ITC HOTELS

NUTMEG 3.0

Sr. No.	Product name	Allergen Information	Dietary Indicators	Presence of specific ingredients or food additives*	Veg/NonVeg	Serving size (g/ml)	ENERGY (kcal)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	DIETARY FIBRE (g)	PROTEIN (g)	TOTAL FAT (g)	TOTAL SFA (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
A. CAKES & GATEAUX																	
1	Ghana chocolate & hazelnut cake	Soy, Milk, Wheat, Nut	NA	NA	Vegetarian	865	3902	308.79	204.18	191.32	5.35	48.16	275.96	159.42	3.97	66.80	165.91
2	Pineapple & Passion Fruit Cake (1000g)	Wheat, Milk, Nuts, Soy	NA	NA	Vegetarian	1000	3317	368.16	244.37	233.41	1.46	40.24	186.98	122.35	3.72	273.38	1503.26
3	Caramel and Honey cake	Milk, Nut, Wheat, Egg, Soy	NA	NA	NonVegetarian	1000	3935.1	448.50	317.06	246.88	10.75	48.34	222.05	122.50	2.59	574.16	292.24
4	Baked Cheesecake	Milk, Egg, Wheat, Nuts, Soy	NA	NA	NonVegetarian	1000	3561	358.64	283.55	262.34	7.86	52.26	212.90	160.78	0.52	373.75	2732.02
5	Fresh Fruit Cake	Milk, Wheat, Soy	NA	NA	Vegetarian	1000	2289	280.63	181.96	133.52	6.94	27.34	117.10	83.50	1.45	93.68	963.06
6	Fresh Fruit Cake (500g)	Milk, Wheat, Soy	NA	NA	Vegetarian	500	1144	140.31	90.98	66.76	3.47	13.67	58.55	41.75	0.72	46.84	481.53
7	Nutmeg Chocolate Truffle	Milk, Soy, Wheat	NA	NA	Vegetarian	1000	3544	411.88	272.34	253.02	0.00	47.18	189.76	112.30	2.70	197.56	1423.41
8	Chocolate truffle cake (500g)	Milk, Soy, Wheat, Nuts	NA	NA	Vegetarian	500	1974	189.91	123.98	109.67	0.13	26.47	123.20	77.71	2.03	10.67	653.67
B. SINGLE SERVES																	
9	Nutmeg Chocolate Truffle Pastry	Milk, Soy, Wheat	NA	NA	Vegetarian	155	549	63.84	42.21	39.22	0.00	7.31	29.41	17.41	0.42	30.62	220.63
10	Fresh Fruit Cake slice	Milk, Wheat, Soy	NA	NA	Vegetarian	160	356.5	44.17	22.39	23.47	1.14	4.17	18.26	13.89	0.24	10.66	157.17
11	Baked Cheesecake Pastry	Milk, Egg, Wheat, Nuts, Soy	NA	NA	NonVegetarian	150	534	53.80	42.53	39.35	1.18	7.84	31.94	24.12	0.08	56.06	409.80
12	Caramel and Honey Pastry slice	Milk, Nut, Wheat, Egg, Soy	NA	NA	NonVegetarian	155	605.52	69.33	49.08	38.03	1.69	7.40	34.06	18.72	0.41	90.40	46.01
13	Pineapple & Passion Fruit Pastry	Wheat, Milk, Nuts, Soy	NA	NA	Vegetarian	150	498	55.22	36.66	35.01	0.22	6.04	28.05	18.35	0.56	41.01	225.49
14	Ghana chocolate & hazelnut cake (single serve)	Soy, Milk, Wheat, Nut	NA	NA	Vegetarian	130	586	46.41	30.69	28.75	0.80	7.24	41.47	23.96	0.60	10.04	24.93
C. SHARING DESSERTS																	
15	Chocolate Mousse Cake With Almond Praline	Milk, Soy, Wheat, Nut	NA	NA	Vegetarian	500	1860	178.60	120.40	113.71	5.21	29.04	114.83	58.20	1.37	0.00	538.08
16	Tropical fruit & Pistachio cream	Milk, Wheat, Nut	NA	NA	Vegetarian	600	1516	149.99	86.36	62.48	4.04	23.64	91.06	52.39	2.23	54.58	516.36
17	Tiramisu with coffee and cocoa	Milk, Egg, Wheat, Soy	NA	NA	NonVegetarian	600	1997.1	177.67	114.36	96.32	2.29	33.27	129.35	81.28	2.59	607.62	350.21
D. TEA CAKES																	
18	Banana and coffee tea cake	Soy, Nut, Wheat	NA	NA	Vegetarian	662	2508.9	277.90	157.11	135.40	21.81	31.32	142.14	16.10	0.00	0.00	1135.08
19	Roasted almond zesty orange cake	Milk, Wheat, Nut, Soy	NA	NA	Vegetarian	665	2762.2	256.31	132.53	120.58	14.23	47.58	172.46	57.86	1.28	0.00	38.20
E. SIGNATURE BROWNIES																	
20	Chocolate Brownie with Hazelnut Fudge	Milk, Nut, Soy, Wheat	NA	NA	Vegetarian	110	559.1	46.44	26.67	24.52	2.52	8.64	38.80	17.06	0.00	27.83	9.05
21	Chocolate Brownie with coffee and Sea Salt	Milk, Soy, Wheat	NA	NA	Vegetarian	110	549.4	57.80	32.89	31.53	0.55	7.35	32.19	20.65	0.00	35.79	102.74
F. NUTMEG ECLAIRS																	
22	Nutmeg Éclair . Hazelnut and Praline	Milk, Wheat, Egg, Soy, Nut	NA	NA	NonVegetarian	83	386.48	32.63	22.13	21.14	1.31	6.95	26.74	13.05	0.12	75.67	126.57
23	Nutmeg Éclair . Raspberry, Rose and Vanilla Bean	Milk, Wheat, Egg, Nut, Soy	NA	NA	NonVegetarian	83	330.26	26.68	18.57	4.85	0.30	5.55	22.44	13.20	0.20	83.99	90.39
24	Nutmeg Éclair . Dark chocolate and Sea Salt	Milk, Soy, Nut, Wheat, Egg	NA	NA	NonVegetarian	83	310.09	23.18	11.52	10.86	0.27	5.44	21.75	13.13	0.16	74.89	76.38
G. MACARONS																	
25	Macaron - Mint & Citrus	Egg, Milk, Nut, Soy	NA	NA	NonVegetarian	30	98.93	11.09	10.71	8.93	0.55	1.62	5.44	2.24	0.00	25.30	18.89
26	Macaron - Raspberry & Lavender	Egg, Milk, Soy, Nut	NA	NA	NonVegetarian	30	111.12	12.54	10.55	10.09	0.57	1.61	6.13	2.68	0.05	0.98	9.11
27	Coffee and Caramel Macarons	Egg, Milk, Soy, Nut	NA	NA	NonVegetarian	30	99.64	13.36	10.59	10.52	0.45	1.42	4.62	1.80	0.07	0.93	20.32
H. BAKED GOODIES																	
28	Cinnamon Pastry Hearts	Wheat, Milk	NA	NA	Vegetarian	250	1294.4	113.76	34.79	33.10	7.41	12.71	86.79	56.62	0.00	176.38	1168.83
29	Paprika and Parmesan Cheese Straws	Milk, Wheat	NA	NA	Vegetarian	250	1106	67.77	2.07	0.00	3.99	22.61	82.73	52.67	0.00	148.63	1225.34
I. BOULANGERIE																	
32	Croissant Loaf	Wheat, Milk	NA	NA	Vegetarian	750	3450.7	348.52	33.28	24.28	16.04	64.62	201.71	129.84	0.00	400.80	6098.29
33	Nutmeg Sourdough Loaf	Wheat	NA	NA	Vegetarian	450	965.03	196.28	4.64	1.07	10.60	33.11	3.32	0.52	0.00	0.00	1071.56
34	Focaccia with rosemary and cherry tomato	Wheat	NA	NA	Vegetarian	300	825.6	145.40	8.49	4.32	8.52	24.46	15.43	2.21	0.00	0.00	12808.31
35	Almond and chocolate bread	Wheat, Soy, Nut, Milk, Egg	NA	NA	NonVegetarian	650	3362.2	324.68	94.47	88.90	15.34	63.16	201.57	112.07	0.00	1582.95	3962.17
36	Classic Butter Croissant	Wheat, Milk	NA	NA	Vegetarian	54	323.75	33.27	4.97	3.89	1.44	6.68	18.41	11.80	0.00	35.79	292.61
37	Pain au Chocolat -Chocolate and croissant pastry	Wheat, Soy, Milk	NA	NA	Vegetarian	54	433.95	42.47	13.57	12.49	1.44	7.70	25.81	16.20	0.00	35.79	293.41

