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ALIA BHATT REACTS TO CRITICISM OF BEING MISCAST IN 'GANGUBAI KATHIAWADI'



ALIA BHATT HAS BEEN RECEIVING AN OUTSTANDING RESPONSE FOR HER ACTING IN THE FILM 'GANGUBAI KATHIAWADI'. BOLLYWOOD ACTRESS ALIA BHATT IS ALL SET FOR HER NEXT RELEASE 'GANGUBAI KATHIAWADI'. THE ACTRESS HAS BEEN RECEIVING AN OUTSTANDING RESPONSE FOR HER ACTING IN THE FILM. THE TRAILER AND SONGS HAVE ALSO RECEIVED APPRECIATION FROM THE AUDIENCE.

Volvo Cars reports sales of 47,561 cars in January, share of electrified cars over 30 per cent



Volvo Cars reports sales of 47,561 cars in January, a decline by 20.2 per cent compared with the same month last year. Demand for Volvo Cars products remains strong. While production has continued to gradually improve, retail deliveries were held back due to an increase of cars in transit. The supply situation continues to ease, but component shortages will remain a constraining factor for Volvo Cars and the auto industry. Sales of Volvo Cars' Recharge models increased by 11.5 per cent in January year-on-year, accounting for 31.7 per cent of all Volvo cars sold globally during the month. Sales of fully electric cars during the month more than doubled compared with the same month last year and made up 6.6 per cent of total sales. European sales for the month fell 24.8 per cent to 18,691 cars sold. Recharge models made up 53.1 per cent of total European sales during the month. In China, sales declined by 23.6 per cent to 14,629 cars in January. US sales reached 7,110 cars in January, down 12.8 per cent compared with the same month last year. In January 2022, the XC60 was the company's top selling model with 14,516 cars (2021: 17,053 units), followed by the XC40 with 12,286 cars (2021: 17,770 units) and the XC90 with sales of 7,243 cars (2021: 7,564 units).

Canada's Average House Price Up 21%, Hit Record \$748,450

Statistics released today by the Canadian Real Estate Association (CREA) show national home sales remained historically high in January 2022 despite historically low levels of both new and end-of-month supplies of properties for sale.

Highlights:

*.National home sales edged up 1% on a month-over-month basis in January.

*.Actual (not seasonally adjusted) monthly activity came in 10.7% below the record January in 2021.

*.The number of newly listed properties dropped 11% from December 2021 to January 2022.

*.The MLS® Home Price Index (HPI) rose a record 2.9% month-over-month and was up a record 28% year-over-year.

*.The actual (not seasonally adjusted) national average sale price posted a 21% year-over-year gain in January.

Home sales recorded over Canadian MLS® Systems edged up 1% between December 2021 and January 2022. Activity has been generally stable now for four months, running in between the record-highs of last spring and the slowdown posted last summer.

There was an even split between the number of local markets where sales were up and those where sales were down in January, with gains in Calgary, Greater Vancouver and Ottawa offsetting declines in Winnipeg, Montreal, the Fraser Valley and Hamilton-Burlington.

The actual (not seasonally adjusted) number of transactions in January 2022 came in 10.7% below the record for that month, set in 2021.



That said, as was the case throughout the second half of 2021, it was still the second-highest level on record for that month.

"As expected, January was pretty quiet on the new listings side of things, with this year's first big new supply numbers unlikely to emerge until the weather starts to warm up a bit," said Cliff Stevenson, Chair of CREA. "The question is will that supply be overwhelmed by demand as it was last spring, or will we start to see the re-emergence of some of the many would-be sellers who have been hunkered down for the last two years? Either way it is shaping up to be another interesting year for the housing market, and your local REALTOR® has the information and guidance you'll need if you are planning on buying or selling in 2022," continued Stevenson.

POLLUTION CAUSING MORE DEATHS THAN COVID, ACTION NEEDED, SAYS UN EXPERT



GENEVA: Pollution by states and companies is contributing to more deaths globally than Covid-19, a UN environmental report published on Tuesday said, calling for "immediate and ambitious action" to ban some toxic chemicals. The report said pollution from pesticides, plastics and electronic waste is causing widespread human rights violations as well as at least 9 million premature deaths a year, and that the issue is largely being overlooked. The coronavirus pandemic has caused close to 5.9 million deaths, according to data aggregator Worldometer. "Current approaches to managing the risks posed by pollution and toxic substances are clearly failing, resulting in widespread violations of the right to a clean, healthy and sustainable environment," the report's author, U.N. Special Rapporteur David Boyd, concluded. Due to be presented next month to the U.N. Human Rights Council, which has declared a clean environment a human right, the document was posted on the Council's website on Tuesday.



