

GUPSHUP - Redefining Food

FOOD MENU



GUPSHUP

REDEFINING FOOD

• Located at Raghuvanshi Mills, Lower Parel

GupShup is a pure vegetarian multicuisine restaurant serving exciting fusion and healthy flavours from India and beyond. Whether you're craving comforting classics or international delights, our menu has something for every age, mood, and craving.

From signature soups and salads to Indian & global starters, kids' specials, dosas, pizzas, pastas, falafels, sizzlers, North Indian and Chinese mains — we've curated it all to keep you coming back for more.

Don't miss our live Juice Bar, refreshing mocktails, and indulgent desserts — perfect to end your meal on a sweet note (even if you're already full!).

LA POTTAGE / SOUPS

MEXICAN SOUP ₹245

Traditional Mexican pot soup loaded with spiced vegetables and tortilla chips

KHOWSUEY SOUP ₹349

MONCHOW SOUP ₹225

Traditional chinese soup

LEMON CORIANDER SOUP ₹225

A Healthy Soup with Refreshing Combination of Lemon

SWEET CORN SOUP ₹225

Delicious Soup Made from fresh American Sweet Corn

TOMATO BASIL SOUP ₹215

Blended tomato with basil leaves

VEG HOT AND SOUR SOUP ₹225

Chinese traditional soup

VEG CLEAR SOUP ₹215

A non spicy clear soup made with mixed vegetables

CREAM OF BROCCOLI ₹275

A creamy soup smoked with flavor of garlic broccoli



WORLD OF SALADS

TABBOULEH SALAD ₹475

Finely chopped parsley, with tomatoes, red quinoa, onion, lettuce and seasoned with olive oil, lemon juice

WATER CHESTNUT RAW MANGO ₹395

Water chestnut with thin slices of raw mango and chili with a pinch of sugar

FALAFEL SALAD ₹499

Falafel, Parsley, chopped tomatoes, Spiced chickpeas, Hummus with veggies tossed in olive oil





SNACKS

PAV BHAJI FONDUE	₹599
MAGGI CRISP BALLS crispy maggi balls served with spice sauce	₹275
CHEESE GARLIC BREAD Fresh farmer bread with cheese and garlic	₹275
FRENCH FRIES	₹199
PERI PERI FRENCH FRIES	₹249
BANANA FRIES	₹225
PAV BHAJI	₹249
CHEESE PAV BHAJI	₹299
MASALA PAV	₹249

APPETIZERS- Specials

PANEER HILL TOP Paneer slices with layers of onion tomato and capsicum with cheese stuffing marinated in different masala	₹399
MINI BAKED VADA PAV	₹299
TANDOORI BAKED VADA PAV	₹399
MEXICAN CORNITOS Cone shaped tortilla stuffed Italian gravy topped with lettuce and salsa	₹375
SOYA CHAAP TIKKA	₹399
SOYA CHAAP AFGHANI	₹399
CRISPY CHILLY LOTUS STEM	₹399
WATER CHESTNUT CHILLY	₹399





ITALIAN AND MEXICAN ANTIPASTI

ORIGINAL NACHOS ₹375

NACHOS WITH BEANS ₹425

NACHOS PLATTER ₹399

Three types of crispy tortilla chips with cheese, refined beans and salsa

ROYAL NACHOS ₹499

Crispy tortilla chips topped with cheese sauce, olives, jalapeno, guacamole, salsa and sour cream

SPINACHY SALSA ₹349

Creamy spinach dip served with thin crispy toast

SPECIAL TACOS ₹399

Tortillas stuffed with cottage cheese, baby corn, refined beans, roasted capsicum. Topped with salad and cheese

