

## **EUROPEAN SELECTION**

## Super Grains, Organic Seeds, Hydroponic Greens

	Salad "Shun 좌 'Shun' is a concept of celebrating seasons best produce. Greens with compressed vegetables, fruits and sesame miso dressing	₹850
•	Arabic "Souk" Platter Hummus, baba ganoush, tzatziki, falafel, pickle and freshly baked pita	₹850
	5 Grain Salad ® Super food bowl with combination of quinoa, pearl barley, millet, organic wheat, wild rice with seeds and beetroot yogurt	₹850
	Tijuana Caesar Tijuana is a place where originally Caesar salad was invented. Hearts of romaine lettuce, croutons, roasted garlic parmesan dressing, grilled chicken and bacon	₹850
	Soup	
•	Tuscan Farmer's Style Brodetto 좌 Basil flavoured fresh tomato broth, spring vegetables, cannellini beans and parmesan cheese	₹525
•	Classic French Onion Soup Lamb consommé, sautéed onions and gruyére cheese croutons	₹525
	Harira Casablanca Hearty lamb broth, chickpeas	₹575

## Sandwiches and Burgers

🛑 Vegetarian ( 🛞 Gluten Free 🛛 🖓 Balanced

All sandwiches and burgers are served with French fries and salad on side	
<ul> <li>Grilled Vegetable Sandwich</li> <li>Sliced tomatoes, grilled zucchini, bell peppers, white onions and chili pesto</li> </ul>	₹775
<ul> <li>Root Vegetable Burger</li> <li>Multigrain bun, tomatoes, pickled gherkins, lettuce and spicy garlic sauce</li> </ul>	₹795

Please apprise us of any food allergies before confirming your order. Bacon and ham are

🖨 Chef's Special

Oontains Egg

Ham/Pork

Grilled Chicken and Cheese Sandwich Ciabatta bread, roasted chicken salad, matured cheddar cheese	₹825
Free Range Chicken Burger Toasted sesame bun, grilled chicken patty, fried egg, melted house cheese, pickled gherkins, lettuce, tomatoes and spicy garlic sauce	₹850
Food Exchange Club Grilled chicken, bacon, lettuce, tomato, fried egg with choice of multigrain or white bread	₹875
Hamburger 🦐 Toasted sesame bun, grilled tenderloin patty, onion confit, sharp cheddar cheese with a choice of Bacon	₹875
Croque Monsieur	₹850

### Hand Rolled Thin Crust Pizzas

Classic Margherita     Tomato, fresh mozzarella, basil	₹950
• Vegetariana Sautéed spinach, corn, zucchini, pickled chilies, forest mushrooms, olives, tomatoes and ba	₹950 sil
Salami Picante 🦮 Italian spicy salami, tomatoes, fresh mozzarella, oregano and basil	₹950
City Pizza Roast chicken, olives, tomatoes, fresh mozzarella, pickled chilies and basil	₹950
Ham Pizza 🦐	₹950
MYO (Make Your Own) Pizza (vegetarian / non vegetarian) Toppings to choose from Vegetables: Fresh tomatoes, cherry tomatoes, zucchini, bell peppers, fresh corn kernels, button mushrooms, green chilies, spinach, artichoke, olives, jalapenos Herbs: Basil, thyme, oregano, coriander, parsley Meats: Italian spicy salami, chorizo, roast chicken, Italian cooked ham, Option of organic durum whole wheat also available, please ask your server for the same	₹950 / ₹995
🔵 Vegetarian 🛞 Gluten Free 🖓 Balanced 😰 Chef's Special  Contains Egg 🎲	Ham/Pork