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POST-VAX EXERCISE BUMPS UP ANTIBODIES: STUDY



Around 90 minutes of mild- to moderate-intensity exercise directly after the flu or the Covid-19 vaccine may provide an extra immune boost, suggests a new study.

The study showed that participants who cycled on a stationary bike or took a brisk walk for an hour-and-a-half after getting a jab produced more antibodies in the following four weeks compared to participants who sat or continued with their daily routine post-immunization.

The researchers, including lead author Marian Kohut from Iowa State University, found similar results when they ran an experiment with mice and treadmills.

"Our preliminary results are the first to demonstrate a specific amount of time can enhance the body's antibody response to the Pfizer-BioNTech Covid-19 vaccine and two vaccines for influenza," said Kohut.

The researchers said the study's findings could directly benefit people with a range of fitness levels.

Nearly half of the participants in the study, published in the journal Brain, Behavior and Immunity, had a BMI in the overweight or obese category.

During 90 minutes of exercise, they focused on maintaining a pace that kept their heart rate around 120-140 beats per minute rather than distance.

In the study, the researchers also tested whether participants could get the same bump in antibodies with just 45-minutes of exercising. They found the shorter workout did not increase the participants' antibody levels.

As to why prolonged, mild- to moderate-intensity exercise could improve the body's immune response, Kohut said there may be multiple reasons. Working out increases blood and lymph flow, which helps circulate immune cells. As these cells move around the body, they're more likely to detect something foreign, the researcher said.

EU BODY PROBES LINK BETWEEN PFIZER, MODERNA'S COVID VAX AND MENSTRUAL CHANGES

Europe's medicines watchdog will probe thousands of reports of women suffering menstrual changes after getting Covid vaccines made by Pfizer or Moderna, the Daily Mail reported.

The European Medicines Agency's drug safety committee is investigating both cases of heavy bleeding and missed periods following vaccination. It will look through all the reported incidents in the EU and clinical trial data, as well as review the scientific literature, the report said. The EMA's panel previously investigated the connection between irregular periods and Covid vaccines but could not establish a firm link. It is reopening the case after receiving "spontaneous reports of menstrual disorders" more recently. Women around the world have reported an irregular period after getting the mRNA vaccines, with some studies suggesting the issue affects four in 10 women, the report said. But the EU regulator says there is still no reason to believe the jab impacts fertility i2½ a concern which has driven hesitancy among women. Period irregularities can also be triggered by a Covid itself, other medical conditions and tiredness. So far studies have either pointed to small and short-lived period disruption post-vaccination, or not found a link at all. More than 50,000 reports of period changes, including late periods, have been logged in the UK alone, triggering a review by the Medicines and Healthcare Products Regulatory Agency (MHRA).



VITAMIN D DEFICIENCY CAN REDUCE VAX EFFICACY, INCREASE COVID SEVERITY: EXPERTS



India has started showing declining Covid trends over the past few weeks as the nation is reporting below one lakh Covid infection for the past few days.

On Sunday, India reported below 50,000 Covid cases after 40 days. However, the death toll among people with comorbidities continues to rise in the country.

Dr Amitav Banerjee, Prof & Head of Community Medicines at D Y Patil Medical College Pune, says that the body needs adequate amounts of Vitamin D to maintain and support the immune system against Covid-19.

"Your body needs adequate amounts of Vitamin D to maintain and support the immune system. Studies have shown how Vitamin D deficiencies can reduce vaccine efficacy and also increase the severity of Covid infection in individuals."

Lifestyle changes do not only consist of diet and exercise but stepping outdoors for getting your mandatory dose of Vitamin D is also an important component of a healthy lifestyle, he added further while speaking on the importance of lifestyle in the prevention of diseases during Health4All Episode.

"We have found that young adults are about 4 times more likely to have Vitamin D deficiencies as compared to older adults due to the cultural and social changes that have taken over in the past few decades. Vitamin D deficiency is directly associated with the exposure of skin to the sun. We see even the traffic police are found Vitamin D deficient despite having good exposure to sunlight. They spend reasonably good time in the sunlight but their skin and face are covered and not exposed to the sunlight," added Dr Banerjee.