TAKEAWAY
(BIRYANI AND PULAO)

Sr. No.	Product name	Allergen Information	Dietary Indicators	Presence of specific ingredients or food additives*	Veg/NonVeg	Serving size (g/ml)	ENERGY (kcal)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	DIETARY FIBRE (g)	PROTEIN (g)	TOTAL FAT (g)	TOTAL SFA (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
1	Dehlnavi Mutton Biryani	Milk	NA	NA	NonVegetarian	550	1465.1	116.29	5.03	0.97	8.38	54.08	88.41	54.63	0.15	292.38	2212.18
2	Dehlnavi Chicken Biryani	Milk	NA	NA	NonVegetarian	550	1366	118.46	8.51	2.77	9.54	61.78	72.72	38.83	0.00	263.41	2178.27
3	Andhra Chicken Biryani	Milk	NA	NA	NonVegetarian	545.8	1295.2	114.65	4.13	1.30	10.62	53.19	69.43	19.94	0.30	253.45	2180.29
4	Mutton Kheema Biryani	Egg	NA	NA	NonVegetarian	550	884.98	113.72	4.51	1.56	9.44	41.19	28.37	7.48	0.30	305.74	3836.92
5	Kolkata Mutton Biryani	Milk, Egg	NA	NA	NonVegetarian	550	1554.6	101.54	3.38	0.80	7.76	62.68	100.76	49.65	0.55	546.78	2307.63
6	Gosht Bohri Biryani	Milk	NA	NA	NonVegetarian	550	1109.3	98.03	3.88	0.81	7.82	51.81	56.65	26.91	0.20	195.10	2173.07
7	Malabar Prawn Biryani	Crustacean, Milk	NA	NA	NonVegetarian	550	835.87	116.89	7.20	2.11	8.79	33.89	23.57	15.80	0.00	219.20	2162.93
8	Subz Paneer Biryani	Milk	NA	NA	Vegetarian	500	1019.5	118.89	8.12	1.14	8.35	21.75	51.58	34.64	0.30	89.60	2124.12
9	Kathal Biryani	Milk	NA	NA	Vegetarian	500	1027	137.93	15.39	5.78	8.02	14.90	44.93	9.32	0.89	0.00	483.97
10	Bharwan Mirch Pulao	Milk	NA	NA	Vegetarian	500	940.34	115.44	1.32	0.37	8.90	14.54	40.58	27.78	0.15	89.60	2078.99
11	Kale Moti Biryani	Milk	NA	NA	Vegetarian	520	1091.7	147.17	12.18	0.59	21.94	23.94	45.47	28.38	0.15	89.60	2541.66
12	Hyderabadi Subz Tehri	Milk	NA	NA	Vegetarian	548.9	714.49	122.39	4.26	1.05	9.44	15.77	17.82	11.00	0.09	30.72	2267.98
13	Mirch Baigan Salan	Milk, Nut	NA	NA	Vegetarian	315	817.2	37.05	10.99	5.22	21.60	20.24	64.92	11.01	0.00	0.00	1064.36
14	Anar Ka Raita	Milk	NA	NA	Vegetarian	245	158.36	17.46	10.19	5.60	1.19	7.83	6.07	4.02	0.00	0.00	477.69
15	Sarson Ka Raita	Milk	NA	NA	Vegetarian	226.5	160.84	12.29	4.43	0.01	0.29	8.41	8.43	4.50	0.00	0.00	609.35
16	Onion Pachadi	Milk	NA	NA	Vegetarian	227	155.46	15.38	7.33	1.87	2.68	7.49	6.79	3.22	0.01	0.00	506.29
17	Gulab Jamun	Wheat, Nut, Milk	NA	NA	Vegetarian	92.3	443.75	39.79	36.58	30.96	0.70	7.72	28.92	18.47	0.00	49.23	17.06
18	Mumbai Murgh Tava Pulao	Milk, Nut	NA	NA	NonVegetarian	550	1918.8	72.30	13.40	0.08	10.42	66.21	155.51	79.78	0.00	548.29	514.38
19	Mumbai Tava Pulao	Milk, Nut	NA	NA	Vegetarian	550	1443.6	82.49	14.60	0.08	22.56	19.05	114.44	68.26	3.70	286.50	8388.85
20	Tangree Teekhe Chicken Biryani	Milk	NA	NA	NonVegetarian	750	1536.9	116.02	7.93	0.00	7.48	59.89	93.12	25.84	0.00	293.83	2429.18
21	Mutton Bibi Pulao	Milk	NA	NA	NonVegetarian	620	1645.3	72.00	8.80	0.00	9.12	67.26	124.32	83.96	0.00	519.94	4230.26
22	Amritsari Vadi aur Paneer Pulao	Milk	NA	NA	Vegetarian	640	1255.6	110.99	14.04	0.00	14.90	40.45	73.11	48.91	0.00	149.62	4069.60
23	Kolhapuri Kombdi Biryani	Milk	NA	NA	NonVegetarian	550	1525.3	66.32	5.13	0.07	6.92	68.67	112.38	63.72	0.00	390.56	4404.62
24	Kolhapuri Vegetable Biryani	Milk	NA	NA	Vegetarian	500	996.24	95.41	12.32	0.06	21.10	18.63	60.91	41.58	0.00	150.00	4361.92
25	Malvani Kolambi Biryani	Crustacean, Milk	NA	NA	NonVegetarian	550	1035.1	83.38	10.31	0.00	11.72	34.29	61.83	42.42	0.00	332.16	4461.05
26	Jodhpuri Kabuli Biryani	Nut, Milk	NA	NA	Vegetarian	500	1292.2	103.42	16.95	0.07	19.62	20.77	90.36	59.31	0.00	208.50	4342.89
27	Kappu Kadale Pulao	Milk, Nut	NA	NA	Vegetarian	788	1373.3	134.67	14.14	0.00	23.18	30.84	78.74	24.55	0.00	57.70	5069.97
28	Halasu Kayi Biryani	Milk, Nut	NA	NA	Vegetarian	795	1247	117.33	8.64	0.00	14.66	21.48	76.97	24.74	0.00	57.68	5057.84
29	Avarekalu Kothmir Pulao	Milk, Nut	NA	NA	Vegetarian	788	1258.9	114.36	7.65	0.00	14.82	22.64	78.90	25.09	0.00	57.70	4914.62
30	Udupi Prawn Pulao	Milk, Crustacean	NA	NA	NonVegetarian	731	1190.2	115.17	7.37	0.00	12.93	38.81	61.11	20.93	0.00	229.39	3724.85
31	Mysore Mutton Biryani	Milk	NA	NA	NonVegetarian	742	1255	115.37	6.58	0.00	12.10	50.82	64.94	21.89	0.00	189.82	3702.02
32	Koli Biryani	Milk	NA	NA	NonVegetarian	750	1431.7	114.59	6.31	0.00	14.46	63.73	77.61	23.65	0.00	190.21	3678.85
33	Karrvepaku Paneer Pulao	Milk	NA	NA	Vegetarian	500	1765.8	147.65	21.99	0.07	8.89	46.33	111.65	75.18	0.00	234.20	2136.42
34	Pakke Yakhni ki Murgh Biryani	Milk	NA	NA	NonVegetarian	550	2199.5	130.34	8.83	0.00	9.73	91.99	146.01	87.00	0.00	520.02	16334.93
35	Shahi Qubooli	Nut, Milk	NA	NA	Vegetarian	500	1689.3	163.00	8.62	0.00	18.71	32.75	102.57	61.30	0.00	204.80	4848.12
36	Mla Potlam Biryani	Egg, Milk	NA	NA	NonVegetarian	550	1438.7	95.07	3.45	0.07	7.24	51.67	97.11	61.59	0.00	497.80	16246.83
37	Jhinga Dum Biryani	Crustacean, Milk	NA	NA	NonVegetarian	550	1123.6	108.74	4.10	0.00	7.89	36.17	59.69	40.86	0.00	346.10	16237.13
38	Bedaag Pulao	Milk, Wheat	NA	NA	Vegetarian	500	2150.2	171.11	22.65	0.07	7.15	47.43	144.80	97.53	0.00	318.40	2129.23
39	Kai Kari Biryani	Milk	NA	NA	Vegetarian	550	1438.9	189.95	6.95	0.00	11.65	22.04	65.73	30.98	0.50	64.00	1486.43
40	Vellore Attraicci Biryani	Milk	NA	NA	NonVegetarian	550	1437.7	161.30	8.44	0.00	13.30	56.66	63.30	36.45	0.00	261.47	8506.57
41	Pachai Pattani Muntgiri Biryani	Milk	NA	NA	Vegetarian	550	1359.7	182.30	7.51	0.00	13.42	23.27	59.90	41.71	0.00	106.67	1467.26
42	Dindigul Biryani	Milk	NA	NA	NonVegetarian	550	1566.2	130.34	6.25	0.00	7.58	50.35	94.57	29.89	0.00	269.19	1562.46
43	Thakhali Biryani	Milk	NA	NA	Vegetarian	550	1560.9	183.80	9.80	1.15	11.29	20.95	82.48	45.30	0.50	85.33	1578.27