CHEESE CORN BALLS WITH SALSA ₹349

Corn balls filled with melted cheese

JALAPENO STICKS ₹337

Jalapenos stuffed with cheese

CLASSIC BRUSCHETTA ₹325

CHEESE FONDUE ₹649

Hot cheese served with crispy bread and assorted veggies

FONDUE DE PESTO ₹699

Fondue made with basil and spinach - pure perfection

AGLIO OLIO POTATOES ₹375

Crispy baby potatoes tossed with garlic and olive oil with Italian herbs

SPICY MAYO POTATOES ₹375

Crispy baby potatoes with spicy mayo topped with chopped onion



INDIAN AND CHINESE STARTERS

PANEER TIKKA	₹375
Cottage cheese cubes marinated in hung yoghurt and flavored with fragrant spices	
PUDINA PANEER TIKKA	₹375
Cottage cheese cubes marinated in mint chutney cooked in barbeque	
HARA BHARA KEBAB	₹349
Favorite Indian appetizer made of spinach. Green peas stuffed with cottage cheese	
PANEER CHILLY DRY	₹349
Cottage cheese tossed in green chilly ,onions and capsicum	
PANEER SCHEZWAN DRY	₹349
Cottage cheese tossed with onion ,capsicum and shezwan sauce	
PANEER – 65	₹349
It is a spicy made with garlic, curry leaves	
KUNG PAO PANEER	₹375
Cottage cheese tossed with dry red chillies sauce	
PANEER SHANGHAI	₹349
TANDOORI ALOO	₹325
Fresh potatoes marinated with red spicy yoghurt cooked in barbeque	
DRAGON ROLLS	₹349
Small cigar rolls served in shot glasses with exotic sauce	
STEAM WONTONS	₹399
Classic mix vegetable dumpling. Choice of your sauce red/ white	
VEG MANCHURIAN DRY	₹299
Fried veg balls cooked in soya based sauce	
STIR FRY EXOTIC VEGETABLES	₹375
VEG CRISPY	₹325
BABY CORN CRISPY CHILLY	₹349



AVOCADO SPECIALS

CRISPY AVOCADO CRACKERS ₹499

Vegetable crackers top with guacamole and lettuce

GUACAMOLE ₹499

Fresh healthy guacamole served with tortilla chips

AVOCADO TOASTADA ₹525

Homemade fresh round toastada top with guacamole

AVOCADO TACOS ₹525

AVOCADO ON TOAST ₹729

AVOCADO PANI PURI ₹525

WRAPS AND ROLLS 9"

PANEER TIKKA ROLL ₹349

PANEER CHILLY ROLL ₹349

PANEER MASALA ROLL ₹349

BARBEQUE ROLL ₹399

Paneer, baby corn and potato

SCHEZWAN PANEER CHEESE ROLL ₹375

PERI PERI PANEER ROLL ₹349

MAYO MANCHURIAN CHEESE ROLL ₹349

BURRITO WRAP ₹375

Brown rice, grilled vegetables, refined beans and sour cream

HUMMUS VEGGIE WRAP ₹375

Bell peppers and onion tossed in olive oil and wrap with hummus and lettuce served with harissa sauce



LEBANESE CORNER

HUMMUS OLIVE JALAPENO FALAFEL POCKET ₹399

Pita pocket bread stuffed with falafel tikki, harissa sauce and hummus topped with lettuce and olives

HUMMUS WITH PITA BREAD ₹375

HUMMUS PERI PERI ₹399

Traditional hummus flavored with spicy peri peri powder

PESTO HUMMUS WITH PITA BREAD ₹425

Traditional hummus topped with pesto and garlic

HUMMUS WITH ZATAR OIL ₹399

Traditional hummus with zatar flavored oil

HUMMUS BEIRUTI ₹425

Hummus mixed with onion tomato and parsley

FALAFEL WITH HUMMUS ₹399

Fresh falafel tikki's served with hummus and spicy harissa sauce

LEBANESE PLATTER ₹749

4 types of hummus, tabbouleh salad, falafel bullets, pita, lavash, olives and veggies.



