



## Salads

■ **VITAMIN-C BOWL** | 103 cal **250**  
orange, grapefruit, avocado, pimentos, brussels sprout, kale with citrus dressing

■ **AVOCADO & FRESH HERBS** | 169 cal **250**  
avocado, red radish, melon seeds, coriander, flat parsley & spring onion

■ **PROTEIN BOWL** | 225 cal **200**  
steamed moong, chana, edamame, cucumber, kale & baby romaine with lemon dressing

## Lite Bites

■ **AVOCADO MULTIGRAIN TOAST** | 206 cal **350**  
multigrain toast, cheese & avocado slice  
• **Goat cheese**

■ **MAKE YOUR OWN SANDWICH - GRILLED, PLAIN OR TOASTED**  
• **Breads**  
focaccia, multigrain, ciabatta, sour dough, ray bread, panini, gluten free

■ **• Spreads**  
butter, cream cheese, mint chutney, mayonnaise, mustard, pesto

■ **• Dips**  
cheese sauce, cocktail sauce, barbeque sauce, tomato relish, mint yogurt sauce

■ **• Vegetarian fillings** | 359 cal **300**  
cucumber, tomato, onion, capsicum, potato, beetroot

▲ **• Non-Vegetarian fillings** | 611 cal **400**  
grilled chicken, tuna, bacon, ham

## Nibbles

■ **HUMMUS PLATTER** | 578 cal **300**  
classic hummus & beet hummus with crispy pita

■ **BAKED VADA PAV** | 516 cal **150**  
savory danish roll

■ **PAPPAROTI**  
rich malaysian bun  
• **Nutella** | 371 cal **200**  
• **Plain** | 250 cal **150**

## Sip & Swirl

■ **CHOCOLATE FRAPPE** | 564 cal **300**  
a rich and creamy blend of chocolate & ice

■ **OATS, BANANA & PEANUT BUTTER SMOOTHIE** | 456 cal **300**  
oats, banana, peanut butter, sweet basil, yogurt, honey

■ **AVOCADO & SPINACH SMOOTHIE** | 447 cal **350**  
avocado, spinach, yogurt & honey

■ **JAMUN & STRAWBERRY SMOOTHIE** | 210 cal **300**  
jamun, strawberry, black salt & lemon

## Fresh Cold Pressed Juices

■ **ABC** | 172 cal **250**  
apple, beetroot & carrot juice

■ **IMMUNITY BOOSTER** | 169 cal **250**  
carrot, beetroot, cucumber, amla, fresh turmeric, spinach, kale

## Dessert on The Go

|                                                                                                                                              |     |                                                                                                                                          |     |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <ul style="list-style-type: none"> <li><b>FLOURLESS SUGAR FREE CHOCOLATE CAKE</b>   429 cal<br/>almond sponge with dark chocolate</li> </ul> | 250 | <ul style="list-style-type: none"> <li><b>EASY LACE COOKIES</b>   455 cal<br/>gluten free cookies stuffed with nutella spread</li> </ul> | 200 |
| <ul style="list-style-type: none"> <li><b>DARK CACAO TART WITH FRESH BERRY</b>   475 cal</li> </ul>                                          | 250 | <ul style="list-style-type: none"> <li><b>GRANOLA BAR DIPPED DARK CHOCOLATE</b>   470 cal</li> </ul>                                     | 150 |
| <ul style="list-style-type: none"> <li><b>SUGAR FREE DRY FRUITS LADOO JAR</b>   427 cal</li> </ul>                                           | 250 | <ul style="list-style-type: none"> <li><b>TIRAMISU JAR</b>   283 cal</li> </ul>                                                          | 200 |

