

AFFOGATO 255/-

(The affogato is a dessert Made with two main ingredients : vanilla ice cream and rich espresso)

HOT CHOCOLATE 215/-

(Made with homemade chocolate sauce with jaggery)

COFFEE'S**COLD COFFEE'S**

(Add Milk - Almond milk - 115 | Soy milk - 100 | Oat milk - 100 | Coconut Milk - 75/-)

ICED AMERICANO 175/-

(Espresso shots are topped with water to produce a light layer of crema, then served over ice)

COLD BREW 195/-

(Coffee is freshly ground and then steeped for 48 hours. This artisanal process results in deliciously iced coffee that is served over ice, unsweetened)

COLD COFFEE 235/-

(Coffee meets milk and sugar free ice cream in a blender and together they create one of our best beverage)

ICED LATTE 220/-

(Rich espresso combined with milk and served over ice)

ICED CAPPUCCINO 220/-

(Rich espresso cooled with ice and chilled milk and on topped thick layer of foam)

ICED MOCHA 250/-

(Rich espresso combined with bittersweet mocha sauce, milk and iced)

ICED COFFEE 250/-

(Rich espresso combined with milk, organic jaggery and iced)

ESPRESSO ON THE ROCKS 145/-

(Rich espresso combined with iced cubes)

CHOCOLATE SHAKE 215/-

(Cold shake made up with homemade Chocolate ganache with jaggery and chocolate ice cream)

BROWNIE SHAKE 275/-

(Cold shake made up with homemade Oat Brownie with jaggery, cocoa powder, espresso)

BARISTA SPECIAL COFFEE COOLER 185/-

(That's a Surprise)

CHEMICAL/SYRUP FREE COOLERS**FRIZZY BASIL CHARCOAL LEMONADE 195/-****ICED LEMON TEA 195/-****MOJITO 195/-****STRAWBERRY & APPLE LEMONADE (Seasonal) 275/-****FRESH LIME 195/-****NIBBLES****PUMPKIN & POTATO WEDGES 195/-**

(Air fried Pumpkin and potato with homemade sauces)

WHOLE WHEAT GARLIC BREAD 155/-

(White Flour free French Sourdough baguette bread)

WHOLE WHEAT GARLIC BREAD WITH CHEESE 255/-

(White Flour Free French Sourdough baguette topped with cheddar & mozzarella cheese)

GRILLED COTTAGE CHEESE SKEWERS 325/-

(Grilled Cottage cheese topped with peanut garlic sauce)

GRILLED TOFU SKEWERS 375/-

(Grilled Tofu topped with peanut garlic sauce)

ASSORTED EGGPLANT PIZZA 245/-

(Eggplant base with cheese and Exotic Veggie toppings)

EXOTIC STIRRED FRIED VEGETABLES 225/-

(Exotic veggies stirred fried in Garlic and olive oil)

Add - Gluten free bread - 95/- | Vegan cheese - 115/-

KUNG PAO COTTAGE CHEESE 395/-

(Cottage cheese Stir fried in Blackbean sauce)

VEGAN KUNG PAO 425/-

(Tofu Stir fried in Blackbean sauce)

BREAKFAST

OATMEAL 395/-

(Add Milk - Almond milk - 115 | Soy milk - 100
| Oat milk - 100 | Coconut Milk - 75/-)

QUINOA POHA 215/-

(Red Quinoa, Indian veggies and spices,
pomegranate served with Tzatziki Sauce)

SCRAMBLED TOFU/COTTAGE CHEESE 295/-

(Scrambled tofu/ Cottage Cheese with some
Indian touch served with Multigrain Bread)

WHOLE WHEAT PANCAKE 345/-

(Honey / Date Syrup / Caramel Syrup)