SIZZLERS

PANEER CHILLY SIZZLER ₹699

Schezwan noodles and rice topped with paneer gravy and fries

EXOTIC SIZZLER ₹749

Noodles, rice and crispy paneer with exotic vegetable gravy

PESTO SIZZLER ₹799

Pesto rice, crispy paneer, French fries and pesto vegetable sauce

MEXICAN SIZZLER ₹749

Mexican brown rice, sautéed vegetables, refined beans, corn cheese balls

PASTA SIZZLER ₹749

Combination of penne and spaghetti with your choice of sauce with cheese corn balls

PIZZA – NATION [10 INCHES]

MARGHERITA PIZZA	₹449
MARGHERITA PIZZA WITH PESTO	₹499
FARMERS DELIGHT PIZZA Baby corn, capsicum, onion and olives	₹499
GUPSHUP SPECIAL BLACK PIZZA bell peppers, olives, jalapenos, paneer, onions on charcoal bread	₹599
GUPSHUP SPECIAL PESTO PIZZA Paneer, baby corn, olives, jalapenos, red and yellow bell peppers	₹575
TANDOORI PANEER PIZZA 3 types of bell peppers, onions, paneer, olives, jalapenos	₹549
VEGGIE FEAST PIZZA Broccoli, zucchini, peppers, baby corn, cherry tomatoes, garlic and mixed herbs	₹575
MUSHROOM PIZZA Spicy tomato sauce mozzarella cheese, pickle onion, chilly oil, sundried with basil leaves	₹575
PIZZA PAPRIKA Fresh tomato sauce with mozzarella cheese, olives, Bell pepper, onion, and red paprika	₹549
ULTIMATE PIZZA Mozzarella cheese with mushroom, onion, pineapple, green chilly and Italian herbs	₹549
FANTASY PIZZA Spicy tomato sauce with cheese, onion, bell peppers, Italian herbs topped with coriander leaves	₹549
NAWABI PIZZA American corn, capsicum, tomato and onion	₹549
NAPOLI PIZZA Onion, capsicum, sun dried tomato, jalapeno, garlic and chilly oil	₹549
BOMBAY MASALA PIZZA Onion, capsicum, mushroom, paneer, coriander leaves and Italian herbs	₹549





PASTA

ARRABIATA PASTA [RED] ₹475

ALFREDO PASTA [WHITE] ₹499

DEL BARONE PASTA [PINK] ₹499

RAVIOLI PASTA ₹575

AGLIO OLIO SPAGHETTI ₹475

PENNE AL PESTO ₹525

BARBARESCA PASTA ₹549

Penne pasta in creamy sauce with fresh broccoli, tomatoes, parsley, garlic, sun-dried tomatoes with chili pepper

PASTA DEL FATTORE ₹549

Pasta cooked in tomato sauce with onion, garlic, capsicum, olives, basil, parsley and mushroom

MASALA MAFIA PASTA ₹549

Cooked to perfection with bell peppers, onion, garlic and chilli, tossed in fresh cream and parsley

RISOTTO

PESTO SAUCE RISOTTO ₹599

PINK / WHITE SAUCE RISOTTO ₹599



MEXICAN MAINS

BURITTO BOWL

₹499

Mexican brown rice, refined beans, veggies, cheese, sour cream, tortilla and salsa

CREAMY PESTO PANEER WITH HERB RICE

₹499

Paneer tossed in creamy pesto served with brown herb rice

STONE GRILLED RICE

₹499

VEG. QUESADILLAS

₹395

Original Tortilla stuffed in Mexican spice with garlic, onion, capsicum and mozzarella.

