# **HEALTHY EATS**

### **GREEN SALAD**

GREEN SALAD INCLUDES OUR SELF GREEN LEAFY VEGGIES ALONG WITH TOMATO, BELLPEPPER & SEASONAL VEGGIES, SERVED WITH YOUR CHOICE OF DRESSING & PROTEINS.

ADD ONS:	
VEG PANEER EGG CHICKEN FISH	$\begin{array}{c} 159.00\\ 199.00\\ 179.00\\ 219.00\\ 279.00\\ \end{array}$
SPROUT & KACHUMBER SALAD BEANS SPROUTS MIXED WITH KACHUMBER OF TOMATO, CUCUMBER & ONION SERVED WITH CREAMY PARSLEY DRESSING.	
VEG PANEER EGG CHICKEN FISH	159.00 199.00 179.00 219.00 279.00
CHICKPEA & SAUTEED VEGGIES SALAD CHIKPEA & DICED SAUTEED VEGGIES WITH THE DRESSING OF YOUR CHOICE.	
CHICKPEA BOILED EGG (2 PC) GRILLED PANEER GRILLED CHICKEN GRILLED FISH	169.00 179.00 219.00 229.00 299.00

### DRESSING CHOICE: (INCLUDED)

- APPLE CIDER VINAIGRETTE
- BALSAMIC VINAIGRETTE •
- ORANGE JALAPENO DRESSING •
- CREAMY PARSLEY GARLIC DRESSING
- CREAMY CILANTRO LEMON DRESSING



•	QUINOA ROSTED ALMOND SLICE ROASTED MIXED SEEDS PARMESAN CHEESE MOZZARELLA CHEESE MIX FRUIT KIWI STRAWRWRRY	50.00 50.00 30.00 70.00 50.00 50.00 50.00 50.00
•	STRAWBWRRY	50.00

### DRESSING CHOICE: (EXTRA)

• APPLE CIDER VINAIGRETTE	50.00
<ul> <li>BALSAMIC VINAIGRETTE</li> </ul>	50.00
<ul> <li>ORANGE JALAPENO DRESSING</li> </ul>	50.00
CREAMY PARSLEY GARLIC DRESSING	50.00
CREAMY CILANTRO LEMON DRESSING	50.00

# HEALTHY EATS

### **CAESAR SALAD**

REPLICA OF CAESAR SALAD, NON-MAYO VEG DRESSING MADE WITH YOUGHURT MIXED WITH OUR SELF GROWN ROMAINE LETTUCE, TOMATO, CUCUMBER, CRUTONS AND TOPPED WITH GRATED PARMESAN CHEESE, SLICED BLACK OLIVE AND CAPERS.

 VEG
 199.00

 PANEER
 229.00

 CHICKEN
 239.00

 FISH
 299.00

### QUINOA AND NUTS SALAD

BOILED QUINOA MIXED WITH CHOPPED VEGGEIS, TOPPED ROASTED NUTS AND SEEDS SERVED WITH CREAMY CILANTRO LEMON DRESSING. VEG PANEER CHICKEN FISH 219.00 249.00 259.00 329.00
259.00 259.00

**CAPRESE SALAD WITH GRILLED CHERRY TOMATO** CAPRESE SALAD MADE WILL GRILLED CHERRY TOMATO AND DICED MOZZARELLA CHEESE WITH DRESSING OF BALSAMIC VINAIGRATTE.

FRUIT SALAD						219.00
SEASONAL FRUITS	SERVED WITH	CREAMY	PARSLEY	GARLIC	DRESSING.	219.00

SUMMER MELON SALAD MIX FRUITS SERVED INSIDE WATER MELON CUBE AND TOPPED WITH FRESH MINT.

**GRILLED PANEER WITH SALAD** 2 PCS OF GRILLED PANEER SERVED WITH ORANGE JALAPENO SALAD, ALONG WITH SAUTEED VEGETABLES & HONEY LEMON SAUCE. 399.00

**GRILLED CHICKEN WITH SALAD** 2 PCS OF GRILLED CHICKEN SERVED WITH APLLE CIDER VINEGAR SALAD, ALONG WITH SAUTEED VEGETABLES & BUTTER GARLIC SAUCE.

PAN FRIED FISH WITH SALAD 2 PCS OF PAN FRIED FISH SERVED WITH CAESER SALAD, ALONG WITH MASHED POTATO & HONEY LEMON SAUCE.



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539.00

439.00

219.00

# **HEALTHY EATS**

LETTUCE WRAP CRUNCHY VEGGIES MIXED WITH YOGHURT BASE RANCH AND YOUR CHOICE OF PROTIEN SERVED WITH LETTUCE. JUST WRAP AND BITE A MOUTH FULL.

