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**GRT**  
HOTELS & RESORTS  
— THE PROMISE OF MORE —



**Menu**  
**Tiffin Room**  
LUNCH / DINNER

## Allergen Details

Kindly let the associate know if you are allergic to Molluscs, Egg, Fish, Soya, Milk, Peanut, Gluten, Crustaceans, Nuts, Mustard, Sesame, Celery, Sulphites or any other ingredients

### List of Allergens:



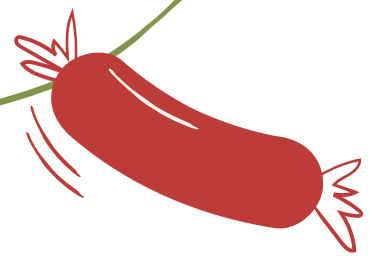
Some food preparation may contain Mono Sodium Glutamate. Please inform our associate in case you would like your food prepared without it.

Calories in KCal and Size in Grams per serving. As per the guidelines issued by the Food Safety & Standard Authority of India (FSSAI) an average active adult requires 2000 KCals of energy per day however, the actual calories needed may vary per person.

Vegetarian  Non - Vegetarian



# SALADS



(12 noon to 3 pm & 7 pm to 11 pm)

- ☑ **FRUIT CHAAT** KCal : 112 | 200 gm \_\_\_\_\_ ₹ **220**
- ☑ **GARDEN FRESH GREEN SALAD** KCal : 36 | 200 gm \_\_\_\_\_ ₹ **220**
- ☑ **TOSSED SALAD** KCal : 40 | 200 gm \_\_\_\_\_ ₹ **220**

# STARTERS

12 noon to 3 pm & 7pm to 11 pm

- ☑ **FISH - (CHILLI** KCal : 254 | 150 gm 🌿🍷 MSG 🐟 / **TAWA FRIED** KCal : 299 | 180 gm 🌿🍷 MSG 🐟  
**MANCHURIAN** KCal : 254 | 150 gm 🐟🌿 MSG) \_\_\_\_\_ ₹ **400**
- ☑ **CHICKEN - (SUKKA** KCal : 358 | 150 gm 🍷 / **CHILLI** KCal : 358 | 150 gm 🌿🍷 MSG 🍷 / **65** KCal : 293 | 150 gm 🍷🌿  
**LOLLYPOP** KCal : 423 | 150 gm 🌿🍷 MSG 🍷 / **MANCHURIAN** KCal : 358 | 150 gm 🌿🍷 MSG 🍷  
**NUGGETS** KCal : 387 | 150 gm 🌿🍷 🍷 / **PEPPER FRY** KCal : 293 | 150 gm 🍷🍷) \_\_\_\_\_ ₹ **350**
- ☑ **EGGS TO ORDER - (CHILLI** KCal : 358 | 150 gm 🌿🍷 MSG 🍷 / **PEPPER FRY** KCal : 308 | 150 gm 🍷  
**PODIMAS** KCal : 149 | 100 gm 🍷 / **OMELETTE** KCal : 149 | 100 gm 🍷🍷) \_\_\_\_\_ ₹ **230**
- ☑ **ASSORTED BAJJI** KCal : 444 | 150 gm / **FRENCH FRIES** KCal : 389 | 150 gm 🌿 / **SPRING ROLL** KCal : 511 | 180 gm 🌿🍷 MSG  
**VEG NUGGETS** KCal : 369 | 150 gm 🌿🍷 🍷 / **VEG SAMOSA** KCal : 262 | 150 gm 🌿  
**CORN BUTTER SAUTE** KCal : 222 | 150 gm 🍷 / **ONION PAKORA** KCal : 512 | 150 gm 🍷🍷) \_\_\_\_\_ ₹ **220**
- ☑ **BABY CORN** (65 KCal : 300 | 150 gm 🌿) / **CHILI** KCal : 245 | 150 gm 🌿🍷 / **MELAGU** KCal : 239 | 150 gm  
**SALT & PEPPER** KCal : 256 | 150 gm 🌿🍷 MSG ) \_\_\_\_\_ ₹ **250**
- ☑ **CAULIFLOWER MANCHURIAN** KCal : 348 | 200 gm 🌿🍷 MSG / **GOBI-65** KCal : 379 | 150 gm 🌿 \_\_\_\_\_ ₹ **250**
- ☑ **MASALA PAPAD** KCal : 288 | 180 gm 🌿 / **MASALA PEANUT** KCal : 385 | 150 gm 🍷 \_\_\_\_\_ ₹ **180**
- ☑ **PANEER** (65 KCal : 250 | 150 gm 🍷 / **Vepudu** KCal : 230 | 150 gm 🍷) \_\_\_\_\_ ₹ **300**
- ☑ **MUSHROOM** (65 KCal : 321 | 150 gm 🌿) / **CHILLI** KCal : 234 | 150 gm 🌿🍷 MSG / **MELAGU** KCal : 219 | 150 gm  
**SALT & PEPPER** KCal : 256 | 150 gm 🌿🍷 MSG ) \_\_\_\_\_ ₹ **300**

