

INTERNSHIP REPORT
ON
TAJ EXOTICA RESORT & SPA – GOA



INTEGRATED MASTER OF BUSINESS ADMINISTRATION (IMBA)
(HOSPITALITY, TRAVEL AND TOURISM)

BY
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1931



GOA BUSINESS SCHOOL

TALEIGAO – GOA

JULY, 2022

DECLARATION

I, SUHANA NAIK, do hereby declare that this report entitled “ Taj Exotica Resort & Spa” is the work done by me during the academic year 2021-2022 and is submitted in partial fulfilment of the requirement for the award of degree of Integrated Master of Business Administration (Hospitality, Travel and Tourism) in Goa University.

Date: 29/07/2022

Place: Panjim, Goa

Ms. SUHANA NAIK

IMBA (HTT)

ACKNOWLEDGEMENT

The success and final outcome of this report required a lot of guidance and assistance from many people. I extend my sincere thanks to all those who help me in the completion of this report.

I take this opportunity to place it on records my deep sense of gratitude to the Manager of Learning and Development Ms. Charmaine Fernandes for giving me the opportunity to train at Taj Exotica Resort & Spa – Goa.

I would like to express heart left gratitude towards the Manager Atlee Da'cunha and staff of Sala da Pranzo restaurant for helping me during the internship.

I would also like to thank Department of Hospitality, Travel and Tourism for giving me the opportunity to complete my internship.

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Taj Hotels



Taj Hotels is a chain of luxury hotels and a subsidiary of the Indian Hotels Company Limited, headquartered at Express Towers, Nariman Point, Mumbai. Incorporated by Jamsetji Tata in 1903, the company is a part of the Tata Group, one of India's largest business conglomerates. The Company employed over 20,000 people in the year 2010. As of 2020, the company operates a total of 100 plus hotels and hotel-resorts, with 84 across India and 16 in other countries, including Bhutan, Malaysia, Maldives, Nepal, South Africa, Sri Lanka, UAE, UK, and Zambia.

TAJ EXOTICA RESORT & SPA, GOA



Spread across 56 acres of landscaped gardens, the Mediterranean-style Taj Exotica Resort & Spa, Goa sits along a private beach overlooking the Arabian Sea. It is conveniently located at a distance of 4km from Goa Chitra Museum and 10 km from Margao. Taj Exotica Resort & Spa has a full-service spa, a large swimming pool and a fully equipped fitness centre along with a meeting room with wireless internet connectivity, conferencing facilities etc.

The resort offers 24-hour front desk, travel desk, currency exchange, laundry, dry cleaning, car rental, room service and parking facility. Recreational facilities include cemented tennis court, badminton court and cricket ground. Taj Exotica Resort & Spa houses 34 rooms and 6 Suites along with 98 villas and 2 Presidential villas. The luxurious accommodation units at the resort are elegantly designed with refreshing views of the garden and sea. All rooms are fitted with modern amenities like flat-screen TVs with satellite channels, mini bar, complementary Wi-Fi, private balconies and bathrooms with luxury bath amenities.



MAIN LOBBY

Type	Unit	Size (Sq.mt)
Villa Room Garden View	42	56
Deluxe Room Sea View <i>(Main Building)</i>	21	56
Premium Villa Room Garden View	38	56
Premium Room Sea View <i>(Main Building)</i>	13	59
Villa Room Garden View with Plunge Pool	4	56
Premium Villa Room with Plunge Pool	4	56
Indulgence Villa Room with Plunge Pool	10	56
Junior Suite <i>(Main Building)</i>	2	92
Executive Suite <i>(Main Building)</i>	2	110
Luxury Suite <i>(Main Building)</i>	2	115
Two Bedroom Presidential Villa with Plunge Pool	2	164



OVERVIEW OF ACCOMODATION-140

Swimming Pool
09 Executive Golf Course
Cycling
Taj kids
Tennis court
Cricket



ACTIVITIES



JIVA SPA & JIVA AYURVEDA

Venue	Dimensions W x L x H	Area Sq. Ft	Theatre Seating	Classroom seating	U- shape	Round table seating
Sala Grande	57x80.66x13.78	4600	450	175	100	160
Saletta I	22.64x34.45x10	780	40	24	25	24
Saletta II	22.64x34.45x10	780	40	24	25	24
Sala Media	39.4x56.7x9.2	2000	80	45	45	48



CONFERENCING FACILITIES

OUTLETS



- **Sala da Pranzo** is an all-day dining restaurant that serves some delicious cuisines around the world.