44	Raita	Milk	NA	NA	Vegetarian	150	136.43	10.61	4.94	0.00	2.94	4.30	8.40	5.00	0.00	17.68	1162.79
45	Chenar Pulao	Milk, Nut	NA	NA	Vegetarian	475	760.37	95.50	5.38	0.00	1.58	16.18	35.68	18.59	0.00	51.20	2483.33
46	Echorer Pulao	Milk, Nut	NA	NA	Vegetarian	475	723.94	134.55	9.60	0.99	12.44	16.50	12.43	3.58	0.00	5.12	1608.00

ONE OF A KIND CAKE

Sr. No.	Product name	Allergen Information	Dietary Indicators	Presence of specific ingredients or food additives*	Veg/NonVeg	Serving size (g/ml)	ENERGY (kcal)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	DIETARY FIBRE (g)	PROTEIN (g)	TOTAL FAT (g)	TOTAL SFA (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
1	Tiramisu Gateau	Soy, Milk, Wheat, Egg, Nut	NA	NA	NonVegetarian	1000	4441	427.79	319.99	299.22	29.62	75.74	279.44	9.79	0.00	191.83	113.61
2	Hazelnut Tarte	Milk, Soy, Nut, Egg, Wheat	NA	NA	NonVegetarian	1500	6331	519.26	419.68	398.09	10.82	90.71	430.04	5.78	0.00	264.97	4122.54
3	Amarello	Soy, Milk, Egg, Wheat, Nut	NA	NA	NonVegetarian	1500	3929	387.00	323.81	274.45	10.03	47.16	243.17	12.61	0.00	0.00	209.86
4	Dobos Torte	Milk, Soy, Nut, Egg, Wheat	NA	NA	NonVegetarian	1000	3650	324.13	249.37	237.05	22.16	84.38	231.49	12.69	0.00	629.81	416.53
5	Lemon Meringue Tart	Milk, Egg, Wheat, Nut	NA	NA	NonVegetarian	1000	3228	476.71	422.32	416.35	7.91	58.17	129.79	53.42	0.00	2121.01	910.00
6	70% Baked Chocolate Gateau	Soy, Egg, Milk, Wheat, Nut	NA	NA	NonVegetarian	1000	4197	314.74	234.54	227.81	5.92	54.00	303.26	167.24	1.91	583.08	482.46
7	Cupid	Milk, Wheat, Egg, Nut, Soy	NA	NA	NonVegetarian	1000	3084	282.79	229.39	214.70	8.63	38.20	202.63	112.13	3.71	417.58	609.77
8	La Passion	Soy, Milk, Egg, Wheat, Nut	NA	NA	NonVegetarian	1000	3050	264.01	224.01	193.37	8.59	47.13	202.24	123.77	5.19	438.93	227.29
9	Gulab Jamun Cheesecake	Egg, Milk, Wheat, Nut, Soy	NA	NA	NonVegetarian	1500	5235	394.66	304.65	289.12	12.42	95.79	373.45	214.38	1.39	835.17	2523.36
10	Hazelnut Tarte Au Crumble Chocolat	Milk, Egg, Soy, Nut, Wheat	NA	NA	NonVegetarian	1500	6744	406.99	310.43	239.07	16.38	93.92	525.50	307.23	7.30	657.00	3407.45
11	Contemporary Carrot Cake	Soy, Milk, Wheat, Egg	Nut	NA	NonVegetarian	1000	3241	256.79	167.99	144.34	7.33	40.29	226.89	134.05	4.82	210.86	653.52
12	Blackberry Gateau	Milk, Egg, Soy, Wheat, Nut	NA	NA	NonVegetarian	1000	4125	247.46	217.12	197.27	10.19	41.62	331.53	184.96	3.70	52.61	14.25
13	Banoffee	Soy, Milk, Egg, Wheat, Nut	NA	NA	NonVegetarian	1000	3493	328.49	286.56	198.41	3.38	39.63	189.59	108.43	3.28	58.79	843.70
14	Krokos Kozanis	Wheat, Milk, Egg, Nut, Soy	NA	NA	NonVegetarian	1000	2816	265.03	219.70	195.47	10.33	53.68	173.77	94.26	3.13	11.73	295.12
15	Flavours Of Autumn	Soy, Milk, Nut, Egg, Wheat, Barley	NA	NA	NonVegetarian	1000	3145	289.29	213.48	194.32	10.29	64.42	197.44	91.74	3.81	69.79	366.39
16	100% Coffee	Milk, Soy, Wheat, Egg, Barley	Nut	NA	NonVegetarian	1000	3633	323.54	230.33	223.10	0.00	64.44	233.22	145.65	3.44	713.49	597.39
17	Chocolate Marquise	Milk, Egg, Nut, Soy	Wheat	NA	NonVegetarian	1000	3770	202.95	147.62	116.35	27.19	96.25	291.08	128.61	1.93	654.82	377.85
18	Milky Way	Milk, Barley, Soy, Egg, Wheat, Nut	NA	NA	NonVegetarian	1000	3051	216.03	192.28	136.56	5.38	45.05	220.86	137.61	6.08	397.10	212.45
19	Waikiki	Soy, Milk, Wheat, Egg, Barley	NA	NA	NonVegetarian	1500	4758	449.34	379.62	342.75	4.66	84.93	287.30	194.82	6.53	0.00	251.69