## CHOICE OF SOUP

12 noon to 3 pm &  
7pm to 11 pm

- ☑ **CHICKEN :** \_\_\_\_\_ ₹ **190**  
MINISTRONE KCal : 140 | 240 gm 🌿🍷🍷  
SWEET CORN KCal : 140 | 240 gm 🌿🍷 MSG 🍷  
HOT & SOUR KCal : 90 | 240 gm 🌿🍷 MSG 🍷
- ☑ **VEG :** \_\_\_\_\_ ₹ **170**  
CLEAR SOUP KCal : 40 | 240 gm MSG  
MINISTRONE KCal : 127 | 240 gm 🌿🍷🍷  
HOT & SOUR KCal : 90 | 240 gm 🌿🍷 MSG  
SWEET CORN KCal : 110 | 240 gm MSG

# CRUNCHY BREADS

11 AM to 11 PM

## GRILLED

- CHICKEN SANDWICH KCal : 390 | 150 gm ₹400
- CHEESY MASALA OMELETTE SANDWICH KCal : 420 | 150 gm ₹350
- CHEESY TOMATO SANDWICH KCal : 320 | 150 gm ₹320
- VEGETABLE CHEESY SANDWICH KCal : 290 | 150 gm ₹320

# TIFFIN ROOM SPECIAL

(12 noon to 3 pm & 7pm to 11 pm)

- EGG DOSA (SERVED WITH SAMBAR & CHUTNEY) KCal : 321 | 240 gm ₹230
- CHOICE OF DOSA ( BUTTER / ONION /PLAIN / PODI / GHEE / KAL DOSA / UTHAPPAM) KCal : 240 | 170 gm ₹200
- IDLY KCal : 189 | 150 gm / VADA KCal : 254 | 140 gm ₹200 (7pm to 10pm) (SERVED WITH SAMBAR & CHUTNEY)
- CHAPATI KCal : 80 | 35 gm ₹200
- PHULKA KCal : 95 | 40 gm ₹200
- CHOICE OF PARATHA
  - ALOO KCal : 240 | 80 gm ₹240
  - MALABAR KCal : 200 | 60 gm ₹200
  - PANEER KCal : 250 | 80 gm ₹240

# PASTA

(12 noon to 3 pm & 7pm to 11 pm)

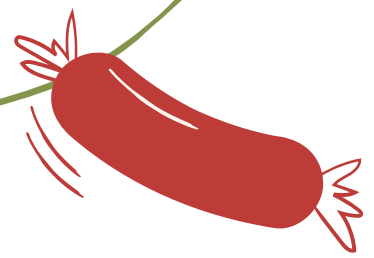
- PENNE (WHITE OR RED SAUCE) KCal : 314 | 240 gm ₹330
- SPAGHETTI (WHITE OR RED SAUCE) KCal : 377 | 240 gm ₹330

## List of Allergens:

Gluten Egg Fish Shellfish Milk Peanut SoyaBeans Sesame Seed Molluscs Mustard Crustaceans Nuts Celery Sulphites Vegetarian Non-Vegetarian

\* Please allow a minimum of 20 minutes for your orders to be served.

