

COURTYARD[®]

BY MARRIOTT

Amritsar

**DESTINATION
AMRITSAR KITCHEN**



BREAKFAST

(6.30 am TO 10.30 am)

PACKAGE BREAKFAST

INR

 **FIT FOR YOU BREAKFAST (851 kcal, Wt.- 250g)**

475

Greek yogurt, bircher muesli, fresh fruit platter, cereal with skimmed or whole milk, tea/coffee

  **CONTINENTAL BREAKFAST (1337 Kcal, Wt.- 500g)**

575

Choice of cereal's – Corn flakes | wheat flakes | choco flakes | muesli
Choice of full cream skimmed or soy milk, served hot or cold
Freshly pressed juice – Choice of orange(seasonal) | pineapple | watermelon
Fruit platter
Baker's basket- Danish pastry, croissant, muffin
Choice of toasted white or brown bread served with preserves, honey & butter
Freshly brewed regular or decaffeinated coffee, specialty tea or hot chocolate

  **AMERICAN BREAKFAST (1376 Kcal, Wt.- 510g)**

575

Freshly pressed juice- Choice of orange(seasonal) | pineapple | watermelon
Baker's basket – Danish pastry, croissant & muffin
Choice of bread : White | whole wheat | multi grain toasted or plain,
assorted preserves, honey & butter
Scrambled Egg or Egg Benedict
Freshly brewed regular or decaffeinated coffee, specialty tea or hot chocolate
Choice of full cream or skimmed or soy milk, served hot or cold milk

  **INDIAN BREAKFAST (1531 Kcal, Wt.- 550g)**

575

Fruit platter
Masala omelette
Idli – Steamed fermented rice & lentil cakes, served with lentil stew & coconut chutney
Or Choices of stuffed paratha – paneer, aloo, gobi with yogurt and pickle
Freshly brewed regular or decaffeinated coffee, specialty tea
Choice of sweet, salted or masala chaas
Or choice of full cream, skimmed or soy milk, served hot or cold milk

 Nut/Tree nut Allergen  Dairy product  Soya  Gluten  Vegan  Sulphites

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All calorie figure & weight are in approximate value

A LA CARTE BREAKFAST

	INR
 FRUIT PLATTER Choice of seasonal fruits	450
 YOGURT (47 Kcal, Wt.- 20g) Choice of plain, sweetened, fruit flavoured	125
 WAFFLE (569 Kcal, Wt.- 250g) Served with whipped cream and maple syrup	450
 PANCAKE (569 Kcal, Wt.- 250g) Vanilla pancake served with maple syrup	450
  BAKER'S BASKET (455 Kcal, Wt.- 180g) Danish pastry, croissant & muffin Choice of bread : White whole wheat multi grain toasted or plain Gluten free loaf on prior request Assorted preserves, honey & butter	450
 CEREAL'S (495 Kcal, Wt.- 190g) Choice of cornflakes wheat flakes muesli chocoflakes Choice of full cream or skimmed or Soy milk, served hot or cold	350
 OATS & APPLE PORRIDGE (681 Kcal, Wt.- 300g) Oats cooked with apple, raisin, cinamon powder and milk served with honey	350
 EGG'S AND OMELETTE	450
Farm fresh eggs - Choices of Sunny side up (380 Kcal, Wt.- 150g) Omelette (392 Kcal, Wt.-150g) Poached (363 Kcal, Wt.- 100g)	
Anda bhurji (464 Kcal, Wt.- 80g)	450
Scrambled egg cooked with vegetables and spices served with pav	
Masala omelette	450
with tomatoes, onions, green, chilies & coriander Served with tossed jeera aloo and green peas	
  ADD ON SIDE	200
Bacon (631 Kcal, Wt.- 350g)	
Breakfast ham (163 Kcal, Wt.- 85g)	
Chicken sausage (238 Kcal, Wt.- 90g)	
Hash brown (397 Kcal, Wt.- 120g)	
Grilled tomatoes (35 Kcal, Wt.- 10g)	
Baked beans (151 Kcal, Wt.- 70g)	

