



DIET N PROTEIN

TAILORING BODY & MIND





ALL DAY BREAKFAST

PB BANANA TOAST 80

Whole wheat bread topped with peanut butter & banana

FRUIT BOWL 130

Colorful mix of fresh fruits

MUESLI BOWL 160

Muesli served with skim milk

OVERNIGHT OATS 180

Oats blended with skim milk, low-fat yogurt & topped with fruits.

POWER FRUIT BOWL 180

Fresh fruits with chia seeds, muesli & low fat yogurt

CLUB SANDWICH 220

A classic double decker whole wheat sandwich

FRENCH TOAST 220

Cinnamon french toast with fresh berries & maple syrup

PROTEIN RICH OATS 220

Oats added with whey protein, banana, dates & raisins.

YOGURT BOWL 240

Low-fat yogurt with chia seeds, fresh fruits, muesli, & blueberries.

HUMMUS PLATTER 260

Duo of classic & sun-dried tomato hummus with pita & tabbouleh



CLASSIC EGGS

(Served with Toast & Baked Beans)

BOILED EGG 90 **SCRAMBLED EGG 130** **SPINACH OMELETTE 130**

EGG WHITE OMELETTE 140 **CHEESE OMELETTE 140** **SHROOM OMELETTE 140**

CHICKEN OMELETTE 160 **PANEER OMELETTE 150** **SAUSAGE OMELETTE 160**

EGG SPECIAL

EGG STUFFED ROLL 170

Signature egg based roll stuffed with chicken/paneer

SALAMI OMELETTE-O-WICH 180

Bread omelette with chicken salami & cheese

EGG KEJRIWAL 170

Toast, mushrooms, cheese mix, sunny side up

SHAKSHUKA 230

Roasted tomato with sunny side up, feta & kubus



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Exclusive of GST *



APPETIZERS

SKEWERS

Grilled chicken/paneer & bell pepper sticks served with green chutney

180

CHICKEN SAUSAGE BITES

Sweet bbq-glazed chicken sausages, cut into bite-sized pieces & grilled to perfection

180

CHICKEN SATAY

Grilled chicken kebab sticks served with green chutney

180

PANEER FIRECRACKER

Paneer cubes tossed in our house special sauce

200

CHICKEN TOAST

Crusty bread topped with hummus, greens, spiced chicken, olives & feta

200



SOUP

MUSHROOM SOUP

100

CLEAR CHICKEN SOUP

120

SANDWICH

(Whole Wheat Bread)



EGG SANDWICH

120

VEGETABLE CHEESE SANDWICH

120

SIGNATURE SANDWICH

150

PERI PERI SANDWICH

160

WRAP

(Whole Wheat Tortilla Wrap)

FALAFEL WRAP

130

BURRITO WRAP

150

TIKKA WRAP

160

SHAWARMA WRAP

170



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STEAK

(Served with Mashed Potato & Grilled Veggies)

LEMON GARLIC HERB
(Chicken/Paneer)

250

MUSHROOM SAUCE
(Chicken/Paneer)

250

PERI PERI STEAK
(Chicken/Paneer)

260

SMOKY BBQ SAUCE
(Chicken/Paneer)

260



MAINS

DHAL KHICHDI 170
Dhal rice served with curd
Add on chicken/paneer -50

THE PAROTA MEAL 180
3 wheat parota served with
chicken/paneer masala

CHAPATI BURJI 180
2 chapati served with
Egg/Paneer burji

RAJMA CHAWAL BOWL 170
Kidney bean curry served with
flavorble herb rice

FIT THALI 220
120g rice, 2 chapati, chicken/
paneer gravy, sabzi, dhal & curd

RICE BOWL 220
140g herb/lemon rice,
110g chicken, 50g veggies

KEEMA RICE 220
Chicken keema/paneer chunks
served with lemon rice

THE STROGANOFF 260
Creamy chicken/paneer served
with herb rice

PINK MANIA 270
Tangy & creamy chicken/paneer
served with herb rice

WHOLE SOME

MEXICAN BOWL 250
Zesty mix of lemon rice, sun-dried
hummus, mexican salsa, veggies with
chicken/paneer

BURRITO BOWL 250
Hearty blend of lemon rice, beans,
zucchini, feta cheese, veggies with
chicken / paneer keema

