



Flamboyanté
RESTAURANTS & CATERING

MENU

SOUPS

Tom Yum (<i>Vegetarian/ Chicken/ Prawn</i>)	330/350/390
Coriander Chilli (<i>Vegetarian/ Chicken/ Prawn</i>)	330/350/390
Spicy Beijing (<i>Vegetarian/ Chicken/ Prawn</i>)	330/350/390
Asparagus & Sweet Corn	350
Tomato Basil	330



SALADS

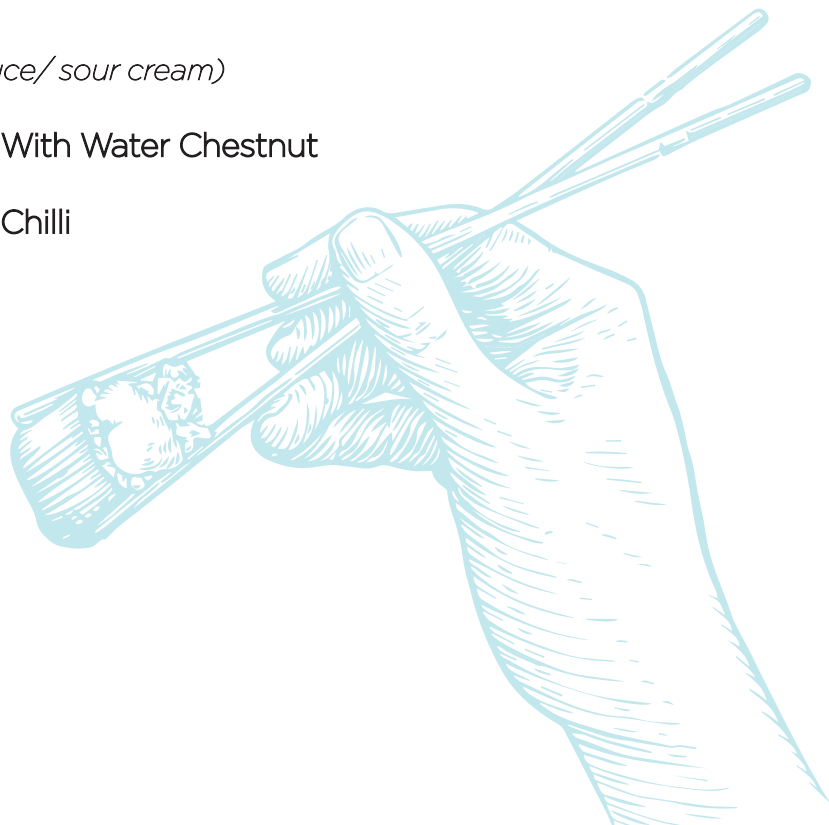
Watermelon Feta Caprese (<i>Watermelon, rocket, feta, melon seeds, fresh mint and balsamic glaze</i>)	510
Caesar Got Ripped (<i>Chicken slices, potato, mushroom, feta cheese, parmesan cheese, olive oil, lemon juice with bacon bits</i>)	510
Parmigiano Kale Salad (<i>Farm Fresh Kale, Croutons, pistachio, parmesan, kimia dates, lemon parmesan dressing</i>)	560
Fig & Roasted Almond Salad (<i>Rocket, figs, roasted almonds, feta, grilled cottage cheese</i>) * option of grilled chicken	580/620
Sesame Chicken Salad (<i>Romaine Lettuce, cabbage, roasted sesame seeds, onions, chopped scallions, chicken</i>)	590
French Garden Salad (<i>Avocado, Baby Kale, Baby spinach, quinoa, english cucumber, raisin pickle, cherry tomato, feta cheese, pumpkin seeds, red rice, crispy chickpea with red wine dressing</i>) * option of grilled chicken	620/660

The Asian Kitchen

ASIAN TAPAS

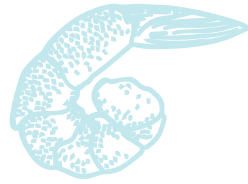
Vegetarian

Chilli Garlic Potato	430
Crispy Vegetables Coriander Pepper	390
Corn Cream Water Chestnut	410
Fried Corn Curd With Blackbean Chilli Dip	410
Cottage Cheese Salt And Pepper Green Chilli	430
Bbq Cottage Cheese Sticks	430
Kung Pao Potato	440
Kung Pao Cottage Cheese	510
Jade Roll <i>(Steamed vegetable spring roll topped with hot garlic sauce)</i>	430
Steamed Wonton Burnished Garlic	430
Lotus Stem Nachos <i>(Honey chilli garlic sauce/ sour cream)</i>	490
Sautéed Mushroom With Water Chestnut	430
Wok Tossed Paneer Chilli	510