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A LA CARTE BREAKFAST

INR

- **INDIAN BREAKFAST**
Parathas (Traditional Indian flat bread) **450**
Aloo (496 Kcal, Wt.- 120g)
Gobi (456 Kcal, Wt.- 120g)
Paneer (596 Kcal, Wt.- 150g)
- **PURI ALOO BHAJI (690 Kcal, Wt.- 250g)** **450**
Deep fried puffed bread
Accompanied with potato stew
- **AMRITSARI CHOLE KULCHE (714 Kcal, Wt.- 300g)** **450**
Laminated bread stuffed with potato and accompanied by spiced chickpea stew
- **MASALA DOSA (683 Kcal, Wt.- 250g)** **450**
Fermented rice crêpe, with spiced potato
Accompanied with sambar & coconut chutney
- **IDLI (654 Kcal, Wt.- 250g)** **450**
Steamed fermented rice cakes
Accompanied with sambar & coconut chutney
- **KANDA POHA (486 Kcal, Wt.- 200g)** **450**
Flattened rice tossed with onion, peanut and spices, accompanied with fried chili and lemon

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APPETIZERS

(TANDOORI APPETIZERS ARE AVAILABLE 1200 HOURS TO 2300 HOURS)

LOCAL APPETIZER'S

INR

	AMBIYAN PANEER TIKKA (677.5 Kcal, Wt.- 300g) Cottage cheese stuffed with sweet raw mango	475
	BHUTTEYAN DE KEBAB (588 Kcal, Wt.- 230g) Pan fried corn patty served with mint chutney	475
	BHATTI DA PANEER (749 Kcal, Wt.- 404g) Cottage cheese marinated with Indian Spices cooked in clay oven	475
	DAHI KE KABAB (698 Kcal, Wt.- 250g) Yogurt patty stuffed with Nut, brown onion, fresh mint scented with cardamom	475
	BHARWAN TANDOORI MUSHROOM (641 Kcal, Wt.- 180g) Mushroom stuffed with cheese and nuts marinated with pickling spices cooked in Indian clay oven	475
	KASUNDI TAWA FISH (WHOLE FILLET) (591 Kcal, Wt.- 200g) Grilled river sole fillet marinated with kasundi mustard and spices served with kachumber salad	895
	AMRITSARI FISH (774 Kcal, Wt.- 250g) Amritsari style fried river sole lightly spiced with chili, ajwain kasuri methi, served with pickled mayonnaise	825
	MURGH MALAI TIKKA (811 Kcal, Wt.- 260g) Chicken cooked in tandoor with cream, cashew nut and yogurt marinade	575
	AMRITSARI STYLE TANDOORI CHICKEN (633 Kcal, Wt.- 220g) Chicken marinated with Indian Spices cooked in clay pot	575
	AMRITSARI MUTTON CHAAP (744 Kcal, Wt.-250g) Amritsari specialty pan fried fried lamb patty seasoned with spices	725
	MUTTON GILAFI SEEKH (689 Kcal, Wt.- 175g) Lamb marinated with hot spices and coated with peppers cooked on skewer	725

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SOUP

		INR
	TOMATO BASIL SOUP (112 Kcal, Wt.- 225g) Roasted tomato and basil soup served with garlic toast	475
	BHUTTE KA SHORBA (126 Kcal, Wt.- 220g) Spiced sweet corn soup served with corn lavash	375
 	HOT AND SOUR (395 Kcal, Wt.- 225g) Chinese style spicy and sour broth choice of Vegetable (94 Kcal, Wt.- 235g) Chicken (108 Kcal, Wt.- 245g)	375
 	LEMONGRASS FLAVOURED CLEAR SOUP (395 Kcal) Vegetables (51.2 Kcal) Chicken (67 Kcal)	375

SALADS

	GREEK FETA SALAD (123 Kcal, Wt.- 200g) Fresh lettuce tossed with bell pepper, tomato, cucumber, onion, feta cheese, extra virgin olive oil	495
	SPICED CHICKEN AND APPLE SALAD (399 Kcal, Wt.- 270g) Chal apple tossed with spiced chicken, celery, walnut, mint and honey mustard dressing	550
 	CLASSIC CAESAR SALAD (392 Kcal) Vegetable (94 Kcal, Wt.- 250g) Chicken (108 Kcal, Wt.- 250g)	
	QUINOA SALAD (321 Kcal, Wt.- 250g) Wild quinoa mixed with avocado, roasted vegetables, orange dressing	575
	GARDEN GREEN SALAD (46.7 Kcal, Wt.- 260g) Sliced carrots, cucumber, onion, tomato, lemon and green chili	225