Dr Sujeet Kumar Singh, Director, National Center for Disease Control (NCDC), had also said recently that around 64 per cent deaths in Delhi are from the unvaccinated group with a major comorbid population.

While speaking at comorbidities and safety measures in Covid times, Dr Vikas Oswal, Managing Director, GIVA Foundation said, "Tuberculosis is one of the underlying respiratory problems that need special focus like we are paying to protect us from Covid. If the immune system is strong and TB bacteria enters your body it doesn't affect you much."

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"Patients tell us they wish more than anything that they could work

"If patients wish to try OTC antihistamines, I urge them to do so under medical supervision," Pinto said, adding the need for further research.

Colour therapy infused with mindful eating, living and clothing contributes to overall health improvements as it changes energies and vibrations for the same. The more you open up your colour palette, the more you can do with your life while progressing in your overall moods and health. The freedom to express yourself through colours creates opportunities for better health, better relationships, a stable mind and a better version of yourself.

- . Avoid using extreme temperatures on the skin (water or air)
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KITCHEN TIP: RETAIN NATURAL GOODNESS OF COLD PRESSED VIRGIN COCONUT OIL



Our health has suffered as a result of the fast-paced lifestyle dictated by our ambitions. With the passage of time, most people are shifting away from sedentary lifestyles and toward fitness. There appears to be a noticeable increase in the availability of healthy products, which, in turn, play an important role in overall wellness. Even the various products found in the kitchen are of a niche nature but are more beneficial. Speaking about items found in our kitchen, one of the most important things we store is our cooking oil. The technique of obtaining these oils, however, is extremely important in terms of their health advantages. Cold-pressed oil is gaining popularity since the method of preparation ensures that the antioxidant content, as well as the flavour and nutritional value, are preserved. On the contrary, refined oil is treated using alkalis, bleaching agents, and acids, which provide consistent viscosity to the final product. The healthiest oil is cold-pressed virgin coconut oil, which can augment energy and improve HDL (good) cholesterol. MCTs (Medium Chain Triglycerides) are abundant in coconut oil, which aids in weight management. Consuming cold-pressed virgin Coconut oil which is pure, unrefined, and extracted from freshly harvested coconuts is an ideal choice for cooking, healthier than other refined vegetable oils. The cold pressing technology helps preserve and retain the natural goodness, vital nutrients, rich aroma and flavour of fresh coconuts. Coconut Oil contains healthy fatty acids that help boost energy and are also known to raise HDL (good) cholesterol in your blood, which is good for your overall. Coconut oil is also high in MCTs (Medium Chain Triglycerides) that help in overall weight management. Dolly Kumar, Founder and Director, Gaia good health shares the benefits of using cold-pressed coconut oil:

Overall Fitness: Medium-chain triglycerides (MCTs), a kind of satu-

rated fat, are abundant in coconut oil. MCTs have the potential to boost the number of calories burned by your body. As a result, it may help people lose weight.

Antimicrobial qualities: Lauric acid is a fatty acid found in coconut oil that accounts for nearly half of the MCTs. It has antibacterial properties that fight against disease-causing germs. Thus, lauric acid proves to be an effective bactericidal agent which can effectively destroy bacteria. Due to this cold-pressed coconut oil offers antibacterial and antifungal characteristics.

Natural energy booster: There are many energy drinks available on the market, but none of them is better than what naturally cold-pressed coconut oil can provide. MCT's found in cold pressed coconut oil are transferred straight to our livers and act as carbs, providing an expansive and ready supply of energy. MCTs have been widely used to formulate sports nutrition diets and are taken by many athletes around the globe.

Skincare expert: Cold-pressed coconut oil can care for your skin with more efficacy than any moisturizer that uses many artificial ingredients. Cold-pressed coconut oil, due to the preservation of all the nutritional properties, provides a therapeutic therapy for the skin, which can aid in the cure of skin diseases like atopic dermatitis. It enhances the moisture retention of chapped and dry skin and also helps in the better functioning of the skin by proving to be a shield against infectious agents, chemicals, and allergens. Improves oral health: Streptococcus mutans is a round bacterium found in the oral cavity. Oil pulling is often used to improve dental hygiene in a cost-effective approach. Swishing cold-pressed coconut oil effectively eliminates S. mutans bacteria from our mouths in comparison to regular mouthwash.

