




ITC HOTEL
RESPONSIBLE LUXURY

ITC GARDENIA
BENGALURU
THE
LUXURY
COLLECTION

JISKI KHUSHBOO SE MEHEK UTTHE FIZZA
JISKI RANGAT SE BHI AA JAYE MAZA
HO NAFEEES AUR LAZEEZ HAR LUQMA
ZAIQA ISKA HO HAR EK SE JUDA
KHA KE HO JAYE JEHVAN KHUSH MEHMAN
HUM BECHAATÉ HAIN WAHI DASTARKHAN.
— AN OLD COUPLET BY RIZVI

The aroma of which pervades the air
A sight which adds to its flavour
Aesthetic and appetising is every morsel
With a taste unmatched and unique
Prepared just to please our guest is the meal
That we serve at our table



KEBABS & KURRIES WELLBEING AND DIETARY INDICATORS



Contains Nuts



Gluten Free



Contains Shellfish



Lactose Free



Contains Egg



Prepared with Aashirvaad Sugar Release Control Atta, a natural grain mix, high in protein and fibre with a Low Glycaemic Index, clinically tested to have GI values below 55.



In Vedic philosophy, sattva or Sanskrit for purity is the most rarefied of the three gunas. The green leaf represents freshness and holistic wellbeing.

SWASTHYA CUISINE

Centred on wellbeing



Through Swasthya Cuisine, ITC Hotels invokes time-honoured principles to address nutritional requirements and the need for satisfaction. The result is an enjoyable mélange of modern and revived flavours that restore, energise and protect your wellbeing.

CHOOSE WISELY



Over fished. Think again!



Under threat. But there's better.



Choose Wise. Go for it!

A Responsible Luxury initiative, the 'Choose Wisely' program is a co-creation between ITC Hotels, WWF-India and Central Marine Fisheries Research Institute to enable the luxury of responsible choices to guests.

Please inform our Service Associate in case you are allergic to any of the following ingredients:

Fish, shellfish and their products | Egg and egg products |
Milk and dairy products | Wheat and wheat products |
Peanuts, soya, tree nuts, sesame seeds and other nuts |
Mushrooms or edible fungi | Any other

Our Chef would be delighted to design your meal without them.

Vegetable Oil | Butter | Desi Ghee used in preparations



Presenting Kebabs & Kurries, a symphony of fine dining in an ambience that complements the cuisine.

Under the baton of the most celebrated chefs, great curries of the country are served along with the most exquisite kebabs in the land. Years of experiment and research into ancient culinary secrets have gone into composing a delectable menu that will entrance even the most fastidious gourmet.



SHAKAHARI/VEGETARIAN

- Sabut Tandoori Aloo**

Jacket potatoes, baked in the tandoor rumped with raisins, green chilies, almond flakes; sprinkled with a spice mix and topped with chopped coriander, butter and lemon juice
- Pudina Paneer Tikka**

Paneer cubes marinated with mango and mint chutney, cooked in tandoor

- Labgeer**

Delicate aromatic patties of fresh beetroot stuffed with a mixture of green chilies, mint, cashew and cheese flavoured with cardamom and pangrilled in butter to crisp

- Nadru ki Chaamp**

Gallettes of lotus stem minced with ginger, onions and green chilies, enhanced with hand pounded coriander seeds and red chilies; fried to a golden crisp

- Subzazar Kofteh**

Marbles of vegetables tossed with spring onions, simmered in a brown onion gravy, finished on dum with ginger



- Dum Aloo Bharwan**

Spiced potatoes and nuts cradled in roasted potato barrels, finished on dum with a fragrant herb gravy

- Sabz Abeer**

Coarsely chopped spinach with dill and spring onions, tossed with onions, tomatoes and cottage cheese, flavoured with fenugreek
- Paneer Khurchan**

Cottage cheese batons, pan fried with tomatoes and bell peppers, tempered with mustard seeds
- Dal Bukhara**

A harmonious blend of black lentils, tomatoes, ginger and garlic, simmered overnight on a slow charcoal fire, finished with cream and served with a dollop of unsalted butter

- Tarkari Pulao**

Seasonal vegetables and aged Basmati rice cooked on dum in a subtly spice-flavoured vegetable extract

- Warqi Parantha**
- Tandoori Naan**
- Naan-e-Biranj**

Sattva - Honestly Vegetarian
 Contains Nuts
 Gluten Free
 Swasthya Cuisine



SAMUNDARI/SEAFOOD

- Sabut Lobster**

Whole lobster marinated in a yoghurt masala with coriander stems, black cumin and carom seeds, char grilled
- Machli Tikka**