FLAVOURS

Sr. No.	Product name	Allergen Information	Dietary Indicators	Presence of specific ingredients or food additives*	Veg/NonVeg	Serving size (g/ml)	ENERGY (kcal)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	DIETARY FIBRE (g)	PROTEIN (g)	TOTAL FAT (g)	TOTAL SFA (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)
1	Chicken Salad Egg and Ham (Multigrain)	Wheat, Egg, Milk, Oat	Contains Pork	NA	NonVegetarian	690	1296.8	115.80	3.10	2.50	0.90	51.50	66.90	19.10	0.10	215.70	3418.90
2	Chicken Salad Egg and Ham (Whole Wheat Bread)	Wheat, Egg, Milk	Contains Pork	NA	NonVegetarian	690	1292.3	121.80	3.10	2.50	0.90	48.50	66.90	19.10	0.10	215.70	3771.40
3	Chicken Salad Egg and Ham (White Bread)	Wheat, Egg, Milk	Contains Pork	NA	NonVegetarian	690	1229.3	107.60	6.90	2.50	0.90	54.50	63.90	19.30	0.10	215.70	3700.90
4	Chicken Salad Egg and Ham (gluten free bread)	Soy, Egg, Milk, Wheat	Contains Pork	NA	NonVegetarian	690	1375.6	116.20	3.20	2.50	9.90	53.40	76.90	21.50	0.40	215.70	3515.30
5	Roast Vegetable and Cheddar (gluten free bread)	Soy, Milk, Wheat	NA	NA	Vegetarian	670	1102.9	116.60	2.90	1.10	12.50	24.80	59.20	22.00	0.50	60.60	3004.80