HOW MUCH DOES RAISING A CHILD IMPACT YOUR CAREER?



When it comes to raising children, men and women have different perspectives on the division of household labour-from cooking meals to offering emotional support-reveals a new poll from the Associated Press-NORC Center for Public Affairs Research and the Harris School of Public Policy at the University of Chicago. The new study also reveals important differences in how men and women perceive the impact of having a child on job security and workplace success. Mothers are more likely to say they perform more of the household responsibilities, while fathers are more likely to say they share the responsibilities equally with their partners.

Yana Gallen, Asst. Prof. says, "In fact, 35 per cent of mothers reported doing more than their partner for each of the eight household responsibilities asked about on the survey, compared to just 3 per cent of fathers who reported the same."

"Although the gap between what mothers and fathers report is significant, it is not what either anticipates before they have children-and that's what is so interesting," said Yana at the Harris School of Public Policy who studies the gender pay gap. "Prior to becoming parents, most men and women expect that they will share the division of labour equally across all household activities, but their views on whether that is actually the case diverge after they have a child."

The perceived impacts of having a child are also relevant to the workplace, where half of the adults who have been employed say having a child is an obstacle to employee advancement, and about 4 in 10 say the same regarding job security and the opportunity for a raise. Americans' perspectives on children in the workplace are tied to gender as well, with 47 per cent of women saying that having a child is an obstacle for job security compared to 36 per cent of men. Similarly, adults making less than \$50,000 a year are more likely than higher-income adults to say having a child is an obstacle for job security (50 per cent vs 35 per cent) and job advancement (55 per cent vs 46 per cent). "Women and lower-income Americans are especially likely to feel they are paying a penalty at work for becoming a parent," said David Sterrett, a senior research scientist with the AP-NORC Center. "Whether it comes in the form of limited job choices because of the need for a schedule that accommodates parenting or having less job security, these groups feel they are missing out on career opportunities compared to their co-workers without children." The poll also finds that in order to manage their work and personal lives, two-thirds of adults have chosen a job with a schedule that allows them to manage their other responsibilities and 68% get support from friends or family.

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HAVEN'T TRIED HAIR EXTENSIONS YET?



Offering an emergency fix in uncertain situations hair extensions require low maintenance and are very easy to use. Have you been thinking about trying hair extensions but are not sure if it's worth trying? The elegance of long and shiny hair is not easy to describe in words. Hair extensions come in a variety of types, colours and lengths so that you can match your perfect style. However, the availability of ample options can make it harder for you to make a decision about what you need.

If you are willing to try something new for your hair, these might be exactly what you are eyeing. Let's view them in detail to show why hair extensions are worth trying! shared by Jitendra Sharma, Founder of Hair Originals.

Amuse Your Look With Different Colours: Everyone enjoys colouring their hair but it affects healthy hairs and may even damage the scalp. Hair colours mark lasting damage to the hairs which take place gradually even if the product used in colouring is of the best quality. In this scenario, hair extensions can come to the rescue. Hair extensions can be the right tool to save your hair from such repercussions. The market is filled with highlights and lowlights ombre extensions which are already coloured but you can also add colour to the extensions to make your look different.

Add Length and Volume: For some people, hair growth is not easy and can be frustrating. If you desire long hair but your own hair stops growing after a definite length, then you can switch to hair extensions. They will provide effective results instantly. Adding extensions to your logs will increase the layers and provide volume to your hair. It will make your hair appear a lot thicker. The girth of your hair will give you a prettier look. Hair extension is extremely beneficial to people with

hair growth issues. As they struggle for long hair and are fed up with trying remedies, installing hair extensions will sort out their problem in a blink of an eye.

Create Special Styles: High-quality hair extensions are versatile. They not only create a long-hair look but are also perfect for different hairstyles. Hairstyle is not always about length. Hairstyling is a way to spice up your look. They can also be used to create other different styles that might not be possible with your natural hair. By using hair extensions, you can opt for any hairstyle that makes your appearance more charming. Few additional strips of hair will let you play around with numerous looks. Just style it the way you want and flaunt your look.

Emergency Fixer: We all have been there; you pay for a haircut but the outcome is not as expected. Unfortunately, If you see a hairdresser who is not able to meet your expectations, it's possible that they chop off your hair more than you wanted. It can lead you to a lot of stress and anxiety. Fortunately, hair extensions offer an emergency fix in such situations. You can use Remy hair extensions that will quickly fix the issue. They let you create a different hairstyle like Up-do, low bun, high bun, ponytail or French braid by covering major portions of your bad haircut.