CHICK PEAS	129.00
• EGG	149.00
PANEER	179.00
CHICKEN	189.00
• FISH	219.00

### MULTIGRAIN TORTILLA WRAP

CRUNCHY VEGGIES MIXED WITH YOGHURT BASE RANCH AND YOUR CHOICE OF PROTIEN, WRAPPED WITH MULTIGRAIN TORTILLA WRAP.

CHICK PEAS	129.00
• EGG	149.00
	143.00
PANEER	179.00
CHICKEN	189.00
• FISH	210 0.0
1 1011	219.00

### MULTIGRAIN SANDWICH

CRUNCHY VEGGIES MIXED WITH YOGHURT BASE RANCH AND YOUR CHOICE OF PROTIEN, FILLED INSIDE MULTIGRAIN BREAD.

•	VEG	139.00
	EGG	159.00
•	PANEER	189.00
•	CHICKEN	199.00
•	FISH	249.00
		210.00

# SANDWICH

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WHOLE WHEAT SANDWICH CRUNCHY VEGGIES MIXED WITH YOGHURT BASE RANCH AND YOUR CHOICE OF PROTIEN, FILLED INSIDE WHOLE WHEAT BREAD. VEG • EGG PANEER • • CHICKEN • FISH

**\*ADDON** GREEN SALAD SLICE CHEESE

60.00 25.00





139.00

159.00

189.00

199.00

249.00

# HEALTHY DRINKS

	<b>GREEN SMOOTHIE (SWEET)</b> WEIGHT LOSS SMOOTHY PREPARED WITH GREEN LEAVES, KIWI, DATES AND CURD. IT BOOST YOUR ENERGY FOR ALL DAY CALORIE BURN.	169.00
Ξ	<b>BEETROOT SMOOTHIE (SWEET)</b> DETOXIFYING SMOOTHY PREPARED WITH BEETROOT, STRABERRIES, BANANA, APPLE AND CURD. IT WILL GIVE YOU A FRESH DAYS AHEAD.	169.00
00	<b>OATS SMOOTHIE (SWEET)</b> EASY DIGESTIVE SMOOTHY PREPARED WITH OATS, BANANA, DATES AND CURD. IT WILL SATISFY YOUR APETITE AND HELP REDUCE FAT.	149.00
SA	CHICKPEA AND CURD SMOOTHIE (HOT AND SALTY) HIGH PROTIEN SMOOTHY PREPARED WITH CURD AND CHICKPEA. IT WILL KEEP YOUR STOMACH FULL FOR A LONGTIME.	119.00
×	<b>CUCUMBER AND MINT DETOX WATER</b> DETOX WATER PREPARED WITH CUCUMBER, MINT, HONEY AND LEMON GIVE YOU INSTANT FRESHNES AND ALL DAY ENERGY IN A GLASS.	59.00
	<b>CHHASS</b> INDIAN SPICY BUTTER MILK PREPARED WITH CURD, HEARB AND SPICES COOL YOU INSTANTLY AND GIVE YOU A FRESH START.	89.00
5	GREEN JALZEERA SUPER COOL SPICY JALJEERA WATER KICK OUT YOUR TIREDNESS ON	79.00
1	THE SPOT.	



# LITTLE BIT CHEAT

E S	VEG CHEESE SANDWICH REFINED FLOUR BREAD GRILLED AND FILLED WITH SLICED TOMATO, CUCUMBER AND ONION DRESSED WITH OUR SPECIAL MAYO BASED SAUCE.	119.00
CH	CLASSIC CHICKEN/PANEER SANDWICH WITH SALAD REFINED FLOUR BREAD GRILLED AND FILLED WITH GRILLED CHICKEN OR PANEER MIXED WITH OUR SPECIAL CHEESE MAYO SAUCE.	149.00
N	<b>GRILLED BBQ CHICKEN/PANEER SANDWICH</b> REFINED FLOUR BREAD GRILLED AND FILLED WITH GRILLED CHICKEN OR PANEER MIXED WITH OUR SPECIAL BERBEQUE SAUCE.	189.00
ND	PANEER AND CORN CHEESE SANDWICH REFINED FLOUR BREAD GRILLED AND FILLED WITH GRILLED PANEER AND SWEET CORN MIXED WITH OUR SPECIAL CHEESE MAYO SAUCE.	159.00
SAI	SALAD SANDWICH (CHICKEN/PANEER) SANDWICH FILLED WITH OUR RACH BASED GREEN SALAD WITH YOUR CHOICE OF PROTIEN.	199.00
	TORTILLA WRAP WITH VEGGIES TORTILLA WRAP PACKED WITH CRUNCHY RAW AND BOILED EXOTIC VEGGIES WITH HONEY MUSTARD MAYO SAUCE.	119.00
PS	TORTILLA WRAP WITH GRILLED PANEER TORTILLA WRAP PACKED WITH GRILLED PANEER ALONG WITH CRUNCHY RAW AND BOILED EXOTIC VEGGIES WITH HONEY MUSTARD MAYO SAUCE.	149.00
RA	TORTILLA WRAP WITH GRILLED CHICKEN TORTILLA WRAP PACKED WITH GRILLED CHICKEN ALGG WITH CRUNCHY RAW AND BOILED EXOTIC VEGGIES WITH HONEY MUSTARD MAYO SAUCE.	169.00
>	TORTILLA WRAP WITH GRILLED FISH TORTILLA WRAP PACKED WITH GRILLED CHICKEN ALGG WWITH CRUNCHY RAW AND BOILED EXOTIC VEGGIES WITH HONEY MUSTARD MAYO SAUCE.	219.00
	*ADDON GREEN SALAD SLICE CHEESE 25.00	MAR
MO	PANEER AND VEG CHEESE MOMO THIN SKIN MOMOS FILLED WITH MIX OF CRUSHED PANEER, CHOPPED VEGGIES AND CHEESE SEASONED WITH OUR OWN SPECIAL SPICES.	149.00
OMOM	CHICKEN AND CHEESE MOMO JUICY MOMOS FILLED WITH MIX OF MINCED CHICKEN, CHEESE AND SEASONED WITH OUR SPECIAL SPICES.	149.00

