted submarine with teriyaki chicken, avocado and spicy mayonnaise	₹ 975	
Kolkata chicken and egg kathi roll with masala onion	₹ 975	
Camemburger chicken burger, French camembert cheese, onion jam, arugula	₹ 1,150	
The Grand club sandwich Spanish bacon, roast chicken, fried egg, iceberg lettuce	₹ 1,075	



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# **Burgers and sandwiches**

The Grand tenderloin burger grilled bacon rasher, saut éed mushroom, cheddar, single fried egg	₹ 1,250
Wood fired pizza	
Margarita (V)	₹ 950
Fresh bocconcini, tomato, olives and basil (V)	₹ 1,025
Mushroom, shallots, thyme and sun-dried tomato (V)	₹ 1,025
Oregano, basil pesto and burrata flatbread (V)	₹ 1,025
Chicken tikka, onion and green chilli	₹ 1,325
Pepperoni	₹ 1,325
Cocktail chicken sausage, roasted onion, mushroom and scamorza	₹ 1,325



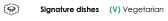
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### Desserts

Cube chocolate 'cube', Valrhona mousse, raspberry, nut meringue, lemon cream	₹ 400
Costa Hazelnut pate sable, maracaibo chocolate, hazelnut croquant, gianduja macaron	₹ 400
'Gondhoraj' lemon pie with red fruit jelly, Italian meringue	₹ 400
Tiramisu	₹ 400
Kerala vanilla bean Crème brulée	₹ 400
Vanilla bean 'cremeux' (Sugarfree) forest berries, kerala vanilla, passionfruit jelly	₹ 400
Malai kulfi (V)	₹ 350
Kesari rasmalai (V)	₹ 350
Gulab jamun (V)	₹ 350
Home made ice creams ∞ Kerala vanilla bean; black forest; salted caramel; rippled rhubarb	₹ 350



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