

WELLNESS CLUB

AT SHANGRI-LA

POOL MENU

Mindful Meals

Seafood Poke Bowl 🍱 🍣 🌱 🐟 Fresh raw salmon, tuna, avocado, cucumber, soy sauce, carrot, Japanese rice, wasabi, spring onion, red cabbage, ginger, sesame seeds, edamame 109.8 kcal per 100 gms Serving size 320 gms	2250
Vegetarian Poke Bowl 🍱 🌱 🥬 🍌 Edamame, cucumber, avocado, sushi rice, spring onion, sesame seeds, takuwan, spicy mayo 154.8 kcal per 100 gms Serving size 380 gms	1850
Sweet and Light High Protein-Fiber Cold Bowl 🍱 🍷 🌱 Greek yoghurt, dates, banana, quinoa, fresh berries 210.5 kcal per 100 gms Serving size 200 gms	1250
Egg White Spirulina Omelette 🍳 🥚 🌱 Egg white, hydroponic cherry tomato, green vegetables, spirulina powder 216.9 kcal per 100 gms Serving size 200 gms	1250
Millet, Black Rice and Fresh Turmeric Khichdi 🍱 🍷 🌱 Vegetables, millets, fresh turmeric, rice, served with curd 203.6 kcal per 100 gms Serving Size 240 gms	1250
Bio-Quinoa Salad 🍱 🌱 Asparagus, zucchini, carrot, pomegranate, beetroot	1150
Grilled Salmon 🐟 179.4 kcal per 100 gms Serving size 110 gms	600
Grilled Chicken Breast 🍗 203.6 kcal per 100 gms Serving size 240 gms	300
Heirloom Vegetable Crudit� 🍱 🍷 🌱 Carrot, hydroponic tomatoes, cucumber, bell pepper, Greek yoghurt dip 80.6 kcal per 100 gms Serving size 160 gms	850
Seasonal Fruit Platter 🍱 30.6 kcal per 100 gms Serving size 350 gms	850

Salads & Appetizers

Fish and Chips 🍱 🍷 🌱 🐟 London style batter fried fresh fish fillet, tartar sauce, french fries 226.6 kcal per 100 gms Serving size 320 gms	2250
Shang Cobb Salad 🍱 🍷 🥚 Chicken skewers, avocado, green lettuce, tomatoes, egg, blue cheese 164.6 kcal 100 gms Serving size 200 gms	1350
Classic Mezze 🍱 🌱 🍷 Hummus, muhammara, tabbouleh, falafel, marinated olives, pita bread 238.8 kcal per 100 gms Serving 340 gms	1250
Burrata 🍱 🍷 🌱 Balsamic reduction, hydroponic tomatoes, fresh basil 102.5 kcal per 100 gms Serving size 200 gms	1250
Classic Caesar Salad 🍱 🍷 🌱 🥚 🐟 Parmesan shaving, croutons, poached egg, pork bacon, anchovies, romaine lettuce, caesar dressing 99.4 kcal per 100 gms Serving size 200 gms	1150
Tellicherry Prawns 🦐 109.4 kcal per 100 gms	1450
Chicken Tikka 🍗 160 kcal per 100 gms	1350
French Fries 🍱 312 Kcal per 100 gms Serving size 100 gms	550

Wood Fired Neapolitan Pizza

Pizza Funghi 🍱 🍷 🌱 Mascarpone, wild mushroom, truffle p��t�, fresh mozzarella 193.3 kcal per 100 gms Serving size 551 gms	1850
Regina 🍱 🍷 🌱 🥚 Burrata, tomato, Parma ham, olive, arugula, fresh mozzarella 193.2 kcal per 100 gms Serving size 590 gms	1850
BBQ 🍱 🍷 🌱 Mozzarella, tomato, chicken, kalamata olive, basil, fresh mozzarella 193.7 kcal per 100 gms Serving size 590 gms	1850
Bufalina 🍱 🍷 🌱 San Marzano tomato, fresh mozzarella, organic basil 236.6 kcal per 100 gms Serving size 590 gms	1550

Sandwiches, Burgers & Wraps

Served with french fries and side salad	
Croque Monsieur 🍱 🍷 🌱 🥚 Spanish cooked ham, mild cheddar, bechamel sauce, rocket lettuce 226.9 kcal per 100 gms Serving size 350 gms	1450
Dockyard Traditional Burger 🍱 🍷 🌱 🍷 Grilled tenderloin patty, gherkin, sun-dried tomato mayo, aged cheddar 219.6 kcal per 100 gms Serving size 440 gms	1450
Oven Baked Chicken Wrap 🍱 🍷 🍷 🌱 Marinated chicken, avocado, romaine lettuce, soft feta 324.3 kcal per 100 gms Serving size 350 gms	1350
Truffle Burrata and Mushroom Wrap 🍱 🍷 🌱 Truffle p��t�, tomato, fresh greens, burrata, mushroom 290.7 kcal per 100 gms Serving size 340 gms	1350
Baguette Sandwich 🍱 🍷 🍷 🌱 Chicken salami, tomato, brie cheese, pesto, lettuce 248.1 kcal per 100 gms Serving size 340 gms	1350
Classic Caprese Panini 🍱 🍷 🍷 🌱 Whole wheat panini, pesto, cherry bocconcini, tomato, arugula 120.5 kcal per 100 gms Serving size 220 gms	1250
Cottage Cheese Burger 🍱 🍷 🌱 Pepperonata, ranch dressing, lettuce 192.7 kcal per 100 gms Serving size 300 gms	1250