Add honey / date syrup / caramel sauce @ 80

GREEN MOONG DAL CHILLA 245/-
WITH HOMEMADE GREEN
CHUTNEY

Extra Chutney @ 45/-

Add - Scrambled Cottage cheese - 165/-

GLUTEN FREE STUFFED
PARATHA'S 395/-

(Amaranth / Rajgira bread served with your
choice of stuffing)

Add Stuffing's - Scrambled Cottage cheese,
Smoky Soy, Broccoli, Pesto Potato - 45/-

QUINOA POHA 295/-

Add Chutney @ 45

SHAKSHUKA 395/-

Minced English veggies served with Marinara
sauce with cheddar Cheese Served with Two
Slices of bread

Add bread - Multigrain - 65/-

sourdough - 75/- | Gluten free - 95/-

STUFFED POTATO BROWNS

Potato, Parsley, jalapenos, Cheese 345/-

Paprika cottage cheese 375/-

Avocado & feta 445/-

BREAKFAST ENERGY BOWLS

CRANBERRY DELIGHT 415/-

(Cranberry Yogurt Mousse served with Oats,
Granola, Chia seeds And fresh Fruits)

AVOCADO & BANANA 595/-

(Avocado Banana Chocolate Mousse Topped
with Granola, Sunflower seeds & fresh Fruits)

THE WORKOUT REWARD
SMOOTHIE 415/-

(Chickpea Chocolate ganache , Espresso
Shot, granola, Almond Flakes & Fresh Fruits)

EARTHY TEA'S

LYCHEE GREEN TEA 215/-

Made with all natural leaves. (Improves
Cardiovascular Health, Strengthens Immune
System, Anticancer Potential, Aids in Digestion,
Helps Weight Loss.)

BLUE LAGOON 215/-

Green Tea, Blue Pea Petals. (Antioxidants,
mood enhancer, regulating blood sugar levels,
anti-ageing benefits, Stress-relieving.)

MINT GREEN TEA 145/-

Green Tea & Mint leaves. (Help you with
indigestion, stomach acids, nausea, loss of
appetite.)

SAFFRON KAHWA 215/-

Orange pekoe Tea, Saffron Strands, Dry Rose
Petals. (It can help lower cholesterol, reduce
inflammation, decrease blood pressure,
improve brain health and fight off infection.)

BLACK TEA 125/-

Ginger and lemon.

GINGER TEA 165/-

Ginger Tea with A2 Gir Cow Milk.

COFFEE'S

HOT COFFEE'S

(Add Milk - Almond milk - 115 | Soy milk - 100
| Oat milk - 100 | Coconut Milk - 75/-)

CAPPUCCINO 185/-

(Espresso, steamed A2 Gir Cow milk, and foam)

CAFE LATTE 195/-

(Espresso, steamed A2 Gir Cow milk, and foam)

CAFE MOCHA 225/-

(Rich espresso combined with bittersweet
mocha sauce and steamed milk)

FLAT WHITE 215/-

(Rich ristretto shot with micro foam steamed
milk with a glossy or velvety consistency)

AMERICANO 165/-

(Rich, full-bodied espresso with hot water)

FILTER COFFEE 215/-

(Made with rich espresso, hot water and
steamed milk)

ESPRESSO 125/-

(A rich shot of pure aromatic coffee flavour)

MACCHIATO 185/-

(Espresso topped with velvety foam of milk)

SMOOTHIES

MANGO & BANANA SMOOTHIES(SEASONAL) 240/-

(Mango, Banana, frozen yogurt, Flax Seed, Vanilla)

MELON BASIL SMOOTHIES 240/-

(Melon, Banana, Almond Milk, Basil Seed)

WATERMELON & PAPAYA SMOOTHIES 215/-

(Watermelon, Papaya, Lemon, Basil Seed)

CHOCO BANANA OATS 215/-

(Oats, Banana, Dates, Cocoa Powder)

GET SHAKY

Add - Almond milk - 115 / Coconut milk - 85 / Oats milk - 95

ESC SPECIAL - DRY FRUIT POWER HOUSE 395/-

(Dry fruits, choice of milk & jaggery)

