



BY THE
WATERSIDE

Rise & Shine

BREAKFAST

Juices, Smoothies & Detox



★V Golden Wellness | 51.8 Kcal ₹ 395
Papaya, fresh turmeric, ginger, coconut water and black salt

★V Berry Buster | 81 Kcal ₹ 595
Strawberry, blueberry, chia seeds, agave syrup and almond milk

★V Green Detox | 35.1 Kcal ₹ 395
Parsley, amla, spinach, kiwi, cucumber and mint

Froyo | 61 Kcal ₹ 425
Mixed berries, banana, orange and fresh yoghurt

Seasonal Fresh Fruit Juice ₹ 275
Orange: 50 Kcal | Sweet Lime: 35kcal | Watermelon: 35kcal |
Pineapple: 55 Kcal

Vegetable Juice ₹ 275
Carrot: 45 Kcal | Cucumber: 15 Kcal | Lauki: 15 Kcal

★ Pink Power | 62 Kcal ₹ 275
Watermelon, basil seeds and rose water

Fruit Juice Detox | 51 Kcal ₹ 325
Blend of orange, apple and carrot with ginger

Triple Dose Iron Juice | 47 Kcal ₹ 325
Blend of watermelon, pomegranate and beetroot juice



★ NEW

▲ Non-Vegetarian

V Vegan

J Jain on request - no
onions & garlic

ALLERGENS

🍄 Mushroom

🌾 Gluten

🥛 Dairy

🌰 Nuts

🌱 Seeds

🌿 Soy

🌱 Sesame

🥥 Coconut

🥚 Egg

🐟 Seafood

Please alert your order taker about any allergies. Kcal (calorific) values provided per 100 gms. Government taxes extra, as applicable.



More Beverages

Cold Coffee | 150 Kcal

₹ 265

Lassi

₹ 195

Plain: 70 Kcal | Sweet: 120 Kcal | Salted: 60 Kcal |
Masala: 80 Kcal

Buttermilk

₹ 195

Plain: 40 Kcal | Salted: 45 Kcal | Masala: 50 Kcal

Hot Chocolate | 130 Kcal

₹ 345

Breakfast Bowls

Granola Bowl | 246 Kcal

₹ 425

Yoghurt bowl topped with homemade granola, exotic fruits and honey

Fructilicious | 2203kcal

₹ 395

Mixed fruit yoghurt topped with cornflakes, exotic fruits and a drizzle of maple syrup



GRANOLA BOWL



Wraps, Toast, Tartines

★ **Mediterranean Garden** | 207 Kcal ₹ 545
Hummus, beetroot falafel, roasted chickpeas, fresh cucumber, tomatoes, whole wheat pita

★ V J **Sourdough Scrambled Tofu Toast** | 135 Kcal ₹ 595
Lightly toasted rustic sourdough slice, topped with silky scrambled tofu, infused with turmeric, fresh herbs and finished with roasted cherry tomatoes, baby spinach, and a drizzle of olive oil

★ ▲ **Hot Stone Bowl** | 225 Kcal ₹ 595
Herbed mushrooms, cherry tomato, sautéed kale, two eggs by the side, served with a sour dough slice

★ **Truffle Mushroom & Spinach Tartine** | 160Kcal ₹ 495
Truffle-scented trio mushrooms and spinach tartine, with parmesan snow

MEXICAN BREAKFAST WRAP



PARSI STYLE SCRAMBLED EGGS ON TOAST



▲ **Mexican Breakfast Wrap** | 225 Kcal ₹ 625
Grilled flour tortilla filled with scrambled eggs, cheese, avocado, sour cream and lettuce, served with breakfast potatoes, a side salad, pico de gallo and guacamole

▲ **Parsi Style Scrambled Eggs on Toast** | 192 Kcal ₹ 325
Soft scrambled egg 'akuri' served on toast

▲ **Avocado on Toast with Scrambled Eggs** | 194 Kcal ₹ 595
Goodness of avocado blended with creamy scrambled eggs

Toasted Sourdough Slice | 125 Kcal ₹ 125
Toasted Multi-grain Slice | 80 Kcal ₹ 95
Toasted Nachini Slice | 84 Kcal ₹ 125

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Mushroom



Gluten



Dairy



Nuts



Seeds



Soy



Sesame



Coconut



Egg



Seafood

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Eggsiting Offerings

▲ Herb Baked Eggs | 269 Kcal     ₹ 325
Herbs and cheese baked eggs with spinach, mushrooms and sun-dried tomatoes

