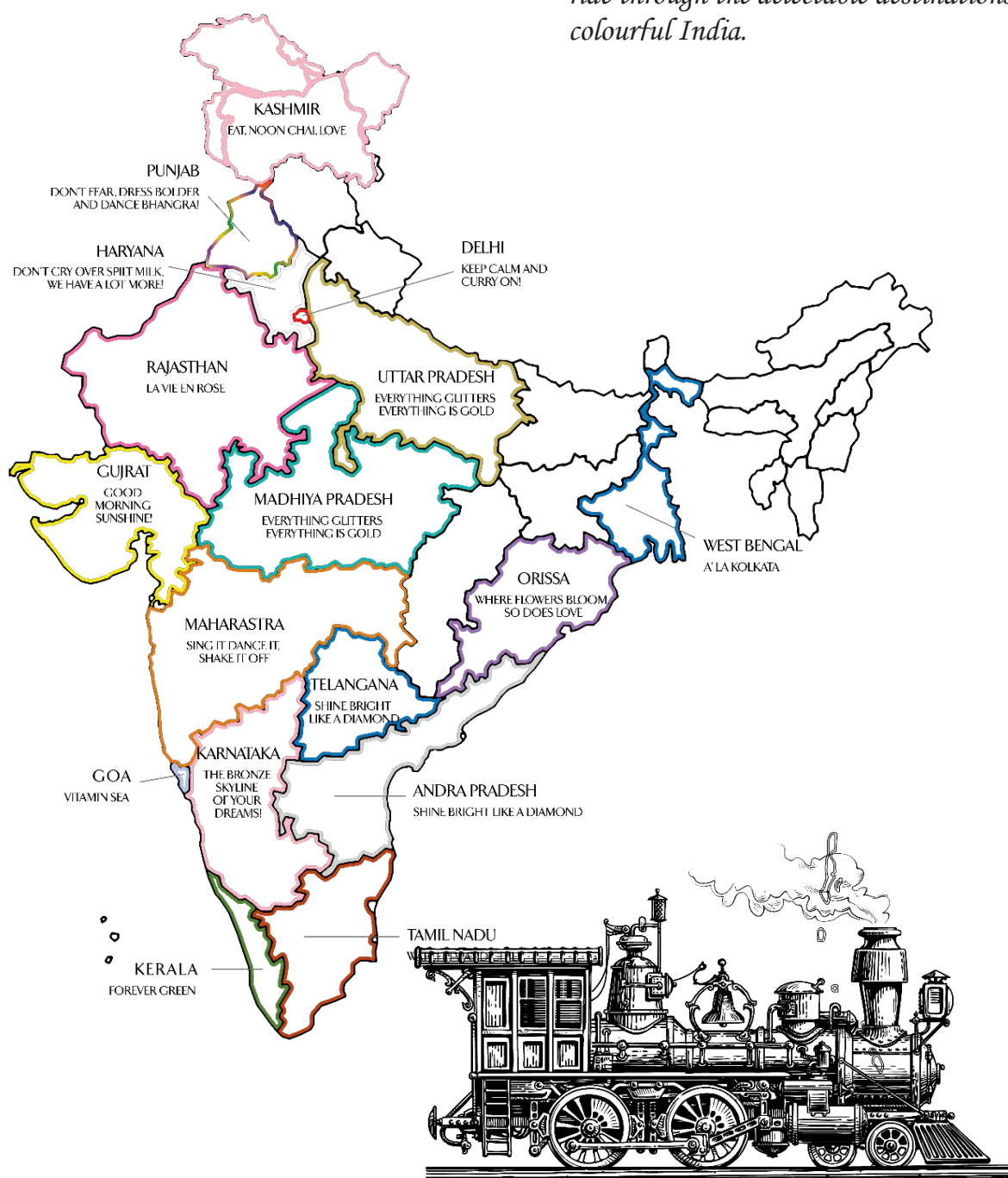


AMALA EXPRESS

AMALA EXPRESS

Named after the luxurious Maharaja Express in India, Amala Express takes you to a journey of various Indian States, unlocking captivating tales of their origin, awe-inspiring culture and unique cuisine.

Come with us as we take you to a magical ride through the delectable destinations of colourful India.



*Welcome to a Magical Ride through Delectable India.
Throughout your journey, we will be stopping at various
destinations where you can learn more about the culture, smell the
enchancing homegrown spices and taste delightful dishes made
with all the love that India is so famous for.*

NORTH



Uttar Pradesh - Everything glitters, everything is gold
Home to the Golden City of the East, UP has so much to offer, from Sham-e-
Awad, glorious evenings rich in culture, to gold and silver handicrafts and
scrumptious sweets. Famous dishes include elaborate cuisine like kebabs, kormas,
biryani, nahari-kulchas, zarda, sheermal, roomali rotis and warqi parathas. Imarti
a dessert from Jaunpur is also one of the favourites.