## Hot Brews

|                                                                                        |     |                                                                                                                                      |     |
|----------------------------------------------------------------------------------------|-----|--------------------------------------------------------------------------------------------------------------------------------------|-----|
| <ul style="list-style-type: none"> <li><b>FRESHLY BREWED COFFEE</b>   02cal</li> </ul> | 325 | <ul style="list-style-type: none"> <li><b>MASALA TEA</b>   105 cal</li> </ul>                                                        | 325 |
| <ul style="list-style-type: none"> <li><b>ESPRESSO</b>   02 cal</li> </ul>             | 325 | <ul style="list-style-type: none"> <li><b>HERBAL TEA</b>   03 cal<br/>green tea/ chamomile tea</li> </ul>                            | 325 |
| <ul style="list-style-type: none"> <li><b>CAPPUCCINO</b>   110 cal</li> </ul>          | 325 | <ul style="list-style-type: none"> <li><b>TEA</b>   105 cal<br/>(earl grey/lemon tea/assam/darjeeling/ english breakfast)</li> </ul> | 325 |
| <ul style="list-style-type: none"> <li><b>CAFÉ LATTE</b>   136 cal</li> </ul>          | 325 |                                                                                                                                      |     |
| <ul style="list-style-type: none"> <li><b>HOT CHOCOLATE</b>   240 cal</li> </ul>       | 325 |                                                                                                                                      |     |

## Beverages

|                                                                                        |     |                                                                          |     |
|----------------------------------------------------------------------------------------|-----|--------------------------------------------------------------------------|-----|
| <ul style="list-style-type: none"> <li><b>PROTEIN SHAKE</b></li> </ul>                 | 250 | <ul style="list-style-type: none"> <li><b>FLAVOURED WATER</b></li> </ul> | 100 |
| <ul style="list-style-type: none"> <li><b>FLAVOURED KOMBUCHA</b></li> </ul>            | 150 | <ul style="list-style-type: none"> <li><b>COCONUT WATER</b></li> </ul>   | 100 |
| <ul style="list-style-type: none"> <li><b>HIMALAYAN WATER 500ML</b></li> </ul>         | 100 | <ul style="list-style-type: none"> <li><b>GATORADE</b></li> </ul>        | 100 |
| <ul style="list-style-type: none"> <li><b>OAT MILK</b></li> </ul>                      | 150 | <ul style="list-style-type: none"> <li><b>BLACK WATER</b></li> </ul>     | 100 |
| <ul style="list-style-type: none"> <li><b>NATURAL MINERAL WATER (750ML)</b></li> </ul> | 150 |                                                                          |     |

## Merchandise

|                                                                     |     |                                                                          |     |
|---------------------------------------------------------------------|-----|--------------------------------------------------------------------------|-----|
| <ul style="list-style-type: none"> <li><b>JACK FRUIT</b></li> </ul> | 150 | <ul style="list-style-type: none"> <li><b>ROASTED MAKHANA</b></li> </ul> | 170 |
| <ul style="list-style-type: none"> <li><b>MAKHANA</b></li> </ul>    | 170 | <ul style="list-style-type: none"> <li><b>PINEAPPLE CHIPS</b></li> </ul> | 130 |

## Homemade Pickles

|                                                                                                                                                            |     |                                                                                                                                                                        |                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <ul style="list-style-type: none"> <li><b>VEGETARIAN</b> <ul style="list-style-type: none"> <li>• Mango, Chili lemon, Jack fruit</li> </ul> </li> </ul>    | 250 | <ul style="list-style-type: none"> <li><b>NON-VEGETARIAN</b> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Prawns</li> <li>• Lamb</li> </ul> </li> </ul> | 300<br>400<br>450 |
| <ul style="list-style-type: none"> <li><b>RELISHES</b> <ul style="list-style-type: none"> <li>• Papaya relish, Carrot &amp; raisins</li> </ul> </li> </ul> | 250 |                                                                                                                                                                        |                   |

All the above pickles are made in mustard oil | Pickles can be made with your choice of oil upon request, with a minimum order quantity of 1 kilogram placed at least 48 hours in advance.

The oil options are below.

Extra virgin olive oil, olive oil, Ground nuts oil and Alsi oil.