



Healthy was never so tasty.  
Range of Salads and more!!

**Zero oil food**

**Dressing are  
mayonnaise free**

**Made of pure virgin olive oil or  
dairy products**

**Hygienically washed vegetables**

**Millet roti**



# Trust the masters of crafting healthy and delicious salads!

## Our USP

- Range of salads, We **don't** use **mayonnaise** for salad dressing.
- Zero Oil Meals for keeping you healthy and fit.
- Protein Bowl Meal for health conscious people, cooked in 2 tsp of Olive Oil.
- Healthy Soup, We don't add corn flour or maida in our soup.
- Trans fat free toast and baked croutons.
- We don't use any kind of food colors & ajinomoto.
- We **don't** use **Palm Oil**.
- All Fresh Juices are made using Cold Press (**Slow Juicer**). It preserves natural enzymes, nutrients & reduce oxidation which make it more enjoyable & healthy.



## Healthy Salads Without Mayonise

	<b>MRP</b>
Seasonal Fresh Fruit Salad.....	299 (350 gms)
Rainbow Salad.....	199 (350 gms)
Cucumber & Herb Salad.....	149 (350 gms)
Greek Village Salad.....	249 (350 gms)
Smoked Cottage Cheese Ceasar Salad.....	299 (350 gms)
Cajun Potato Herb Salad.....	249 (350 gms)
Gazpacho Salad.....	325 (350 gms)
Tandoori Paneer Salad.....	349 (350 gms)
Florets Salad.....	349 (350 gms)
Chef Special Italian Veg Salad.....	375 (350 gms)
Watermelon Fetta Salad.....	349 (350 gms)
Texmex Cheese Corn Salad.....	349 (350 gms)

## Soup

	<b>MRP</b>
Roasted Tomato Bellpepper Soup - Toast.....	249 (300 ml)
Roasted Pumpkin Soup - Toast.....	275 (300 ml)
Broccoli Almond Soup- Toast.....	299 (300 ml)

## Fresh Juice

	<b>MRP</b>
Pineapple Juice .....	170 (300 ml)
Pineapple Orange Juice .....	170 (300 ml)
Orange Juice .....	170 (300 ml)
Watermelon Juice .....	110 (300 ml)

## Zero Oil Meals

	<b>MRP</b>
Zero Oil Paneer Sabji (J) .....	349 (325 gms)
Paneer Bhurji (J) .....	359 (325 gms)
Aloo Gobi Masala (gravy) .....	249 (325 gms)
Chole Masala .....	249 (325 gms)
Jamun Rajma Masala .....	249 (325 gms)
Steamed Basmati Rice (J) .....	199 (400 gms)
Juvar (Millet) Roti (2 PCS)(J) .....	80

# Healthy Bowl Meal

Healthy Bowl Meal is Cooked In Olive Oil & Fresh Ingredients

## MRP

**Indian Protein Bowl Meal** ..... 349 (500 gms)

Tandoori Masala Paneer

Masala Rice

Tomato Gravy

Tandoori Salad

**Meditranean Protein Bowl Meal**..... 349 (500 gms)

Mediterranean Spiced Paneer

Zataar Spiced Rice

Mediterranean Veg. Curry

Mediterranean salad

**Mexican Protein Bowl** ..... 369 (500 gms)

Texmex Paneer

Mexican Corn rice

Mexican Curry

Mexican Salad

**Oriental Bowl Meal** ..... 339 (500 gms)

Paneer with Oriental Sauce

Wok Veg. Fried Rice

Kungpao Sauce

Thai Veg. Roasted Peanut Salad

**Italian Bowl Meal** ..... 379 (500 gms)

Chilly Oregano Paneer

Bellpepper Herb Rice

Marinara Sauce

Italian Veg. Salad

**FLAVORS FOR EVERY CRAVING!!  
HEALTH IN EVERY BITE!!**

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