Language: Hindi

*Spice: Fennel, The vitamin and mineral content in fennel contributes to bone
health and in regulating blood pressure, heart health and building immunity*



Delhi: Keep calm and curry on!
Old Delhi and New Delhi are only two faces of the same coin. Delhi was a
celebratory and ceremonial center of India during most of Indian history. Mughal-
era Red Fort and Jama Masjid mosque stand proudly in Old Delhi, surrounded by
Chandni Chowk, its vibrant bazaar. New Delhi brings contrast as the capital of
India, urban with its metro railways and big industries.








*Famous foods include Parathas, to start a healthy day most of the families in
Delhi prepare Parathas. A perfect meal for hungry college students, may it be
vegetarian or non-vegetarian, it is one of the common street foods in Delhi.*

Parathas are enjoyed frequently as a late-night snack,

Language: Hindi

Spice: New Delhi does not have any particular indigenous spice

Vegetarian Starters

	AED
Lal Mirch Paneer Tikka (V,D) -  Pot Roasted Cottage Cheese, Red Pepper Marinade, Tamarind, Crushed Coriander	70
Methi Malai Broccoli (V, D)  Tandoori Broccoli Florets, Fenugreek Cheese, Onion Seeds	70
Chowk di Tikki (V,D)  Crispy Potato Cakes, Chickpeas Masala, Spiced Sweet Yoghurt, Red Onion	70
Dhania Dal Shorba (V,D)  Blend of Three Lentils, Coriander, Toasted Cumin	55
Kacchi Kairi Salad (V)  Mango Shavings, Red Onion, Lettuce, Tomato, Pomegranate, Tamarind vinaigrette	60
Punjabi Samosa (V)  Tempered Potatoes, Green Peas, Cumin, Flaky Pastry	70
Dahi Poori Chat (V,D)  Wheat Puffs, Chickpea Mash, Masala Yoghurt, Pomegranate	60

Non-Vegetarian Starters

Raiwali Mahi Tikka (D)  Morsels of Fish, Whole Grain Mustard, Hung Curd Yoghurt, Pounded Dry Chili	90
Tandoori Jhinga*(D,S) (Supplement AED 75)  Tandoori Prawns, Tempered Turmeric, Lemon Zest	165
Samudri Tawa Tikki (D, S)  Crispy Seafood Cakes, Spicy Vindaloo Masala, Herb Chutney	110

NORTH



Kashmir: *Eat, Noon Chai, Love*

With its amazing natural beauty, this paradise on earth is known for its distinct culture, unique language, food, music and dance. Famous for saffron, warm phirans (clothing), various spices and noon chai (pink tea), Kashmir has a flavour of its own.

Language: Kashmiri

Spice: Saffron, considered one of the world's most expensive spices. Saffron is believed to be more valuable than gold. The stigmas are used to make medicine used for pulmonary health



Haryana: *Don't cry over spilt milk, we have a lot more!*

Due to abundance of milk, dairy products are the foundation of its cuisine. Specific dishes include kadhi, pakora, besan masala roti, kheer, methi gajar and tamatar chutney.

Language: Haryanvi

Spice: Garlic, used for many conditions related to the heart and blood system



Punjab: *Don't fear, dress bolder and dance Bhangra!*

The people of Punjab know how to celebrate, may it be welcoming spring at the Kite Festival, performing Bhangra to the world-famous Punjabi tunes or even celebrating its hot summers with the cooling effect of its world famous yogurt drink Lassi.

Language: Punjabi

Spice: Aniseed, perfect to regulate digestion and used for antiseptic properties

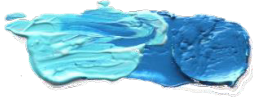
Non-Vegetarian Starters

Bhopali Gilafi Seekh (D) 	90
<i>Minced Lamb Rolls, Red Onion, Peppers, Raw Mango Pickle</i>	
24 Hour Tandoori Chops* (D) (Supplement AED 75) 	145
<i>Spice Smoked Lamb Chops, Grated Ginger</i>	
Murgh Tikka (D) 	100
<i>Tandoori Chicken Thighs, Black Cardamom, Toasted Chilli Paste</i>	
Murgh Malai Tikka (N, D) 	110
<i>Tender Chicken Supreme, Processed Cheddar, Crushed Cashew Nut</i>	

