



Aujasya Menu

Le Cirque Vegetables Garden with Truffle Dressing

Pickled Beetroot | Frosted Walnut | Crunchy Mix Veggies | Green Pea Mint Sorbet

Serving Size: 110Gms | Calories Per Serving: 155.5 Kcal

Allergens: VE|N|GF

Protein 2.6Gm, Carbohydrate 23.5 Gm, Fat 7.9 Gm

Star Ingredient – Fresh Garden green vegetables and walnut which are the great source of antioxidants and walnuts are rich in Folic acid and heart-healthy omega 3

Le Cirque Signature Detox Salad

Beetroot | Mixed Lettuce | Avocado | Orange Segments | Cherry Tomato | Tomato Relish | Citrus Vinaigrette

Serving Size: 110 Gms | Calories Per Serving: 106.75 Kcal

Allergens: VE

Protein 2.25Gm, Carbohydrate 7.4 Gm, Fat 2.87 Gm

Star Ingredient- Beetroot rich in folate (vitamin B9) which helps cells grow and function and avocado are rich in many nutrients, including fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate which gives you wholesome flavourful meal with healthy nutrients.

Tuna Tartar Smoked Avocado

Passion Fruit Gel | Saffron Dressing

Serving Size: 90 Gms | Calories Per Serving: 80 Kcal

Allergens: G F|D |F

Protein 9.0Gm, Carbohydrate 3.8 Gm, Fat 6.5 Gm

Star Ingredients – Freshly cut Lean tuna which is the star ingredients is a good source for Omega 3 high protein source and avocado compliments the tuna and also provides fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate.

Please inform our service associate in case you are allergic to any ingredient. Our chef would be delighted to design your meal without them.

Vegetable Oil | Butter | Desi Ghee used in preparations.

An average adult requires 2000 Kcal energy per day; however, calorie needs may vary.
All prices in Indian Rupees. Government taxes as applicable. We levy no service charge.

 Non vegetarian  Vegetarian  Dairy  Fish  Egg  Gluten  Crustacean  Soya

 Nuts  Alcohol or Sulphites  Gluten Free  Vegan

 **Scallops Carpaccio**  

Carrot Reduction | Melon Medley | Arugula | Basil Oil
Serving Size: 100 Gms| Calories Per Serving: 11.2 Kcal

Allergens: S|GF

Protein 1.3Gm, Carbohydrate .8 Gm, Fat .2 Gm

Star Ingredients- Scallops is the key ingredients rich in magnesium – Omega 3 fatty acids which helps to balance your cholesterol which helps to lower your blood pressure and improve circulation.

 **Gluten Free Penne with lentil bolognese**  

Chimi Churi | Parmesan Cheese

Serving Size: 180 Gms| Calories Per Serving: 218 Kcal

Allergens: V D GF

Protein 6.14Gm, Carbohydrate 5.03 Gm, Fat 3.33 Gm

Star Ingredients – Puy Lentil is the star ingredients which are great source of magnesium, zinc, folate which helps to lower cholesterol and protect against diabetes.

 **Vegan Eggplant Moussaka**  



Tomato Sauce | “Faux meat ragout” | Baked Eggplant |Crispy Basil

Serving Size: 180 Gms| Calories Per Serving: 121.42 Kcal

Allergens: VE

Protein 3.07Gm, Carbohydrate 8.41Gm, Fat 2.77 Gm

Star Ingredient- Faux Meat ragout is purely made with the plant-based source of protein which helps to surge your quench for the real meat and it’s a complete vegan dish with the on-going health concern plant-based protein is the best to substitute for the meat and as dish is vegan great substitute for allergen of dairy.

 **Three Quinoa Galette**  

Cherry Tomato Fondue | Sautéed Vegetables | Baby Cress

Serving Size: 100 Gms| Calories Per Serving: 170 Kcal

Allergens: GF|D |V

Protein 10.2Gm, Carbohydrate 42.7 Gm, Fat 18.7 Gm

Star Ingredients – As name suggest Quinoa is the key ingredient in the dish three color quinoa is great source of zinc, Iron, folate, and magnesium and is rich in fiber and protein. It’s packed with nutrients and contains antioxidants and anti-inflammatory plant compound.

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 **Sous-Vide Lobster**   

Garlic Puree | Lemon scented green pea |Lemon hollandaise

Serving Size: 206 Gms| Calories Per Serving: 210.3 Kcal

Allergens: E|D|S

Protein 26.3Gm, Carbohydrate 1.9 Gm, Fat 10.6 Gm

Star Ingredients – Lobster is the key ingredient a great source for the protein with that it also a great source of copper and selenium which helps for a good health and contribute a great to your diet. Lobster is cooked with the method of sous-vide which helps to restore all its nutrients.

 **72' Cooked Chicken Thigh Roulade**  

Texture Corn | Cherry tomato corn Succotash| Chicken Jus

Serving Size: 180 Gms| Calories Per Serving: 290.42Kcal

Allergens: NV D A

Protein 14.9Gm, Carbohydrate 23.64 Gm, Fat 2.04 Gm

Star Ingredients- Free range farm chicken are great source of protein, zinc and iron as these chicken are not restricted to confined small areas which helps chicken to develop their more muscles and more protein in the meat as compared to restricted birds.

 **Fruit Zabaglione**   

Mango Ice-cream | Berry Coulis

Serving Size: 150 Gms| Calories Per Serving: 278 Kcal

Allergens: NV|GF

Protein 10.4Gm, Carbohydrate 15.5 Gm, Fat 3.4 Gm

Star Ingredients-Fresh Fruits and Berries can lower blood pressure, reduce the risk of heart disease and stroke, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.

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