Asian Bowl Meals

Nasi Goreng 🍱 🥚 🌱 Jakarta style fried rice, chili sambal, egg, vegetables, chicken 186 kcal per 100 gms serving Size 350 gms	1450
Nisa Fried Rice 🍱 🌱 Chef's special - Thai fried rice, fresh basil 199.5 kcal per 100 gms Serving size 350 gms	1250
Pad Thai 🍱 🍷 🥚 🌱 Stir-fried rice stick noodles, sprouts, vegetables, peanuts 116.5 kcal per 100 gms Serving size 415 gms	1250
Egg and Chicken 🍱 🥚 318.2 kcal per 100 gms Serving size 300 gms	200
Egg and Seafood 🍱 🥚 🦐 289 kcal per 100 gms Serving size 300 gms	300

Sushi Platter

Philadelphia Roll 🍱 🦐 🌱 🍷 🐟 Fresh salmon, cream cheese, cucumber 147.1 kcal per 100 gms Serving size 140 gms	2850
Spicy Tuna Roll 🍱 🦐 🌱 🍷 🐟 Saku tuna, spring onion, spicy mayo 130.1 kcal per 100 gms Serving size 140 gms	2850
Vegetarian California Roll 🍱 🌱 🌱 Avocado, cucumber, asparagus, wasabi mayo 140.1 kcal per 100 gms Serving size 140 gms	2250
Asparagus Tempura Roll 🍱 🦐 🌱 🌱 Fried asparagus tempura, spicy mayo 132.1 kcal per 100 gms Serving size 140 gms	2250

Dessert

Tropical Fruit Platter 🍱 30.6 kcal per 100 gms Serving size 350 gms	850
Vegan Ice Cream 🍷	850
Gelato 🍷	850

Healthy Smoothies

Post Workout 🍷 🥛 🌿 Isopure low carb whey protein, Dutch chocolate flavor, cocoa power, soy milk Protein 78 gms, Carbohydrates 6 gms 372 kcal per 100 gms Serving size 350 gms	1250
Power Booster 🍷 🥛 🌿 Oats, soy milk, banana, peanut butter, maple syrup 148 kcal per 100 ml Serving size 300 ml	850
Matcha-Green Smoothie Green apple, basil, almond milk, chia seeds, matcha powder 122 kcal per 100 ml Serving size 300 ml	850
Antioxidant 🍷 Carrot, beetroot, orange, ginger juice 91 kcal per 100 ml Serving size 300 ml	850
High Fiber 🍷 Watermelon, papaya, kiwi 80 kcal per 100 ml Serving size 300 ml	850
Spirulina-Pineapple Detox 🍷 Spirulina powder, pineapple juice 180 kcal per 100 ml Serving size 270 ml	850
Hydration Hero 🍷 Cucumber, mint, lemon, coconut water 80 kcal per 100 ml Serving size 320 ml	850

Refreshing Beverages & Coolers

Seasonal fresh juice	
Orange 23 kcal per 100 ml Serving size 320 ml	850
Pineapple 173 kcal per 100 ml Serving size 320 ml	850
Watermelon 80 kcal per 100 ml Serving size 320 ml	850
Berry Breeze Blueberries, honey, sparkling water 59.1 kcal per 100 ml Serving size 300 ml	800
Sparkling Water and Service	800
Still Water and Service	800
Energy Drink	750
Organic Honey Lassi 🥛 Yoghurt, honey, pistachio 28.4 kcal per 100 ml Serving size 300 ml	750
Sunset Splash Pineapple juice, grape juice, cranberry juice, coconut milk, grenadine 44.8 kcal per 100 ml Serving size 300 ml	700
Spicy Mango Cooler Fresh mango, lime, tabasco, soda 57.8 kcal per 100 ml Serving size 300 ml	700
Citrus Wave Orange juice, lemon juice, tamarind, mint 53.1 kcal per 100 ml Serving size 300 ml	700
Chaas 🥛 Buttermilk, Indian spices 30 kcal per 100 ml Serving size 300 ml	650
Iced Tea Peach, lemon, mint 13 kcal per 100 ml Serving size 300 ml	600
Fresh Lime with Water or Soda Plain, salted, sweet 38 kcal per 100 ml Serving size 300 ml	600

Tea & Coffee Selection

Cold Coffee 🥛 49 Kcal per 100 ml Serving size 330 ml	600
Café Latte 🥛 67 kcal per 100 ml Serving size 240 ml	600
Cappuccino 🥛 57 kcal per 100 ml Serving size 240 ml	600
Café Macchiato 🥛 27 kcal per 100 ml Serving size 240 ml	600
Freshly Brewed Coffee	600
Espresso	600
Sencha Green Tea	600
Jasmine Green Tea	600
English Breakfast Tea	600
Darjeeling Tea	600
Earl Grey Tea	600
Chamomile Tea	600



Rooted in Nature - Our produce and cuisine is Rooted In Nature, featuring the finest locally and ethically-sourced Ingredients.

🍷 **Vegetarian** 🍷 **Non-Vegetarian** ✓ **Vegan** 🥛 **Dairy** 🌿 **Soya** 🥜 **Nuts** 🥚 **Eggs** 🌾 **Gluten** 🦀 **Crustacean** 🐷 **Pork** 🐟 **Fish**

To know more about the oils and fats used in dish preparation, please contact the server. An average adult requires 2000 kcal of energy per day; however, calorie needs may vary. The menu indicates the approximate calorie values for dishes. Please inform your server about any dietary requirements or allergies.

All prices are in Indian rupees. Government taxes are applicable. We levy a service charge, which is discretionary and can be waived off upon request.