Boneless succulent morsels of fish marinated with salt, ginger and garlic paste, turmeric, lemon juice and laced with tandoori curd masala and cooked to perfection in tandoor

- Tali Subz Machli**

Pomfret fillet marinated in a mixture of fresh ginger, green chilies and coriander leaves, coated with bread crumbs and cooked on a tawa

- Jhinga Ajwaini**

Jumbo prawns marinated in an "ajwain" flavoured mixture of yoghurt, red chili, turmeric and garam masala, skewered and roasted over charcoal fire



- Mahi Qaliya**

Fish marinated with turmeric, yellow chili, ginger and garlic, simmered in a rich gravy of fish stock, soured with dry mango and enhanced with fenugreek seeds

- Jhinga Hara Masala**

Fresh bay prawns tossed with spring onions and "hara masala" of coriander, mint, green chilies and garlic

- Kalinga Machli**

Pomfret fillets marinated with turmeric, red chili, cumin seeds, coriander stems, mustard and ginger-garlic paste. Deep fried and simmered in onion and tomato gravy



- Naan-e-Bahkumaach**
- Roomali Roti**
- Missi Roti**

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Kebabs

Tandoor

Tawa

Angethi

Kurries

Kofteh

Qorma

Qaliya

Do Piazza

Salan

Biranj

Naan



MURGH/CHICKEN

- Murgh Kali Mirch**

Creamy tikka of boneless chicken blended with cream cheese, lemon juice and green coriander, spiked with freshly milled peppercorn and grilled in the tandoor
- Murgh Barrah**

Chicken, marinated in a mixture of yoghurt, malt vinegar, ginger-garlic paste, lemon juice, red chilies, yellow chilies, turmeric powder, garam masala and heightened with Kacchri; skewered and cooked in the tandoor, served sprinkled with kebab masala

- Murgh Shami**

Delicate melt-in-the-mouth chicken mince patties flavoured with select spices, stuffed with tangy raw mango and pan grilled on tawa

- Murgh Angaar**

Boneless leg of chicken marinated with ginger, garlic, chopped onions and red chili flakes. Grilled till done in the tandoor, served hot with sprinkling of kebab masala and lemon juice



- Murgh Handi Qorma**

Boneless morsels of chicken simmered in a brown onion and yoghurt gravy, flavoured with Chef's special aromatic spice powder

- Murgh Bemisal**

Smoked chicken tikka simmered in a velvety gravy of tomatoes and browned onion with fenugreek and dill

- Murgh Khushk Purdah**

A resplendent dish of boneless chicken, cured with a star anise-scented marinade, grilled in the tandoor and dum cooked with an assortment of vegetables and sprinkling of mace behind purdah

- Murgh Khurchan**

Tandoori chicken slivers, pan fried with tomatoes, onion and tempered with mustard seeds

- Murgh Biryani**

Boneless chicken marinated with yoghurt, caramelised onions, chilies, mint and saffron; cooked on dum with fragrant aged Basmati rice

- Kulcha**
- Tandoori Roti**

Gluten Free
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GOSHT/LAMB

- Barrah Kebab**

Chunks from leg of lamb and lamb chops marinated in a mixture of yoghurt and malt vinegar, headed with a melange of spices, char grilled over red hot embers
- Sikandari Raan**

Whole leg of spring lamb, marinated in a mixture of malt vinegar, cinnamon and black cumin, braised in the marinade, skewered and then finished in the tandoor

- Tawa Gosht**

Boneless cubes from baby lamb shoulder marinated with ginger, garlic, curd and chilies cooked on the griddle

- Gilawat ke Kebab**

A delicate, irresistible melt-in-the-mouth kebab of finely minced lamb flavoured with cloves and cinnamon, grilled on the mahi tawa with clarified butter

- Nehari**

Succulent flavourful lamb preparation simmered overnight with green herbs and traditional spices, served with crisp onions, coriander, mint, green chillies and a dash of lemon

- Koh-e-Awadh**

Chef's recipe for a qorma of elegantly exposed lamb shanks, dum cooked in their own cardamom-tinged juices and marrow, finished with saffron

- Rarrah Gosht**

Prime cuts of lamb; ribs and shank, cooked with coarsely pounded mince, finished with fresh coriander and ginger

- Gosht Hari Mirch**

Chunks of lamb tossed with green chilies, green herbs and whole spices, finished with a dash of lemon juice

- Burrhani Gosht**

Chunks of lamb leg on the bone, cooked in an onion and yoghurt gravy, spiced with garam masala, topped with a dollop of garlic-flavoured yoghurt