AVOCADO SHAKE 495/-

PEPPERMINT CHOCOLATE SHAKE 325/-

MANGO MILK SHAKE (SEASONAL) 275/-

STRAWBERRY MILKSHAKE (SEASONAL) 225/-

BEST OF ESC

OPEN TOAST WITH DRY FRUIT JAM 315/-

(Open toast served with homemade dry fruit Jam and Mascarpone)

OPEN TOAST WITH FIG JAM 315/-

(Open toast served with homemade Fig Jam and Mascarpone)

AVOCADO TOAST 450/-

(Hash Avocado Served with Sourdough Bread)

TOMATINA PESTO TOAST 335/-

(Baked Cherry Tomatoes infused with garlic and olive oil, Pesto Sauce, burrata cheese on Sourdough Bread)

CHEESY MUSHROOM OPEN TOAST 415/-

(Sautéed Mushroom with our homemade cheese sauce served over Sourdough Bread)

BANANA PEANUT BUTTER TOAST 315/-

(Peanut butter With Sliced Bananas on Sourdough bread)

PESTO COTTAGE CHEESE TOAST 375/-

(Pesto Paste, Cottage Cheese, Olives, Cheddar + mozzarella cheese)

CHEESE CHILLI TOAST 315/-

(the Classic - Cheddar + Mozzarella Cheese, Finely chopped green chillies)

Extra Ketchup - 65/-

CHOCOLATE TOAST 395/-

(home made chocolate ganache on Sourdough bread topped with fruits)

Blueberry - 95 / Strawberry - 75 / Apple - 75 / Pineapple - 65

CILANTRO MEDITERRANEAN TOAST 360/-

(cottage cheese, Vegetarian, Cilantro paste Baked with Cheddar & Mozzarella cheese)

AVO BEET TOAST 455/-

(Sliced Avocados, Homemade beetroot hummus topped with microgreens)

MAIN COURSE

Pasta's

BASIL PESTO PASTA 395/-

(Gluten Free Pasta served in Homemade Basil Pesto Sauce)

ARRABBIATA PASTA 395/-

(Gluten Free Pasta served in Homemade Tomato Sauce made with Red Chilli flakes, Garlic, and fresh Basil)

PINK SAUCE PASTA 395/-

(Gluten Free Pasta served in Homemade Tomato Sauce with Fresh cream and Parmesan Cheese)

CREAMY ALFREDO PASTA 395/-

(Gluten Free Pasta in white Sauce)

AGLIO OLIO PASTA 395/-

(Gluten Free Spaghetti along with burnt garlic, parsley & peperoncini)

CILANTRO PASTA 395/-

(Gluten Free Pasta served in Cilantro Paste)

RISOTTO'S

SUN DRIED TOMATO RISOTTO 405/-

(Prepared in homemade marinara sauce)

PASTA PEPPERS 315/415/-

(Roquette leaves, Pasta, Tomato, olives, Grilled pepper, Zucchini, croutons, Fresh Cheddar Mozzarella cheese, Rosemary)

Dressings: Garlic & Basil vinaigrette

WATERMELON & FETA SALAD 295/395/-

(Watermelon, mint leaves & feta cheese)

Dressing - Salt, pepper, Lemon & Olive oil

MID- EASTERN SALAD 395/495/-

(Classic Hummus, Roasted Capsicum, Couscous, Cucumber, Onion Rings, Iceberg Lettuce, Falafel)

Dressing - Hummus And Yogurt

AVO CROWN SALAD 425/-

(A cake of Quinoa And Guacamole made with Homemade Lime & Pesto dressing)

SANDWICHES

CHOOSE YOUR OWN BREAD

sourdough - 75 | gluten free - 95

MIGHTY MUSHROOM 245/-

(Creamy Mushrooms, Olives, Cheddar with some Italian touch)

