



Ph.: 9779944558

LEAN KITCHEN

CALCULATED NUTRITION



*Get 15% Discount On Full Variant Meals
Throughout Our Menu (for Monthly Pack)*

Shop No - 27-B, Main Market Sector-14, Sonapat

TOASTS

- Cheese Tomato Tofu Toast 80/-
- Cheese Tomato Garlic Toast 90/-
- Cheese Veg. Olive Toast 90/-
- Avocado Tomato Toast 140/-

JUICE

- Watermelon Juice 80/-
- Pineapple Juice 80/-
- Pomegranate Juice 100/-
- Mosambi Juice 80/-

SHAKES

- Banana 90/-
- Mango 90/-
- Papaya 90/-
- Mix Fruit 90/-
- Protein Shake with Banana or Berries 100/-
- With Skimmed Milk 149/-
- Mixed Berry Blast 180/-

(Fresh blueberry and Strawberry blended with skimmed milk and a pinch of honey)

WRAPS

- Healthy Chicken Wraps 160/-
- Healthy Paneer Wraps 140/-
- Omelette Wrap with Iceberg lettuce 120/-

PASTA

- All Veggies White Sauce Pasta 129/-
(Energy Kcal: 488, Protein: 12gm, Carbs: 50gm, Fat: 15gm)
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- Chicken Breast Pasta 180/-
(Energy Kcal: 330, Protein: 27gm, Carbs: 38gm, Fat: 7gm)

DETOX

- Soul Cleanse 150/-
(Your Daily Detox) Green Apple, Carrot, Cucumber + Ginger + Lemon)
-
- Green Grass 180/-
(Avocado, Cucumber, Green Apple, Green salad leaves, Parsley and Lemon fresh)
-
- Red Ribbon 120/-
(Beetroot, Carrot, Cucumber, Ginger and Green Leaves)



Half / Full

Protien Booster Chicken Salad

(Assorted Lettuce, Quinoa, Grilled Chicken, Broccoli, Kidney Beans, Green Olives, Pumpkin Seeds, Almonds, Tossed with Balsamic, Lemon Dressing)
(Energy Kcal: 380, Protein: 29.2gm, Carbs: 31.6gm, Fat: 15.2gm, Fibre: 11gm)

150/- 200/-

Chicken Ceaser Salad

(Grilled Chicken, Assorted Lettuce, Olives, Cherry Tomato, Mixed Peppers, Broccoli, Croutons Tossed with Ceaser Dressing and Parmesan Shavings)
(Energy Kcal: 280, Protein: 27gm, Carbs: 9gm, Fat: 13.3gm, Fibre: 11.2gm)

150/- 200/-

Grilled Chicken Breast with Sauteed Vegetables

(Energy Kcal: 235, Protein: 31.2gm, Carbs: 4.6gm, Fat: 10.5gm)

150/- 200/-

Non-Veg Chef Special Salad

(Grilled Chicken Breast, Boiled 1 Egg, Mushroom, Corn, Iceburg Lettuce, Beans Cucumber, Fresh Onion, Carrots, Chickpeas, Olives, Cherry Tomato, Broccoli, Vinaigrette Dressing)

160/- 220/-

Brown Rice/Plain Rice Chicken

(Grilled Chicken Breast, Tossed Brown Rice with Veggies with Corn, Peas, Capsicum with Chilly Garlic and Barbeque Topping) (Protein: 40/75gm, Carbs: 45gm, Fat: 32gm)

150/- 200/-

Peri-Peri Chicken Sub

(Peri-Peri Chicken with Veggies: Cucumber, Onion, Iceburg Lettuce, Jalepeno, Olives, Capsicum, Dressing: Mustard, Mayonnise, Chilli Garlic, Barbeque in Multigrain 6" Sub) (Protein: 30gm, Carbs: 38gm, Fat: 10gm)

--- 180/-