6	Roast Vegetable and Cheddar (Whole Wheat)	Wheat, Milk	NA	NA	Vegetarian	670	1019.7	122.20	2.80	1.10	3.50	19.90	49.30	19.60	0.20	60.60	3260.90
7	Roast Vegetable and Cheddar Sandwich (white bread)	Wheat, Milk	NA	NA	Vegetarian	670	956.7	107.90	6.60	1.10	3.50	25.90	46.30	19.80	0.20	60.60	3190.40
8	Roast Vegetable and Cheddar (Multigrain)	Wheat, Milk, Oat	NA	NA	Vegetarian	670	1024.2	116.20	2.80	1.10	3.50	22.90	49.30	19.60	0.20	60.60	2908.40
9	Timeless Classic Box - Paneer Makhni with Laccha Paratha	Wheat, Milk, Nut	NA	NA	Vegetarian	835	1417.2	147.90	28.40	26.90	29.40	46.00	69.10	31.60	0.40	33.00	4878.00
10	Timeless Classic Box - Jhinga Hara Masala with Laccha Paratha	Milk, Crustacean, Wheat	NA	NA	NonVegetarian	835	935.6	133.90	16.40	15.10	27.00	50.50	19.80	9.50	0.30	38.90	3122.20
11	Timeless Classic Box - Butter Chicken with Laccha Paratha	Milk, Nut, Wheat	NA	NA	NonVegetarian	835	1176.1	142.70	18.00	16.40	27.50	30.80	51.80	18.70	0.40	15.00	4843.80
12	Timeless Classic Box - Rarha Gosht with Laccha Paratha	Milk, Wheat	NA	NA	NonVegetarian	835	1454.5	149.80	19.30	16.90	26.30	73.80	60.70	22.80	0.30	196.10	5844.30
13	Timeless Classic Box - Paneer Makhni with Mutter Pulao	Milk, Nut	NA	NA	Vegetarian	995	1406.8	152.80	26.70	25.20	21.70	46.00	66.70	31.30	0.40	33.00	6136.30
14	Timeless Classic Box - Jhinga Hara Masala with Mutter Pulao	Milk, Crustacean	NA	NA	NonVegetarian	995	925.2	138.90	14.70	13.40	19.20	50.60	17.40	9.20	0.30	38.90	4380.50
15	Timeless Classic Box - Butter Chicken with Mutter Pulao	Milk, Nut	NA	NA	NonVegetarian	995	1165.7	147.60	16.30	14.70	19.70	30.80	49.40	18.40	0.40	15.00	6102.10
16	Timeless Classic Box - Rarha Gosht with Mutter Pulao	Milk	NA	NA	NonVegetarian	995	1444	154.70	17.60	15.20	18.50	73.90	58.30	22.50	0.30	196.10	7102.60
17	Kebab Box - Paneer Angaar Tikka with Mughlai Paratha	Wheat, Milk	NA	NA	Vegetarian	770	1772	155.20	35.60	32.40	15.00	78.90	90.10	53.90	0.70	52.80	5129.60
18	Kebab Box - Ajwaini Machli Tikka with Mughlai Paratha	Wheat, Fish, Milk	NA	NA	NonVegetarian	770	1369	120.20	6.40	3.40	14.00	77.20	61.70	29.40	0.40	92.80	3140.60
19	Kebab Box - Murgh Kali Mirch Tikka with Mughlai Paratha	Wheat, Milk	NA	NA	NonVegetarian	770	1590.3	119.00	6.20	3.40	14.10	89.20	81.20	37.70	0.70	224.20	4882.20
20	Kebab Box - Gosht Seekh Kebab with Mughlai Paratha	Wheat, Milk	NA	NA	NonVegetarian	770	2120.3	119.30	6.40	4.60	14.70	104.40	131.00	69.60	0.40	350.50	4948.70
21	Kebab Box - Paneer Angaar Tikka with Roomali Roti	Wheat, Milk	NA	NA	Vegetarian	750	1586.5	164.50	34.60	32.70	19.40	80.10	65.20	38.30	0.70	0.00	4693.10
22	Kebab Box - Ajwaini Machli Tikka with Roomali Roti	Wheat, Milk, Fish	NA	NA	NonVegetarian	750	1183.4	129.50	5.30	3.70	18.40	78.50	36.80	13.80	0.40	40.00	2704.20
23	Kebab Box - Murgh Kali Mirch Tikka with Roomali Roti	Wheat, Milk	NA	NA	NonVegetarian	750	1404.8	128.30	5.20	3.70	18.50	90.50	56.20	22.10	0.70	171.40	4445.80
24	Kebab Box - Gosht Seekh Kebab with Roomali Roti	Wheat, Milk	NA	NA	NonVegetarian	750	1934.7	128.60	5.40	4.90	19.10	105.70	106.10	54.00	0.40	297.70	4512.30
25	Lebanese Box - Lamb Chelo Kebab Pita Wrap	Wheat, Milk	NA	NA	NonVegetarian	610	1719.5	185.40	22.20	21.40	18.30	70.10	74.50	18.50	0.30	132.00	4650.60
26	Lebanese Box - Chicken Sheesh Taouk Pita Wrap	Wheat, Milk	NA	NA	NonVegetarian	610	1781.5	185.70	25.10	21.80	23.60	70.70	80.60	10.60	0.30	147.10	4598.60
27	Lebanese Box - Falafel Pita Wrap	Wheat, Milk	NA	NA	Vegetarian	580	1789.1	200.30	21.90	21.00	15.00	51.40	84.40	18.60	0.90	0.00	5991.90
28	Thai Curry Box- Asian Greens and Vegetable Curry	Milk, Nut	NA	NA	Vegetarian	820	1939.8	182.00	49.50	46.70	21.20	24.30	122.50	38.40	0.00	0.00	7598.10