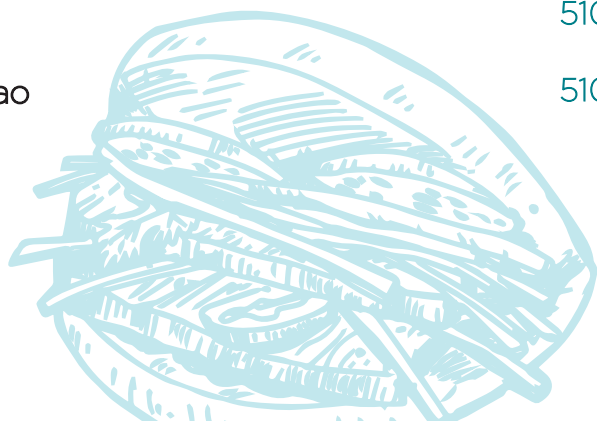


Non-Vegetarian

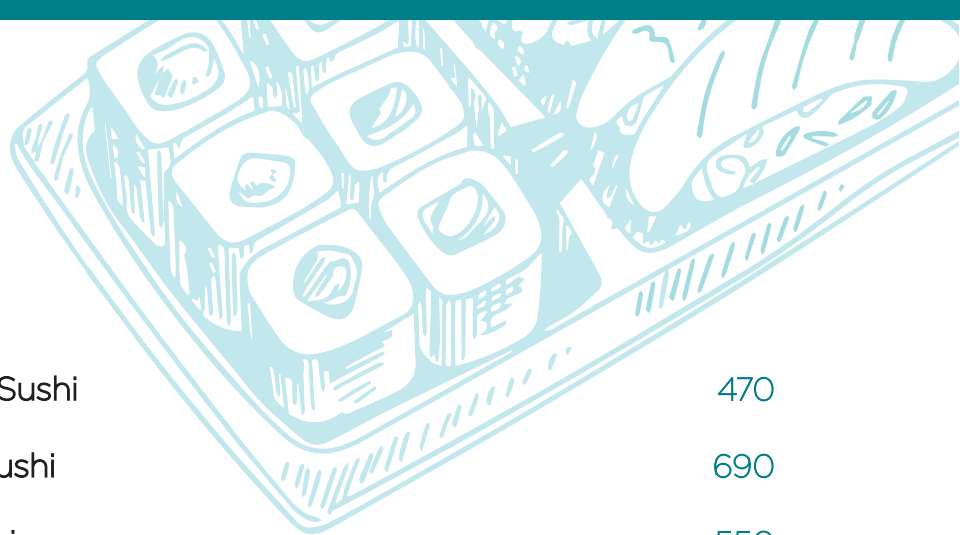
Wok Tossed Chilli Chicken	530
Red Devil Pepper Chicken	540
Cascade Chicken <i>(Sliced chicken tossed in sweet spicy oriental sauce)</i>	550
Smoked Chicken Salt And Pepper	550
Crispy Fish Thai Basil	540
Prawns Burnished Garlic	570
Prawns Salt And Pepper	580
Wasabi Prawns	580
Prawns Dynamite <i>(Prawns tossed in chilli oil, sriracha and mayo)</i>	580
Roast Lamb Chilli	590



Mushroom & Cheese Bao	480
Spicy Sriracha Vegetable Bao	480
Cottage Cheese Bird's Eye Chilli Bao	490
Chicken Chilli Basil Bao	510
Crispy Chicken Honey Sriracha Sauce Bao	510



SUSHI



Crunchy Vegetable Tempura Sushi	470
Avocado Asparagus Truffle Sushi	690
Jalapeno Cream Cheese Sushi	550
Dragon Roll Sushi <i>(Smoked salmon, crab stick & cream cheese sushi with apple sauce)</i>	630
Prawns Tempura Sushi	670
California Roll Sushi <i>(Crab stick and asparagus sushi with spicy mayo)</i>	670