## Main Course

	Whole Wheat Crepes 🍄	₹750
	Served with wild mushroom ragout, spinach fondue	
•	Baked Aubergine	₹750
	Ratatouille stuffing, herbed couscous	
•	Multigrain Porridge 🔞	₹750
	Macedonia vegetables	
	Lasagne	₹825
	Roasted vegetables, basil, tomato sauce and fresh mozzarella	
	Food Exchange Pasta Factory	₹895/₹995
	Make Your Own Pasta	
	Spaghetti / penne / fusilli / farfalle	
•	Choice of arrabbiata / creamy mushroom / aglio olio e peperoncino / pesto	
	Choice of lamb bolognese / carbonara	
	Please ask server for gluten free and whole wheat pasta options	
	Chicken Schnitzel	₹1225
	Crisp panko crusted chicken 'picatta' served with German potato salad and house salad	
	Joseph's Fish and Chips	₹1095
	Crumb fried fish, tartar sauce, house fries and salad	
	Shepard's Pie	₹1225
	Old classic of minced meat ragu topped with creamy mashed potatoes and baked	
	Banger & Mash 👾	₹1225
	Pork sausages, garlic mash, onion gravy	
	Pot Roast Chicken	₹1225
	Herb marinated roasted free range chicken served with rosemary potatoes,	(1225
	charred seasonal vegetables and thyme jus	
	Today's Fish Fillet (cooked as per your liking)	₹1275
	Grilled, pan roasted or steamed served with house grown charred seasonal vegetables	
	24 Hours Braised Lamb Shanks	₹1395
	Smoked carrot puree, garden forage	
	Twice Cooked Belgian Pork Belly 🖓	₹1395
	Lentil stew, balsamic honey glaze	
	🕒 Vegetarian 🚯 Gluten Free 🍄 Balanced 🕢 Chef's Special 🜔 Contains Egg 🏤 🗍	lam/Pork

## Signature Food Exchange Sizzlers

• Vegetarian Sizzler 🕲	₹1195
Root vegetable patty, pesto marinated cottage cheese steak, ricotta stuffed baby aubergine,	
herb potatoes, seasonal vegetables and smoked barbeque sauce	
Corn-Fed Chicken	₹1325
Stuffed chicken breast served with crispy fried potatoes, seasonal vegetables and thyme jus	
Mixed Meet Cizzler	₹1000
Mixed Meat Sizzler 👾	₹1695
Milk-fed lamb chops, chicken supreme, bratwurst sausages, bacon, crisp fried potatoes,	
seasonal vegetables and natural jus	
Seafood Sizzler	₹2095
Tiger prawns, baby lobster tail, squids, fish steak, herb potatoes,	
seasonal vegetables and signature pepper jus	

Vegetarian () Gluten Free P Balanced P Chef's Special O Contains Egg Ham/Pork Please apprise us of any food allergies before confirming your order. Bacon and ham are

# **ORIENTAL SELECTION**

## Appetizers

<ul> <li>Zenan Spring Rolls</li> </ul>	₹695
Vegetables and beans sprout fried rolls served with pickled chili sauce	
• Crispy Fried Tofu	₹850
Thai style deep fried tofu tossed in hot chili sauce	
Pickleback Fried Chicken Wings	₹875
Spicy fried chicken wings with pickle chili sauce	
Tangra Style Chili Chicken Dry	₹995
From streets of Old Kolkata, wok fried diced chicken with homemade chili sauce, bell p	peppers and spring onion
Fish Fingers Hakka style	₹995
Finger slice fish tossed with fresh chilies, spring onions and garlic	
Satay Ruam	₹950/₹995/₹1025
Grilled skewers of chicken, lamb and prawns served with peanut sauce and pickle	
Rock Prawns	₹1350
Crispy fried tiger prawns tossed with spicy mayonnaise	
Soup	
Hot and Sour 죡	₹525/₹575/₹625
Spicy and sour broth served with an option of vegetables / chicken / seafood	
Sweet Corn Soup 🛞	₹525/₹575/₹625
Cream of corn kernels served with an option of asparagus / chicken / seafood	
Tom Yam	₹525/₹575/₹625
Bangkok style spicy and sour broth with lemongrass, kaffir lime, straw mushrooms a vegetables / chicken / prawns	and coriander
Khao Soi	₹525/₹575/₹625
Chiang Mai special coconut curry soup, crispy noodles, sprouts, chili paste and lime	
vegetables / chicken / seafood	
Manchow Soup 🛞	₹525/₹575/₹625
Classic Indo-Chinese soup with an option of vegetables / chicken / seafood	
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## Main Course