29	Thai Curry Box- Chicken and Basil Curry	Milk, Nut	NA	NA	NonVegetarian	820	2377	184.20	50.40	47.50	17.50	42.20	162.70	65.40	0.00	93.10	8404.60
30	Japanese Yakitori Box-Potato Asparagus leek Yakitori	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	760	1180	148.20	26.30	16.40	28.70	34.40	50.20	6.80	0.00	0.00	6016.60
31	Japanese Yakitori Box-Chicken and Leek Yakitori	Wheat, Soy	NA	Monosodium Glutamate	NonVegetarian	760	1380.7	126.30	24.60	16.20	25.50	70.70	65.90	8.20	0.00	110.80	6069.30
32	Bolognese Pasta	Wheat, Milk, Soy	NA	NA	NonVegetarian	650	1755	145.40	14.60	5.40	16.40	80.80	92.00	28.90	0.00	236.10	2916.20
33	Pomodoro Pasta	Wheat, Milk, Soy	NA	NA	Vegetarian	650	1448.6	150.80	16.30	5.00	20.40	40.80	73.30	16.00	0.00	25.70	1995.30
34	Alfredo Pasta	Wheat, Milk, Soy	NA	NA	Vegetarian	650	1643.1	156.70	18.00	4.60	10.90	48.60	89.70	41.00	0.10	109.20	2652.20
35	Carbonara	Wheat, Milk, Egg, Soy	NA	NA	NonVegetarian	650	1555	138.50	9.60	4.20	10.50	54.40	85.70	31.90	0.80	510.60	1850.70
36	Sticky Coffee Pudding	Egg, Wheat, Milk	NA	NA	NonVegetarian	168	586.6	97.70	78.60	64.10	6.20	4.20	18.20	11.50	0.80	46.50	1588.30
37	Lamb Rendang Box	Milk, Soy, Wheat, Nut, Crustacean	NA	Monosodium Glutamate	NonVegetarian	790	2176	160.40	23.50	17.40	18.00	58.60	144.00	38.90	0.60	141.40	6512.10
38	Soya Nugget & Potato Curry Box	Milk, Soy, Wheat Nut	NA	Monosodium Glutamate	Vegetarian	790	2035.2	168.40	22.20	15.80	22.20	36.10	134.10	29.00	0.60	0.00	6455.80
39	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Hunan Shrimps and Golden Garlic Fried Rice	Crustacean, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	3067.7	305.00	30.00	19.40	25.60	75.10	166.30	30.50	3.00	372.20	15590.70
40	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Hunan Shrimps and Wok Fried Noodles	Crustacean, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	2719.3	218.40	30.30	20.00	23.70	77.00	166.50	29.80	3.00	372.20	16144.50
41	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Hunan Shrimps and Egg Fried Rice	Crustacean, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	2950.1	268.80	29.90	19.70	24.80	76.30	169.10	31.40	3.00	492.30	15630.20
42	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Fish Three Flavour and Golden Garlic Fried Rice	Fish, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	3003	305.30	31.40	21.90	23.20	68.70	165.40	30.30	3.00	177.20	12781.80
43	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Fish Three Flavours and Wok fried Noodles	Fish, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	2654.6	218.70	31.70	22.40	21.30	70.50	165.60	29.60	2.90	177.20	13335.60
44	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Fish Three Flavour and Egg Fried Rice	Fish, Soy, Egg, Wheat	NA	Monosodium Glutamate	NonVegetarian	860	2885.4	269.00	31.30	22.20	22.50	69.90	168.20	31.10	3.00	297.30	12821.30
45	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Kung Bao Chicken and Golden Garlic Fried Rice	Soy, Egg, Wheat, Nut	NA	Monosodium Glutamate	NonVegetarian	860	2339.9	295.60	19.50	10.40	24.20	73.60	92.60	16.90	1.20	222.70	9914.30
46	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Kung Bao Chicken and Wok Fried Noodles	Soy, Egg, Wheat, Nut	NA	Monosodium Glutamate	NonVegetarian	860	1991.5	209.00	19.80	10.90	22.30	75.50	92.80	16.20	1.20	222.70	10468.10
47	Chinese Wok Box Pan Fried Chicken Kothey Dumplings with Kung Bao Chicken and Egg Fried Rice	Soy, Egg, Wheat, Nut	NA	Monosodium Glutamate	NonVegetarian	860	2222.3	259.40	19.40	10.70	23.50	74.80	95.80	17.80	1.20	342.80	9953.80