Cusine – World Cuisine

Dress Code – Smart casual

Breakfast – 07:30 to 10:30 hours

Lunch – 12:30 to 15:30 hours

Dinner – 19:00 to 22:30 hours



- **Lobster Village** serves seafood seasonal dishes overlooking the beach.

Cusine – Grills

Dress code – Smart Casual

Timings – 16:00 – 22:45 hours



- **Miguel Arcanjo** - Award Winning Goan & Portuguese restaurant open for Dinner Service only. The restaurant also features a lively show kitchen.

Cusine – Goan-Portuguese Cuisine.

Dress Code – Smart Casual

Lunch – 12:30 -14:45

Dinner – 19:30 - 22:45



- **Adega Camoens** is an exclusive lounge bar which serves a wide range of wine, vodka and beer along with finger foods.

Cusine – Finger food, Cocktails

Dress Code – Smart Casual

Timings: 16:00 to 23:30 hours

Food & Beverage Service

TRAINING PERIOD – (23rd May 2022 - 23rd July 2022)

Restaurant Name – **Sala Da Pranzo**



All day dining restaurant serving global cuisine spanning across- Indian, Oriental, Pan-Asian, Italian, Mediterranean, Continental. This dining experience features interactive live kitchens, private dining sections, and open air verandas with stunning views of lush gardens.

They serve buffet breakfast, lunch and dinner.

Apart from these timings, A La Carte menu is available to order from.

SALA DA PRANZO has 1, 2, 3 section outside restaurant and 4, 5, 500, 6, 7 inside the restaurant and 2 Private Dining Rooms.

Timings: 00:00 to 23:59 Hours

Breakfast- 07:30 to 10:30 am

Lunch- 12:30 to 15:30 pm

Dinner- 19:00 to 22:30 pm

TASK PERFORMED BY ME:-

- Back Area
- Cruet set refilling
- Live counter
- Sugar caddies refilling
- Buffet Setup
- Buffet food Pickup
- Post Buffet Clearance
- Table setup
- Napkin fold
- Side board cleaning
- Section
- Store cleaning and setup
- PDR room- Special setup
- Soiled linen exchange
- Table alignment
- Hostess
- Baby chair cleaning
- Buffet Menu
- Pickup counter
- Ala carte mise en place

I was in F&B Service Department for two months (23rd May 2022 - 23rd July 2022) and during the two months training at the F&B Service Department I had an opportunity to work at the Sala Da Pranzo (SDP) Restaurant.

The work which I have done is:-

- In Back Area I have done wiping of cutleries, crockeries, glasses etc., and stacking them in pickup counter, side board, store, buffet counter etc.
- Every day I had to do Cruet set Refilling that is to remove salt and pepper from shakers and cleaning the cruet set and refilling fresh pepper and salt with few grains of uncooked rice to avoid salt from clumping. The rice grains are known to absorb the moisture and keep the salt dry.
- At Egg (Breakfast) Live counter - I had to take guest orders such as sunny side up omelette, boiled egg, poached egg etc., and request the order to the chef and placed the order on the guest's table.
- Refilled the sugar caddies such as 6 white sugar, 4 brown sugar and 4 sugar free sachets.
- Buffet Food pickup like salads from Garde manger, food dishes from Goan, Indian, Chinese, and Continental etc.
- Removed food dishes and cleaned the buffet counter.
- Placing cutleries for particular dish on underliners, food chafing dish with water inside it, fuel tins, arranging soup spoons on board, bowls, soup underliners, copper bowls, tongs, pizza slicers, cake slicers and crockeries etc. to be placed for buffet setup.
- At Indian (Breakfast) Live Counter – I had to take guest orders such as Aloo Paratha, Gobi Paratha, spicy/non spicy paratha, plain, paneer paratha etc., and Chole bhature/Puri Bhaji by noting guest table no., quantity on note pad and request the order to the chef and placed the order on the guest's table and also to check and clean the buffet counter as well as chafing dishes and also the underliners should be replaced as and when they begin to accumulate food. To coordinate with the chef to get refill the food of the buffet.
- Folding napkins in book shape.