Ideal for Special Occasions: You can easily go for creative and unique styles by using hair extensions, which can be ideal for special occasions. You can use them for weddings, proms, parties, vacations, etc. You go shopping for new apparel and get your make-up done before attending any special occasion. Therefore, it's logical to upgrade your hairstyle to the next level as well. Installing some hair extensions will definitely make you stand out from the crowd. The versatility of hair extensions makes them excellent in a range of scenarios.

THE BOLLYWOOD BOOKCLUB

Bollywood is always busy filming or working on projects, rarely do celebrities have time to do what they enjoy the most. Still, between shoots or the occasional quiet evening at home, they choose a book over everything else. If you haven't read in a while, this might motivate you:

- Mouni Roy**
Mouni Roy, is a voracious reader in addition to cooking various delicacies and spending time with her loved ones. During her honeymoon in Gulmarg the actress passed time reading and posted this picture stating, "The rooms were very still, while the pages were softly turned and the winter sunshine crept in to touch the bright heads & happy faces with white greetings."
- Alia Bhatt**
Alia Bhatt stated on her Instagram that she took time out for a quick read before a shoot because it was her favourite thing to do as a child, getting lost and fascinated by the colours and characters.
- Twinkle Khanna**
Twinkle Khanna went on to become a successful author after her acting career. She is a constant reader. The actress is currently reading "The Appeal," posting a picture on Instagram stating, "I put together a list of mysteries that had me hooked, booked, and helped set the kitchen on fire as I cooked."
- Sonam Kapoor Ahuja**
Sonam Kapoor is a bookworm who has spent most of her time reading. She is so passionate about books that she encourages everyone to read them and develop good reading habits. She posted a picture of herself reading a book with the caption, "However long or short the read, however different the story may be, between every page, happiness exists!"
- Soha Ali Khan**
The library proves Soha Ali Khan loves to read. The actress also encourages one to develop a reading habit and to have a good book collection.



CARRY THESE ESSENTIALS ON YOUR NEXT TRAIN RIDE

COVID-19 variant (Omicron) has unfortunately stretched our fight against the virus to its third year. Though the Indian Railways has requested to exercise general precautions as necessary, such as the postponement of travel dates if not an emergency, some preventive measures are issued by IRCTC that you can take to travel responsibly.

- . Passengers are advised to travel only with confirmed tickets.
- . Face masks & hand hygiene is mandatory to follow.
- . Reach the station at least 90 minutes before departure for necessary Covid protocols.
- . Social distancing to be followed at the station and on the train.
- . Passengers to follow all safety protocols at the station.
- . The catering service is on hold to contain the spread of the virus.
- . No blanket or linen will be provided, if applicable.
- . Long-distance trains will continue as per the schedule, but local trains will operate with 50% of their capacity.
- . Some states may demand a negative RT-PCR test from passengers. It's recommended that a passenger goes through their destination's travel guidelines before hopping on the train.

Is it comparatively safe to travel via trains after COVID 19 vaccination?

Though more than 1 billion people are already vaccinated, it significantly reduces your chances of getting ill and further spreading the virus. But it's important to understand that no vaccine provides 100 per cent protection, so adhering to COVID protocols serves as a smart decision for you and your family.

What safety precautions can you instill while travelling?

Following are a set of standard precautions you can take while you are travelling:

- . Wear masks in public locations where COVID-19 is widespread and physical isolation is not practicable.
- . Avoid congested areas and restricted & enclosed environments with inadequate ventilation.
- . When you're out in public, try to keep a physical distance of at least 1 meter between you and other people.
- . Frequently wash your hands with soap and water or an alcohol-based hand solution.
- . Keep your hands away from your face (eyes, nose, and mouth).
- . Regularly clean and disinfect touched surfaces such as phones, keys, doorknobs, and light switches.
- . Consider the safest dining options if you prefer to eat outside. It is safer to eat outside or order takeout than eat in a closed space.

Before you eat, remember to wash or sanitise your hands properly.

A strict adherence to COVID protocols and guidelines is recommended by the government. If you decide to travel via train to any domestic destination, follow the above guidelines to ensure your safety.

