

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.