



AMRITHYA
— THE ETERNAL DINING —
BY BRAHMASTRA

Menu

BODYBUILDING THEMED PROTEIN SHAKE

Bulk / Titan Strength (High-Protein Banana Peanut Shake) Kcal - 700 **299**
Choice of Milk, Banana, Peanut Butter, Honey, Whey Protein (Choco Peanut Butter)
Protein (G) 45 / Carbs (G) 60 / Fat (G) 20

Bulk / Inferno Mass (Chocolate Cinnamon Power Shake) Kcal - 750 **349**
Choice of Milk, Cocoa Powder, Cinnamon, Dates, Whey Chocolate
Protein (G) 48 / Carbs (G) 75 / Fat (G) 18

Bulk / Iron Gainz (Oat & Peanut Muscle Fuel) Kcal - 750 **349**
Choice of Milk, Oats, Peanut Butter, Banana, Whey Chocolate
Protein (G) 50 / Carbs (G) 70 / Fat (G) 22

Bulk / Max Rep Fuel (Walnut & Dates Energy Shake) Kcal - 780 **359**
Choice of Milk, Walnuts, Dates, Cinnamon, Whey Vanilla
Protein (G) 52 / Carbs (G) 65 / Fat (G) 20

Balance / Lean Machine (Mixed Berry Antioxidant Shake) Kcal - 500 **279**
Choice of Milk, Blueberry, Strawberry, Honey, Whey Blueberry Cheese Cake
Protein (G) 35 / Carbs (G) 50 / Fat (G) 12

Balance / Aesthetic Fuel (Tropical Mango Pineapple Shake) Kcal - 520 **289**
Coconut Water, Mango, Pineapple, Chia Seeds, ON Whey Pineapple Coconut
Protein (G) 38 / Carbs (G) 55 / Fat (G) 10

Balance / Shred Mode (Berry Protein Punch) Kcal - 550 **289**
Choice of Milk, Mixed Berries, Chia Seeds, Whey Vanilla
Protein (G) 38 / Carbs (G) 55 / Fat (G) 14

Balance / Metabolic Boost (Coconut Banana Flax Seed Shake) Kcal - 530 **279**
Coconut Water, Banana, Mango, Flax Seeds, Whey Protein (Mango)
Protein (G) 40 / Carbs (G) 50 / Fat (G) 12

Shred / Ripped Fury (Spinach & Green Spirulina Detox Shake) Kcal - 400 **269**
Coconut Water, Spinach, Green Spirulina, Lemon, Ginger, Whey Vanilla
Protein (G) 32 / Carbs (G) 48 / Fat (G) 8

Shred / Vascular Surge (Beetroot & Strawberry Pre-Workout Shake) Kcal - 380 **259**
Coconut Water, Beetroot, Strawberry, Watermelon, Whey Protein (Strawberry)
Protein (G) 30 / Carbs (G) 52 / Fat (G) 7



Shred / Core Crusher (Kale & Green Apple Cleanse Shake) Kcal - 410 Coconut Water, Kale, Green Apple, Lemon, Whey Vanilla Protein (G) 34 / Carbs (G) 45 / Fat (G) 10	259
Shred / Thermo Burn (Spinach Ginger Chia Fat Burner) Kcal - 390 Coconut Water, Spinach, Ginger, Chia Seeds, Whey Vanilla Protein (G) 30 / Carbs (G) 40 / Fat (G) 9	249
Specials / Anabolic Supreme (Avocado Cocoa Energy Shake) Kcal - 680 Choice of Milk, Cocoa Powder, Avocado, Honey, Whey Chocolate Protein (G) 42 / Carbs (G) 60 / Fat (G) 18	329
Specials / Gains Overload (Peanut Butter Banana Protein Shake) Kcal - 720 Choice of Milk, Peanut Butter, Banana, Dates, Whey Chocolate Peanut Butter Protein (G) 50 / Carbs (G) 70 / Fat (G) 22	359
Specials / Muscle Matrix (Oreo Cocoa Power Shake) Kcal - 680 Choice of Milk, Oreo, Cocoa Powder, Honey, Whey Chocolate Protein (G) 42 / Carbs (G) 60 / Fat (G) 18	339
Specials / Bulk King (Hazelnut Banana Muscle Builder) Kcal - 720 Choice of Milk, Hazelnut Butter, Banana, Honey, Whey Protein Protein (G) 48 / Carbs (G) 68 / Fat (G) 21	369

