

VISTA PRASANTHI





Soups & Salads

Mushroom and Plum Tomato Soup 280

Baked Plum Tomato, Basil, sauted fresh mushrooms and pasta chunks. Served with toast on side

Veg Broth Soup 280

Broccoli, Carrot, Zucchini, Beans, Celery, Baby corn, Basil, Garlic and Lemon

Cream of Broccoli 280

Thick flavourful delicious soup with onions, celery, Vegetable broth and Broccoli

Classic Greek Salad 430

Fresh Lettuce, Tomatoes, diced Onion, Cucumber, Bell Pepper, Black Olives and Greek feta cheese drizzled with Extra Virgin Olive Oil and Red Wine Vinegar

Chef's Special Green Salad 430

A lovely combination of greens and Apple in Exotic Basil Olive Oil Dressing.

Quinoa Avocado and Watercress Salad 430

Quinoa, Arugula, Pineapple and Avocado with Lemon and Feta dressing

Caprese salad 420

Fresh cut tomato, fresh basil and Smoked Mozzarella with extra virgin olive oil and balsamic reduction

Mix Leaves and Burrata Salad 500

Burrata Cheese, roasted pumpkin seeds, Arugula, basil, watercress, lettuce and extra virgin olive oil



Appetizers

Cheesy Nachos with Salsa 360

Tortilla chips topped with thick cheesy sauce and Salsa of vegetables

Hummus with Pita 300

Mashed Garbanzo beans mixed with Tahini Sauce, Garlic & Lemon juice, topped with olive oil and Black olives and served with fresh-baked house made Pita Bread.

French Fries with Mayo 250

Cheesy Fries 300

French Fries topped with cheesy sauce

Potato Wedges 250

Fried Mozzarella Sticks 360

Coated with a crisp Garlic Butter breading, sprinkled with Parmesan cheese and served with Marinara sauce

Bruschetta with creamy Ricotta and Spinach 360

Bruschetta with Tomato, Basil and Mozzarella 350



Plain Garlic Bread	250
Garlic breads with chives and mozzarella	300
Breaded Tofu with BBQ sauce	350
Crispy Mushrooms with mayo	350
Paneer in Sweet Chilly Sauce Served with Rosemary Bread	350
Tofu in Sweet Chilly Sauce Served with Rosemary Bread	360



Sandwiches & Burgers

Sai Towers Special Italian Sandwiches

Caprese Submarine Filled with mushrooms, smoked mozzarella, fresh basil and tomato	400
Cream Cheese Panini Filled with Cream cheese, Avocado, Cucumber, Onion, lettuce and sun-dried tomato	420
Falafel Gatsby Filled with lettuce, falafel, fries, onion, mayo, and mustard	410
Cottage Cheese foot long Filled with crispy cottage cheese cubes, lettuce, mayo, mustard and sliced cheese	420
Tofu and Tomato Panini Filled with crispy tofu cubes, lettuce, onion, sweet chilly sauce, sun dried tomatoes and bell peppers.	420

English Vegetables Submarine Filled with broccoli, zucchini, corn, bell peppers basil, lettuce, mayo and cheese.	410
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Crispy Mushroom Gatsby Filled with breaded mushrooms, fries, lettuce, mayo, mustard and cheese.	410
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White Bread Sandwiches served with Coleslaw and Fries


Coleslaw Sandwich	250
Paneer Tikka Sandwich	260
Grilled Cheese Sandwich	220
Grilled Cheese Vegetable Sandwich	240
Grilled Vegetable Sandwich	200

BURGERS

Vegetable Burger	300
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Soya Burger A vegetable patty with minced soya granules on a Sesame Bun, topped, with Cucumber, Tomato and Onion served with French Fries	310
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 Sai Towers Special Cheese Burger A great tasting vegetable patty on a Sesame Bun, topped with Cucumber, Tomato, Onion and slices of cheese covered with egg-less Mayo and Mustard sauce served with French Fries	330
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 Saitowers Special Paneer Burger A crispy cutlet of Paneer and sesame bun topped with Cucumber, Tomato, Onion and Slice of cheese covered with eggless Mayo and Mustard sauce. Served with Fries.	350
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Mains

