



Salads

- | | |
|------------------------|-------|
| Cous Cous | ₹ 145 |
| Veg Quinoa | ₹ 175 |
| Pulled Roasted Chicken | ₹ 175 |
| Chicken Tikka | ₹ 175 |
| Chicken Quinoa | ₹ 195 |



Soups

- | | |
|---------------------|-------|
| Minestrone | ₹ 90 |
| Mushroom Cappuccino | ₹ 100 |
| Chicken Tagliolini | ₹ 110 |



Eggs

- | | |
|----------------|-------|
| Omelette | ₹ 95 |
| Vegetable Eggs | ₹ 110 |
| Chicken Eggs | ₹ 125 |



Pizzas

This Italian master food that has been serving the taste buds for years will no longer be tagged as #FATTY!

Garden Veg	☑ ₹175
Paneer Tikka	☑ ₹195
Chicken Tikka	☑ ₹225
Oriental Chicken	☑ ₹225



Burgers

Oily cutlets? Oh what a BIG No! We sandwich our freshly baked wheat buns with king size fillings- veggles, our chef special low-fat dressings, accompanied with specially baked wheat nachos. Better taste and half the calories. Yaaba Daaba Doooo!

Veg Burger	☑ ₹125
Paneer tikka Burger	☑ ₹145
Chicken Tikka Burger	☑ ₹165
Oriental Fish Burger	☑ ₹185



Pastas

Well, who doesn't like pastas! Now enjoy our wheat special, low-fat pastas with calorie intake reduced to half! Tasty pasta sauces ensure that this meal is not your "Aakhr! Pasta" with us.

Penne Arrabiata	☑ ₹175/185
Penne in White sauce	☑ ₹175/185
Penne A.O.P.	☑ ₹175/185



PanCakes

<i>Chocolate Pancake</i>	₹ 125
<i>Blueberry Pancake</i>	₹ 125
<i>Banana Pancake</i>	₹ 125



Dimsums

Ever wondered why steamed dim sums measure as high as 200 calories per plate?

Now, dance like Simpson and enjoy eating dimsums, as we serve you with our uniquely styled guilt-free dim sums with calorie count as low as 110 per plate!

<i>Veg Dimsums</i>	₹ 125
<i>Soya Dimsums</i>	₹ 145
<i>Chicken Dimsums</i>	₹ 155



Appetisers

<i>Healthy Baked Nachos</i>	₹ 145
<i>Grilled Cottage Cheese Skewer</i>	₹ 175
<i>Grilled Soya Chap</i>	₹ 175
<i>Harvest Baked Vegetable</i>	₹ 175
<i>Dry Fruit Muesli</i>	₹ 175
<i>BBQ Chicken Skewer</i>	₹ 185
<i>Grilled Fish</i>	₹ 195



Main Course

<i>Stuffed Cottage Cheese</i>	₹ 325
<i>Oriental Vegetable Claypot</i>	₹ 345
<i>Grilled Chicken Breast with ragu sauce</i>	₹ 375
<i>Peri Peri Chicken</i>	₹ 375
<i>Oriental Chicken Claypot</i>	₹ 375
<i>Pan Seared Basa Served With Lemon Caper sauce</i>	₹ 395



Wraps & Rolls

An endearing nutrition filled, 100% wheat base wraps and rolls, wrapped with our selected fresh veggies, uncooked so as to retain its nutritional value, dressed in our low-fat sauces ensuring taste and nutrition altogether. So "Wrap and Roll" guilt-free with us!

<i>Paneer tikka wrap</i>	₹ 145
<i>Mushroom wrap</i>	₹ 165
<i>Soya wrap</i>	₹ 165
<i>Chicken Tikka wrap</i>	₹ 170
<i>Oriental fish wrap</i>	₹ 185



Sandwiches

The most helpful meal to beat the hunger made yummy and healthy with our specially baked wheat breads filled with loads healthy nutrients in the form of selective veggies, low fat dressings and ounces of protein in the form of paneer, soya and chicken keeping the entire calorie count as low as 180 only ! Happy Eating!

<i>Rainbow Slaw</i>	₹ 125
<i>Paneer Tikka</i>	₹ 145
<i>Chicken Tikka</i>	₹ 165
<i>Chicken Slaw</i>	₹ 165



Shakes

On whey Protein Shake	₹ 195
Isopure isolate Protein Shake	₹ 225
Add-ons :	
On whey Protein Scoop	₹ 120
Isopure Isolate Protein Scoop	₹ 145
Glutamine ₹ 45	Peanut Butter ₹ 45
Creatine ₹ 45	Banana ₹ 20
Egg ₹ 10	



Juices

Vegetable Juice	₹ 90
Mix Fruit Juice	₹ 120
Daily Detox	₹ 145
Fat Burning Detox	₹ 145



Smoothies

Watermelon Rehydrator	₹ 125
Banana Smoothies	₹ 145
Berry BLAST	₹ 165



Desserts

Sweet tooth?

Worry no more! Eat as much as possible and we promise to keep your sweet tooth healthy and fit!

Sugar-free, digestive wheat-fibrous biscuits and low fat creams are our chef's secret ingredients!

Dark Chocolate Mousse	₹ 145
Banoffee pie	₹ 145
Chocolate Fudge Brownie	₹ 145
Low fat Phirni	₹ 145