DIMSUM



Crystal Dumpling <i>(Mushrooms and water chestnut in oyster chilli sauce)</i>	410
Edamame Truffle Dumpling	590
Mixed Vegetable Dumpling <i>(Baby corn, american corn, red and yellow bell peppers, water chestnuts and celery)</i>	490
Shanghai Spicy Dumpling <i>(vegetable/ chicken)</i>	490/540
Chicken Sui Mai	520
Prawn and Chives Dumpling	550



ASIAN MAINS



Stir Fry Exotic Vegetables	420
Cottage Cheese With Water Chestnut In Sweet Chilli Sauce	510
Baby Corn, Broccoli With Shiitake Mushroom In Fresh Chilli Garlic Sauce	510
Exotic Vegetables With Hot Basil Sauce	470
Tossed Haricot beans, Asparagus and Pakchoy in House Special Wok Sauce	510
Black Bean <i>(Vegetable/Cottage Cheese/Chicken/Fish)</i>	510/530/560/560
Kung Pao <i>(Vegetable/ Cottage Cheese/Chicken)</i>	510/530/560
Hunan <i>(Vegetable/Cottage Cheese/Chicken/Fish)</i>	510/530/560/560
Lakchoy Chicken	560
Green Thai Curry with Rice <i>(Vegetable/Chicken/Prawn)</i>	700/720/740
Grande Khov Suey <i>(Vegetable/Chicken/Prawn)</i>	730/780/830

RICE & NOODLES



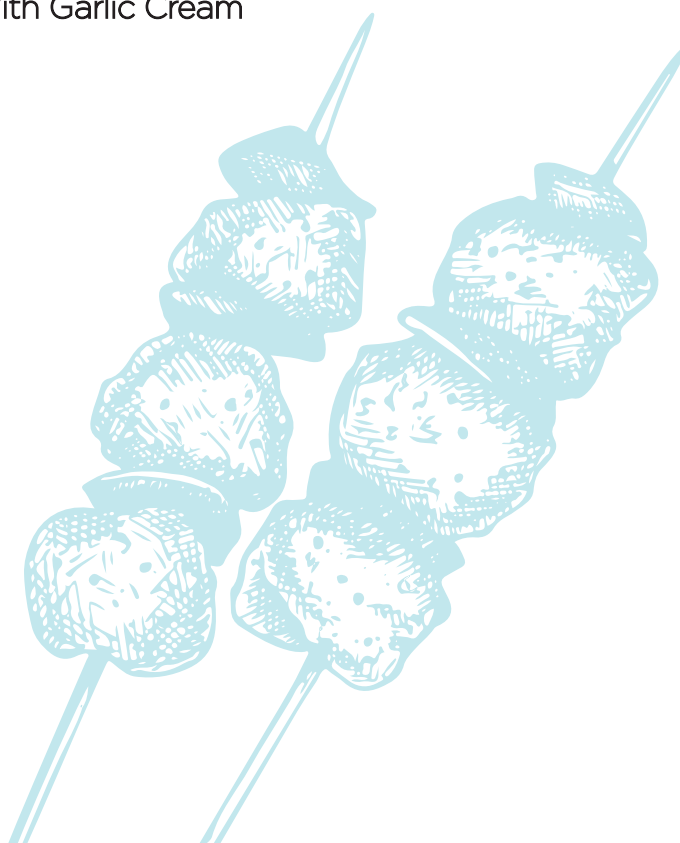
Fried Rice <i>(Vegetable/Egg/Chicken)</i>	330/390/430
Clay Pot Rice With Vegetables	390
Burnt Garlic Fried Rice/ Hot Chilli Basil Fried Rice	350
Mushroom Fortune Rice	330
Pan Fried Noodles <i>(Vegetable/ Chicken)</i>	360/390
Pad Thai Noodles <i>(Vegetable/ Chicken/ Prawn)</i>	320/380/420
Hong Kong Spicy Noodles/ Hakka Noodles <i>(Vegetable/ Chicken)</i>	340/390
American Chop Suey <i>(Vegetable/ Chicken)</i>	340/400
Steamed Rice	240