SHAKES

Oreo Shake	200
Berriliyous Shake	220
Hazelnut & Salted Caramel	220
Brownie Shake	200
Chocolate Shake	180
Banana & Peanut Butter Shake	200

MOCKTAILS



Lemongrass Fizz	180
Thirsty Temple	180
Masala Marry	200
Orange Kaffir	190
Blue Angel	180
Spiced Mango	200
Cucumber Cooler	180
Mojito Classic/Orange/Watermelon/Green Apple	200



HEALTHY MEALS

Rs. 300/-

MAKE YOUR OWN BOWL (ANY ONE)

Step 1: Choose Your Base

- Brown Rice/ White Rice
- Quinoa/ mashed potatoes/ Sweet potato
- Mixed Greens
- Cauliflower Rice

Step 2: Pick Your Protein (Any One)

- Grilled Chicken Breast
- Pan-Seared Fish
- Tofu (Marinated and Grilled)
- Paneer Grilled
- Soya Chunks
- Boiled Eggs (2 pcs)
- Chicken / Mutton Keema

Step 3: Add Your Veggies (Any Two)

- Steamed Broccoli
- Sauteed Spinach
- Mixed Bell Peppers
- Grilled Zucchini
- Steamed Carrots
- Saute Beans
- Buttered Green Peas

Step 4: Choose a Sauce (Any One)

- Garlic Herbs Mayo
- Spicy Balsamic Vinaigrette
- Yoghurt Bill Sauce
- Spicy Tomato Sauce
- Sesame Ginger Dressing
- Classic Hummus
- Red Wine Jus

Step 5: Add Toppings (Any Two)

- Chia Seeds
 - Flax Seeds
 - Crushed Walnuts
 - Feta Cheese
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BREAKFAST

Vegetarian

Veg Sandwich (Plain/Toast/Grilled)	130
Cheese Sandwich (Plain/Toast/Grilled)	150
Veg Club Sandwich (Toasted)	170

Non Vegetarian

CIBO Chicken Grilled Sandwich	210
Chicken Grilled Sandwich	190
Double Decker Sandwich	240

EGGS TO BE ORDERED

Omelettes (Cheese/Mushroom/Veg/Chicken/Spanish)	100
Fried Egg (With Toast)	100
Egg Bhruji (With Toast)	100
Scrambled Egg (With Toast)	100
Boiled Egg (2 Pcs)	50
Poached Egg (2 Pcs)	100
Classic American Breakfast (Pan Cakes/Eggs/Chicken Ham/Hash Brown Potatoes/Baked Beans/Toast)	240
Grand Salm Breakfast (Pan Cake/Eggs/Chicken Ham/Bread Toast/ Hash Brown Potato/Baked Beans)	270
Hearty Breakfast (Toast/Egg Scrambled/Mushroom & Tomato Saute/ Sausage/Hash Brown/Pan cake)	310
English Breakfast (Pan Cake/Toast/Grilled Tomato/Baked Beans/Chicken Ham/ Omelette/Sausage/Saute Mushroom/Hash Brown Potato)	370

WAFFLES

Waffles w/nutella & Chocolate Sauce	220
Waffles w/ice cream & Chocolate Sauce	240



CONTINENTAL **SOUP**

Cream of Mushroom/Vegetable	170
Broccoli & Cheddar Soup	190
Roasted Tomato Soup	170
Prawn Chowder	230

APPETIZER (SALAD)

Seasonal Salad	185
Waldrop Salad	190
Kucumber Salad	185
Vegan Veg Salad	185
Ceasors' Salad (Veg/Chicken/Prawn)	185/200/250
Chicken Tikka Salad	220

STARTERS **VEGETARIAN**

Mushroom Kabana (6 Pcs)	255
Stuffed Mushroom with Dips (8 Pcs)	255
Steweed Vegetable Stirfry (Dry)	210
Cajun Grilled Vegetable	220
Fajita Vegetable Wrap with Dips	190
French Fried (Fries or Air Fry)	100
Peri Peri French Fries	130
Garlic Bread (6 Pcs)	120
Cheesy Garlic Bread (6 Pcs)	155



NON VEGETARIAN

Chicken Harissa (8 Pcs)	255
Grilled Jamaican Chicken (8 Pcs)	255
Cajun Chicken Tossed in Griddle (8 Pcs)	255
Chicken Fajitas Wrap Dips (1 Pcs)	240
Barbeque Chicken Wings Grilled Pineapple (6 pcs)	255
Lemon Chicken Wings Red Hot Sauce (6 Pcs)	255
Sauteed Lamb Liver Onion & Pepper (8 Pcs)	310
Braised Lamb Liver Chef Choice Sauce (8 Pcs)	310
Fish & Chips (2 Pcs)	410
Fish Finger (8 Pcs)	410