48	Chinese Wok Box Pan Fried Vegetable Kothey Dumplings with Five Treasure Vegetable and Golden Garlic Fried Rice	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	860	2248.3	305.10	25.50	13.90	31.50	41.10	93.30	16.90	1.70	0.10	13040.40
49	Chinese Wok Box Pan Fried Vegetable Kothey Dumplings with Five Treasure Vegetables and Wok Fried Noodles	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	860	1899.9	218.50	25.80	14.40	29.60	42.90	93.50	16.20	1.70	0.10	13594.20
50	Mediterranean Grilled Lamb Patty Pavillion Pantry Burger Box	Wheat, Milk, Egg	NA	NA	NonVegetarian	605	1307.3	86.80	19.70	6.50	5.70	45.20	85.20	20.40	0.90	286.60	3982.90
51	Spiced Cottage Cheese Patty Pavillion Pantry Burger Box	Wheat, Milk	NA	NA	Vegetarian	605	1695.3	127.30	30.60	6.90	5.00	37.50	113.20	30.00	1.30	20.20	3557.60
52	Peri Peri Fried Chicken Patty Pavillion Pantry Burger Box	Wheat, Milk, Egg	NA	NA	NonVegetarian	605	1613.6	114.30	21.90	6.30	4.50	38.10	111.00	22.40	1.30	82.50	3904.60
53	Panko Crumbed Fish Fillet Pavillion Pantry Burger Box	Milk, Wheat, Fish, Egg	NA	NA	NonVegetarian	605	1419.3	109.80	21.50	6.50	5.30	40.50	89.80	20.00	1.10	25.00	3636.30
54	Mexican Box - Grilled Vegetable Burrito	Gluten, Milk, Soy	NA	NA	Vegetarian	760	2112.5	227.90	34.10	11.50	38.80	52.40	148.40	38.50	1.30	54.90	13561.40
55	Mexican Box - Peri Peri Shrimp Burrito	Crustacean, Gluten, Milk, Soy	NA	NA	NonVegetarian	760	1981.5	236.70	38.30	17.50	36.30	62.60	125.00	34.70	1.00	229.00	15738.90
56	Mexican Box - Cajun Spiced Chicken Burrito	Gluten, Milk, Soy	NA	NA	NonVegetarian	760	1851.4	169.40	23.90	8.60	30.60	46.10	132.30	36.20	1.30	54.90	13318.00
57	Mexican Box - Corn Jalapeno Cheese Quessadilla	Milk, Gluten, Soy	NA	NA	Vegetarian	760	1709.4	227.80	34.50	15.10	36.00	44.20	99.30	26.30	0.70	0.00	10274.60
58	Mexican Box - Smoke Chicken Pepper Cheese Quessadilla	Milk, Gluten, Soy	NA	NA	NonVegetarian	760	1952	212.80	29.90	12.70	33.50	71.60	120.80	28.80	0.70	86.20	10324.20
59	Dark Chocolate with Forest Cherry Jar	Milk, Wheat, Soy	NA	NA	Vegetarian	165	569.7	35.50	29.00	10.00	0.30	3.30	45.90	27.90	1.50	0.00	63.10
60	Summer Berry Short Cake	Milk, Wheat	NA	Contains Sucralose	Vegetarian	165	522.6	33.50	10.00	0.20	1.60	5.00	43.10	28.20	0.80	63.20	254.90
61	Thande Phallon Ki Kheer	Milk, Wheat, Nut	NA	NA	Vegetarian	249	458.1	45.40	32.60	15.50	3.80	11.70	25.40	10.70	0.20	0.00	131.90
62	Citrus Cheesecake with Raspberry Creme	Milk, Wheat, Soy, Egg	NA	Contains Sucralose	NonVegetarian	220	657.5	53.90	39.60	34.40	1.30	10.40	43.20	29.40	0.10	107.00	383.10
63	Khubani Custard	Milk , Wheat, Nut, Soy	NA	NA	Vegetarian	280	793.1	112.90	77.80	59.60	6.10	8.40	36.10	18.90	0.60	23.00	144.60
64	Tiramisu Flavours	Milk, Wheat, Egg	NA	NA	NonVegetarian	147	465.9	39.80	29.60	10.70	0.50	4.70	32.00	20.10	0.80	50.10	159.30
65	Chicken with Light Soy & Scallion	Wheat, Soy, Egg	NA	Monosodium Glutamate	NonVegetarian	300	647.7	40.40	2.80	2.00	3.00	53.70	28.50	4.30	0.00	306.10	4529.40
66	Mutter Pulao	NA	NA	NA	Vegetarian	300	406.8	85.10	0.60	0.20	6.40	13.20	1.40	0.20	0.00	0.00	2010.90
67	Laccha Paratha	Wheat	NA	NA	Vegetarian	140	417.2	80.20	2.30	0.40	14.20	13.20	3.80	0.50	0.00	0.00	752.60
68	Roomali Roti	Wheat	NA	NA	Vegetarian	160	452.3	93.60	2.40	0.50	8.30	13.90	1.40	0.20	0.00	0.00	2.30
68	Roomali Roti	Wheat	NA	NA	Vegetarian	160	282.7	58.50	1.50	0.30	5.20	8.70	0.90	0.10	0.00	0.00	1.50
69	Mughlai Paratha	Milk, Wheat	NA	NA	Vegetarian	160	570.6	72.70	3.10	0.50	2.90	11.00	26.30	18.00	0.00	59.90	442.10
70	Timeless Classic Box - Jhinga Hara Masala	Crustacean, Milk	NA	NA	NonVegetarian	695	896.2	84.00	26.40	16.50	20.70	47.00	40.00	11.70	0.10	55.80	4348.40
71	Timeless Classic Box - Paneer Makhani	Milk, Nut	NA	NA	Vegetarian	695	1608.5	97.80	40.90	18.50	17.50	43.60	115.30	46.50	0.30	82.10	7433.70
72	Timeless Classic Box - Rarha Gosht	Milk	NA	NA	NonVegetarian	695	1155.3	78.20	22.80	14.80	15.30	64.60	64.20	24.50	0.10	213.00	5235.50
73	Timeless Classic Box - Butter Chicken	Milk, Nut	NA	NA	NonVegetarian	695	1465	88.50	27.80	16.70	16.30	55.90	97.60	29.40	0.30	130.30	7363.30
74	Kebab Box - Ajwaini Machli Tikka	Fish, Milk	NA	NA	NonVegetarian	610	813	40.90	5.40	0.50	12.50	66.70	41.40	15.40	0.20	68.30	2999.90
75	Kebab Box - Gosht Seekh Kebab	Milk	NA	NA	NonVegetarian	610	1302	38.00	5.20	0.90	12.70	74.80	87.00	33.40	0.20	254.70	3940.00
76	Kebab Box - Murgh Kali Mirch Tikka	Milk	NA	NA	NonVegetarian	610	903.3	38.80	5.10	0.50	12.10	66.80	52.10	21.40	0.40	167.20	4198.40
77	Kebab Box - Paneer Angaar Tikka	Milk	NA	NA	Vegetarian	610	1075.3	69.60	30.70	2.50	13.10	61.20	60.10	35.80	0.40	28.30	4461.60
78	Five Treasure Vegetable	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	500	924.8	54.50	21.60	12.60	21.40	15.80	70.70	12.40	1.40	0.10	10565.70
79	Kung Bao Chicken	Wheat, Soy, Egg, Nut	NA	Monosodium Glutamate	NonVegetarian	500	1110.4	73.90	44.30	36.50	16.60	39.70	71.30	12.20	1.10	171.40	8288.30
80	Sliced Fish in three flavour	Wheat, Soy, Egg, Fish	NA	Monosodium Glutamate	NonVegetarian	500	1633.7	50.80	27.80	20.20	15.30	33.30	143.70	25.30	2.80	125.80	8569.00
81	Hunan Shrimp	Wheat, Soy, Egg, Crustacean	NA	Monosodium Glutamate	NonVegetarian	500	1723.3	56.40	26.70	17.70	18.20	40.30	144.70	25.60	2.80	320.80	11381.50
82	Chicken with Light Soy & Scallion with accompaniments	Wheat, Soy, Egg	NA	Monosodium Glutamate	NonVegetarian	500	1180.1	74.30	18.00	10.60	18.10	63.40	68.10	11.20	0.80	306.10	9824.90
83	Pan fried Vegetable Dumplings	Wheat	NA	NA	Vegetarian	60	134.2	10.80	1.30	0.60	2.10	2.10	9.00	1.20	0.00	0.00	435.70
84	Pan Fried Chicken Dumplings	Wheat, Soy	NA	Monosodium Glutamate	NonVegetarian	60	149.7	8.50	1.20	1.00	0.50	10.20	8.30	1.90	0.00	41.10	1827.20
85	Wok Fried Noodles	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	320	796.8	146.10	2.20	1.10	4.90	24.70	12.30	1.40	0.00	0.00	2644.10
86	Egg Fried Rice	Wheat, Soy, Egg	NA	Monosodium Glutamate	NonVegetarian	320	978.1	147.30	10.50	0.80	8.20	34.80	28.20	5.80	0.00	130.60	3360.50
87	Golden Garlic Fried Rice	Wheat, Soy	NA	Monosodium Glutamate	Vegetarian	320	1090.4	175.40	12.30	0.50	9.40	35.60	27.90	5.50	0.00	3.00	3571.40
88	Paneer Angaar Tikka	Milk	NA	NA	Vegetarian	300	685.7	35.90	26.60	0.00	1.90	45.10	39.90	23.70	0.20	0.00	2379.70