The Indian Kitchen

KEBABS

Vegetarian

Chilli Milli Seekh Kebab <i>(Mixed vegetable & cottage cheese seekh kebab)</i>	430
Hariyali Paneer Tikka	460
Kashmiri Paneer Tikka	460
Kandhari Paneer Tikka <i>(Paneer tikka kandhari style cooked with beetroot, pomegranate and hung curd)</i>	460
Makai Malai Seekh Kebab	430
Emmental Chilli Naan <i>(Naan stuffed with emmental cheese, Anaheim chilli, sundried tomatoes and olives)</i>	440
Tandoori Masala Mushroom	420
Mushroom Galouti	500
Black Pepper Potatoes With Garlic Cream	430
Dahi Ke Kebab	510



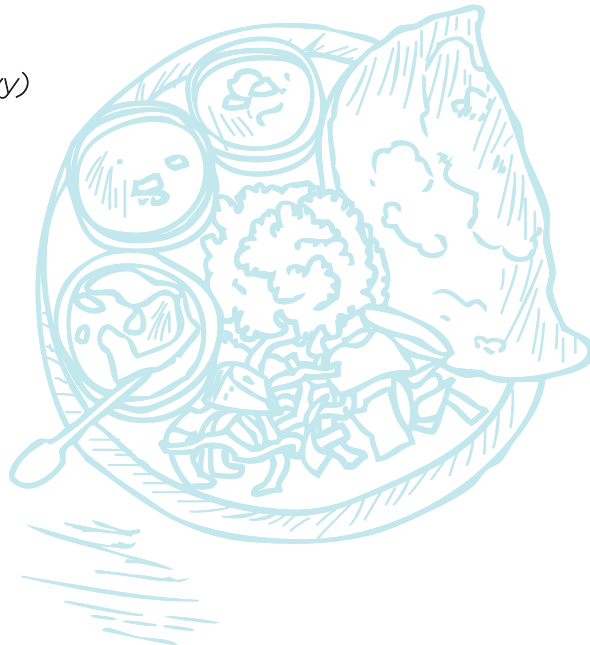
Non-Vegetarian

Kashmiri Chicken Tikka	540
Chicken Malai Kebab	540
Tandoori Chicken (<i>half/full</i>)	600/1100
Chicken Bazaari Kebab	540
Ol' School Chicken Lollypop	510
Fish Afghani Tikka	560
Amritsari Fish Tikka	570
Mutton Seekh Kebab	590
Mutton Galouti Kebab	630
Tandoori Masala Prawns	580

INDIAN MAINS

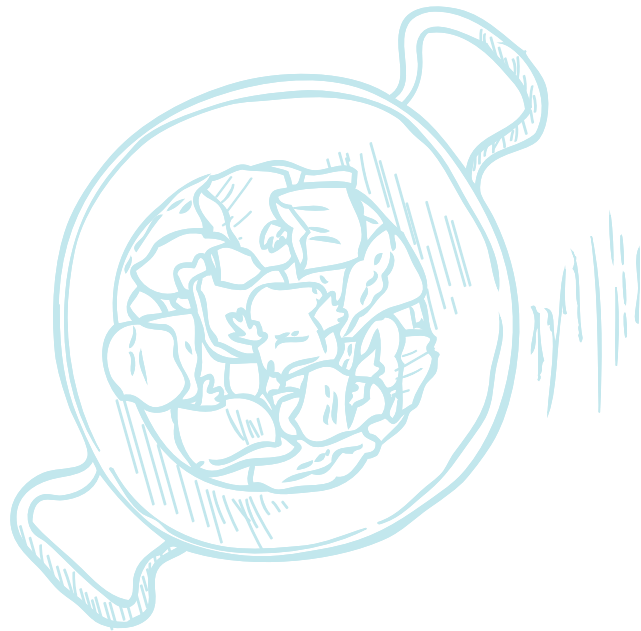
Vegetarian

Amritsari Chole	510
Subz Masaledar	420
Achaari mirch with Aloo (<i>Stuffed chillies in mild spiced gravy</i>)	420
Paneer do Pyaaza	480
Paneer Makhani	480
Paneer Tikka Masala	480
Vegetable Makai Kofta	460
Kurkuri Bhindi	390
Yellow Dal Tadka	390
Dal Sultani	410