PASTA

PASTA OF YOUR CHOICE (Any One) Spaghetti/Macaroni/Penne/Taglatelli	280/320
Sauce of Your Choice (Any One) Olio Aglio/Alfredo/Mix Sauce/Aribiatta	
Vegetable of Your Choice (Any Three) Capsicum/Yellow Bell Pepper/Red Bell Pepper/Mushroom Sliced/ American Corn/ Black Olives/ Green Olives/ Broccoli/ Grated Cheese	
Non Veg of Your Choice (Any One) Chicken/Prawn/Fish	

RISSOTO VEGETARIAN

Mediterranean Vegetable	270
Cheesy Spinach & Mushroom	290

NON VEGETARIAN

Creamy Chicken & Mushroom	310
Chicken & Prawn	340



CONTINENTAL MAIN COURSE VEGETARIAN

Baked Veg (Corn/Cauliflower/Carrot/Green Pea/Potato)	240
Vegetable Au-Gratin (Mix of Veg with Sweetness of Pineapple & baked)	240
Creamy Veg Florentine (On a Bed of Spinach / Bechamel Sauce & Baked)	240
Spinach & Corn Casserole	240
Braised Veg in Creamy Herb Sauce	240
Grilled Veg in Cilantro Sauce	220

NON VEGETARIAN

Roast Chicken (Half) With Roast Gravy/Spicy Cube Potato & Vegetable	390
Chicken Ala- Kiev With Veg & Mesh Potato	370
Chicken Strongonoff (1 Pcs) With Marinated in Aromatic Spices/Buttered Rice	340
Grilled Fish Steak (2 Pcs) Herb Rice & Mushy Peas / Creamy Herbs Lemon Butter	370
Grilled Chicken Breast With Creamy Dijon Sauce / Roast Potato & Saute Veg	370
Grilled Chicken Thigh (2 Pcs) With Tuscan Sauce / Butter Rice & Veg	340
Skillet Chicken, Bone - in With Mushroom Wine Sauce / Mash Potato, Herb Rice & Veg	340
Grilled Lamb Chops (6 Pcs) With Brown Mint Flavoured Sauce & Cubed Potato / Veg	590
Mediterranean Prawn (6 Pcs) With Creamy Herb Garlic Butter Sauce, French Fries & Veg	610



TANDOOR VEGETARIAN

Paneer Stuffed Tikka (6 Pcs)	285
Paneer Achari Tikka (6 Pcs)	220
Paneer Hariyali Tikka (6 Pcs)	220
Paneer Malai Tikka (6 Pcs)	220
Stuffed Mushroom Tikka (8 Pcs)	255
Veg Seekh Kebab (6 Pcs)	210
Bharwan Stuffed Potato (6 Pcs)	255
Dahi Tikli Kebab (6 Pcs)	240
Tandoori Masala Soya Chaap (4 Pcs)	210
Tandoori Afghani Soya Chaap (4 Pcs)	210
Tandoori Hariyali Soya Chaap (4 Pcs)	210
Tandoori Mix Veg Platter (16 Pcs)	440

NON VEGETARIAN

Galouti Kebab (6 Pcs)	510
Nargisi Kofta (6 Pcs)	470
Tandoori Kebab (4 Pcs)	410
Tandoori Chicken (Half/Full)	390/610
Afghani Chicken (Half/Full)	390/610
Chicken Tikka (6 Pcs)	290
Chicken Malai Tikka (6 Pcs)	310
Chicken Achari Tikka (6 Pcs)	310
Chicken Hariyali Tikka (6 Pcs)	310
Mutton Seekh Kebab (6 Pcs)	505
Tandoori Fish Tikka (6 Pcs)	410
Tandoori Prawn (6 Pcs)	540
Tandoori Non Veg Platter (16 Pcs)	610

DESSERT

Hot Gulab Jamun (2 Pcs)	120
Rasmalai (2 Pcs)	200
Biscoff Cheese Cake	200
Fudge Brownie with Chocolate Sauce	190
Sizzling Brownie with Ice Cream	220
Ice Cream (Butter Scotch/Vanilla/Strawberry/Chocolate)	150