Main Course - Vegetarian

	AED
Bhindi Achari (V, D) 	85
<i>Deep Fried Okra, Picked Tomato Masala, Onion Seeds, Coriander</i>	
Ennai Kathirikai (V) 	85
<i>Baby Eggplant, Sweet & Sour Onion Tomato Masala, Tamarind, Coconut Milk</i>	
Shahi Subz Kofta (V, D) 	85
<i>Cottage Cheese Dumplings, Cashew Tomato Gravy, Raisins, Ginger</i>	
Bombay Aloo (V) 	65
<i>Potato Cubes, Dry Tangy Masala, Curry Leaf</i>	
Laungwala Palak Paneer (V, D) 	85
<i>Toasted Cloves, Spinach Purée, Indian Cottage Cheese</i>	
Dal Makhani (V, D) 	75
<i>Slow Cooked Black Lentils, Tomatoe Purée, Fresh Cream, "Amala" Spice Blend</i>	
Lahsuni Dal Tadka (V, D) 	65
<i>Blend of Three Yellow Lentils, Asafoetida, Garlic, Coriander</i>	

CENTRAL



Madhya Pradesh: *Lakes, lakes, everywhere!*

Bhopal, with its luscious greens and rushing lakes got its name from King Bhoj, who built a dam or "pal" in Hindi, which led to the alleged forming of many lakes, hence its nickname "City of Lakes". Famous for meat-based dishes, such as rogan josh, korma, qeema, biryani and kebabs, MP brings its own flavour to India.

Language: Hindi

Spice: Ginger used in a variety of forms helps with appetite, pain and treating motion sickness

WEST



Maharashtra - *Sing it, dance it, and shake it off*

Birthplace of Bollywood. Mumbai, formerly known as Bombay, contributes to more than 1900 films every year, with 3.6 billion movie tickets sold. If you happen to stroll around this populous city, you are sure to find many street food delicacies. Popular dishes include batata wada, masala bhat, pav bhaji, and wada pav.

Language: Marathi

Spice: Pomegranate Seed, a perfect antioxidant, it is best for anti-inflammation



Rajasthan: *La vie en rose*

The great Indian desert of Rajasthan is widely known for its pink city. In 1876, the ruler Maharaja Singh to welcome the Prince of Wales and Queen Victoria, adorned Jaipur in pink paint, giving birth to The Pink City. Cooking in Rajasthan, an arid region, has been strongly shaped by the availability of ingredients. Gram flour is a main ingredient of Marwari food, due to the scarcity of vegetables in the area.

Language: Rajasthani

Spice: Chili, used for topical application in many anesthetics.

Non – Vegetarian Mains

Murgh Makhni (N,D)	100
<i>Morsels of Chicken Thighs, Creamy Tomato Gravy, Garam Masala, Fenugreek</i>	
Tawa Murgh Khatta Pyaz (D)	100
<i>Chicken Tikka, Sweet Peppers, Pickled shallots, Onion Tomato Masala</i>	
Madras Chicken Curry	100
<i>Fiery Chicken Curry, Crushed Black Peppers, Coconut Milk, Curry Leaf</i>	
Lamb Roganjosh	115
<i>Braised Lamb Leg Cubes, Classic Rogan Gravy, Kashmiri Chili Paste</i>	
Lamb Vindaloo	115
<i>Slow Cooked Lamb, Tangy Spice Blend, Crushed Coriander, Malt Vinegar</i>	
Changezi Raan* (D) (Supplement AED 140)	275
<i>Slow Cooked Lamb Leg, Malt Vinegar, Spiced Yoghurt Marinade</i>	
Bengali Lobster* (D,S) (Supplement AED 200)	280
<i>Tender Lobster Chunks, Whole Grain Mustard Masala, Braised Potatoes</i>	
Prawn Kadhai (D,N,S)	115
<i>Sautéed Prawns, Crushed Coriander, Bell Pepper, Onion Masala, Lime Juice</i>	

**Items indicated are not part of half board*

(V) Vegetarian (N) Nuts, (D) Dairy, (S) Seafood, Gluten free items are available on request.

All prices are in UAE Dirhams and inclusive of 7% Municipality Fees, 10% Service Charge and Value Added Tax

WEST



Gujarat: Good Morning Sunshine!

Thread by thread, Gujarat's "Zari" and "Kathi" industries have made this state famous, while it has danced its way into everyone's heart with "dhoklas" and "dandiya raas". Gujarat has a very different flavour in India. Dhoklas, most famous for their memorable yellow colour is a celebrated morning food item that has put Gujarat on the map of the world! Other famous foods include khakra, fafda etc.