 Tian of Vegetables	460	Grilled Tofu Steak	450
Zucchini, Bell Pepper, cottage cheese, mushrooms, baby corn, onion and tomato cooked in house made tomato basil sauce and served with Herbed rice		Served with Brown Rice, Sauteed vegetables and Marinara sauce	
 Lebanese Platter	450	Paneer Parmigiana	460
Falafel, hummus, pita bread, salad, cucumber and a choice of Paneer or Tofu skewers		Baked Breaded Paneer fillet Served with Parmesan, mashed potatoes and Sauteed vegetables.	
 Roasted Fig and Mushrooms	420	Burrata Cheese with Eggplant	500
Roasted Cherry Tomato, Mushrooms, Baby Potato, Pineapple, Celery, Fig and baby cutlets served with Sweet Chilli Sauce		Grilled eggplant with sun dried tomatoes and burrata cheese	
 Sai Towers Special Loaded Baked Potato	350	Cottage Cheese Steak	450
Potato filled with sage butter, Red Cheddar and falafel served with salad on side.		Served with sauteed vegetables, mashed potatoes and bechamel sauce.	
Vista Prasanthi Special stir fried Vegetables	300	Sai Towers Special Shepherd's Pies with Salad on side	
Served with Rosemary Bread		 Vegetable Pie	450
Baked potato filled with cream cheese, butter and avocado served with salad on side	360	Filled with Carrot, green peas, eggplant, mushrooms, lotus stumps, tomato and feta covered with mashed potatoes baked with Parmesan and chives	
Chicago Meal	450	Cottage Cheese Pie	480
French fries, Breaded mushrooms, paneer and Mac and cheese in one bowl.		Filled with Cottage cheese, tender corn mushrooms, spinach and bechamel sauce. Covered with mashed potatoes baked with Parmesan and chives	



Sai Towers Special Rice Platters and Bowls

Sai Towers Organic Bowl 460

Organic Quinoa Cutlet, Curried giant beans and Potato, Organic Brown Rice, Stir Fried Broccoli, Baba Ganoush, Grilled Pine Apple and Lemon Bell Pepper sauce

Rice platter 450

Cilantro rice, Mashed potato, Sauteed vegetables, Fried mushrooms, Grilled pineapple, Grilled Paneer with bechamel sauce

Vegan platter 460

Cilantro rice/ basil rice, Grilled eggplant, Sauteed vegetables, Fried mushrooms, Grilled pineapple Grilled tofu with Marinara sauce

Savoury Galettes with salad on side

Ricotta and Spinach galette 380

Blanched spinach, Ricotta, Parmesan and tomato

Artichokes Galette 400

Artichokes, corn, sage , tomato and cheddar

Mushroom Galette 490

Mushroom, basil pesto, kale , watercress and Smoked Mozzarella



Pasta

Pasta al Pomodoro 320

Fresh Classical Tomato Sauce and fresh basil topped with Parmesan Cheese

Vegetable au Gratin 350

Diced vegetables cooked in white sauce with Mushroom topped with grated cheese and baked

Pasta au Gratin 320

Pasta with white sauce and baked with mozzarella cheese

Sphagetti Arrabiata 400

Spaghetti Pasta dunked in a tomato sauce along with aromatic capsicum, black olives, spring onions and topped with Parmesan cheese

Penne with Pesto & Cherry Tomato 315

Penne pasta tossed in Basil Pesto and Cherry tomatoes, baked with Mozzarella and served with Garlic Bread

Lasagne Grilled Vegeteriana 450

Layers of pasta with tender vegetables, a light Tomato Sauce and baked with lot of Parmesan and Mozzarella

Spinaci Cannelloni agli 450

Spinach and Ricotta cheese rolled in crepes baked with cream sauce and Mozzarella cheese

Pasta and vegetables au gratin 350

Pasta and English vegetables cooked in bechamel sauce and topped with chopped parsley

Pasta Mediterranean 400

Flat sheet pasta cooked in basil pesto with black olives, artichokes hearts and Parmesan

Tarragon n mushroom Pasta 380

Flat pasta sheets cooked in tarragon and mushroom sauce

Baked Fetta Spaghetti 400

Spaghetti served in baked feta cheese, basil and cherry tomato sauce

Spaghetti in sage butter and Parmesan sauce 350





Pizza

Hawaiian Pizza

Pizza with slices of Olives, Jalapeno, Paneer, juicy Pine Apple Titbits and chilli flakes baked with grated Mozzarella Cheese

Family 650 | Regular 440

Sai Towers Special Pizza

Tomato Sauce, Mozzarella, Paneer, Red Paprika, Grilled Bell Peppers, Sweet Corn & black olives

Family 650 | Regular 450

Farm House Classic

Onion, Crisp Capsicum, Zucchini, Mushrooms, Tomato, Black Olives and Mozzarella

Family 620 | Regular 400

Pizza Margherita Classic

Parmesan, Cherry Tomato, Basil, Fresh Mozzarella, Cheese and Olive Oil

Family 620 | Regular 390

B.B.Q. Paneer Pizza

Barbeque sauce topped with Onions, Jalapenos, Red Paprika, Marinated Paneer sprinkled with freshly grated Mozzarella

