

Juices

Detox	
Pumpkin	₹100
Ash Gourd	₹100

Big Shots – Juice Therapy Shots (50 ml)	
Aloe Vera	₹50
Kale, Spinach	₹50

Lemongrass Basil Chia Soda	₹120
Lemongrass, Basil, Chia, Soda	

Nutritious Juices	
Refresher	₹180
Watermelon, Mint, Chia, Lemon	

The Sunshine	₹190
Orange, Carrot	

The Cooler	₹200
Coconut Water, Orange, Honey, Coconut Meat	

Beet-Orange Magic	₹200
Carrot, Beet Root, Orange, Amla, Ginger	

Rejuvenator	₹200
Apple, Mint, Pineapple, Cucumber, Lemon	

Sweet Green	₹200
Spinach, Apple, Pineapple, Mint, Lemon	

Detoxifier	₹220
Apple, Spinach, Beetroot, Amla	

Pink Shield	₹220
Pomegranate, Apple, Lemon, Ginger, Black Salt	

Green Juices	
Green Glow	₹200
Apple, Celery, Cucumber, Kale, Ginger, Lemon	

Immunity Booster	₹200
Wheatgrass, Apple, Lemon, Cucumber	

Delicious Green	₹220
Wheatgrass, Pineapple	

Smoothies

Naturally sweetened with Honey/Dates	
Banana Cinnamon	₹160
Banana, Cinnamon, Yoghurt	

Banana Peanut Butter	₹170
Banana, Peanut Butter, Milk	

Banana Cacao	₹200
Banana, Coffee, Milk, Vanilla, Cacao	

Vanilla Avocado	₹250
Avocado, Yoghurt, Milk, Vanilla	

Green Avocado (Seasonal)	₹270
Spinach, Berries, Avocado, Yoghurt	

Protein Punch	₹300
Protein Powder, Banana, Apple, Almonds, Flaxseed, Almond Milk	

Vegan Smoothies	
Strawberry Banana (Seasonal)	₹250
Strawberry, Banana, Almond Milk	

Pineapple Berries (Seasonal)	₹270
Pineapple, Avocado, Berries	

Apple Almond	₹270
Apple, Almond Butter, Flax Seeds, Spices, Almond Milk	

Banana Cacao Coffee	₹290
Banana, Cacao, Dates, Coffee, Almond Milk, Cacao Nibs	

Delicious Vegan Milk	₹300
Coconut Milk, Cashew Milk, Cacao, Dates	



Salads

Apple Chicken Beetroot Salad..... ₹280
Grilled Chicken, Mix Lettuce, Apple, Beetroot, Candied Walnuts, Froota Cheese (Honey Mustard Vinaigrette Dressing)

Chilly Basil Chicken Salad..... ₹280
Grilled Chicken, Mix Lettuce, Soba Noodles, Bell Pepper, Broccoli (Soy Ginger Dressing)

Protein Salad..... ₹280
Kale, Rockette, Chili Basil Chicken, Egg Whites, Grilled Peppers, Onions, Sweet Corn (Soy Ginger Dressing)

Couscous Chicken Salad..... ₹300
Grilled Chicken, Kale, Mix Lettuce, Couscous, Carrot, Beetroot, Pomegranate, Almond, Orange (Orange Carrot Vinaigrette Dressing)

The Good Salad..... ₹300
Grilled Chicken, Spinach, Mix Lettuce, Barley, Chickpeas, Cherry Tomato, Cucumber, Radish, Avocado, Feta Cheese, Pomegranate, Mix Seeds (Dijon Thyme Vinaigrette Dressing)

The Chicken Tikka Salad..... ₹300
Chicken Tikka, Rockette Leaves, Roman Lettuce, Cucumber, Cherry Tomato, Onion, Olive, Roasted garlic (Basil Vinaigrette Dressing)

Spicy Mexican Salad..... ₹300
Grilled Chicken, Kale, Rockette, Cucumber, Cherry Tomato, Mix Beans, Sweet Corn, Jalapeno, Olive, Avocado, Paprika Powder (Smoked Chili Vinaigrette Dressing)

The Nutty Chicken Salad..... ₹325
Grilled Chicken, Kale, Rockette, Quinoa, Olive, Mushroom, Sweet Corn, French Beans, Almonds, Spicy Cashew, Cranberry, Feta Cheese (Orange Carrot Vinaigrette Dressing)

Chef Choice Salad Chicken..... ₹325
Grilled Chicken, Kale, Mix Lettuce, Rockette, Couscous, Olive, Sweet Potato, Jalapeno, Onion, Ragi Crackers, Feta Cheese, Sundried Tomato, Mix Seeds, Pomegranate (Orange Carrot + Soy Ginger Dressing)