CHEESE QUESADILLAS

₹395

Original tortilla stuffed in Mexican spice with cheese, grilled and ready to eat

CHIMI CHANGA

₹395

Roasted Envelops filled with bell peppers and cottage cheese marinated in Mexican spice

SPECIAL ENCHILADAS

₹449

Original Tortillas stuffed with bell peppers, beans, baby corn and cottage cheese topped with Mexican sauce

ENCHILADAS WITH BEANS

₹375

Original tortillas stuffed with beans and Mexican sauce and baked

ENCHILADAS WITH CORN

₹395

Original tortillas stuffed with corn and cheese sauce with Mexican spice and baked

MEXICAN RICE

₹449

Mexican brown rice, beans, bell peppers In Mexican sauce topped with lettuce

CHINESE MAIN COURSE

VEG FRIED RICE Basmati rice with vegetables	₹325
SCHEZWAN RICE Rice perfectly wok tossed in Schezwan sauce	₹349
SCHEZWAN MANCHURIAN RICE Basmati rice with Manchurian balls in Schezwan sauce	₹399
VEG TRIPLE RICE Combination of fried rice and noodles with spicy vegetable gravy	₹449
BURNT GARLIC FRIED RICE Basmati rice and vegetables tossed with burnt garlic	₹399
COMBINATION RICE AND NOODLES Mix vegetable in spicy red sauce mix with rice and noodles	₹375
SPECIAL POT FRIED RICE Combination of fried rice and noodles with Manchurian gravy	₹475
VEG HAKKA NOODLES A perfect blend of hakka noodles with carrot capsicum beans sprout and spring onion	₹299
SCHEZWAN NOODLES A perfect blend of schezwan noodles with vegetable	₹349
CHILLI GARLIC NOODLES	₹349
THAI CURRY RED/GREEN WITH RICE Exotic vegetables cooked in coconut milk and flavored with basil leaves served with steam rice	₹575
MANCHURIAN GRAVY	₹349
PANEER CHILLI GRAVY	₹375
MIX HOT GARLIC GRAVY	₹375
EXOTIC VEGETABLE SAUCE Fresh exotic vegetables cooked in a red sauce	₹399

SABZI BHANDAR

PANEER TIKKA MASALA	₹399
KADHAI PANEER	₹399
PANEER HANDI	₹399
PALAK PANEER	₹399
PANEER DIL SE Cottage cheese cubes in red gravy	₹399
PANEER BUTTER MASALA	₹399
PANEER MAKHANWALA	₹399
VEG CHILI MILI	₹349
DUM ALOO PUNJABI Stuffed potatoes cooked in spicy gravy	₹399
SABJI BHUNA MASALA Chopped mix vegetables in red gravy medium spicy	₹375
CHANA MASALA	₹325
VEG KOLHAPURI	₹349
SABZI KADHAI Mixed vegetable cooked with onion and tomato gravy	₹349
LASOONI PALAK Freshly chopped spinach cooked with garlic and red chilly	₹349
VEG HANDI Mixed vegetables cooked with onion tomato gravy with whole spices	₹349
VEGETABLE JAL FRAZY Mixed vegetables, onions and capsicum in sweet spicy and thick gravy	₹349
MIXED VEG GREEN MASALA Assorted vegetables cooked in mild spinach gravy	₹349
SABZI KOFTA MASALA Batter fried dumplings with dry fruits in a spicy gravy	₹399
GUPSHUP SPECIAL PALAK	₹475
PANEER KOFTA Batter fried dumpling with cottage cheese and spinach spicy gravy	





INDIAN BREADS

WHOLE WHEAT ROTI	₹70	GARLIC KULCHA	₹115
WHOLE WHEAT PUDINA ROTI	₹90	ONION KULCHA	₹115
GARLIC ROTI	₹99	CHEESE KULCHA	₹149
NAAN	₹90	ALOO PARATHA WITH CURD	₹249
GARLIC BUTTER NAAN	₹115	PANEER PARATHA WITH CURD	₹299
CHEESE GARLIC BUTTER NAAN	₹149	LACCHA PARATHA	₹99
CHEESE NAAN	₹149	MAKAI ROTI	₹95
KULCHA	₹75	MISSI ROTI	₹105
PUDINA KULCHA	₹90		