Family 650 | Regular 430

Sai Towers Special Cheese Lava Pizza

Mozzarella, Parmigiano - Reggiano, Yellow Cheddar and Tarragon

Family 680 | Regular 450

Burrata Pizza

Tomato sauce, Mozzarella, onion, Arugula, Sun dried tomatoes, Burrata cheese and extra virgin olive oil

Regular 620

Italian Farmer

Broccoli, Zucchini, Mushroom, Basil, Cherry Tomatoes, Smoked mozzarella, Extra virgin olive oil and Parmesan

Family 720 | Regular 510

Calzone

Mushroom, Tomato sauce, Basil, Smoked Mozzarella and Parmesan

Regular 450

Cream Cheese Pizza

Mushroom, Cream Cheese, Lotus stumps, Cherry Tomatoes and sage butter

Family 720 | Regular 500

Paneer Tikka Pizza

Paneer Tikka, Capsicum, Onion, Tomato and Mozzarella, Tomato Sauce

Family 650 | Regular 430

Cheese Burst

Cheese Blend, Tomato Sauce, Bell Pepper, Baby Corn, Onion, Mozzarella, Sprinkled with Parmesan

Regular 450

Extras

Cheese	80
Butter/Honey	40
Double Toppings	40
Mayonnaise	40
Olive Oil	45



Hot Beverages

Americano (Regular/Large)	50/70
Espresso	60
Cappuccino	90
Café Latte	70
Cold Coffee	80
Black Tea	45
Milk Tea	60
Tea With Lemon Grass	50
Masala Tea (Regular/Large)	50/80
Green Tea / Mint Tea	60
Ginger, Honey, Lemon Refresher	110
Hot Chocolate	110
Hot Milk	40
Health Drink (Horlicks)	90



Cold Beverages

Mineral Water	30
Fresh Lime Juice	60
Fresh Lime Soda	80
Diet Coke / Coca Cola Zero	60
Butter Milk	60
Chilled Lassi (Sweet / Salt)	90
Soft Drinks (250 ml) (Coke/Pepsi/7 Up/Miranda/Soda)	30
Soft Drinks (300 ml) (Coke/Pepsi/7 Up/Miranda/Soda)	35



Milkshakes

Chocolate	150
Vanilla	150
Strawberry	150
Mango	150
Butterscotch	150



Fresh Fruits & Juices

Fruit Salad	130
Fruit Salad & Ice Cream	200
Fresh Fruit Juices (Seasonal)	100
Mixed Fruit Juice	140
Garden Fresh Veg Juice	140
Orange Juice/Sweet Lime Juice	140
Grape Juice	130



Mocktails

Virgin Mojito	160
Ginger Mojito	160
Green Apple Mojito	160
Ocean Blue Mojito	160
Strawberry Mojito	160
ABCL Crusher	160
Nana Mint Fizz	160
Melon Balls Fizz	200





Wellness Smoothies

Immune Booster	250
Carrot, Almonds, Strawberry, Spirulina, Honey, Lemon Juice, Chia seeds, Ginger	
Singing Heart	150
Cucumber, Spinach, Basil, Banana, Honey, Spirulina, Basil Seeds	
Daily Detox	190
Spinach, Kale, Cucumber, Green Apple, Grape Fruit, Raspberry, Ginger	
Energizer	230
Pine Apple, Cucumber, Orange Juice, Blueberries, Matcha	
Protein Power	230
Banana, Oatmeal, Peanut butter, Whey protein, Almond milk	
Relaxation	180
Apple, Pine Apple, Mint & Lime	
Dragon Fruit Smoothie	220
Dragon Fruit, Banana, Oats, Milk & Honey	



Classic Smoothies

Banana Berry	150
Blackberry, Banana, Milk	
Strawberry Surf Rider	180
Strawberry, Lemonade, Mint	
Mango	170
Mango, Yoghurt, Honey	
Strawberries Wild	180
Strawberry, Banana, Frozen Yoghurt	



Ice Creams & Deserts

Sai Towers Banana Split	240
Fried Ice Cream	160
Baked Yoghurt in Clay Pot	130
Hot Chocolate Fudge	150
Apple Pie	210
Apple Pie with Ice Cream	270
Chocolate Mud Cake	140
Choice of Ice Creams / Kulfi	85
(Vanilla/Strawberry/Chocolate/Mango/Butter Scotch/Black Currant)	
Cheese Cake	210
Red Velvet Cake	180
Almond Cake	160
Black Forest/White Forest	160
Curd with Honey	80
Sweet of the Day	70
Chocolate Brownie	180
White Chocolate Cake	130
Chocolate Truffle	30
Nuts Chocolate	25
Cookies	25

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-  Indicates Speciality of the House
 -  Indicates mildly Spicy Dish
 -  GST 5% applicable
 -  All major credit cards accepted
 -  We do not levy any service charge
 -  Allow at least 20 minutes as all of your meals prepared and cooked fresh