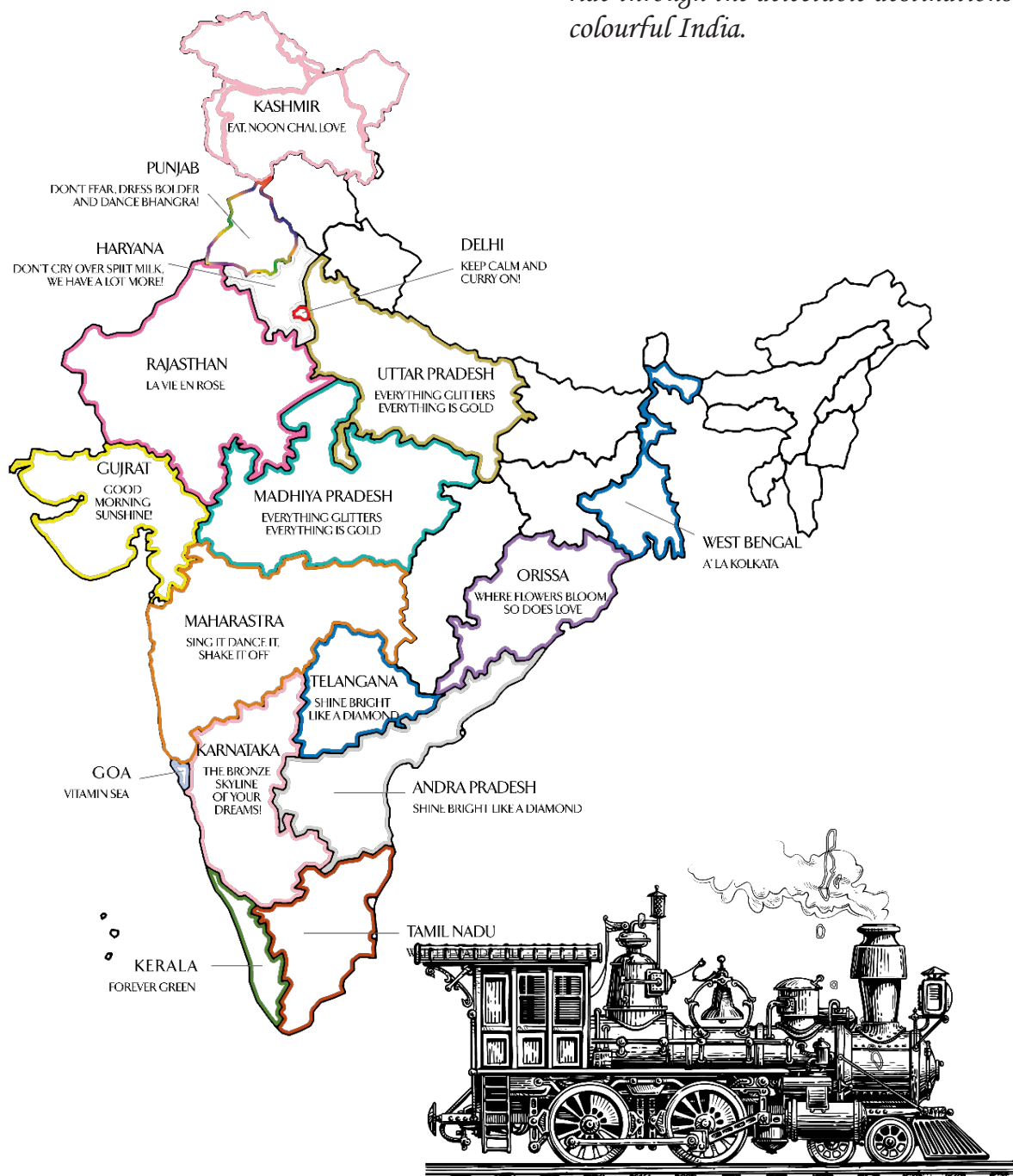


AMALA EXPRESS

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
enchanting 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

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

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.