▲ Two Eggs Skillet - Fried | 212 Kcal    ₹ 325
Sunny Side/ Over Easy/ Well Done. Served with grilled tomatoes, side salad and breakfast potatoes

▲ Eggs Benedict | 245 Kcal    ₹ 395
Soft poached eggs served on kale and parmesan waffle with grilled tomatoes, side salad, breakfast potatoes and yuzu hollandaise



POACHED EGGS SERVED ON TOAST



TWO EGGS SKILLET

▲ Poached Eggs served on Toast | 192 Kcal     ₹ 375

▲ Boiled Eggs | 131 Kcal     ₹ 245
Soft/ Medium/ Hard. Served with grilled tomatoes, side salad and breakfast potatoes

▲ Three Eggs Omelette/ Scrambled: Served with grilled tomatoes, side salad and breakfast potatoes

Mushrooms and Cheese | 299 Kcal

    ₹ 325

Ham and Cheese | 324 Kcal

   ₹ 345

Old School All-Time Favourite - Masala | 237 Kcal

   ₹ 295

▲ Fluffy Omelette (4 Egg Whites) ₹ 395
Mushrooms and Spinach | 77 Kcal
Basil and Pimentos | 73 Kcal
Caramelised Onions, Tomatoes and Chillies | 78 Kcal

  
 
 

★▲ Poached Eggs Spot Masala Idli | 280kcal   ₹ 395
Soft poached eggs on Chennai's favourite spot idli, with coconut hollandaise

FLUFFY OMELLETE (4 EGG WHITES)





Breakfast Sides

- ✓ Sautéed Kale | 70 Kcal ₹ 225
- ✓ Sautéed Spinach | 70 Kcal ₹ 195
- ✓ Half Avocado | 60 Kcal ₹ 345
- Sautéed Mushrooms | 77 Kcal 🍄 🥛 ₹ 195
- ✓ French Fries | 312 Kcal ₹ 225
- ⚠️ Chicken Sausages | 172 Kcal 🥛 ₹ 295

Cereals & more...

Corn Flakes/ Chocos/ Muesli | 222 Kcal 🌾 🥛 🥛 ₹ 245
Served with Whole Milk/ Skimmed Milk/ Soy Milk/
Yoghurt, honey and maple syrup

Oat Porridge | 222 Kcal 🌾 🥛 ₹ 245
Served with dry fruits and nuts

⚠️ Stack of Pancakes | 300 Kcal 🌾 🥛 🥛 🥛 ₹ 425
Served with maple syrup, fresh fruit and whipped cream

⚠️ Morning Waffle | 249 Kcal 🌾 🥛 🥛 🥛 ₹ 425
Waffle served with maple syrup, fresh fruit and whipped cream

⚠️ French Toast | 274 Kcal 🌾 🥛 🥛 🥛 ₹ 495
Grilled thick brioche slice soaked in vanilla cinnamon
custard, finished with icing sugar, served with maple
sauce and a scoop of vanilla ice cream

MORNING WAFFLE



STACK OF PANCAKES

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BHARWAN PARATHA

Desi fare

J Bharwan Paratha ₹ 295

Aloo: 247 Kcal | Gobhi: 247 Kcal | Paneer: 279 Kcal

Served with butter, pickle and curd

Poori with Kali Mirch Ke Aloo | 225 Kcal ₹ 295

Puffed whole wheat bread served with tempered potatoes

J Poha | 150 Kcal ₹ 295

Soaked flattened rice, tempered mustard and onion



POORI WITH
KALI MIRCH KE ALOO

J Dosa/ Utthapam ₹ 295/ ₹ 315/ ₹ 335

Plain: 180 Kcal | Masala: 204 Kcal | Cheese: 288 Kcal

Served with coconut chutney and sambhar

J Idli/ Medhu Vada | 150 Kcal/ 350 Kcal ₹ 295

Served with coconut chutney and sambhar

J Super Grain Upma | 130 Kcal ₹ 350

Healthy quinoa upma

J Jowar Dosa | 200 Kcal ₹ 375

Sorghum flour batter with diced vegetables served with

sambhar and chutney



MEDHU VADA



JOWAR DOSA



The Club Mumbai
197, D. N. Nagar
Andheri (W), Mumbai - 400053

Some images used in this menu are for
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