- Dum Pukht Biryani**

Basmati rice and lamb simmered with mace, ittar and kewra. Finished in a sealed handi

- Khamiri Roti**
- Pudina Paratha**

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 Indicates our Vegetarian Specialities
 Indicates our Non-Vegetarian Specialities



MEETHA

- **Khubani Chenna**  

Stewed apricots fragrant with star anise, stuffed with chenna; slow baked in saffron tinged yoghurt custard
- **Kesari Phirnee**   

A light dessert of milk and Basmati rice, flavoured with cardamom and saffron, set in an earthen mould, topped with pistachio and almond slivers
- **Bombay Falooda**   

Delectable melange of corn starch vermicelli, teamed with basil seeds, rabri and rose syrup. Served with crushed ice and in-season fruits
- **Kebabs & Kurries Kulfi**   

Reduced milk, flavoured with saffron, enriched with pistachios. Served frozen
- **Shaan-e-Aam**   

King of fruits-Alphonso, combined with reduced milk 'chenna' finished with slivers of pistachio and almond shavings
- **Gulab Jamun**  

Reduced milk dumplings deep fried and served in sugar syrup
- **Shahi Tukda**  

An exotic dessert of saffron rabri, spread on a slice of fried homemade bread, soaked in syrup and garnished with silver leaf, pistachio and almonds
- **Kebabs & Kurries Dessert Sampler**  

Tasting plate of three signature desserts. Serves one

Culinary Terminology

- Angethi:** Even today, the leaping flames of the good old angethi remain the most popular way to grill lamb, fish, chicken and vegetables. Raw foods are marinated in a variety of herbs and spices before being cooked by this high-heat process which chars the surface of the food, sealing in the juices and creating a golden crust with a typical smoky flavour.
- Pulao:** Pulao, pilau or pilaf, call it by any name, but what sets it apart is the delicate fragrance of Basmati rice. The rice is cooked on *dum* with cream, ghee and aromatic spices in a sealed *handi*. Lamb, fish, chicken or vegetables are cooked separately and added while serving.
- Biryani:** Biryani is derived from the Persian word *Biryān*, which means to sauté, stir fry or shallow fry. This rice dish made with the best Basmati rice, par boiled and cooked on *dum* with *Biryān* meat, spices and herbs in its own juices, is a complete meal and the ultimate culinary fantasy synonymous with joyous celebration and festivity.
- Dopiaza:** Dopiaza describes the process in which lamb, fish or chicken is *bhunao*-ed with slices of onion and whole spices in ghee and cooked along with a variety of vegetables.

A vegetarian dish may also be cooked in a similar way. Dopiaza is often mistakenly believed to be a method of cooking using two onions or double the quantity of onions to that of meat.
- Koofteh:** Koofteh are made from the trimmings of prime cuts of vegetables, pounded, minced or ground along with herbs or spices to create a different texture or a feel. The koofteh are then rolled into balls or croquets. Originally, koofteh were lightly coated in a gravy but with the passage of time, the volume of gravy has increased.
- Qorma:** The word qorma is derived from the Turkish word *Kuvarma*, which is considered the first basic meat preparation. Qorma is aromatic and rich in flavour. The dish may consist of lamb, fish, chicken or vegetables cooked in a browned onion paste and yoghurt. Meat is sautéed in ghee alone, water is used sparingly. The art of making qorma lies in the art of *bhunao*.
- Qaliya:** Prepared with lamb, fish or chicken, sautéed in ghee and enough water to cook along with powdered spices, of which turmeric is particularly important.
- Salan:** Salan refers to most dishes that are not qorma, qaliya or dopiaza. A salan may or may not have gravy and does not have any fixed rules regarding the spices or methods used and therefore, includes dishes prepared using various cooking styles.
- Tandoor:** A clay oven that contains an open charcoal fire, the tandoor cooks bread, meats and vegetables to perfection. As the food cooks slowly on stainless steel skewers placed directly over the fire, it absorbs the wonderful smoky flavours that characterises tandoori cooking. Kebabs in particular seem softer, juicier and altogether more sumptuous.
- Tawa:** A tawa is a griddle, made mainly of iron though it could be made of clay or stone. It is used to shallow fry kebabs in the form of patties, as well as small or thin strips such as pasandas to create a fine, golden crisp around a soft centre.
- Naan:** A Persian word, naan is the generic word for bread. They could be flat, leavened, unleavened, layered, thick, and sometimes as thin as handkerchiefs. They are made with single or different grain flours and in various combinations.

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All prices are in INR and exclusive of applicable Government taxes and levies.