

JUICES



MONKEY MELON FIX

₹165

Watermelon, Banana, Yoghurt, Honey
(with chia)

GRANNY SMITH'S FIX

₹165

Celery, Green Apple, Cucumber, Ginger,
Mix green leaves, Lemon juice

CRAN-PEARY FIX

₹165

Cucumber, Pear, Cranberry,
Ginger, Lemon

GET FRUITY WITH IT

₹165

Watermelon, Ginger, Grapefruit,
Peach, Mint

GET YELL-O

₹165

Pineapple, Banana, Lemon, Mint

JUST BEET IT

₹165

Beet, Carrot, Blueberries, Lemon

C-ENERGY

₹165

Pineapple, Grapefruit / Orange,
Green Apple, Amla

PINK OF HEALTH

₹165

Peaches, Strawberries, Ginger,
Grapefruit

SIR FIX-A-LOT

₹165

Cucumber, Kale, Spinach, Tomato,
Celery salt, lemon

HAPPINESS FIX

₹165

Red apple, Mango, Pineapple, Basil

ADD

- Chia seeds ₹25
- Flax seeds ₹25
- Wheatgrass Powder ₹25
- Honey / Stevia ₹25



SMOOTHIES

MORNING KICKER

₹ 225

Banana, Coffee, Yoghurt

KEEP CALM AND GET YOUR FIX

₹ 225

Mango, Peach, Ginger, Pomegranate,
Yoghurt

THE ODD ONE OUT

₹ 225

Red Apple, Raspberries, Blueberries,
Yoghurt

SWEET DISPOSITION

₹ 225

Pineapple, Red grapes, Mango,
Yoghurt, Chia Seeds

KHAL STRAWGO FIX

₹ 225

Mango, Strawberry, Basil,
Yoghurt

KIWI LOVE

₹ 225

Kiwi, Red Apple, Pineapple

THE GREEN GODDESS

₹ 225

Plum, Green tea, Red grapes

BREAKFAST IN A GLASS

₹ 225

Banana, Oats, Almonds,
Yoghurt

BERRANANA FIX

₹ 225

Banana, Blueberries, Raspberries
Strawberry, Yoghurt

HANGOVER FIX

₹ 225

Pineapple, Mango, Strawberry,
Wheatgrass, Yoghurt

ADD

- Chia seeds ₹ 25
- Flax seeds ₹ 25
- Wheatgrass Powder ₹ 25
- Honey / Stevia ₹ 25
- Froyo ₹ 50



ALL DAY BREAKFAST

COTTAGE CHEESE BREAKFAST ROLL

₹195

A wholesome ragi and atta roll, stuffed with cottage cheese and pistachios served with a honey orange drizzle

PANCAKES

₹195

Made with whole wheat and oats with a topping of quinoa

- with banana and honey
- with mixed berries

- **MASALA OMELETTE**

₹195

3 egg white fluffy omelette prepared with chopped onions, tomatoes, capsicum and chillies, served with 2 whole - wheat toasts

- **POPEYE OMELETTE**

₹195

3 egg whites prepared with spinach, ricotta and sweet corn, served with two whole - wheat toasts

AMERICAN STYLE BAKED BEANS ON TOAST

₹195

Topped with a sunny side up egg (optional)

FRENCH TOAST

₹195

Whole wheat multi grain toast with cinnamon

- with honey
- with fruit compote

FRUIT PLATE

₹195

Assorted fruits served with crunchy granola and fresh fruit yoghurt

STEAMED SWEET CORN

₹95

Tossed with lemon and spices

CUP OF SPROUTS

₹95

Tossed with lemon and spices

SIDES

- Sausages (2 pc) ₹95
- Turkey Bacon ₹95
- Grilled Tomatoes ₹55
- Hashbrown ₹55



SALADS & BITES

RED SALAD

₹275

Mix lettuce, strawberries / red apple, goat cheese, chicken breast, chipotle dressing

PEAR SALAD

₹275

Lettuce, grilled cottage cheese, blueberries, sweet potato, Dijon mustard dressing