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: Kokam, 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

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 Hyderabad 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

Vegetarian Starters

	<i>AED</i>
<i>Zaituni Paneer Tikka (V,D)</i> 	70
<i>Tandoori Cottage Cheese Piccatas, Yoghurt, Spices, Olives</i>	
<i>Aloo Tikki (V,D)</i> 	70
<i>Potato Gallets, Chickpeas and Tamarind</i>	
<i>Punjabi Samosa (V)</i> 	70
<i>Potatoes, Green Peas, Cumin</i>	
<i>Kanpuri Barkat ki Chaat (V,D)</i> 	60
<i>Baby Spinach fritters, Lentil Dumplings, Chickpeas, Tamarind, Sweet Yoghurt</i>	

Non-Vegetarian Starters

<i>Sorshe Mahi Tikka (S,D)</i> 	90
<i>Catch of the Day, Yoghurt, Kasundi Mustard</i>	
<i>Bhopali Gilafi Seekh (D)</i> 	90
<i>Mince Lamb, Onions, Peppers, Coriander</i>	
<i>Murgh Tikka (D)</i> 	100
<i>Tandoori Boneless Chicken Thigh, Spices, Yoghurt</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

Main Course - Vegetarian

	AED
Bombay Aloo (V) Potatoes, Mustard, Cumin, Curry Leaves	70
Guncha-Wa-Qeema Dum Pukht (V,D) Cauliflower Florets, Peppers, Onion Tomato Masala	90
Subz Kolhapuri (V,D) Stir-fried Vegetables, Onions, Tomatoes, Kolhapuri spice mix	90
Chole Do Pyaza (V,D) Chickpeas, Onions, Tomatoes	90
Paneer Sirka Pyaaz (V,D) Tandoori Paneer Tikka, Pickled Shallots	90
Dal Makhani (V,D) Slow cooked Black Lentils, Tomatoes, Cream, Dried Fenugreek	75
Dal Tadka (V,D) Yellow Lentils, Cumin, Onions and Tomato	75

Non - Vegetarian

Murgh Makhni, Well known as 'Butter Chicken' (N,D) Tandoori Chicken Tikka, Tomatoes, Cashew Nuts, Dried Fenugreek	105
Madras Chicken Curry Mustard, Black Pepper, Curry Leaves, Coconut Milk	105
Shahi Nehari Slow-cooked Prime Cuts of Lamb, Coriander, Brown Onions	120
Roganjosh Slow-cooked Prime Cuts of Lamb, Onions, Kashmiri Red Chillies, Dry Ginger	120
Goan Jhinga Curry (S) Prawns, Coconut Milk, Chillies, Kokum	120

*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

Biranj – Dum Biryani

	<i>AED</i>
<i>Awadhi Gosht Biryani (D,N)</i>	120
<i>Basmati Rice, Lamb, Mace, Rose Water, Saffron, Dried Fruits</i>	
<i>Murgh Biryani (D,N)</i>	115
<i>Basmati Rice, Chicken, Mace, Rose Water, Saffron, Dried Fruits</i>	
<i>Kadhai Subz Biryani (D,V,N)</i>	105
<i>Basmati Rice, Vegetables, Dried Red Chillies and Coriander Seeds</i>	
<i>Basmati Rice</i>	30

Mande Ki Mehfil - Our Signature Breads

<i>Naan Amal (D,N)</i>	30
<i>Tandoori Indian bread, Nuts</i>	
<i>Pyaz ka Kulcha (D)</i>	35
<i>Onion, Red Chilli stuffed Tandoori Bread</i>	
<i>Garlic Naan (D)</i>	30
<i>Butter Naan (D)</i>	30
<i>Cheese Naan (D)</i>	30
<i>Laccha Parantha (V,D)</i>	30
<i>Tandoori Roti (V)</i>	30

**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

Signature and Premium Dishes

	<i>AED</i>
<i>Tandoori Chaanp* (D) (Supplement AED 55)</i> 	<i>145</i>
<i>Lamb Chops, Yogurt, Guntur Chilies, Malt Vinegar</i>	
<i>Tandoori Jhinga* (D, S) (Supplement AED 75)</i> 	<i>165</i>
<i>Jumbo Prawns, Yogurt, Carom Seeds</i>	

Meetha – Desserts

<i>Amrakhand (V,D,N)</i> 	<i>45</i>
<i>Fresh Mango, Sweetened Yogurt</i>	
<i>Gajar Halwa (V,D,N)</i> 	<i>55</i>
<i>Carrots Cooked with Milk, Sugar, Cardamom, Kerala Vanilla Bean Ice Cream</i>	
<i>Amala Signature Kesar-Malai Kulfi (V,D,N)</i> 	<i>55</i>
<i>Indian Ice Cream, Reduced Milk, Saffron</i>	
<i>Kesari Rasmalai (V,D,N)</i> 	<i>45</i>
<i>Milk Dumplings, Saffron Milk, Pistachios</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