CHIPOTLE FARM 245/-

(Sauteed Corn & Broccoli, Lettuce, Cottage Cheese, Fresh cream, Cheddar cheese in Chipotle Sauce)

SMOKED TOFU 265/-

(Tofu, Lettuce, Onion rings, Olives, Jalapenos, Tomato, Feta cheese, Mustard Mayo)

AVO PESTO 395/-

(Guacamole, mashed Potatoes, Pesto paste with Cheddar & mozzarella mix)

CHEESE OVERLOAD 285/-

(Feta & Cheddar cheese with Jalapenos & Olives with homemade green chutney)

TOMATO BLAST 315/-

(Baked Cherry Tomatoes, Homemade mayo, with mixed herbs & Cheddar + mozzarella mix)

SPINACH CORN CHEESE SANDWICH 245/-

(Baked Spinach, corns, cheddar & Mozzarella mix with herb spices)

ITALIAN GLANZO COTTAGE CHEESE 285/-

(Cottage cheese, With Homemade Tomato Sweet & Spicy glanzo sauce)

COLD PRESSED JUICES

NOURISH YOUR SOUL 215/295/- (A B C)

(Apple, Carrot, Beetroot, Ginger, Lemon Juice)

HYDRATE YOUR SOUL 165/195/-

(Watermelon, Basil Seed, Mint leaves, Lemon Juice)

DETOX YOUR SOUL 175/205/-

(Spinach, Mint, Cucumber, Apple, Lemon Juice)

BOOST YOUR SOUL 195/215/-

(Carrot, Orange, Papaya, Ginger)

ESC SPECIAL - BROMELAIN PUNCH 215/275/-

(Pineapple, parsley, orange, spinach)

ALMIGHTY ASH GOURD 185/215/-

(Most Effective Natural Detox Liquid available on Earth)

ORANGE 245/-

PINEAPPLE 215/-

APPLE 305/-

STRAWBERRY 305/-

SWEET LIME 195/-

SMOOTHIE BOWLS

BLACK MAGIC 350/-

(Yogurt, Charcoal powder, banana, oats, Mix Berries, Coconut Powder, Cocoa Nibs)

GOODNESS GRACIOUS GREEN 350/-

(Yogurt, Spinach, Kale, Pineapple, Oats, Kiwi, Basil seed, Apple, Pumpkin Seed)

BERRY BLAST 375/-

(Indian gooseberry(Jamun), Blueberries, pineapple, Flaxseeds, Coconut Powder, chia seed, roasted seeds, walnuts)

ESC SPECIAL - BLOODY PINEAPPLE 375/-

(Beetroot, Pineapple, Carrot, Coconut water / milk, Flax seed, Chia seed, walnuts, cranberries, jaggery)

CHOCO CRUNCH BOWLS 350/-

(Coconut Milk, Coconut Meat, Banana, Cinnamon Powder, Chikoo, Cacao nibs, Chopped almond, Basil Seed)

STRAWBERRY SMOOTHIE 395/-

(Strawberry, Banana, Milk, topped with homemade Granola, banana & strawberries)

NACHOS 395/-

(Baked wheat flours nachos served with homemade cheesy sauce, salsa and kidney beans)

STUFFED MUSHROOM 385/-

(Button Mushrooms stuffed with Minced English veggies & cottage cheese, topped with cheddar & Mozzarella cheese)

INDO CHINESE COTTAGE CHEESE 395/-

(Cottage Cheese Served in Semi dry Soy & cashew based Gravy)

MUSHROOM BRUSCHETTA 425/-

(Sourdough baguette topped with Minced herbed mushroom, Jalapenos & Cream Cheese)

HONEY CHILLI POTATO 315/-

(Shallow fried Potatoes Sautéed in garlic Olive oil, rolled in Honey / Jaggery & topped with Sesame seeds)