RICE AND CONDIMENTS

HYDRABADI BIRYANI ₹375

Long grain basmati rice and Hyderabadi gravy with raita

PANEER TIKKA BIRYANI ₹399

Barbeque paneer tikka and spices layered with rice

GUPSHUP SPECIAL BIRYANI ₹399

VEG BIRYANI ₹349

VEG PULAO ₹325

Basmati rice tossed with fresh vegetable and fried onion spice

PALAK KHICHDI ₹299

MASALA KHICHDI ₹299

DAL KHICHDI ₹249

SAADE CHAWAL ₹199

steamed basmati rice

JEERA RICE ₹225

basmati rice mixed cumin seeds

DAL MAKHANI ₹349

Traditional kidney beans and black dal flavored spice and cream cooked

DAL PALAK ₹249

DAL TADKA ₹249

DAL FRY ₹225

KHANE KE SAATH

BOONDI RAITA	₹149
MIX VEG RAITA	₹199
CUCUMBER RAITA	₹199
PINEAPPLE RAITA	₹199
KHICHIYA CHURRI	₹249
MASALA KHICHIYA PAPAD	₹225
BUTTER KHICHIYA PAPAD	₹149
PERI PERI BUTTER KHICHIYA	₹145
FRIED MASALA PAPAD	₹99
DESI MASALA PAPAD	₹85
CLASSIC ROASTED PAPAD	₹25
GREEN SALAD	₹199



DESSERTS



BROWNIE TUTTI FRUITY SUNDAY	₹449
HOT SIZZLING BROWINE WITH VANILLA ICECREAM	₹399
CHOCO LAVA CAKE	₹135
HOT MUD CAKE WITH VANILLA ICE CREAM	₹399
CARAMEL CUSTARD	₹249
MALAI KULFI	₹149
PISTA KULFI	₹155
ICECREAM (VANILLA/STRAWBERRY/ CHOCOLATE)	₹149

MOCKTAILS

BLUE MOON	₹249
BLUE SKY	₹249
GUPSHUP SPECIAL	₹299
CHILLI GUAVA	₹249
BLUE LAGOON	₹249
ORANGE KIWI LIME	₹349
VIRGIN PINA COLADA	₹249
NICE-N-NAUGHTY	₹249

MOJITOS

CLASSIC	₹249
ORANGE BASIL	₹299
APPPPLE	₹249
STRAWBERRY	₹249
WATERMELON	₹249
ENERGY	₹349
BLUE BERRY	₹249
PAAN	₹249
BLUE CURACAO	₹249
CRANBERRY	₹249





ICED TEA

LEMON	₹199
PEACH	₹199
WATERMELON	₹199

ICED COLD COFFEE

CLASSIC COLD COFFEE	₹249
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FLAVOURED COLD COFFEE

HAZELNUT	₹325
CARAMEL	₹325
VANILLA	₹325
NUTELLA	₹325
BISCOFF	₹325
POPCORN	₹325

FRESH FRUIT JUICE

ORANGE	₹225
MOSAMBI	₹225
WATERMELON	₹199
PINEAPPLE	₹225

MILKSHAKES

VANILLA	₹299
CHOCOLATE	₹299
OREO	₹299
KITKAT	₹329



FALOODA

ROSE	₹299
KESAR	₹325
KULFI	₹299

THANDAI

MASALA CHAAS	₹150
MASALA COLA	₹150
JAL JEERA SODA	₹150
FRESH LIME SODA	₹125
LASSI (SWEET/SALTY)	₹200



AERATED DRINKS (CAN)

COKE	₹100
THUMS UP	₹100
DIET COKE	₹100
SPRITE	₹100
REDBULL	₹225
MIRINDA	₹100
PEPSI	₹100
BOTTLE WATER	₹40