Sandwiches

Caramelised Onion & Mushroom Sandwich..... ₹180
Rockette Leaves, Sautéed Spinach, Gouda Cheese, Caramelised Onions, Mushrooms

Avocado & Feta Cheese Sandwich..... ₹200
Rockette Leaves, Tapenade, Sun Dried Tomato, Jalapeno, Feta Cheese, Avocado

Aubergine, Hummus & Feta Cheese Sandwich..... ₹220
Spicy Aubergine, Lettuce, Hummus, Sun Dried Tomato, Onion, Feta Cheese

Falafel Sandwich..... ₹250
Falafel, Lettuce, Tomato, Onion, Muhammara, Feta Cheese

Spinach Guacamole & Broccoli Sandwich..... ₹280
Rockette Leaves, Sautéed Spinach, Guacamole, Broccoli, Cottage Cheese, Sun Dried Tomato, Relish

Red Hummus Sandwich..... ₹280
Rockette Leaves, Beet Hummus, Mushroom, Gherkins, Carrot, Sweet Potato, Vegan Cheese, Caramelised Onions



Grilled Chicken & Feta Cheese..... ₹200
Grilled Chicken, Rockette Leaves, Beet Hummus, Caramelised Onion, Carrots, Feta Cheese

Basic Hummus & Chicken Sandwich..... ₹220
Grilled Chicken, Rockette, Tomato, Olives, Sun Dried Tomato, Caramelised Onion

Chicken Tikka Sandwich..... ₹230
Rockette Leaves, Pesto, Tomato, Mozzarella

Grilled Chicken & Double Cheese..... ₹250
Rockette Leaves, Pesto, Feta Cheese, Mozzarella

Lean Chicken Sandwich..... ₹280
Grilled Chicken, Hummus, Chopped Greens, Basil, Onion, Tomato, Olives, Pomegranate, Chipotle Hot Chili Dressing

SWAP ANY CHEESE FOR VEGAN CHEESE..... ₹80



Salads

Ironman Salad.....₹250

Spinach, Roquette, Brown Rice, Grilled Pepper, Onion, Broccoli, Carrot, Almond (Soy Ginger Dressing)

Couch Potato Salad.....₹275

Roquette, Mix Lettuce, Couscous, Sweet Potato, Herbed Potato, Mushroom, Onion, Carrot, Spicy Cashew, Feta Cheese (Smoked Chilly Dressing)

Paneer Tikka Parmesan Salad.....₹275

Roquette, Mix Lettuce, Paneer Tikka, Olive, Cherry Tomato, Cucumber, Onion, Parmesan Cheese, Croutons (Roasted Garlic Basil Dressing)

Italian Salad.....₹275

Roquette, Pasta, Olive, Cherry Tomato, Zucchini, Peppers, Boccconcini Cheese, Croutons (Rosemary Balsamic Vinaigrette Dressing)

Apple Beet Root Walnuts Salad.....₹275

Mix Lettuce, Red Apple, Goat Cheese, Beet Root, Candied Walnut (Honey Mustard Vinaigrette Dressing)

Farmers Salad.....₹275

Kale, Mix Lettuce, Chickpea, Broccoli, Cherry tomato, Zucchini, Peppers, Sweetcorn, Avocado, Feta Cheese (Dijon Thyme Vinaigrette Dressing)

The Dynamite Salad.....₹275

Kale, Spinach, Soba Noodles, Broccoli, Sweet Potato, Mushrooms, Sweet Corn, Spicy Cashews (Smoked Chilli Dressing)

Mix Fruit Salad.....₹285

Kale, Roquette, Apple, Water Melon, Pineapple, Strawberry (Seasonal), Orange, Pomegranate, Feta Cheese, Candied Walnuts (Lemon Mint Vinaigrette Dressing)

Avocado Feta Salad.....₹300

Roquette Leaves, Olives, Cherry Tomato, Cucumber, Sweet Corn, Radish, Avocado, Feta Cheese, Sun Dried Tomato (Lemon Mint Dressing)

The Hipster Salad.....₹300

Kale, Roquette, Quinoa, Carrot, Ricotta Cheese, Pomegranate, Orange, Cranberry, Mix Seeds (Orange Carrot Vinaigrette Dressing)

Chef Choice Salad.....₹300

Paneer, Kale Mix Lettuce, Roquette, Couscous, Olive, Sweet Potato, Jalapeño, Onion, Ragi Crackers, Feta Cheese, Sun Dried Tomato, Mix Seeds, Pomegranate (Orange Carrot + Soy Ginger Dressing)