• SHRIMP SALAD

₹345

Lettuce, peppers, red onions, cherry tomatoes, tomato vinaigrette

OVEN BAKED NACHOS

₹145

Loaded with tomato salsa, ricotta, olives, jalapeno and chopped tomatoes

• AIR FRIED FISH AND CHIPS

₹345

Succulent fish filet coated in a crunchy batter with oven baked fries

• CORN CRUSTED CHICKEN

₹295

Crunchy strips served with fresh tomato salsa

• BBQ CHICKEN WINGS

₹295

Served in a juicy barbecue sauce with a peri - peri spicy dip

SOUP OF THE DAY

₹145

Prepared with fresh, best quality ingredients



BURGERS

MUSHROOM BURGER

₹ 275

Shitake, Oyster and button mushrooms served on a whole - wheat bun with home made fries and slaw

VEGGIE BURGER

₹ 275

Assorted grilled vegetables served on a whole - wheat bun with home made baked fries

QUINOA BURGER

₹ 295

Quinoa and sweet potato, served on a whole - wheat bun and home made baked fries

• GRILLED CHICKEN BURGER

₹ 295

Grilled whole chicken breast served on a whole - wheat bun with tomato salsa and home made baked fries

• GRILLED FISH BURGER

₹ 345

A sole fillet served on a whole - wheat bun with a tangy slaw and home made baked fries



SANDWICHES & PIZZAS

BRUSCHETTA

Tomato and goat cheese with pesto

₹ 275

Chopped chicken with oregano and pesto

₹ 275

GRILLED COTTAGE CHEESE SANDWICH

₹ 275

Served with a home made sundried tomato pesto

- **SMOKED CHICKEN ROULADE**

₹ 295

An open sandwich on grilled toast with chicken roulade stuffed with sundried tomatoes, olives and jalapenos

- **CHICKEN SHAWARMA**

₹ 295

Grilled chicken prepared in traditional yoghurt marination, served in homemade pita bread

- **TURKEY AND CHICKEN SANDWICH**

₹ 295

Turkey bacon, grilled chicken breast, tomatoes, goat cheese and grilled onion

PIZZA

HOMEMADE ARTISAN FLAT BREADS 10" THIN CRUST

- **POPEYE PIZZA**

₹ 345

Topped with ricotta, American sweet corn and spinach tossed with spices

- **CLASSIC VEG PIZZA**

₹ 345

Topped with grilled veggies

- **CHICKEN TIKKA PIZZA**

₹ 375

Topped with traditional yoghurt marinated succulent pieces of chicken



PASTA & BOWL MEALS

MIX MUSHROOM PASTA

₹345

Prepared in a thai style
sauce

LASAGNA

Chicken ₹375

Veg ₹345

• SHRIMP PASTA

₹395

Prepared in a basil pesto
with vegetables

ASIAN RICE BOWL

Asian spiced protein prepared with rice, vegetables
with Asian peanut sauce

Veg ₹345

Non - veg ₹375

JAPANESE SOBA NOODLE BOWL

Tossed in teriyaki style sauce, with vegetables and peanuts

Veg ₹345

Non - veg ₹375

MEXICAN BOWL

Steamed vegetable mexican rice with grilled veggies,
black beans and salsa style sauce

Veg ₹345

Non - veg ₹375



DESSERTS TEA & COFFEE

SUGAR FREE BROWNIE

₹ 165

Decadent chocolate brownies served with mixed nuts and chocolate sauce

CARROT CAKE

₹ 145

Sweetened with dates, with cinnamon and spices

LIME PIE

₹ 165

A digestive biscuit crust with freshly prepared lemon curd pie topping

DIET VANILLA POUND CAKE

₹ 125

A rich cake prepared with the moistness of cottage cheese

PUMPKIN CUPCAKES

₹ 145

Moist cupcakes prepared with pumpkin puree

TEA

- Green Tea ₹95
- Chai ₹85
- Chamomile / Jasmine ₹105

COFFEE

- Latte ₹95
- Cappucino ₹95
- Espresso ₹65