•	Mapo Tofu 🍄 Diced tofu tossed in Pixian chili sauce and green onions	₹850
•	Asian Greens 좌 Stir fried seasonal greens tossed with light soya, ginger and garlic	₹875
	Kung Pao Chicken Stir fried diced chicken with peanuts and chilies	₹950
	Szechuan Chicken Diced chicken tossed in spicy hot and sour Szechuan sauce	₹995
	Gaeng Kiew Wan Phak, Thai Green Curry 🇛 vegetable / chicken / prawns	₹850/₹950/₹1025
	Gaeng Phed Gai, Thai Red Curry 🌳 vegetable / chicken / prawns	₹850/₹950/₹1025
	Today's Market Fresh Fish Cooked according to your preference	₹1050
	Steamed • Lemon chili and fresh coriander sauce • Cantonese style with light soya, ginger and fresh herbs	
	Deep fried • Hot basil and blister beans • Black pepper sauce • Black bean, fresh chilies and mushrooms	
	Lijiang Lamb Lijiang style sliced lamb tossed with chili, pearl onions, and ginger	₹1100
	Spicy Pork Belly 🦐 Crispy fried Belgian pork tossed in red and green pepper sauce	₹1050
	Phad Thai Wok fried rice noodles, beans sprouts, chili and peanut vegetables / chicken / prawns	₹850/₹950/₹1025
	Vegetable Hakka Noodles Choice of chili garlic / chicken / prawns	₹750/₹800/₹900
	Wok Fried Rice Choice of golden garlic / chicken / prawns	₹825/₹895/₹995
•	Steamed Jasmine Rice 🍄	₹495
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## **INDIAN SELECTION**

## Indian Appetizer

•	Hari Mirch Ka Paneer Tikka 🛞 Green masala marinated cottage cheese chunks, cooked in clay oven	₹825
•	Bharwan Broccoli Tikki Cheese stuffed broccoli patty, served with garlic and tomato chutney	₹895
•	Subz Akhrot Ki Seekh Minced seasonal vegetables spiced with home pounded spices and coated with walnuts, skewered and cooked in clay oven	₹895
•	Vegetarian Tasting Kebab Platter Selection of all above signature vegetarian options	₹1150
	Highway Murgh Tikka Succulent chicken thigh marinated with hung yogurt, chili and lemon, cooked in clay oven	₹995
	Kasundi Machhi Tikka Yellow mustard marinated fresh river fish, cooked in tandoor	₹1095
	Mutton Ki Seekh Skewered lamb flavoured with mint, cooked in clay oven	₹1050
	Tandoori Jhinga Tiger prawns marinated with chef's signature spice mix, smoked with cardamom seeds and cooked in clay oven	₹1175
	Non- Vegetarian Tasting Kebab Platter Selection of all above non-vegetarian options	₹1350
	Barrah Kebab Royal cumin infused lamb flavoured with clove and green cardamom, cooked in clay oven	₹1050
	Food Exchange Signature Tandoori Chicken (half/full) @ Chef's signature roasted chicken marinated in yogurt, Indian spices and cooked in tandoor	₹995/₹1250

