

# SALAD BOWLS

## CRUCIFEROUS MEDLEY

₹328

(200 KCAL, 323 KCAL WITH CHICKEN)

Crunchy veggies of Lettuce, Cabbage, Broccoli, Cauliflower finished in yogurt dressing

**Add Grilled Chicken for Non Veg – ₹50**

## ZESTY GARDEN BOUNTY

₹328

(200 KCAL, 325 KCAL WITH CHICKEN)

Batons of Carrot, Zucchini, Cucumber, Beet, Tomato and lots of Fresh Sprouts tossed in pickled Olive Vinaigrette

**Add Grilled Chicken for Non Veg – ₹50**



# EGG A DAY KEEPS THE DOCTOR AWAY

PLAIN OMELETTE

₹99

MASALA OMELETTE

₹139

FLAVORSOME SPINACH OMELETTE

₹159

BOILED EGGS (5)

₹150 (5 pcs)

CHICKEN CHEESE OMELETTE

₹179



# MAIN COURSE

## CLASSIC VEG MILLET BOWL (350 KCAL)

₹469

Wholesome millet served with boiled seasonal vegetables, flavorful spices, and a touch of ghee for perfect balance.

## PANEER POWER MILLET BOWL

₹429

Protein-packed bowl with millet, fresh boiled veggies, and soft paneer cubes tossed in mild spices.

High Protein | Vegetarian

## CHICKEN PROTEIN MILLET BOWL

₹489

Nutritious millet base topped with boiled veggies and tender chicken pieces for a hearty, healthy meal.

Lean Protein | Keto-Friendly

## EGG MILLET ENERGY BOWL

₹429

Millet served with a medley of boiled vegetables and perfectly cooked eggs for your protein boost.

Great for Breakfast & Lunch

## FISH FIT MILLET BOWL

₹499

Light yet satisfying millet bowl with boiled veggies and protein-rich fish, seasoned for health lovers.

Omega-3 Rich | Low Fat

Extra Paneer: ₹150

Extra Chicken: ₹150

Extra Egg: ₹50 (2pcs)

Extra Millet: ₹100

Brown rice : ₹100



# APPETIZERS

## HIGH PROTEIN MOONG CUTLET

Green moong ginger garlic chilli curd coriander

₹299

## MUSHROOM SAUTE

₹249





# SOUPS

## PUMPKIN SOUP (195 KCAL)

₹200

A Thick Creamy Pumpkin soup made with tendered brown onions, garlic herbs and pureed pumpkin

## CHICKEN SOUP (220 KCAL)

₹279

Fresh Grilled Chicken Broth with Cabbage and Egg threads

## CABBAGE SOUP (150KCAL)

₹200

Cabbage, onion, grated carrot, pepper, salt to taste, lime juice, chopped garlic



# DETOX SHOTS

## SKIN GLOW

(Carrot / Beet root / Orange / Vitamin E)

₹150

## PRE WORK OUT SHOTS

(Beetroot, Ginger, Lime)

₹150

## POST WORK OUT SHOTS

(Sweetlime, Salt and Pepper)

₹150



# SMOOTHIES BOWLS

## PEANUT BUTTER COCOA BANANA BOWL (345 KCAL)

₹239

Blend Almond Milk, Banana, Ice, Peanut butter, Cocoa powder, Vanilla extract, and Topped with Banana and Peanuts

## OVERNIGHT HONEY OATS (390 KCAL)

₹239

Overnight Soaked Oats with Fresh Fruits, Honey and Cinnamon

## FINGER MILLET ECSTASY (400 KCAL)

₹239

A Savoury Ragi Malt Yoghurt Smoothie bowl, Smoothie with lots of Nuts & Raisins



# COLD PRESSED JUICES

SEASONAL FRUIT JUICE (200-250ML) ₹140

ORANGE WATER MELON BLACK SALT (200ML) ₹140

ASH GOURD JUICE (200-250ML) ₹140

APPLE BEETROOT CARROT- ABC JUICE (200ML) ₹170

LASSI / CHAAS / BARLEY (200-250ML) ₹180

**MOST BENEFICIAL WHEN CONSUMED WITHIN 1-2HRS**





# Eat Smart ✨ Live Fully.

## Matcha Vanilla : ₹119

A bright green **matcha latte** with plant-based milk, a hint of natural sweetener, and added prebiotic fiber for gut health.



## Gut Booster Drink: Warm Ginger Water - ₹99

## Protein-Packed Smoothie Drink: ₹179

Inspired by rising protein drink trends, this smoothie combines Greek yogurt or plant protein with berries, chia seeds, and greens — great for muscle support and sustained energy.



## Detox Drink: Warm Refreshing Ginger Water - ₹99

## 🍴 Trendy Meals for the Menu

## Millet & Superseed Salad: ₹249

Locally relevant, sustainable **millet salad** with greens, nuts, pomegranate, and a lemon-herb dressing (millets are nutritious and trending).



## Zoodle Stir-Fry with Chicken : ₹249

Zucchini noodles ("zoodles"), colorful veggies, lean protein, and a light sesame-ginger sauce — great for a low-carb, high-nutrition choice.



## Savory Sweet Potato & Black Bean Wrap: ₹299

Whole-food wrap option packed with fiber, healthy carbs, protein, and greens — portable and perfect for mindful eating.



## Gut-Calming Miso & Greens Bowl: ₹499

A warm bowl with miso broth, sauteed spinach / kale, brown rice, shiitake mushrooms, and sesame seeds — perfect for digestive support.

