

# Healthy *Quick* Bites

## **Egg White Veggie Omelette - 80**

3 Egg Whites with veggies prepared in Olive Oil.

## **Spinach Egg Omelette - 120**

Egg Omelette (2 Egg whites + 1 yolk) enriched with spinach & corn along with cottage cheese.

## **3 Egg Whites Scrambled with Veggies- 80**

3 Egg Whites with veggies prepared in Olive Oil.

## **Egg White Veggie Omelette with Cheese - 100**

3 Egg Whites with veggies & Cheese prepared in Olive Oil.

## **Boiled Egg - 14**

## **Extra Low Fat Mayo Dip - 15**

# *Fruits* Cuts

## **Pineapple Cuts [200g] - 95**

## **Watermelon Cuts [200g] - 85**

# **DietEat** *Signatures*

**Healthy Cooked Chicken Breast 100g - 140**

**Healthy Cooked Chicken Breast 150g - 215**

[165 Kcal-190 Kcal] Boneless Chicken breast pieces with DietEat special preparation.

*Addon* – With Mozzarella Cheese – 40

**Chicken Breast Bell Pepper Stir Fry - 290**

Boneless Chicken breast & Green, Yellow, Red Bell peppers with DietEat special masala stir fried with olive oil.

**Tawa Grilled Chicken Breast & Veggies - 290**

Boneless Chicken breast tawa grilled with DietEat special masala along with grilled veggies [\*Broccoli, Bell peppers, Carrot]  
\*subject to availability.

# Healthy Sandwiches

## WHOLE WHEAT BREAD SANDWICHES

[410 Kcal] Whole Wheat Bread **Broccoli & Chicken Breast** - 140

[520 Kcal] Whole Wheat Bread **Chicken Breast** Sandwich - 130

[430 Kcal] Whole Wheat Bread **Tuna** Sandwich - 145

Whole Wheat Bread **Paneer** Sandwich - 130

Whole Wheat Bread **Sweet & Spicy Egg** Sandwich - 96

Whole Wheat Bread **Egg** Sandwich - 96

Whole Wheat Bread **Veg** Sandwich - 96

Whole Wheat **Plain Peanut Butter** Sandwich - 96

## WHOLE WHEAT BREAD COMBOS

Whole Wheat Bread (2) + Healthy Cooked Chicken Breast (100g) - 170

# Healthy Beverages

*Yakult Probiotic Milk Drink (Helps Digestion) - 14*

*Watermelon Fresh Juice - 80*

*Pineapple Fresh Juice - 95*

*Slim Trim Juice - 120*

*Green Sin Juice - 120*

*Flat Belly Juice - 120*

*Edge Veggie Juice - 120*

*La Tomatina Juice - 120*

*Dates Milk - 99*

*Flat Burn Fusion Juice - 120*

*Apple Ginger Slimming Juice - 140*

*Golden Orange Juice - 120*



# Healthy *Veg* Salads

## **Broccoli Apple Salad - 199**

Crunchy mix of broccoli, apple, onion and carrot with creamy dressing.

## **Rainbow Veggie Salad - 170**

Different color bell peppers , peanuts, cabbage, onion, purple cabbage with dieteat special olive oil dressing and toppings.

## **Fruit Veg Salad - 155**

[72 kcal] Crunchy mix of different seasonal fruits and vegetables with dieteat special salad dressing.

## **Sweet Potato Curd Salad - 140**

[203 kcal] Boiled sweet potatoes with apple and veggies with curd mustard dressing, dieteat special low fat mayo mix.

## **Healthy Sweet Potato Salad - 140**

Healthy salad with sweet potato, cucumber & orange with chaat mixed.

## **Cucumber Tomato Salad - 140**

# Healthy *Fruit Kids* Pack

**Cut Fruits [250 grams] +**

**Dry Fruits [3 Dates, 2 Badam, Raisins] - 99**

Cut fruits with available seasonal fruits.