77% OF INDIAN TRAVELLERS HOPE TO FIND TRAVEL ROMANCE ON THEIR NEXT TRIP



Even as the world continues to navigate the pandemic's uncertainties, 2022 will be the year to capitalise on unpredictability. Recent research by leading travel brand Booking.com revealed that finding holiday romances is expected to be on the agenda of Indian travellers this year as they remain optimistic about travel possibilities and make up for lost vacation time. With the Valentine's season upon us, Booking.com's Travel Predictions 2022* research revealed that 2022 will be the year for Indian travellers to branch out and make new connections.

Swipe right on new faces and places

People who have grown tired of swiping through the same faces for the past year and a half will use their favourite dating apps while on vacation in 2022, with travel providing an exciting opportunity to find love. According to research, there will be a resurgence of holiday romances, with 77 per cent of Indian travellers hoping for one on their next trip. In fact, the study found that 74 per cent of Indian travellers prefer to stay near a variety of nightlife options so that they can meet new people. While a vacation can serve as a starting point for holiday romance, it doesn't have to end when the two of you part ways at the end of the trip, thanks to video calls becoming more common in our daily lives.

Travel as a means to expand social circle

Meeting new people is frequently the beginning of a romance. For many, the pandemic meant spending an extended and intense period of time with our closest friends and loved ones, with little time to meet new people. We anticipate that in 2022, travellers will use their vacations to broaden their usual social circles, with 81 percent of Indian travellers wanting to meet new people while away. Furthermore, 77 percent of Indian travellers anticipate socialising while on vacation in order to broaden their social circles. The data shows that Indians will travel to leisure destinations such as Goa, Jaipur, Manali, and Udaipur, as well as metros, from the 11th to the 14th of February 2022 to celebrate. During this time, hotels were the most popular type of accommodation, followed by resorts and guest houses. "The pandemic has forced us to rearrange our priorities in life and realise that freedom has never been more precious than it is now," said Ritu Mehrotra, Regional Manager, South Asia at Booking.com. According to our Travel Predictions 2022 research, travellers will not only reconnect with friends and family in 2022, but will also actively seek out new relationships. Booking.com will be there to help travellers reclaim their travel mojo and enjoy all of the unforgettable experiences travel has to offer as they set out to explore new relationships and meet new people while away."

TAKE AT-HOME CELEBRATIONS A NOTCH HIGHER

The Quinta Ruban is a whisky journey into the wild - a dark and delectable forest where the wind whistles with peppermint gusts and dark swirls of chocolate can occur at any time. It starts soft and fruity in our giraffe-high stills, then gets darker and deeper as it ages for 14 years in bourbon casks and port casks from Portugal. The finished whisky is a thicket of decadent flavour combinations, including walnut and black pepper, mandarin orange and melted marshmallow, and dark chocolate bar and peppermint.

Glenmorangie's Highland whisky makers use limitless imagination and five key ingredients to create delicious single malt whiskies: wood, water, barley, yeast, and time. Dr. Bill Lumsden, the Director of Whisky Creation, was born with a taste for adventure and set out to create a whisky as unpredictable as his travels, which resulted in the Glenmorangie Quinta Ruban 14 Years Old.

Orange Mingle

orange mingle

Ingredients:

- . 45 ml - Glenmorangie Original
- . 2 ml - Orange Marmalade
- . 10 ml - Aperol
- . 15 ml - Lemon Juice
- . 10 ml - Orange Juice
- . 25 ml - Egg White
- . Orange Bitters

Directions:

- . Add all ingredients to a shaker and reverse dry shake.
- . Double strain into a nick and nora glass.
- . Garnish with bitters and edible flowers.