- I had done table setup by wiping the table, placing B&B plate on left side, water goblet on right side, white napkin book fold and cutlery inside it the fork is kept first later the knife then spoon, filled water bottles and kept on table.
- Cleaned side boards, wiped, and stacked the cutleries and crockeries in it.
- Live Counter (Lunch) Starters – I had taken guest request for starters for veg or non-veg.
- I was put on section and I had to handle guest request, cleared the table and also done table setup.
- Wiped and cleaned store racks and arranged store items properly.
- I had set up Private Dining Room for anniversary/ Birthday etc., as per the guest request, set the table according to the number of Pax, by putting table cloth on table, placing B&B plate on left, Water goblet on right side, water bottle, cruet set on centre of table, fork on left and knife and spoon on right side and Rose fold napkin between centre of cutleries.
- Live counter (Afternoon) Italian – Took guests orders such as Arrabbiata pasta, fusilli pasta, Alfredo pasta, A.O.P pasta etc. and Veg/Non veg pizzas etc.
- Exchanging soiled linen by counting and segregating napkins, wiping cloth, torn napkin, tray or salver mats etc., and to write total count of the soiled linen on linen record book.
- Making sure that the table is not wobbling and aligning glasses and table properly.
- As a hostess - I had welcomed the guests and took their room number and asked them whether they want to sit inside or outside of the restaurant corridor and to allocate guests to tables and get them seated. After that to write guest room no, and to check their meal plan on meal plan sheets or

in computer and to write it on guests book record also the total pax of guests per table and also to the section note pad.

- Writing staff allocation on allocation record book.
 - Written VIP Inhouse and VIP Arrivals on record book.
 - Written buffet food and its temperature on record book.
- Cleaned and wiped baby chairs.
- Written Live counter buffet menus on menu board.
- Live Counter (Afternoon) Indian breads – Took orders from guests such as plain Phulka, butter Phulka, Tandoori roti, Naan, etc.
- On Pickup counter I had to follow the K.O.T and kept ready the portion bowl, soup bowl etc., for orders and place the order on the guest's table.
- Filled pickles, mint chutney, dips in bowls and Papad's and Bread basket ready for Ala carte mise en place.

LEARNINGS

- ✓ I have learned how to deal with guest requests.
- ✓ Learned how to do buffet setup.
- ✓ How to exchange soiled linen and how to write it on linen record book.
- ✓ How to do buffet menu tags, firstly to follow the buffet menu and to bring changes if any from the chef and to type it in word document and print those tags and cut it and place those tags.
- ✓ Work of the hostess and how to write guests records by noting their room number and checking the room number on Meal Plan report and checking their meal plan and noting it on guest record book. At lunch and dinner hostess have to write the guest meal plan on note pad kept on different sections.
- ✓ When NR guests comes at restaurant I as a hostess had to take guest details like their contact number and guest name.
- ✓ When NA guests comes at the restaurant I have to take a note of the guest name and search the name on arrival list and make a record.
- ✓ How to maintain staff allocation book record ,VIP Inhouse and VIP Arrivals of guest and the record of Room Count, House Count, Arrivals, Departure, Occupancy, Arrival Room Rate etc.