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SANDWICHES & WRAPS

	INR
 SANDWICHES AND WRAPS (SERVED WITH FRIES) Club Sandwich Vegetables, cheese (625 Kcal, Wt.- 320g) Chicken, egg, cheese (811 Kcal, Wt.- 390g)	525 575
 CHICKEN PANINI SANDWICH (893 Kcal, Wt.- 410g) Grilled chicken, bacon, tomato, emanthal cheese	625
 VEGETABLE PANINI (720 Kcal, Wt.- 520g) Grilled vegetables, emmental cheese	525
 TORTILLA WRAPS Avocado, cheese, flour tortilla tomato salsa (400 Kcal, Wt.- 250g) Cajun spiced chicken, cheese, flour tortilla, tomato salsa (541 Kcal, Wt.- 320g)	575 595
 KATHI ROLL Spiced onions, chili, tomato, wrapped in paratha Paneer (504 Kcal, Wt.- 450g) Chicken (526 Kcal, Wt.- 250g)	575 595

PASTA

 CHOOSE YOUR PASTA Penne arrabbiata (612 Kcal, Wt.- 240g) Penne alfredo (822 Kcal, Wt.- 300g) Fettuccine chicken (898 Kcal, Wt. - 325g) Aglio olio pasta (712 Kcal, Wt.- 290g)	525
 Lasagna al forno (829 Kcal, Wt.- 300g) Baked pasta with roasted vegetables, parmesan cheese and bechamel sauce	525

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MAIN'S WESTERN

INR

- | | | |
|---|---|------------|
|  | PAPRIKA ROASTED CHICKEN (812 Kcal, , Wt.- 350g)
Roasted chicken served with crispy potato, forest mushroom, trio of tomato, lemon sauce | 595 |
|  | PAN SEARED RIVER SOLE (556 Kcal, Wt.- 360g)
River sole fillet served with garlic mash, roasted vegetable and thyme butter | 775 |
|  | VEGETABLE SKEWERS & WARM COUSCOUS (296 Kcal, Wt.- 310g)
Healthy warm couscous served with grilled vegetable skewer and sundried tomato coulis | 525 |

ASIAN

- | | | |
|--|--|--------------------------|
|  | STIR FRIED SILKEN TOFU (321 Kcal, Wt.- 380g)
Stir fried silken tofu with Black bean sauce | 525 |
|  | SALT & PEPPER VEGETABLES (551 Kcal, Wt.- 230g)
Crispy fried vegetables tossed with garlic and pepper | 525 |
|  | WOK TOSSED CHILI BASIL CHICKEN (662 Kcal, Wt.- 330g)
Diced chicken toosed with chilli paste and basil | 575 |
|  | WOK FRY FISH IN BLACK BEAN SAUCE (432 Kcal, Wt.- , Wt.- 375g)
Fried river sole tossed lemon garlic sauce and vegetables | 775 |
|  | THAI CHICKEN SKEWARS (851 Kcal, Wt.- 530g)
Thai flavourd chicken skewars served with peanut sauce | 575 |
|   | THAI GREEN/RED CURRY
Thai herbs and coconut broth with choice of Vegetables (481 Kcal, Wt.- 425g)
Chicken (583 Kcal, Wt.- 425g)
served with rice | 525
625 |
|  | KUNG PAO CHICKEN (770 Kcal, Wt.- 360g)
Stir fried chcken tossed with chili, cashewnut, chinese vinegar | 625 |
|   | WOK FRIED ASIAN GREEN (206 Kcal, Wt.- 300g)
Stir fried exotic vegetables tossed with white garlic sauce | 525 |
| | Wok fried rice
Vegetables (317 Kcal, Wt.- 300g)
Chicken (410 Kcal, Wt.- 300g) | 425
475 |
| | Wok tossed noodles
Vegetables (363 Kcal, Wt.- 300g)
Chicken (412 Kcal, Wt.- 300g) | 425
475 |