Gleaming Reno

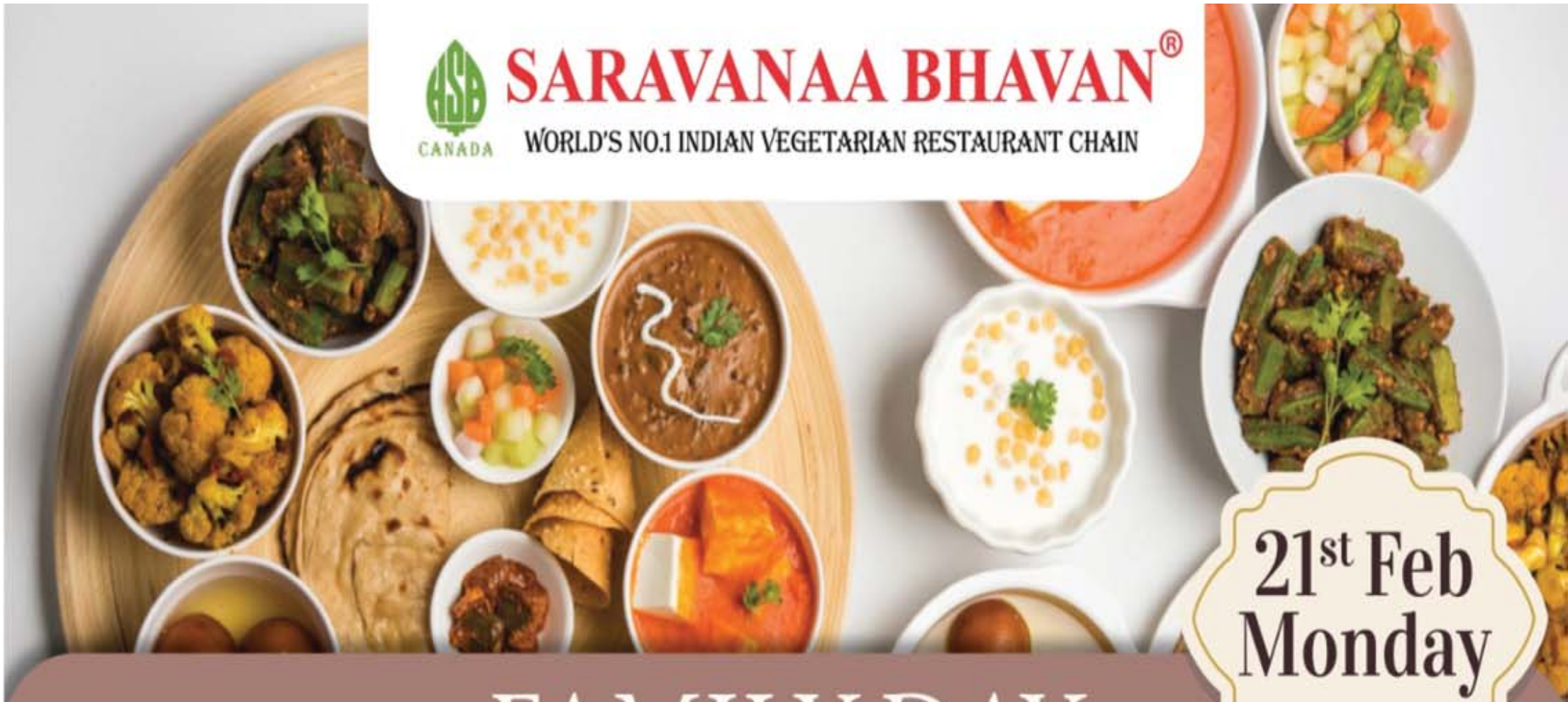
reno

Ingredients:

- . 40 ml - Glenmorangie Lasanta
- . 1/2 a passionfruit
- . 10 ml - Ginger Syrup
- . 15 ml - Pineapple Juice
- . 1 dash Vanilla Bitters
- . 10 ml - Egg White

Directions:

- . Add the whisky, tropical ginger syrup, pineapple juice, lemon juice and egg white into a cocktail shaker.
- . Then scoop the seeds and flesh from half a passion fruit and add them too.
- . Fill with ice cubes and shake well, then strain into a chilled martini glass.
- . And don't forget to bring some bling to the glass.
- . We suggest gold leaf and a lemon twist.



21st Feb
Monday

FAMILY DAY Scarborough Lunch Buffet

Timing: 11.00 AM to 04.00PM

Unlimited Dosa & Poori

Special Menu

Mix Veg Sambar | Mint Rasam | Eggplant Kootu | Tandoora Special Kulambu
Beans Usuli Poriyal | Potato Karakari Poriyal | Bisibelabath (Sambar Rice)
White Rice | Curd | Cucumber Pachadi | Vegetable Biriyan | Kadai Paneer
Applam | Medhu Vada | Pista Roast Rava Kesari Sweet | Gulab Jamun
Tiffin Sambar | White & Dhal Chutney | Vegetable Kurma | Plain Dosa | Poori
More Milagai | Pickle | Onion Pakora



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