MEAL PLAN REPORT WITH VALUE ADDED ON PACKAGES

16-06-2021

16-06-2021

Taj Exotica Resort & Spa, Goa

Meal Plan Report with Val Add on Packages

Room No	Guest Name	Adults	Children	Rate Code	Packages	Val Add on Pkg	Arrival Date	Dep Date	COTA/Group	extras drt
531	*Kulkarni, Abhay	2	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
531	*Vundavilli, Chandrasekhara E	0	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
532	*Sanjeev, Ananya	0	0	T20	MAP	15-06-22	18-06-22			Direct payment on MAP
532	*Dimple, Shivani	0	0	T20	MAP	15-06-22	18-06-22			Direct payment on MAP
532	*Mehta, Madhulika	2	1	T20	MAP	15-06-22	18-06-22			Direct payment on map
533	*Shekhar, Vibhanshu	2	1	T20	MAP	15-06-22	18-06-22			Direct payment on map
533	*Prasad, Pulika	0	0	T20	MAP	15-06-22	18-06-22			Direct payment on map
533	*Goyal, Tanu	0	0	T20	MAP	15-06-22	18-06-22			Direct payment on map
601	*Sharma, Pankaj	2	0	TEG20	CP	14-06-22	18-06-22			Drt on BB PLEASE COLLECT TEH VOUCHER
601	*Sharma, Pooja Vinayak	0	0	TEG20	CP	14-06-22	18-06-22			Drt on BB PLEASE COLLECT TEH VOUCHER
604	*Salaria, Amrita	0	0	NSY3	AP	15-06-22	18-06-22	Expedia Group		03 nghts on AP for 02adult+01child to TA, extras drt
604	*Mittal, Saransh	2	1	NSY3	AP	15-06-22	18-06-22	Expedia Group		03 nghts on AP for 02adult+01child to TA, extras drt
604	*Mittal, Sammar	0	0	NSY3	AP	15-06-22	18-06-22	Expedia Group		03 nghts on AP for 02adult+01child to TA, extras drt
605	Srivastava, Shashi	1	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
606	Raghuchandra, Thota	1	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
607	Kapoor, Richaa	1	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
608	*Mallick, Uchhaba	2	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
608	*Sukhdev, Rajeshkumar	0	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
609	*Bhatia, Manju	0	0	T20	MAP	13-06-22	18-06-22			Drt pay including buffet breakfast and one major meal
609	*Bhatia, Vijay	2	0	T20	MAP	13-06-22	18-06-22			Drt pay including buffet breakfast and one major meal
610	*Dongrey, Mukul	2	0	T20	MAP	13-06-22	18-06-22			Drt pay including buffet breakfast and one major meal
610	*Dongrey, Shikha	0	0	T20	MAP	13-06-22	18-06-22			Drt pay including buffet breakfast and one major meal
611	*Subramanian, Gowrishankar	3	0	NU03	CP	16-06-22	19-06-22	Hotel Atrium MAKE MY TRIP (INDIA) PVT LTD		03 nghts on BB for 03 pax to TA, extras drt
611	*Gowrishankar, Aadithya	0	0	NU03	CP	16-06-22	19-06-22	Hotel Atrium MAKE MY TRIP (INDIA) PVT LTD		03 nghts on BB for 03 pax to TA, extras drt
611	*Krishnasamy, Anuradha	0	0	NU03	CP	16-06-22	19-06-22	Hotel Atrium MAKE MY TRIP (INDIA) PVT LTD		03 nghts on BB for 03 pax to TA, extras drt
612	*Singh, Rajvir	2	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
612	*Choudhary, Prashant	0	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
614	*Kolandavelu, Kripakaran	1	0	PWFG1	MAP	16-06-22	22-06-22			Drt on MAP
615	*Sailaja, Jhonnalagadda	2	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
615	*Choudhary, Saroja	0	0	PWFG1	MAP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT
616	Varelnman, Matthew	2	0	PWFG1	MAP	16-06-22	22-06-22			Drt on MAP
617	Pillai, Viswanathan	2	0	KON08	AP	15-06-22	17-06-22	Life Insurance Corporation Of India	LIC INDIA	PKG TO COMPANY EXTRA DRT

SECTION NOTE PAD

[illegible]

GUEST RECORDS REGISTER

[illegible]

PRIVATE DINING ROOM SETUP



BUFFET SET UP



MENU

ALL DAY BREAKFAST

Aloo paratha ■ / 395

Pan-grilled flat bread stuffed with potato, set curd and pachranga pickle

Idli ■ / 395

Steamed rice and lentil pancakes, lentil and vegetable sambar, three chutneys

Poori bhaji ■ / 395

Rich and spicy potato curry, puffy fried bread

Homemade pancakes (contains eggs) ■ / 395

Buttermilk pancakes with fruit compote and mascarpone cream or maple syrup

Your choice of eggs ■ / 395

Poached, scrambled, omelet or fried, home-made hash brown and roast tomato topped with parmesan and pesto