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MAIN'S LOCAL

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	CHOICE OF VEGETABLE OR PANEER Kadhai (405 Kcal, Wt.- 200g) Makhani (559 Kcal, Wt.- 200g) Palak (523 Kcal, Wt.- 200g)	575
	MUSHROOM DO PYAZA (404 Kcal, Wt.- 340g) Mushroom cooked with spices ,brown onion and nuts.	575
	HING DHANIYA ALOO (325 Kcal, Wt.- 340g) Potato cooked with cumin, asfotedia and coriander seeds	475
	AMRITSARI ALOO WADIYAN (484 Kcal, Wt.- 390g) Amritsari lentil dumplings cooked with potato ,spices and tomato	475
	SUBZ NIZAMI HANDI (390 Kcal, Wt.- 500g) Seasonal vegetables cooked with spices and topped with cheese	525
	BHINDI AMCHURI (623 Kcal, Wt.- 328g) Lady finger tossed with spices, dry mango and tempted with mustard	525
	RATAN MANJUSHA (523 Kcal, Wt.- 320g) Kofta curry stufed with dry fruits and spinach	575
	TARIWALA DESI MURG (751 Kcal, Wt.- 450g) Pind style chicken curry	625
	BUTTER CHICKEN (724 Kcal, Wt.- 400g) Boneless chicken cooked in rich tomato gravy scented with fenugreek leaves	625
	PATIALA SHAHI MURG (690 Kcal, Wt.- 350g) Chicken toosed in tomato and cashewnut gravy topped with fried egg	625
	KEEMA KULCHA WITH GRAVY (533 Kcal, Wt.-320g) Stuffed lamb kulcha served with spicy gravy	575
	GOSHT ROGANJOSH (753 Kcal, Wt.- 375g) Lamb cooked with kashmiri chili, onion and yogurt	725
	RARA GOSHT (828 Kcal, Wt.- 375g) Lamb chunks and minced cooked together indian spices and herbs	575

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 AJWAINI FISH CURRY (444 Kcal, Wt.- 320g) Carom seed flavoured river fish curry	725
 DAL TADKA (381 Kcal, Wt.- 310g) Arhar dal tempard with cumin, garlic, chili and asfotedia	450
 DAL MAKHANI (472 Kcal, Wt.- 315g) Over night cooked black lentil finished with tomatoes, ghee and cream	450

RICE & BREAD

 RICE & BREAD Steamed basmati rice (181 Kcal, Wt.- 150g)	275
Vegetable khichdi (424 Kcal, Wt.- 275g) Lentil and rice porridge cooked with cumin and vegetable served with yoghurt and pickle	475
  BIRYANI'S Aromatic basmati rice cooked with spices and herbs scented with rose , Choice of Vegetable (699 Kcal, Wt.- 500tg) Lamb (805 Kcal, Wt.- 600g) Chicken (738 Kcal, Wt.- 500g)	525 675 625
 CHOICE OF BREAD Roti (154 Kcal, Wt.- 70g) Naan (117 Kcal, Wt.- 95g) Cheese chili garlic naan (192 Kcal, Wt.- 80g)	125 225
 Yoghurt (31 Kcal) Plain raita (31Kcal/42 Kcal, Wt.- 10g/15g)	125




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DESSERTS

	INR
 CHOCOLATE BROWNIE (355 Kcal, Wt.- 185g)	425
 BLUEBERRY CHEESE CAKE (343 Kcal, Wt.- 1Kg) Baked cream cheese cake topped with blueberry compote	425
 MANGO PANACOTTA (169 Kcal, Wt.- 1Kg) Chilled set mango and cream dessert	425
 RASMALAI (467 Kcal, Wt.- 320g) Poached milk dumplings dipped in safon flavoured condense milk	325
 KULFI FALOODA (255 Kcal, Wt.- 150g) Indian ice cream served with vermicelli	325
 GULAB JAMUN (418 Kcal, Wt.- 175g) Fried reduced milk dumplings soaked in sugar syrup	225
 SEASONAL FRESH FRUIT PLATTER (102 Kcal, Wt.- 75g)	425
 CHOICE OF ICE CREAM(TWO SCOOP) Vanilla strawberry butterscotch	225

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KIDS MENU

“CHILDREN WHO GROW WHAT THEY EAT WILL OFTEN EAT WHAT THEY GROW”

	INR
 CREAM OF VEGETABLES SOUP (110 Kcal, Wt.- 75g)	175
 FRENCH FRIES (327 Kcal, Wt.- 245g)	275
 PEANUT BUTTER SANDWICHES (313 Kcal, Wt.- 150g)	350
 TOASTED JAM AND BUTTER SANDWICH (373 Kcal, Wt.- 150g)	350
 FISH FINGER (547 Kcal, Wt.- 200g)	475
 CHICKEN NUGGETS (543 Kcal, Wt.- 200g)	425
 MAC 'N CHEESE (458 Kcal, Wt.- 225g)	350
 KHICHDI (234 Kcal, Wt.- 120g)	350
 FRUIT SALAD (87 Kcal, Wt.- 35g)	350
 CHOCOLATE BROWNIE WITH VANILLA ICE CREAM (355 Kcal, Wt.- 185g)	425



Scan this QR code to
get digital menu

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