Non-Vegetarian

Butter Chicken	540
Chicken Tikka Masala	540
Mutton Bhuna Ghosht	590
Mutton Rogan Josh	590
Mutton Saagwala	590
Nalli Nihari	590
Andhra Style Fish Masala	650
Goan Fish/Prawn Curry <i>(Famous coconut based spicy Goan preparation)</i>	650/690
Lazeez Mutton Kheema	440



DUM PARDA BIRYANI

Dum Parda Biryani <i>(Subz/Murgh/Ghosht)</i>	490/590/610
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INDIAN ACCOMPANIMENTS

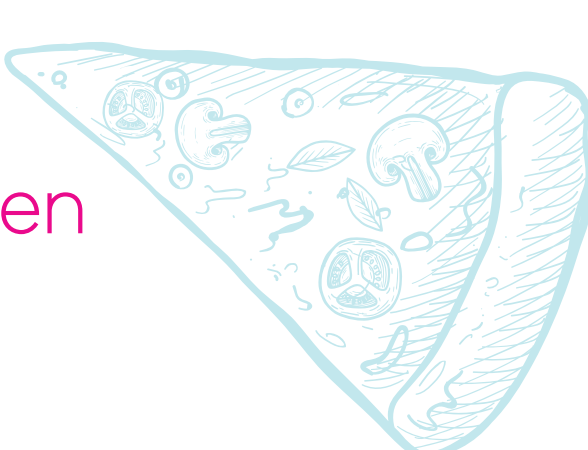
Tandoori Roti/ Naan/ Butter Naan	90
Garlic Naan/ Chilli Garlic Naan	100
Cheese Naan/ Chilli Cheese Naan	130
Shirmal Pao	100
Miss Roti	110
Paratha <i>(Tandoori Lacchedar/ Kashmiri)</i>	150
Kulcha <i>(Amritsari/ Paneer/ Pudina/ Aloo Pyaaz)</i>	150
Rice <i>(Steamed/ Jeera)</i>	240



The Pizza Kitchen

PIZZAS

(Freshly baked thin crust 12" Pizzas)



Margarita	815
Fiama <i>(Red onion & chilli flakes)</i>	815
Burrata Truffle Mushroom <i>(Stracciatella burrata, rocket, fresh mushrooms with truffle oil drizzle)</i>	890
BBQ Paneer	890
Veggie Lover <i>(Bell pepper, onion, jalapeno, olives & mushrooms)</i>	815
Hot Chilli Jalapeno <i>(Jalapeno, peppers, chilli flakes, garlic & chilli oil)</i>	815
Soho <i>(Grilled peppers, caramelised onion, rockets & feta with chilli oil)</i>	815
BBQ Chicken	900
Chicken & Pepper	900
Pepperoni	995

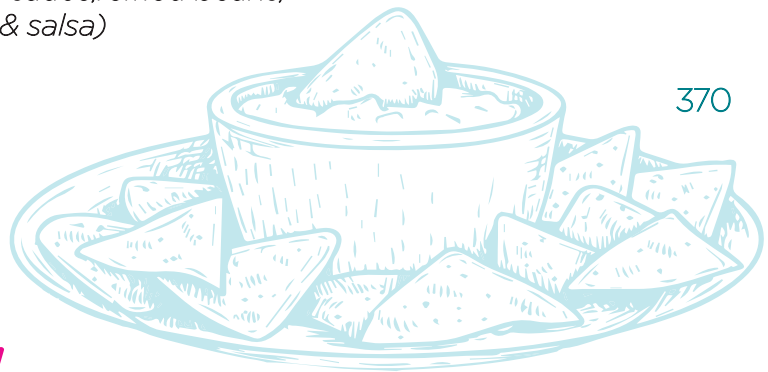
PASTAS



Pappardelle Napoletana <i>(Fresh and homemade Pappardelle pasta in roasted tomato sauce)</i>	550
Mac N Cheese	550
<i>(Penne/Spaghetti)</i>	
Arrabbiata/ Creamy Pink Sauce/ Alfredo	520
Aglio E Olio	550
Basil Pesto	560
*Add Chicken/Prawns	100/150