\* Taxes as applicable | Condition apply on availability of items in the menu | All prices in Indian Rupees






# FROM THE ORIENT



RICE / NOODELS

(12 noon to 3 pm & 7pm to 11 pm)

## CHOICE OF CHICKEN

FRIED RICE KCal : 300 | 150 gm MSG  \_\_\_\_\_ ₹ 410

MANCHURIAN KCal : 360 | 150 gm MSG   \_\_\_\_\_ ₹ 450


NOODLES KCal : 340 | 150 gm MSG   \_\_\_\_\_ ₹ 410

## CHOICE OF EGG

FRIED RICE KCal : 280 | 150 gm MSG  \_\_\_\_\_ ₹ 320

NOODLES KCal : 280 | 150 gm MSG   \_\_\_\_\_

## CHOICE OF CAULIFLOWER

FRIED RICE KCal : 340 | 150 gm MSG   \_\_\_\_\_ ₹ 380

MANCHURIAN KCal : 310 | 150 gm MSG   \_\_\_\_\_

NOODLES KCal : 310 | 150 gm MSG   \_\_\_\_\_



## CHOICE OF VEG



FRIED RICE KCal : 230 | 150 gm MSG \_\_\_\_\_ ₹ 300



NOODLES KCal : 240 | 150 gm MSG   \_\_\_\_\_



# RICE SPECIALS



(12 noon to 3 pm & 7 pm to 11 pm)



CHICKEN BIRYANI KCal : 552 | 250 gm   \_\_\_\_\_ ₹ 400



MUTTON BIRYANI KCal : 582 | 250 gm   \_\_\_\_\_ ₹ 550

VEGETABLE BIRYANI KCal : 483 | 250 gm   \_\_\_\_\_ ₹ 350

PULAO - VEG / JEERA KCal : 396 | 250 gm   \_\_\_\_\_ ₹ 350

BISI BELE BATH KCal : 286 | 250 gm   \_\_\_\_\_ ₹ 280

DAL KHICHDI KCal : 264 | 250 gm   \_\_\_\_\_ ₹ 280

CURD RICE KCal : 286 | 250 gm   \_\_\_\_\_ ₹ 280













STEAMED RICE KCal : 286 | 250 gm \_\_\_\_\_ ₹ 200





# INDIAN CURRY'S

(12 noon to 3 pm & 7 pm to 11 pm)

- ▣ **FISH CURRY** KCal : 265 | 200 gm  \_\_\_\_\_ ₹ **400**
- ▣ **CHICKEN CURRY** KCal : 319 | 200 gm \_\_\_\_\_ ₹ **400**
- ▣ **KADAI MURGH** KCal : 325 | 200 gm  \_\_\_\_\_ ₹ **400**
- ▣ **PALLIPALAYAM CHICKEN CURRY** KCal : 337 | 200 gm \_\_\_\_\_ ₹ **400**
- ▣ **MUTTON CHETTINAD** KCal : 431 | 200 gm \_\_\_\_\_ ₹ **550**
- ▣ **EGG MASALA** KCal : 234 | 200 gm  \_\_\_\_\_ ₹ **300**
- ▣ **ALOO PALAK** KCal : 203 | 200 gm  \_\_\_\_\_ ₹ **340**
- ▣ **CHANA MASALA** KCal : 150 | 200 gm  \_\_\_\_\_ ₹ **340**
- ▣ **DAL (TADKA / PALAK)** KCal : 184 | 200 gm  \_\_\_\_\_ ₹ **270**
- ▣ **GREEN PEAS MASALA** KCal : 213 | 200 gm  \_\_\_\_\_ ₹ **340**
- ▣ **PANEER (KADAI / MUTTER** KCal : 250 | 200 gm   / **BUTTER MASALA** KCal : 300 | 200 gm   ) \_\_\_\_\_ ₹ **370**
- ▣ **KADAI SUBZI** KCal : 199 | 200 gm  \_\_\_\_\_ ₹ **340**



