

FOOD MENU



MEET FENNY & FALGUNI

Meet Fenny aka lovable lallu. He's a happy-go-lucky dude who is oblivious to most things. A big-time foodie; the only thing he loves more are his Elvis Presley side-burns.

Meet Falguni, a sassy Bengaluru hudugi. Fluent in sarcasm & a vocabulary big enough to give Shakespeare a complex.

There's a bit of both in all of us & at F5. We welcome all the light-hearted punsters, the food non-sharers, the happy drunks, & the contented loners.

Let's hit F5 & refresh.

BREAKFAST MENU
6:30 AM TO 11:00 AM



▲ Eggs To Order • ₹650 Choose any one

- Sunny-side up (277 KCAL/180 GMS)
- Over easy (277 KCAL/180 GMS)
- Poached (336 KCAL/180 GMS)
- Boiled (142 KCAL/180 GMS)
- Omelette (494 KCAL/260 GMS)
- Eggs Benedict (494 KCAL/260 GMS)
- Served with house-roasted potatoes (83KCAL/80GMS) and grilled tomatoes (11KCAL/60GMS)



▲ Grandma Bake • ₹650

- Stack of pancakes (272KCAL/120GMS), pork bacon (541KCAL/100GMS), berry compote (28KCAL/20GMS), sunny side up (187KCAL/120GMS), whipped cream (69KCAL/20GMS), warm maple (52KCAL/20GMS)



Milk
 Fish
 Nuts
 Eggs
 Cereals
 Crustaceans
 Soya
 Sulphites

Vegetarian
 Non-vegetarian
 Chef's signature
 Vegan

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We levy 5% towards employee contribution.

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■ Delhi 6 • ₹550

Straight from the lanes of Old Delhi, aloo paratha(581KCAL/220GMS)I
gobhi paratha (487KCAL/220GMS),
mango pickle (35KCAL/20GMS),
yogurt (25KCAL/40GMS)

🍷 🌿 581KCAL | 487KCAL/220GMS

■ Uttappam • ₹550

Flat rice flour pancakes (360KCAL/180GMS),
onion, tomatoes, greenchilli ,
sambhar (172KCAL/150GMS),
coconut chutney (37 KCAL/30GMS)

🍷 346KCAL/210GMS

Dosa • ₹550

■ Masala (386 KCAL/260 GMS) or
Plain (238 KCAL/140 GMS),
sambhar (172KCAL/150GMS), coconut
chutney (37KCAL/30GMS)

🍷 🌿 🌱

✓ ■ Idli • ₹550

Steamed rice Flour & Lentil batter
(243KCAL/180GMS), sambhar (172KCAL/150GMS),
coconut chutney (37KCAL/30GM)S

241KCAL/190GMS

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Milk Fish Nuts Eggs Cereals Crustaceans Soya Sulphites

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Cereals • ₹500

Corn Flakes | Choco flakes | Wheat Flakes |
 188 KCAL / 50 GMS 229 KCAL / 60 GMS 189 KCAL / 55 GMS
 Muesli | All Bran | Home-made Granola
 235 KCAL / 60 GMS 229 KCAL / 60 GMS 400 KCAL / 100GMS
 Served with Hot / Cold / Soya Milk
 78 KCAL/150 ML 81 KCAL/150 ML



Bircher Muesli • ₹500

Overnight yoghurt soaked rolled
 oats with carrots, oranges, apples
 served with honey

78 KCAL / 380 GMS

Oatmeal Porridge • ₹500

Cooked oats, low fat milk,
 cinnamon, raisin, honey

1013 KCAL / 380 GMS

Fresh Fruit Platter • ₹500

Assorted seasonal fresh
 fruit platter

152 KCAL / 220 GMS

Yoghurt • ₹500

Flavoured yoghurt

552 KCAL / 300 GMS

BREAKFAST SIDES

Baker's Basket • ₹550

Assorted selection of croissants
 (385 KCAL/50 GMS), muffins (201 KCAL/70 GMS),
 and danish pastry (242 KCAL/60GMS)/
 Doughnut (382 KCAL/60 GMS)