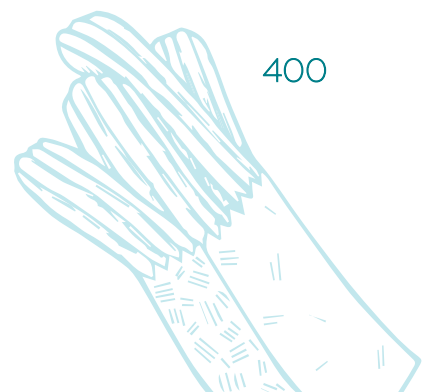
LIGHT BITES

Cheese Garlic Bread	270
Mezze Platter <i>(Hummus, Harissa, labneh, tabbouleh with pita bread and lavash)</i>	390
Garlic Bread	240
French Fries <i>(Classic/ Cheesy/ PeriPeri/ Truffle)</i>	320/350/320/370
Nachos with Cheese Sauce <i>(We make freshly baked crispy nachos)</i>	390
Mexican Sumo Nachos <i>(Freshly baked nachos with cheese sauce, refried beans, pico de gallo, jalapeno, sour cream & salsa)</i>	440
Jalapeno Chilli Cheese Pops	370



DESSERTS

Kulfi with Nougat	390
Nutella Cheesecake	520
Mexican Churros	420
Tiramisu	390
Mississippi Mud Pie <i>(Warm chocolate based pie served with vanilla ice cream)</i>	490
Atlantic Lemon Beach Pie	400





EAT RIGHT CHEF

— by *Flamboyanté* —

Lip-Smacking | Low Cal | Nutritious

Meals that satiate your cravings while letting you meet your fitness goals.

Curated in Collaboration with Avinash M



- Fitness Consultant.

*GF-Gluten Free, V-Vegan, K-KETO

(Full menu available for delivery.)

Call us on 02240647745 OR order on www.flamboyante.in or through Swiggy.)

WARM UPS

Oven Roasted Sweet Potatoes
2g Protein, 24 carbs, 9g Fat - 185 Cal (GF)



350

WRIST WRAPS

(Made with whole wheat and spinach based wrap)

Black Pepper Cottage Cheese Wrap
18g Protein, 14g Carbs, 28g Fat 388 Cal
**Optional Add Egg (65 cal)*

350

Maharaja Chicken Tikka Wrap
21g Protein, 11g Carbs, 15 g Fat - 262 Cal

390

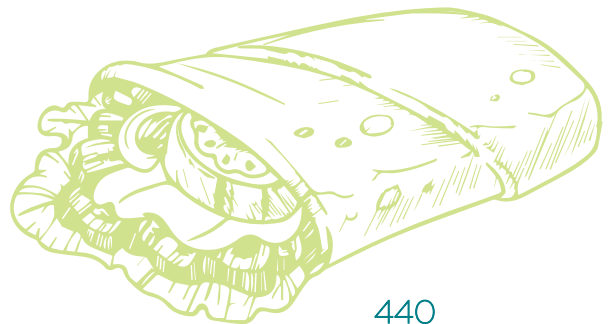
OMELETTE YOU BE KETO

Paneer Tikka Omelette Rolled
22g Protein, 3g Carbs, 21 g Fat - 297 Cal

440

Chicken Tikka Omelette Rolled
24g Protein, 2g Carbs, 12g Fat - 220 Cal

490



BENCH ON A FLAT BREAD

(Nachini and Flax Seed Based Gluten Free Flat Bread)

Margherita <i>18g Protein, 81g Carbs, 7g Fat - 459 Cal (GF, Vegan-Option without Cheese)</i>	610
Avocado and Jalepeno <i>20g Protein, 83g Carbs, 11g Fat - 511 Cal (GF, Vegan-Option without Cheese)</i> <i>*Optional Add Pepperoni (50 cal)</i>	710 100

METABOLIC MEALS

VEGETARIAN

Vegan Treasure <i>(Silken Tofu with Zuchini Pasta)</i> <i>8g Protein, 8g Carbs, 6g Fat - 25 Cal (GF, V, K)</i>	560
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Paneer Shashlik with Brown Rice <i>37g Protein, 27g Carbs, 25g Fat - 481 Cal (GF)</i>	490
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GRILLED CHICKEN

(Served with Mushroom, Broccoli and oven roasted sweet potatoes) (GF)

-Special Roast Sauce <i>71g Protein, 23g Carbs 8g Fat</i>	570
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-Peri Peri <i>71g Protein, 23g Carbs 7g Fat</i>	570
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-Jamaican Jerk Chicken Marinade <i>71g Protein, 23g Carbs 9g Fat</i>	580
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FISH