CHEESY POTATOES 265/-

(For All you Cheese lovers, Our baked potatoes are Dipped in hot homemade Cheese sauce)

ESC SPECIAL-POTATO CRISPIE'S 350/-

(Mashed Flat potato bed with melted cheese, jalapenos & olives toppings)

SOUPS

CREAMY POTATO SOUP 245/-

CREAMY MUSHROOM SOUP 245/-

TOMATO BASIL SOUP 245/-

POTATO LEEK SOUP 245/-

BROCOLLI ALMOND SOUP 275/-

SPINACH & MUSHROOM SOUP 275/-

EARTHY BOWLS

Salads (With Homemade Dressings)

Make your salad Vegan @ 115/-

GRILLED MUSHROOM 295/395/-

(Roquette Leaves, Mix Lettuce, Couscous, Herbed Potatoes, Sweet Potatoes, Carrots, onions, Grilled Mushroom, Feta Cheese, Roasted Spicy cashew)

Dressings: Honey Sriracha

FRUIT FEST 345/445/-

(Kale, Roquette leaves, watermelon, pineapple, apple, orange, pomegranate, walnuts, Quinoa & Feta cheese)

Dressings: Minty mustard

BEAN THERE 315/415/-

(Mix Lettuce, Spinach, Mix beans, onions, Grilled mushroom, French beans, croutons, Ricotta cheese, Mix seeds)

Dressings: Smoked Honey Balsamic

INDIAN PROTEIN POWER 325/425/-

(Kale leaves, Mix lettuce, Barley, Mushroom, Bell peppers, olives, jalapenos, cottage cheese in sriracha, feta cheese, Roasted almonds)

Dressings: Red wine Vinaigrette

KALE & AVOCADO 420/520/-

(Kale leaves, Mint Lettuce, Smoked tofu, Zucchini, Bell peppers, Boiled chickpea, sweet corn, Cherry Tomatoes, Avocado, Feta cheese)

Dressings: Balsamic Vinaigrette

ESC SPECIAL SALAD 355/455/-

(Roquette leaves, Raw Cottage Cheese, Sweet corn, Cherry Tomato, Mix sprouts, pomegranate, Amaranth puffs, puffed rice, Lotus seeds, Feta cheese)

Dressings: Homemade vegan cheese

THE DYNAMITE 315/415/-

(Kale leaves, spinach, gluten free noodles, broccoli, Tofu, Sweet potato, mushroom, corn, spicy cashews)

Dressings: Garlic & Basil vinaigrette

ROQUETTE FUEL 325/425/-

(Mix Lettuce, Roquette leaves, Apple, Beetroot, Almonds, Barley, feta cheese)

Dressings: Honey Mustard

COTTAGE GREEN 335/435/-

(Roquette leaves, Mix Lettuce, pesto cottage cheese, olives, onions, cherry tomato, cucumber, Parmesan, gluten free croutons)

Dressings: Garlic & Basil vinaigrette

BOWL OF GOODNESS 425/525/-

(Kale leaves, Roquette leaves, Quinoa, Chickpeas, sweet potato, onions, olives, cucumber, carrot, pomegranate, avocado, parmesan, almonds)

Dressings: Dill yogurt

SEED'S IN ACTION 315/415/-

(Kale leaves, Roquette leaves, Quinoa, orange, carrot, pomegranate, mixed seeds, Ricotta Cheese)

Dressings: Orange Carrot Vinaigrette

THE NORTH AMERICAN 325/425/-

(Kale leaves, Roquette leaves, Apples, Orion, Pumpkin, Cranberries, Cashews, Couscous, Cheddar cheese)

Dressings: Honey Mustard vinaigrette

CREAMY MUSHROOM RISOTTO 425/-

(Prepared in Homemade White Mushroom Alfredo sauce)

BASIL PESTO RISOTTO 425/-

(Prepared in Homemade Pesto sauce)