## DESSERTS

(11 am to 10 pm)

- ▣ **GAJAR HALWA** KCal : 237 | 100 gm   \_\_\_\_\_ ₹ **200**
- ▣ **GULAB JAMUN** KCal : 375 | 75 gm    \_\_\_\_\_ ₹ **200**
- ▣ **MOONG DAL HALWA** KCal : 287 | 100 gm   \_\_\_\_\_ ₹ **200**
- ▣ **RASAGULLA** KCal : 250 | 75 gm  \_\_\_\_\_ ₹ **200**
- ▣ **SELECTION OF ICE CREAM** KCal : 207 | 100 gm   \_\_\_\_\_ ₹ **200**

### List of Allergens:

 Gluten 
  Egg 
  Fish 
  Shellfish 
  Milk 
  Peanut 
  SoyaBeans 
  Sesame Seed 
  Molluscs 
  Mustard 
  Crustaceans 
  Nuts 
  Celery 
  Sulphites 
 ▣ Vegetarian ▣ Non-Vegetarian

\* Please allow a minimum of 20 minutes for your orders to be served.

\* Taxes as applicable | Condition apply on availability of items in the menu | All prices in Indian Rupees





# AERATED BEVERAGES

(7 am to 10 pm)

- |   |              |  |              |
|---|--------------|--|--------------|
| ☑ <b>COKE</b> KCal : 258   600 gm _____   | ₹ <b>120</b> | ☑ <b>FRESH LIME SODA</b> KCal : 250   250 gm _____       | ₹ <b>140</b> |
| ☑ <b>SPRITE</b> KCal : 243   600 gm _____ | ₹ <b>120</b> | ☑ <b>FRESH LIME WATER</b> KCal : 100   250 gm _____      | ₹ <b>130</b> |
| ☑ <b>SODA</b> KCal : 0   600 gm _____     | ₹ <b>90</b>  | ☑ <b>PACKAGED DRINKING WATER</b> KCal : 0   500 gm _____ | ₹ <b>130</b> |



# HOT BEVERAGES

(7 am to 10 pm)

- |   |              |
|---|--------------|
| ☑ <b>MASALA CHAI</b> KCal : 95   150 gm _____                   | ₹ <b>100</b> |
| ☑ <b>HORLICKS / BOURNVITA / BOOST</b> KCal : 200   150 gm _____ | ₹ <b>140</b> |
| ☑ <b>TRADITIONAL FILTER COFFEE</b> KCal : 85   150 gm _____     | ₹ <b>120</b> |



## COLD BEVERAGES

(7 am to 10 pm)

- |   |              |
|---|--------------|
| ☑ <b>BUTTERMILK</b> KCal : 79   100 gm _____            | ₹ <b>180</b> |
| ☑ <b>LASSI</b> KCal : 23   100 gm _____                 | ₹ <b>180</b> |
| ☑ <b>CHOICE OF FRESH JUICE</b> KCal : 47   100 gm _____ | ₹ <b>180</b> |
| ☑ <b>CHOICE OF MILKSHAKES</b> _____                     | ₹ <b>180</b> |
| CHOCOLATE KCal : 394   300 gm _____                     |              |
| MANGO KCal : 343   300 gm _____                         |              |
| STRAWBERRY KCal : 302   300 gm _____                    |              |
| VANILLA KCal : 354   100 gm _____                       |              |