SALAD

Caesar salad ■ / 595

Romaine lettuce with Caesar dressing, chunky croutons, crispy bacon and shaved parmesan cheese - also available with chicken

Greek salad ■ / 595

Marinated feta with cucumber chunks, sliced tomato, red onion, olives and zatar dressing

Tofu carpaccio ■ / 595

Thinly sliced silken tofu, seasonal greens, ginger, chives and soy lime dressing

Burrata salad ■ / 595

Local burrata, baby tomatoes and rocket leaves, aged balsamic and olive oil

SOUPS & STARTERS

Mushroom cappuccino ■ / 395

Frothy and deeply flavoured topped with toasted almonds

Caprese bruschetta ■ / 595

Fresh mozzarella, tomato and basil pesto on toasted ciabatta

Mezze board ■ / 595

Hummus, moutabbel, tabouleh, marinated olive and pickled vegetables with fresh baked pita

Aloo tikki chat ■ / 495

Crispy fried potato patty topped with chickpeas, yogurt and tamarind chutney

Dahi Bhalle ■ / 495

Poached lentil fritters topped with sweet yogurt, cumin and chutney

Classic hot & sour soup ■ / 395

A delicious spicy vegetable and herb soup - also available with chicken

Calamari ■ / 595

Crisp fried and served with lemon and spicy Sriracha mayo

Buffalo style chicken wings ■ / 595

Tossed in buffalo pepper sauce, celery and blue cheese dip

Asian glazed pork ribs ■ / 595

Tender slow roast ribs coated in hoisin sticky sauce

SANDWICHES & BURGERS

Gourmet Exotica burger - tenderloin or chicken schnitzel ■ / 695

Served in a toasted sesame bun with cheddar, lettuce, tomato, mustard mayo and fries

Goan sausage pav ■ / 695

Home cured spicy Goan pork sausages served with pao

Exotica club sandwich ■ / 695

Toasted double decker sandwich, chicken, fried egg, crispy bacon, tomato, lettuce, mayonnaise and fries

TAJ AUTOGRAPH COLLECTION

Autograph dishes curated by our chefs from the world of Taj

Fish & chips ■ / 795

White fish fillet fried in beer batter with chunky chips, mushy peas, tartare sauce and fresh lemon: St. James Court London

Cobb salad ■ / 695

An American garden salad of chicken, bacon, chopped avocado, lettuce, tomato, hardboiled egg, coriander with spring onion and buttermilk dressing: Pierre Hotel, New York

Chicken bunny chow ■ / 795

A South African street food tradition, hollowed out soft bread bun filled with Durban chicken and vegetable curry: Taj Cape town

Fish exotica ■ / 795

Fish and shrimps in turmeric and lemongrass coconut curry with tomato and aubergine sambal, herb salad, and fried shallots, brown and white rice: Taj Exotica Maldives

SALA da PRANZO

FROM GOA

Inspired dishes featuring classic Goan recipes, served with your choice of rice or Goan poi bread and pickles

Vegetable xacuti ■ / 895

Vegetables in poppy seed, dried chili and coconut curry

Goanfish curry ■ / 995

Traditional coconut and kokum curry with Pomfret fish

Prawn balchao ■ / 995

Prawns cooked in onions, chilies, local vinegar, dried prawns and whole spices

Chicken cafreal ■ / 995

Chicken in coriander, green chillies and spices

Pork vindaloo * ■ / 995

Tender pork simmered in a fragrant chilli and vinegar sauce

REST OF THE WORLD

Soul food cooking from Asia and the rest of the world

Grilled vegetable brochette ■ / 995

Marinated peppers, mushrooms, red onion, squash, crushed garlic aioli, potato wedges and house salad

Thai green curry ■ / 995

Spicy curry flavoured with fresh green chilli, lemon grass, coconut and coriander with steamed rice: choose from veg or chicken