CILANTRO RISOTTO 425/-

(Prepared in Homemade Cilantro paste)

GRILLED COTTAGE CHEESE STEAK 425/-

(Cottage Cheese Steak Served with sauté vegetables, Mashed potato / Rice and Mushroom sauce)

GRILLED TOFU STEAK 425/-

(Tofu Steak Served with sauté vegetables, Mashed potato / Rice and Mushroom sauce)

RED THAI CURRY 565/-

(Made in Homemade Thai curry paste, served with fragrant Steamed rice)

GREEN THAI CURRY 565/-

(Made in Homemade Thai curry paste, served with fragrant Steamed rice)

RED THAI CURRY NOODLES 595/-

(Made in Homemade Thai curry paste, served with gluten free noodles)

GREEN THAI CURRY NOODLES 595/-

(Made in Homemade Thai curry paste, served with gluten free noodles)

STEW CILANTRO RICE 515/-

(Made in Homemade Cilantro paste with exotic veggies, served with fragrant Steamed Cilantro rice)

CASHEW SOY POT RICE 515/-

Steamed Rice served with Cottage cheese & exotic veggies in Soy sauce gravy)

MUSHROOM POT RICE 515/-

(Steamed Rice served with Mushrooms & exotic veggies in Soy sauce gravy)

PAN FRIED NOODLES 545/-

(Air fried Gluten free noodles served with exotic veggies in White sauce)

BURMESE NOODLE BOWL 595/-

(Rice noodles served with exotic veggies in Garlic Sauce topped with sprouted green gram)

Add - Basil Broth - 95/-

THUKPA BOWL 595/-

(Rice noodles served with corns, Mushrooms & bokchoy in homemade pesto Broth)

BURRITO BOWL 595/-

(Mexican Rice, Guacamole, Salsa, Mushrooms, Corn & house salad)

VEGAN RAMEN BOWL 545/-

(Rice Noodles served with extra firm Tofu, Bok choy, Baby corn, Chinese Lettuce served in tomato Potage)

HUMMUS PLATTER 575/-

(3 types of hummus served with air fried falafel, whole wheat lavash & whole wheat pita bread)

Extra hummus - 115/- | Extra cheese sauce - 75/- Extra Vegan Mayo - 75/-

PIZZA

Add - Gluten free base - 155/- | Make it Vegan - 175/-

MARGHERITA 445/-

Our pizza base is made with Whole wheat flour. The base is perfectly prepared by adding single layer of cheese over it. It is mouth-watering pizza for cheese lovers.

GOLDEN GLORY 465/-

A freshly baked pizza with melting cheese perfectly topped with crunchy sweet corns and tangy sauce. An Absolute Gold.

JALAPENO & RED PAPRIKA PIZZA 485/-

A freshly baked pizza with melting cheese perfectly topped with jalapenos and spicy tangy sauce.

VEGGIE PIZZA 515/-

A freshly baked pizza with melting cheese perfectly topped with onion, capsicum, olives, broccoli, tomato, mushroom & Cottage Cheese, with tangy garlic sauce spread all over the pizza base.

EXOTIC BURRATA CHEESE PIZZA 795/-

This burrata pizza is full of cheesy goodness and authentic Italian flavour! It is baked with loads of Cherry tomatoes and fresh basil leaves. This rich & creamy is ultimate pizza topping.

DESSERTS

CHIA PUDDING 215/-

(Chia seeds, coconut milk, dragon fruit, honey, Almonds)

OAT & ALMOND BROWNIE 255/-

(Oat flour brownie served with vanilla ice cream and topped with homemade hot caramel sauce)

VEGAN CARAMEL CUSTARD 345/-

(Made with Almond milk & homemade caramel sauce, served with homemade granola)

CHOCOLATY PEANUT BUTTER GRANOLA CUPS 295/-

(Peanut Oats tart filled with homemade chocolate ganache)