Breakfast Meats • ₹300

Pork sausage (456 KCAL/150 GMS) or
 Chicken sausages (258 KCAL/150 GMS)
 and Bacon (486 KCAL/90 GMS)



**By The Side • ₹300
 (choose any two)**

Choice of hash brown (305 KCAL/80 GM),
 grilled tomatoes (11 KCAL/60 GM),
 sauteed mushrooms (13 KCAL/60 GM) and
 steamed vegetables (33 KCAL/80 GM)



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Let's lite-n it up





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11:30 AM to 11:00 PM



 **Classic Old-Fashioned Tenderloin Burger • ₹650**

Buffalo Tenderloin, crisp iceberg, slice gerkins, cheddar melt, caramelized onion, tomato slice, American mustard.

   1110 KCAL / 380 GMS

 **Cheddar & Scallion Chicken Burger • ₹600**

Ground Chicken Patty, house Spread, Brioche Bun, Gherkins, Tomato slice, Crisp Iceberg .

   1128 KCAL / 380 GMS

 **F5 Non-Vegetarian Club Sandwich • ₹550**

Lettuce, Tomatoes, Cucumber, Fried Egg, Chicken, Bacon.

    1779 KCAL / 360 GMS

 **Chicken Tikka Club Sandwich • ₹550**

Chicken Tikka, Masala Fried Egg, Cheese, Mint Relish.

    1579 KCAL / 350 GMS

 **Vegetable Burger• ₹550**

Vegetable Patty, Tomato Slice, Onion Slice, Gherkin slice, Brioche.

   935 KCAL / 360 GMS

 **Classic Vegetarian Club Sandwich • ₹500**

Grilled vegetables, coleslaw, basil pesto, cheese melt.

    1262 KCAL / 350 GMS

 **Ratatouille Panini Toasties Signature • ₹500**

Cherry tomatoes, bell peppers, courgettes, onions, basil and fresh mozzarella.

  525 KCAL / 320 GMS

       
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You knead some self-loafing





Soup

Murgh Badami Shorba • ₹450

Chicken and almond soup with Indian spices.

  227 KCAL / 350 GMS

Truffle Scented Mushroom • ₹400

Wild mushroom soup served with Cheddar cheese straw.

  115 KCAL / 350 GMS

Salad

Classic Caesar Salad • ₹600/550

Crisp Romaine, Parmesan Shavings, Croutons, House Caesar dressing.

Choice Of:

Grilled Chicken

    523 KCAL / 200 GMS

Grilled Exotic Vegetable

  457 KCAL / 200 GMS

Greek Salad • ₹550

Iceberg, onion, tomato, peppers, Olives, Feta, Lemon Vinaigrette

 470 KCAL / 200 GMS

       
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▲ Fish & Chips • ₹750

Crumb fried Fish,
Steak Fries, House Salad, Tartar
Sauce.

828 KCAL / 290 GMS

Kathi Roll • ₹600/550

▲ Ghee Roast Chicken & Egg

661 KCAL / 340 GMS

▲ Chicken Tikka & Egg

665 KCAL / 340 GMS

■ Kasundi Paneer Khurchan

752 KCAL / 340 GMS

**■ Amritsari Chole
Kulche • ₹550**

Chickpeas, Onion,
Tamarind, Green Chili, Amritsari
Kulcha.

857 KCAL / 450 GMS

Tandoor Speciality

**▲ Lucknowi Gosht
Seekh • ₹750**

Succulent Lamb Mince with Ginger &
Chilies, and Chopped Peppers, Cooked
in an Indian Clay Oven.

685 KCAL / 340 GMS

**▲ Mathaniya Murgh
Tikka • ₹700**

Chargrilled Chicken Leg
Boneless, Royal Cumin, Cooked in an
Indian Clay Oven.

436 KCAL / 280 GMS

**■ Kacche Kele Aur Dahi Ke Kebab •
₹600**

Cardamom Sainted Raw Banana
Coins, Greek yogurt, Dried Fruits.