Black pepper tofu ■ / 895

Tofu tossed with vegetables in pungent black pepper sauce with rice or noodles

Chilli bean vegetables ■ / 895

Stir fried seasonal fried vegetables in black bean and garlic sauce with rice or noodles

Baked ratatouille filo ■ / 895

Olive mash and rocket salad

Grilled fish ■ / 995

Fillet of fresh local fish, lemon juice, olive oil and tossed rocket salad

Butter pepper garlicking prawns ■ / 995

Shell-on prawns tossed in garlic and black pepper butter, potato wedges and house salad

Nasigoreng ■ / 995

Indonesian fried rice tossed with shrimps, vegetables, chilli and garlic topped with fried egg and fresh lime, served with chicken satay and crackers

Stir fried cashew chicken ■ / 995

Chicken stir fried with onions, peppers, chillies and roasted cashew nuts served with rice or noodles

Sweet & sour fish ■ / 995

Locally caught fish in a classic sweet and sour sauce with pineapple and vegetables served with rice or noodles

Peri Peri chicken ■ / 995

Half chicken roasts in peri peri sauce, potato wedges and house salad

Grilled tenderloin ■ / 995

medallions
Topped with classic Café de Paris butter, grilled tomato, potato wedges and house salad

Bombay vegetable and cheese

grilled sandwich ■ / 695
Grilled sandwich filled with cucumber, tomato, potato, beetroot, peppers, and chutney, topped with grated cheese

Simple Sandwich ■ / 695

Available plain or toasted in brown or white bread, choose from:

Cheese and tomato ■

Roast chicken and mayonnaise ■

Ham and cheese ■

Tuna mayonnaise ■

ACROSS INDIA

All your comfort favourites

Tandoori chicken ■ / 995

Marinated with chilli, yoghurt, aromatic spices charred in clay oven

Fish tikka ■ / 995

Fish cubes marinated in lemon, pepper and yogurt, charred in the clay oven

Malai chicken tikka ■ / 995

Creamy chicken cubes cooked in clay oven

Seekh Kebab ■ / 995

Spiced lamb mince kebabs

Tandoori Prawn ■ / 1095

Basil flavoured prawns

Paneer tikka ■ / 995

Cottage cheese marinated with chilli, garlic, yoghurt, gram flour and charred in the clay oven

Achari broccoli ■ / 795

Broccoli marinated in mustard pickle, cooked in clay oven

Bharwan Aloo ■ / 795

Stuffed potato cooked in clay oven

Butter chicken ■ / 995

Chicken tikka in rich tomato gravy flavoured with fenugreek and spices

Paneer hadhai masala ■ / 795

Rich simmered paneer dish served with bread, kachumber salad and roasted papad

Lamb bhuna gosht ■ / 995

Pot roast spicy lamb masala served with paratha and kachumber salad

Pav bhaji ■ / 795

Classic Bombay street food, thick spicy mashed vegetables served with buttered local pavbread

Chole bhature ■ / 795

Spiced chick pea curry served with golden fried refined flour puffy bread

Kadi chawal ■ / 795

Bengal gram fritters in tempered yogurt curry served with basmati rice and kachumber salad

Murgh or subz biryani ■ / 995

Basmati rice cooked in dum with saffron and spices, served with raita. Choose from chicken or vegetable

SIDES

Sautéed or steamed vegetables ■ / 495

Stir fried seasonal greens ■ / 495

Steamed basmati rice ■ / 295

Aloo jeera ■ / 495

Cumin tempered potatoes

Lassuni palak ■ / 495

Garlic flavoured spinach

Dal tadka ■ / 495

Yellow lentils tempered with cumin, garlic, red chilli and coriander

Dal makhani ■ / 495

Overnight cooked black urad lentil with garlic, tomato, butter and cream

Indian breads ■ / 150

Roti, naan, phulka, missi, laccha parantha, kulcha

French fries, hand cut wedges, mashed potatoes ■ / 295

House salad ■ / 295

Please inform our associate if you are allergic to any ingredients. All prices are subject to government taxes. ■ contains nuts * contains pork ■ : vegetarian ■ : non-vegetarian