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## Grand Mama's Kitchen

Yellow lentils and seasonal vegetables cooked together on slow flame and tempered with royal cumin and served with plain yoghurt Plain / masala / vegetable	
<ul> <li>Anda Curry</li> <li>Free range boiled eggs cooked in onion, tomato gravy served with choice of steamed rice or ajwaini paratha</li> </ul>	)
Pahadi Tari Wala Murgh ₹1150 Spicy country chicken prepration from the hills	)
Sunday "Cooker" Mutton curry ₹1195 Nostalgic home style mutton curry brings out childhood memories	
Chef's Garden Seasonal Produce	
Gajar Mutter Ki Subzi     Fresh winter carrots tempered with fresh green peas	)
<ul> <li>Baigan Ka Bharta</li> <li>Char roasted eggplant cooked with onions, tomatoes and green chilies</li> </ul>	I
Ghia 'Lauki' Channa Bottle gourd cooked with yellow lentils in light onion and tomatoes tempering	ļ
<ul> <li>Sarson Da Saag te Makki di Roti</li> <li>Creamy mustard leaves tempered with ginger and chilies served with griddle corn bread</li> </ul>	
Main Course	
Dal Punjabi Tadka     Yellow lentils tempered with garlic, cumin and tomato	)
<ul> <li>Dal Makhani</li> <li>Food Exchange special slow simmered black lentils with cream and tomato</li> </ul>	)
<ul> <li>Bhuna Palak Makai</li> <li>Garlic sautéed fresh spinach and corn</li> </ul>	)
<ul> <li>Aloo Palak Ki Gujjia</li> <li>Crisp patties with tempered potato, spinach simmered in a fragrant fennel tomato curry</li> </ul>	)
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•	Paneer "The Indian Cottage Cheese" Tawa masala: Cooked on griddle with onion and tomato masala Makhhanwala: Creamy tomatoes and butter gravy Saagwala: Spinach based gravy with onion and tomatoes Kadhai: Bell peppers, onions and tomatoes with kadhai masala	₹950
•	Seasonal Vegetable Of The Day (ask your server)	₹895
•	Sardarjee ke Chikkad Chole Spiced boiled chickpeas tempered with whole Indian spices and raw mango powder	₹995
	The Food Exchange Signature Butter Chicken ② Tandoori chicken simmered in silken tomato gravy finished with in house churned butter and crea	₹1150 am
	Captain Chicken Curry A delicacy from British Raj undivided India, chicken cooked on dum with fresh ginger and tomato	₹1150 es
	Chicken Madras Cafe 🖨 Semi dry chicken preparation from old Tamil sea side restaurant	₹1150
	Junglee Maas ② A Rajputana delicacy of Hunter style baby goat with whole garlic, mathania red chilies and corian	₹1195 der
	Bhutwa ② A delicacy from northern hills, mutton and liver cooked with tomatoes and onions	₹1195
	Daryaganj Ka Mutton Korma From the streets of old Delhi, slow cooked mutton with royal Indian spices	₹1195
	Handi Gosht Famous Indian lamb curry cooked on earthen pot in slow flame and flavoured with aromatic spice	₹1195 es
	Steamer boat 'Malabar' Fish Curry Traditional coconut flavoured fish curry from south coast as cooked by fishermen during fishing expeditions	₹1195
	Tawa Biryani ₹995/₹1050 Fragrant basmati rice cooked on griddle with house dried spices vegetables / chicken / mutton	)/₹1095
•	Steamed Basmati Rice	₹395

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#### Indian Breads

Roti Plain / butter	₹210
Naan Kalonji / butter / garlic	₹210
Paratha Butter / pudina	₹210
Amritsari Kulcha Potato, coriander, anardana and green chili	₹250

All tandoori items will only be available 11:30am to 3:30pm and 7:00pm till mid night



## SIGNATURE COMBO MEAL

#### European Set

•	Vegetarian Salad of the day, vegetarian main dish of the day, baked dish of the day, dessert of the day	₹1175
	Non-Vegetarian Salad of the day, roast of the day, baked dish of the day, dessert of the day	₹1295
	European meal will be served with freshly baked breads	
	Oriental Bento	
•	Vegetarian Starter of the day, Asian salad of the day, vegetarian main course of the day, rice / noodle preparation dessert of the day	₹1175 <sup>1,</sup>
	Non-Vegetarian Starter of the day, Asian salad of the day, non-vegetarian main course of the day, rice / noodle prepar dessert of the day	₹1450 ration,

## Tiffin of the Day

• Vegetarian Paneer preparation of the day, lentil of the day, vegetable preparation of the day, dessert of the day

Non-Vegetarian ₹1450 Chicken / mutton dish of the day, lentil of the day, vegetable preparation of the day, dessert of the day

Tiffin of the day will be served with rice, tandoori breads along with raita and house salad



# **DESSERTS SELECTION**

•	Gulab Jamun Indian delicacy served with vanilla beans ice-cream	₹495
•	Rasmalai Cottage cheese dumpling, sweetened saffron milk, pistachio flakes	₹495
•	Walnut Fudge Brownie Served with homemade vanilla gelato	₹495
•	Tiramisu An Italian delicacy served with espresso gelato	₹495
•	Creamy Cheesecake Mixed berries compote, pistachio crumble	₹495
•	Homemade Artesian Gelatos French vanilla Belgian chocolate Salted caramel Forest berries Banana caramel Coconut and pineapple	₹495
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