517 KCAL / 250 GMS

**■ Kandhari Paneer
Tikka • ₹600**

Malai Paneer, Pomegranate Reduction,
and Cashew Nut, Cooked in an Indian
clay oven.

556 KCAL / 280 GMS

*Served Along with House Salad (Chaat Dressing), Mint Relish, Curried Ananas Chutney

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The Delicacy of South

Appetizers

Vanjaram Meen Fry • ₹750

Organic button mushroom tossed in south Indian spices and black pepper.

  384 KCAL / 300 GMS

Organic Mushroom Pepper Fry • ₹650

Organic button mushroom tossed in south Indian spices and black pepper

 57 KCAL / 250 GMS

Mains

Kori Gassi • ₹800

Authentic Mangalorean-style chicken curry

612 KCAL / 220 GMS

Vegetable Chettinad • ₹700

Coconut-flavored Garden-fresh assorted vegetable curry with south Indian spices served with Kerala paratha.

408 KCAL / 220 GMS



Western Mains

Tenderloin Stroganoff • ₹850

Buff Meat, Dijon Mustard, Jus, Buttered Herb Rice

   1130 KCAL / 450 GMS

Grilled Chicken • ₹750

  Garlic Potato Mash, Butter Tossed Vegetables, Mushroom Sauce.

  436 KCAL / 450 GMS

Pan-Seared Indian

Seabass • ₹600

Chimichurri, Garlic Butter Hash Potato, Sautéed Broccoli, Caper Onion Sauce.

   436 KCAL / 380 GMS

Peri-Peri Cottage Cheese Steak • ₹600

Pesto Rosso Cottage Cheese, Barley Risotto, Olive Crumble.

  572 KCAL / 350 GMS

       
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Pizza

- ▲ **Prawn Ghee Roast • ₹650**
 Cochin Shrimp, Sirka Pyaaz,
 Banana Chili, Buffalo Mozzarella.
 🍷 🌿 🍴 308 KCAL / 600 GMS

- ▲ **F5 Porky • ₹650**
 Pork Pepperoni, Maple Glazed
 Bacon, Fresh Mozzarella.
 🍷 🌿 1086 KCAL / 650 GMS

- ▲ **Pulled BBQ Chicken • ₹650**
 Spicy BBQ Roast Chicken, Fresh
 Red Chili, Buffalo Mozzarella.
 🍷 🌿 842 KCAL / 650 GMS

- **Truffled Cacio E Pepe • ₹500**
 Fresh Mozzarella, Emmental
 Cheese, Parmesan Cream,
 Cracked Pepper, White Truffle
 Oil, Baby Arugula.
 🍷 🌿 1530 KCAL / 520 GMS

- **Fungi • ₹500**
 Assorted Mushroom, Tomato,
 Fresh Mozzarella, Caramelized
 Onion, Roquette Leaf
 🍷 🌿 1385 KCAL / 550 GMS

- **Go-Green • ₹500**
 Asparagus, Broccoli, Spinach,
 Green Zucchini, Pok Choy Fresh
 Mozzarella.
 🍷 🌿 1197 KCAL / 520 GMS

Pasta

- ▲ **Penne Alfredo, Chicken & Mushroom • ₹650**
 Creamy Bechamel,
 Mushroom, Parmesan,
 Truffle oil
 🍷 🌿 535 KCAL / 350 GMS

- ▲ **Fusilli Pollo Pesto • ₹550**
 Chicken, Oven Dried Tomato,
 creamy Basil Pesto
 🍷 🌿 535 KCAL / 350 GMS

- **Penne Arrabbiata • ₹500**
 San Marzano & Roma Tomatoes,
 Basil, Dried Hand Pound Chili,
 Parmesan.
 🍷 🌿 442KCAL / 320 GMS

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MAIN COURSE

  **Rogani Gosht • ₹650**
Mutton, Thick Tomato Onion
Gravy, Dry Ginger & Fennel
tempering.
 869 KCAL / 360 GMS


 **Chicken Tikka Masala • ₹600**
Chicken Tikka, Thick Onion
Tomato & Cashew Gravy,
Garnish with Swirl of Cream.

 319 KCAL / 360 GMS
Goan Fish Curry • ₹600

 Mahi-Mahi fish serve in Indian
spices, tamarind and coconut.