PIZZA & PASTA

Margherita pizza ■ / 795

Tomato, mozzarella, and basil

Primavera pizza ■ / 795

Sun dried tomato pesto, asparagus and mozzarella

Penne all'arrabbiata ■ / 795

Penne pasta with chilli parsley and tomato sauce

Mushroom risotto ■ / 795

Made with porcini mushrooms and topped with shaved parmesan cheese

Fusilli alfredo ■ / ■ / 895

Fusilli pasta in parmesan cream. Add mushrooms or chicken

Goan spiced prawns pizza ■ / 895

Tomato, Balchao prawns, chilli, red onion and coriander

Pizza a'ta polo ■ / 895

With chicken, tomato, jalapeño, and mozzarella

Pepperoni pizza ■ / 895

With pepperoni, tomato and mozzarella

Spaghetti Bolognese ■ / 895

Lamb ragout on spaghetti pasta

Seafood risotto ■ / 895

Carnaroli rice risotto with prawns and seasonal seafood



DESSERTS

Tiramisu ■ / 475

Italian dessert chocolate and coffee sauce

Walnut chocolate brownie ■ / 475

Chocolate fudge and walnut layered warm brownie served with vanilla ice cream

Crème brulee with shortbread ■ / 475

Brandy knockout cake ■ / 475

Brandy flavored chocolate and ice cream cake

Rasmalai ■ / 475

Poached cottage cheese and cream dumplings, sweetened with saffron milk and pistachio