Language: Gujarati

Spice: Cumin, benefits of cumin are still being discovered to this day. Using cumin as a spice improves iron generation, blood regulation and better digestion



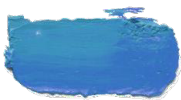
Goa: Vitamin Sea

Over 450 years of Portuguese rule and the influence of the Portuguese culture presents visitors to a cultural environment not found elsewhere in India. Rice, seafood, coconut, vegetables, meat and local spices are some of the main ingredients in Goan cuisine. The area is located in a tropical climate, which means that spices and flavours are intense. Use of kokum is another distinct feature. Goan food is considered incomplete without fish.

Language: Konkani

Spice: Kokum, best for liver and heart health, is also known to improve mental health

EAST



West Bengal: a' la Kolkata

The City of Palaces is famous for Bengali cuisine, with the only traditionally developed multi-course tradition, with food served course-wise similar to the modern service à la russe style of French cuisine. Rice and Fish are staple Bengali cuisines. Fish curry being one of the favourites.

Language: Bengali

Spice: Cardamom, best for dental and digestive health

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Biranj – Biryani

	AED
'Amala' Gosht Biryani (D,N)  Tender Lamb, Aromatic Biryani Rice, Dry Fruits, Rose Water	120
Jhinga Biryani (D,S)  Braised Prawns, 'Amala' Biryani Spice Mix, Pulao Rice, Fresh Herbs	140
Awadhi Murgh Biryani (D)  Tender Chicken Morsels, Biryani Rice, Yellow Chili, Fresh Mint	110
Kadhai Subz Biryani (D,V)  Seasonal Fresh Vegetables, Crushed Coriander Masala, Peppers, Pulao Rice, Rose Water	95
Basmati Rice Steamed Long Grain White Rice	35
Kesari Pulao (D) Aromatic Rice, Saffron, Garam Masala, Fried Onion	45

Mande Ki Mehfil - Our Signature Breads

Coconut Raisin Naan (D, N)  Sweetened Toasted Coconut, Almond Powder, Ginger	35
Pyaz ka Kulcha (D) Spiced Red Onion, Fresh Coriander	35
Paanch Anaj Ki Roti (V) Healthy Indian Five Grain Bread	35
Spicy Masala Naan (D) Signature Spicy Bread, Red Chili, Lime Juice	25
Garlic Naan (D)	25
Butter Naan (D)	25
Cheese Naan (D)	30
Laccha Parantha (V,D)	25
Tandoori Roti (V)	20

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SOUTH



Tamil Nadu: Watch TV and Chill

Tamil Nadu has a rich royal heritage of the three warring Iron Age Kingdoms of the Cheras, the Chola and the Pandyas. One may watch over 30 television channels in Tamil alone. Tamil food is characterised by its use of rice, legumes, and lentils, along with distinct aromas and flavours achieved by blending of spices such as mustard, curry leaves, tamarind, coriander, ginger, garlic, chili pepper, cinnamon, clove, cardamom, cumin, nutmeg, coconut and rose water.

Language: Tamil

Spice: Cinnamon, with antidiabetic properties, Sage, best for boosting brain health, Turmeric, with powerful anti-inflammatory benefits



Telangana: Shine bright like a diamond

Covered in sparkly diamonds and natural pearls, Kohinoor and the biggest single rock statue in the world, Hyderabad shines bright with its own 140 variations of Biryani alone. If you ever visit, do not forget to order Hyderabadi Biryani!

Language: Telugu

Spice: Red Chillies, fiery Telangana chillies are high on Vitamin A and C and famous for treating migraines



Kerala: Forever green

The Evergreen City, crowned so by Gandhi, the green state of India, where its flora, its tea estates and waterfalls make it an oasis of tranquility, amidst the shores of the Arabian Sea. Traditional Kerala food is mostly vegetarian, Kerala sadhya is an elaborate vegetarian banquet prepared for festivals and ceremonies.

Language: Malayalam

Spice: Pepper, best for boosting metabolism

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Meetha – Desserts

<u>Zauki e Shahi (V,D,N)</u>  Deep Fried Milk Dumplings, Lychee Reduced Milk	45
<u>Chocolate Fondant, Sweet Spiced Ice Cream</u> <u>Valrhona Chocolate Fondant, Green Cardamom Ice Cream</u>	65
<u>Hapus Cheesecake (D)</u>  Vanilla Classical Cheesecake, <u>Ratnagiri Alfonso Mango</u>	60
<u>Amala Signature Kesar-Malai Kulfi (V,D,N)</u>  Homemade Indian Ice Cream, Saffron Vermicelli	55
<u>Kesari Rasmalai (V,D,N)</u>  Fresh Milk Dumplings, Saffron Milk, Pistachios	45