 684 KCAL / 360 GMS

Paneer Makhanwala • ₹550

 Malai Paneer, Creamy Tomato &
Cashew Gravy, Garnish with
Swirl of Cream.

 471 KCAL / 350 GMS

Dal Peshawari • ₹550

  Black Dal, Tomato Paste,
Fenugreek, Cream.

 741 KCAL / 350 GMS

 **Dal Tadka • ₹500**

Cumin and Whole Red Chili
Tempered Yellow Dal, Garlic, Fresh
Onion, Fresh Tomato, Fresh
Coriander.

 663 KCAL / 350 GMS

 **Moong Dal Khichdi • ₹500**

Rice, split and skinned green gram
and spices is a super comforting
one pot Indian meal.
Plain /Masala with vegetable.

 1122 KCAL / 415 GMS

 **Subz Nizami Handi • ₹500**

Assorted Indian Veg, Korma
Gravy, Fresh Coriander.

 698 KCAL / 350 GMS

 **Aloo Gobhi
Adrakwala • ₹500**

Potatoes, Cauliflower, Julienne
Ginger, Indian spice.

 626 KCAL / 350 GMS

       
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RICE & BREADS

Choice of Rice

 **Steamed Rice • ₹350**

540 KCAL / 400 GMS

 **Jeera Rice • ₹350**

545 KCAL / 400 GMS

Dawaat-E-Pulao

 **Masaledar Gosht Pulao • ₹650**

Lamb, basmati rice, Indian spices

841 KCAL / 510 GMS

 **Hyderabadi Murgh Pulao • ₹600**

Chicken, basmati rice, Indian spices

713 KCAL / 505 GMS

Indian Bread Basket

(2 Pieces)

 **Tandoori Roti • ₹150**

91 KCAL / 112 GMS

 **Naan-Cheese | Garlic | Plain • ₹150**

465 KCAL/160 GMS 465 KCAL/160 GMS 465 KCAL/160 GMS

 **Missi Roti • ₹150**

206 KCAL / 115 GMS

 **Laccha Paratha • ₹150**

259 KCAL / 120 GMS

       
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Indian special





Dark Chocolate Fudge Brownie • ₹500

Chocolate, flour, sugar, cream Vanilla ice cream

180 KCAL / 150 GMS

Classic Tiramisu Mascarpone • ₹450

Cheese, espresso, coffee, liquor

283 KCAL / 150 GMS

64% Belgian Chocolate Mousse • ₹450

Dark chocolate, cream, butter

209 KCAL / 130 GMS

Kesari Malai Gulla • ₹400

Cottage cheese, condensed milk, saffron

285 KCAL / 150 GMS

Choice of Ice Cream: Scoops • ₹400

Vanilla

341 KCAL / 130 GMS

Strawberry

351 KCAL / 130 GMS

Butterscotch

386 KCAL / 130 GMS

Chocolate

394 KCAL / 130 GMS

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Count memories, not calories





BEVERAGES

■ Fruit Juices • ₹350

Orange / Watermelon / Pineapple

146 KCAL/220 ML 93 KCAL/220 ML 174 KCAL/220 ML

■ Smoothies • ₹350

Mango / Banana / Strawberry

234 KCAL/220 ML 240 KCAL/220 ML 315 KCAL/220 ML

■ Vegetable Juices • ₹350

Cucumber / Beetroot / Spinach

113 KCAL/220 ML 113 KCAL/220 ML 65 KCAL /220 ML

■ Selection of coffee • ₹275

Espresso / Cappuccino / Café Latte

0.6 KCAL 62 KCAL 56 KCAL

/ South Indian Filter Coffee

85 KCAL



■ Lassi • ₹350

Lassi - yoghurt, sugar, kewra water,
mixed nuts

186 KCAL/220 ML

■ Selection of tea • ₹250

English Breakfast / Green Tea /

0.02 KCAL 0.02 KCAL

Home-made Masala Tea

77 KCAL



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