Gadbad ■ / 475

Bombay style ultimate ice-cream and fruit sundae

Tubtimkrob ■ / 475

Water Chestnut with syrup and coconut milk

Kulfi – malai or pistachio ■ / 475

Traditional reduced milk ice cream served with Falooda

Ice Cream or sorbet ■ / 475

Your choice of three scoops of ice cream, ask which flavors we have today

Fresh cut fruit ■ / 475

Selection of seasonal fruits and berries



WINE BY GLASS

SPARKLING

Chandon Brut, India

500

Sula Brut, Sula Vineyards, India

500

WHITE WINE

TsinandaliTbilvino, Georgia

695

Sauvignon Blanc, Sula Vineyards, Nashik, India

295



Chenin Blanc, Sula Vineyards, Nashik, India

295

Chardonnay Yellow Tail

ROSE WINE

Shiraz, Rose, Grover Vineyards, Nandi Hills, India

295

Rufete / Baga, Mateus Rose, Rosso Del Val, Portugal

850

RED WINE

Jacob Creek Shiraz

800

Danzante Merlot

695

Sula Cabernet Shiraz

295

Sula Satori

295



SPIRITS

Whisky

Single Malts

Glenfiddich 12 years / 545

Glenlivet 12 years / 545

Scotch

JW Odeys / 8500

Blue Label / 1795

Black Label / 625

Chivas Regal 12 years / 595

Bourbon

Jack Daniel / 545

Vodka

Belvedere / 550

Grey Goose / 545

Absolute / 495

Rum

Bacardi / 375

Old Monk / 345

Gin

Bombay Sapphire / 395

Gordons / 395

Tequila

Patron Silver / 745

Don Julio / 545

Feni

Palm Feni / 225

Cashew Feni / 225

Cognac

Remy Martin XO / 1845

Hennessey VSOP / 745

Beers

Heineken / 175

Corona / 225

Budweiser / 175

Kingfisher / 175

Kings / 175

COCKTAILS

Classic

Gimlet / 395

Gin & lime

Manhattan / 395

Whiskey, vermouth and bitters

Cosmopolitan / 395

Vodka, cointreau, cranberry juice & lime

Mojito / 395

White rum, mint leaves, lime & sugar

Signature

Goan Martini / 295

Palm feni & malibu

Rossa / 295

Cashew feni, tomato juice, tabasco sauce & lime juice

Kiss of Goa / 295

Palm feni, cointreau, grape juice & lime

I am in Red dress / 295

Palm feni, cranberry juice & lemonade

MOCKTAILS

Ginger Zing / 275

Fresh Lime, Mint, Honey and Ginger Beer

Citrus sunshine / 275

Mango, Passion Fruit, Pineapple, Orange and a twist of Lime

LLB / 275

Fresh Lime, Sugar, Lemonade and Angostura Bitters

Yellow and Green / 275

Pineapple, Kiwi and Lemon Juice



NON ALCOHOLIC BEVERAGE

Fresh Juices / 350

Smoothies / 350

Lassi/Buttermilk / 350

Milshakes / 350

Aerated Water / 160

Tonic Water / 160

Sparkling Water / 425

Still Water / 125

Tea / Coffee / 200



Please inform our associate if you are allergic to any ingredients. All prices are subject to government taxes.
■ contains nuts * contains pork ■ : vegetarian ■ : non-vegetarian

Our standard measure for spirits is 30 ml | Our standard pour for a glass of wine is 150 ml

Please feel free to let our servers know if you would like them to mix up other favourite classics.

SALA *da* PRANZO

Burgers & Sandwiches



- Smoke Attack**

466 kcal | 250 gm | Brioche bun, smoked chicken mince patty, Monterey Jack cheese, caramelized onions, bacon, pickles, choice of fries

995
- Byonic Burger**

858 kcal | 650 gm | Rye bun, lamb patty, molten cheese center, caramelized onion jam, pickles, mustard, onions, Arugula, sunny side up, choice of fries

995
- The Beyond Burger**

327 kcal | 250 gm | Pumppernickel bun, pulled jackfruit, homemade barbecue sauce, lettuce, American vegan cheese, tomato, choice of fries

995
- Black Bean**

298 kcal | 250 gm | Sourdough bun, black bean patty, onion, charred bell peppers, avocado, cilantro lime sauce, choice of fries

995
- Lamb Baguette**

394 kcal | 250 gm | French baguette, braised lamb, sauerkraut, grain mustard, roasted garlic, Swiss cheese, rosemary butter, choice of fries

995
- Italia**

378 kcal | 250 gm | Focaccia, roast chicken, truffle mustard, fresh mozzarella, tomato, basil, balsamic, arugula, choice of fries

995
- Mediterranean Panini**

206 kcal | 250 gm | Ciabatta, pesto vegetables, caramelized onion, tomato, choice of fries

995
- Greek Grilled Cheese**

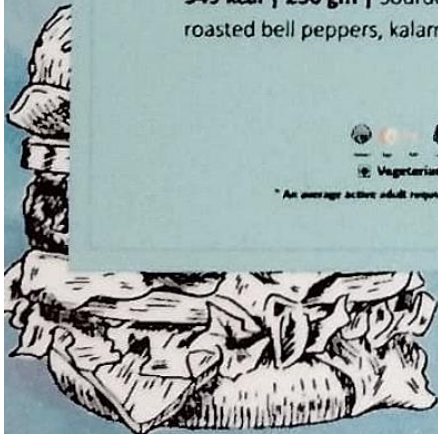
349 kcal | 250 gm | Sourdough, shredded mozzarella, feta, roasted bell peppers, kalamata olives, dill, choice of fries

995

ALLERGEN INDICATORS

Vegetarian Non-Vegetarian Vegan

* An average active adult requires 2000kcal energy per day, however calorie needs may vary.



COCKTAILS MAKING SESSION



We had got an opportunity to learn 5 different cocktails that is Bloody Mary, Negroni, Margherita, Mojito and Sangria and also got to know different mixing techniques that is stirred, muddled, shaken, blend etc.

SUGGESTIONS

Cutlery and Crockery should be more in the department as it leads to delay in order.

The Napkins should be more in the restaurant.

There should be proper uniform for trainees.

CONCLUSION

I would like to conclude that I have been given a great opportunity to do internship in Taj Exotica Resort & Spa, Goa. While learning and gaining a professional experience in F&B department, I enjoyed there and it was the time I felt independent, confident, responsible and realised my decision making power.

I learned a lot as people who I worked with over there taught me various things in the hotel which I never knew.

The goal of my internship training was to get a practical experiences and exposure the difference between the theoretical things and practical implementation of them.

I would always remember the things I have learned when I was working and utilize all the knowledge that I gained for this internship for the future.