

BREAKFAST

Cottage Cheese Akuri	250/-
Quesadillas Corn And Spinach	270/-
Mexican Quesadillas	270/-
Hummushrooms	270/-
Oatmeal	370/-
Cream Cheese Sandwiches	270/-
Soya Upma/ Poha	180/-
Millet Poha	200/-
Apple Cinnamon Oatmeal Bowl	250/-
Porridge With Berries	250/-

SALADS

Classic Ceaser	250/-
Greek Salad With Feta	270/-
Cous Cous With Feta	280/-
Quinoa	280/-
Fig & Goat-cheese	250/-

SIDES

Sauteed Vegetables	280/-
Charred Grilled Broccoli	280/-

OPEN TOASTIES

Hummus With Rosemary Mushroom Feta	220/-
Guacamole Goat-cheese	250/-
Cheery Tomato Confit Pesto Feta	220/-
Baked Bean Toast	180/-
Peanut Butter Toast	180/-
Nutella Muesli Toast	230/-

CREPES & PANCAKES

Nutella & Banana	250/-
Creamed Mushroom & Rosemary	250/-
Ratatouille Cottage Cheese	250/-
Buckwheat Pancake	250/-

SANDWICHES

Herbed Garlic Bread / Cheese Garlic Bread	180/200
Mediterranean Feta	250/-
Grilled Veg Panini With Ivoli	280/-
Tricolor Tomato Bocconcini	280/-
Veggie Mushroom Mozzarella	250/-
Cottage Cheese Cajun Spice	280/-
Pita With Mixed Greens	250/-
Sundried Tomato Olive Ivoli	280/-
Nepali Spice Cottage Cheese	290/-
Barbeque Sandwich	260/-
Spicy Cottage Cheese	290/-

SMOOTHIES

Blueberry Coconut	210/-
Peanut Butter	210/-
Mixed Berry	210/-
Dragon Fruit	210/-

PROTEIN SHAKE

With Water	110/-
Soya Milk / Oats Milk / Almond Milk	200/-

MILK SHAKE

Oreo Shake	190/-
Ferrero Shake	190/-
Blueberry Shake	190/-
Strawberry Shake	190/-
Caramel Banana	210/-
Nutella Shake	210/-
Day Fruit Shake	210/-

FRESH JUICES

Orange Blast	140/-
Watermelon Mint	120/-
Apple Beet Carrot	140/-



HOT COFFEE

Espresso	110/-
Cappucino	160/-
Americano	140/-
Doppio	160/-
Cafe Latte	180/-
Cafe Mocha	190/-
Flat White	180/-
Affogato	190/-
Turkish Coffee	180/-
Irish Coffee	180/-

COLD COFFEE

Iced Americano	150/-
Iced Latte	160/-
Ice Cook Espresso	160/-
Hazelnut Frappe	190/-
Classic Frappe	190/-
Caramel Honey	190/-
Espresso Tonic	160/-
Coffee Lush	180/-
Mocha Frappe	180/-
Torq Jawachip Frappe	220/-
Vietnamese Ice Coffee	190/-
Torq Cocoa	220/-

TEA

Chamomile	140/-
Detox Tea	140/-
Honey Lemon Ginger	150/-
Black Tea	140/-
Mumbai Cuttin Chai	110/-
Green Tea	140/-

ICED TEA

Lemon Iced Tea	150/-
Peach Iced Tea	150/-
Bubble Gum Ice Tea	170/-
Fresh Lemon Sode	140/-
Red Bull Ice Tea	190/-
Diet Coke	170/-

COOLERS

Blue Lagoon	150/-
Mojito Mint	150/-
Kala Khatta	150/-
Basil Slush	150/-

HOT CHOCOLATE

Classic Hot Chocolate	180/-
Nutty Hot Chocolate	220/-

PASTA- (ADD ON VEGETABLES, CHOICE OF PENNE)

Alfredo	345/-
Arrabbiata	345/-
Pink Sauce	345/-
Pesto	375/-
Aglia E Olio Pasta	350/-
Mac And Cheese	360/-

SMALL PLATES

Hummus Falafel	310/-
French Fries	210/-
Peri Peri Fries	240/-
Cajun Spice Fries	240/-
Potato Wedges	250/-
Chill Cheese Toast	240/-

SOUPS

Oven Roasted Tomato Basil	180/-
Crème Of Mushroom	180/-
Broccoli Almond	200/-

CURRY

Thai Green Curry	375/-
Thai Red Curry	375/-
Khowsuey Curry	375/-

THIN CRUST PIZZA

Veggie Supreme	370/-
Margherita	350/-
Fungi Mushroom	350/-
Cajun Cottage Cheese	370/-
Jamaican Jerk Tofu/ Cottage Cheese	370/-
Pesto Sundried Tomato Olive	370/-
Tandoori Veg	370/-
Veg Classic Cottage Cheese Spicy Pizza	370/-
Vegetable Bbq Pizza	340/-

STEAK

Cottage Cheese Steak Red Pepper Harissa	360/-
Paneer Makhani Steak	360/-
Peri Peri Paneer Steak	360
Grilled Cottage Cheese With	
Cherry Tomatoes In Red Sauce	360
Torq Special Paneer/Grilled Tofu	360
Mexican Cottage Cheese Rice Bowl	370