89	Ajwaini Machli Tikka	Fish, Milk	NA	NA	NonVegetarian	300	423.4	7.20	1.30	0.00	1.40	50.60	21.20	3.20	0.00	40.00	918.00
90	Murgh Kali Mirch Tikka	Milk	NA	NA	NonVegetarian	300	513.7	5.10	1.00	0.00	1.00	50.80	31.80	9.20	0.20	139.00	2116.40
91	Gosht Seekh Kebab	Milk	NA	NA	NonVegetarian	300	977	4.60	1.10	0.00	1.50	62.80	71.90	24.50	0.00	240.60	2140.90
92	Butter Chicken	Milk, Nut	NA	NA	NonVegetarian	350	953.1	27.80	8.80	2.10	6.70	40.00	75.60	19.10	0.20	108.60	4975.30
93	Rarha Gosht	Milk	NA	NA	NonVegetarian	350	643.3	17.50	3.80	0.00	5.80	48.60	42.20	14.20	0.00	191.30	2847.60
94	Paneer Makhani	Milk, Nut	NA	NA	Vegetarian	350	1096.5	37.10	21.90	3.40	7.90	27.70	93.40	36.20	0.20	60.40	5045.80
95	Jhinga Hara Masala	Crustacean	NA	NA	NonVegetarian	350	384.3	23.30	7.40	0.00	11.10	31.00	18.00	1.40	0.00	34.10	1960.40

NOTE : An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

RDA (Recommended Dietary Allowance)	Energy	Added Sugars	Dietary Fibre	Protein	Total Fat	Total SFA	Trans Fat	Cholesterol	Sodium
	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)
For Sedentary Adult Man	2000	50	32	54	67	22	2	300	2000

Nutrition Analysis for composite recipes is calculated on a per-serving basis

Nutrition Analysis done by calculation method using the nutritive values of food products as reported in Indian Food Composition Tables (IFCT), 2017

(Source: FSSAI Guidance Note - Menu Labelling in Food Service Establishments)

All nutrition analysis is done as per the information provided by ITC Hotels Brand Custodian

ITC Hotels does not use Monosodium Glutamate in the preparation of its food items. However, due to the nature of certain packaged ingredients used in recipes, we cannot guarantee the absence of the same.

Nutrition Analysis and Menu Labelling done by : FoLSol® Food Label Solutions by LabelBlind®, Mumbai, India

https://foodlabelsolutions.com