# LITTLE BIT CHEAT

-	ALFREDO PENNE PASTA VEG PENNE PASTA AND EXOTIC VEGGIES LIKE BROCCOLI, BABY CORN, BELL PEPPER TOSSED WITH CREAMY AND CHEESY ALFREDO SAUCE.	249.00
STA	ALFREDO PENNE PASTA CHICKEN PENNE PASTA AND GRILLED CHICKEN TOSSED WITH CREAMY AND CHEESY ALFREDO SAUCE.	279.00
PA	AGLE O ALIO PEENE PASTA VEG PENNE PASTA AND EXOTIC VEGGIES LIKE BROCCOLI, BABY CORN, BELL PEPPER TOSSED WITH OLIVE OIL AND FRESH HERB RICH SAUCE.	249.00
	AGLE O ALIO PENNE PASTA CHICKEN PENNE PASTA AND GRILLED CHICKEN TOSSED WITH OLIVE OIL AND FRESH HERB RICH SAUCE.	259.00
	<b>PERI PERI FRENCH FRIES</b> POTATO FRENCH FRIES SEASONED WITH PERI PERI SPICES.	99.00
	FISH FRY FISH FRY SEASONED WITH OUR OWN SPECIAL SPICES.	149.00
S	FISH FINGER (4 PIECES) 4 PC FSH FINGER SERVED WITH OUR OWN SPECIAL SPICES.	169.00
ш	CHICKEN NUGGETS 8 PC CHICHEN NUGGETS SERVED WITH OUR OWN SPECIAL SPICES.	149.00
FR	CHICKEN FINGER 6 PC CHICHEN FINGRS SERVED WITH OUR OWN SPECIAL SPICES.	129.00
	*ADDON GREEN SALAD 60.00	
TS	FRUIT CUSTARD (COMING SOON)	
8	TIRAMISU (COMING SOON)	
SE	HOT BROWNEI WITH ICECREAM (COMING SOON)	
DES	MUDPIE (COMING SOON)	

	BLACK/LEMON TEA (150 ML)	29.00		
	MASALA TEA (150 ML)	39.00		
	MAKAIBARI TEA (300 ML)	119.00 149.00	I	
	HIBISCUS TEA (300 ML)	149.00		HO
	BLUE TEA (300 ML)	149.00	-	-
	CHAMOMILE TEA (300 ML)	149.00		BEV
	INSTANT COFFEE WITH MILK	(150 ML) 49.00		ER
	INSTANT COFFEE - BLACK (1	45.00		AG
	INSTANT COFFEE - CAPPUCIN			ES
	MEDIUM ROASTED ATTIKAN CA			
	MEDIUM ROASTED CAFE LATT	113.00		
	MEDIUM ROASTED CAFE MOCH			
		A (250 ML) 179.00		
		ICED TEA	79.0	0
	TEA	ICED BLUE TEA	149.0	0
	TEA	ICED CAMOMILE TEA	149.0	0
ES		ICED HIBISCUS TEA	149.0	0
9				
RA		COLD COFFEE	119.0	0
N		COLD COFFE WITH ICE CREAM	149.0	0
BE	COFFEE	COLD COFFEE MOCHA	149.0	0
LD	UUIILL	COLD COFFEE MOCHA WITH ICE CREAM	179.0	0
COLD BEVE		CAFE FRAPPE	179.0	0
		FRESH LIME SODA	79.0	0
	EDECUMED		149.0	
	FRESHNER	STRAWBERRY BLUE LAGOON	149.0	