TURKISH BOWL 260
Colorful mediterranean delight with
kubus, creamy hummus and choice of
chicken/falafel

ASIAN BOWL 280
Flavorful mix of whole wheat spaghetti,
colorful veggies like zucchin, mushroom
etc with chicken/paneer



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PASTA

(Choose your Whole Wheat Pasta : - Fusilli, Penne, Spaghetti)

ARRABIATA

160

Tangy & spicy tomato based sauce

ALFREDO

170

Creamy white sauce

MIX SAUCE

180

Delicious blend of both red & white sauces,
combining the best of both worlds

ADD ON : Mushroom -30, Paneer -60, Chicken -70



SALAD

SPROUTS SALAD

140

Mix sprouts, bell peppers, tomato,
red onion, cucumber, pomegranate
tossed with lemon dressing

THAI PEANUT SALAD

150

Mixed greens, peanuts,
carrots, bell pepper, cucumber
with peanut dressing

CAESAR SALAD

160

Crisp romaine lettuce, kale,
cheese, croutons with
creamy caesar dressing

EXOTIC PASTA SALAD

180

Italian wheat pasta with cherry
tomato, bell pepper, cucumber
sweetcorn, nuts, seeds & feta

SIGNATURE SALAD

180

Lemonade tomato salad:
creamy & tangy dressing, leafy
greens, kidney beans, corn etc

PROTEIN HYPE SALAD

200

Boiled egg, sprouts, broccoli,
kidney beans, pumpkin seeds,
peanuts, leafy greens etc

ADD ON : Falafel -50, Paneer -60, Chicken sausage -60, Tofu -80, Grilled Chicken -80

MAKE YOUR OWN MEAL

(Choose your gram count for each section below)
(50g, 100g, 150g, 200g, 250g, 300g)

PROTEIN

Grilled Chicken Breast
Chicken Smoky BBQ
Italian Chicken
Hot Garlic Paneer
Tofu

CARBS

Herb Rice
Lemon rice
Wheat Pasta
Mashed Potato
Hummus

SALAD

Mix Veggies
Saute Broccoli
Mix Fruit
Sprouts
Cucumber & Carrot Sticks



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SMOOTHIE BOWL

PB BANANA BOWL 180

Peanut butter, banana & apple oats blend topped with muesli, granola

TROPICAL BOWL 200

Pineapple, mango, apple, chikoo, coconut milk blend topped with nuts & muesli

CHOCOLATE BOWL 200

Chocolate blend with apple, banana, coconut milk topped with muesli

DRY FRUIT BOWL 220

Fruit & nut blend with coconut milk topped with nuts & dry fruits

DESSERT



RAGI PUDDING 70

COCONUT HALWA 200

STRAWBERRY CHEESCAKE 150

BLUEBERRY CHEESCAKE 160

CHOCOLATE PANCAKE 220



HOT BEVERAGE

MINT LIME TEA 40

GREEN TEA 40

BLACK COFFEE 50

TURMERIC LATTE 50

HOT CHOCOLATE 60



PROTEIN SHAKES

PROTEIN LEAN 140

Whey protein served with water

PROTEIN BULK 160

Whey protein served with milk

CHOCO FIT PROTEIN 200

Chocolate whey protein, banana, skim milk, peanut butter

CALORIE MONSTER 230

Whey protein, oats, banana, skim milk, peanut butter



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COOLERS

MINT LIME	60	ORANGE	100
BASIL LIME	60	POMOGANATE	100
CUCUMBER MINT LIME	70	RAGI	110
WATERMELON	80	ELLU	110
PINEAPPLE	80	COLD COFFEE	120

HEALTHY FUSIONS



ABC Mix of apple, beetroot, carrot	120	OBC Mix of orange, beetroot, carrot	120
SKIN CLEANSER Mix of apple, cucumber, lemon, ginger & mint	140	WATERMELON LEMONADE Refreshing mocktail combines sweet	140
KIWI BERRY BURST Mix of strawberry & kiwi	180	GLOWY SKIN SMOOTHIE Mix of blueberry, strawberry, banana, chia seeds & coconut milk	180
MUSCLE BOOSTER Mix of Kiwi, strawberry, banana, berry & coconut milk		200	



NO SUGAR ADDED

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