Treasure of the Sea <i>(Rawas with Caper Salsa and Zuchini Pasta)</i> <i>29g Protein, 4g Carbs, 10g Fat - 226 Cal (GF, K)</i>	610
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Blackened Fish <i>30g Protein, 28g Carbs, 9g Fat - 319 Cal (GF)</i>	570
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BICEPS & BOWLS

Khowuey Bowl with Zucchini Noodles

Vegetarian

12g Protein, 6g Carbs, 41g Fat - 441 Cal (GF, V, K)

Chicken

35g Protein, 6g Carbs, 41g Fat - 533 Cal (GF, K)

Prawn

21g Protein, 6g Carbs, 41g Fat - 501 Cal (GF, K)

Blackbean Bowl with Zucchini Noodles, Pakchoy and Crackling Spinach

Vegetarian

4g Protein, 17g Carbs, 11g Fat - 185 Cal (GF, V, K)

Chicken

25g Protein, 17g Carbs, 20g Fat - 349 Cal (GF, K)

Fish

22g Protein, 17g Carbs, 16g Fat - 305 Cal (GF, K)

Cauliflower Rice Keto Risotto

Truffle Mushroom Risotto

7g Protein, 3g Carbs, 31g Fat - 330 Cal (GF, K)

Truffle Mushroom & Chicken Risotto

18g Protein, 6g Carbs, 35g Fat - 419 Cal (GF, K)

Seafood

20g Protein, 5g Carbs, 27g Fat - 381 Cal (GF, K)



560

590

640

530

580

610

540

540

640

DEADLIFT WITH DESSERT

Ooey Goey Chocolate Cake Slice

(Sugar Free Cake - Made with Jaggery. Serves 2)

2.5g protein, 22.5 carbs, 14g Fat - 226 Cal

Sugar Free Tiramisu

4g Protein, 12g carbs, 25g Fat - 289 Cal



420

390

Beverages

NON - ALCOHOLIC BEVERAGES

Alkaline Water	150
Perrier Sparkling Water	240
Canned Juice <i>(Pineapple/Guava/ Orange/ Grape/Cranberry/ Apple)</i>	140
Fresh Watermelon Juice	240
Coca Cola, Sprite, Limca, Thums Up	140
Ginger Ale <i>(Schweppes/Svami)</i>	160/180
Diet Coke	160
Tonic Water <i>Malaki Zero Calories</i> <i>Schweppes</i> <i>Svami (Original/ Grapefruit/Cucumber)</i>	140 140 180
Red Bull/Sugar Free Red Bull	240
Sparkling Kombucha <i>(Mint Lime/ Apple Cinnamon)</i>	290



MOCKTAILS

Fresh Lime No.7	240
Iced Tea (<i>Lemon/Peach/Jasmine</i>)	240
Virgin Blueberry Caipiroska	290
Virgin Watermelon Mojito	290
Guava Mary	290
Berry Peach	340
Virgin Sangria	340
Kiwi Punch	340
Fresh Fruit Margarita (<i>Classic Lemon, Kiwi, Strawberry/ Seasonal Fruit</i>)	340



COLD COFFEE & SHAKES

Iced Americano	240
Cold Brew	290
Flamboyante Choco Frappe	290
Classic Cold Coffee	290
Cookies and Cream	290
Nutella Shake	340
Mudpie Shake	440
Satorini Iced Coffee (<i>Ice blended greek style with coffee</i>)	290



COFFEE

Espresso	150
Americano/Long Black	190
Cappuccino	150
Small Cappuccino	240
Standard Size	50
Add Flavour (Hazlenut/Caramel/Cinnamon)	
Latte	240
Macchiato	240
Mocha	240
Irish Coffee	240
Affogato	290
Add Extra Shot (Strong Coffee)	90
Use Almond Milk	90
Cacao	290
(Cacao with jaggery and nut milk)	
Hot Chocolate	240



TEA

English Breakfast/Darjeeling	190/350 (cup/pot)
Masala Chai	190
Green Tea	190
Jasmine Tea	190
Luxury Tea by Malaki	190/350 (cup/pot)
(Midnight Miracle/Creme de Noir/Moroccan Mint)	





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