

VEGETARIAN

Walnut Pear Salad 280 Cal
*Rocket, Goats Cheese, Pear, Walnuts,
Balsamic Vinaigrette Dressing.*

Summer Salad 240 Cal
*Rocket, Basil, Feta Cheese, Watermelon,
Olive Oil Dressing.*

Salad Bowl's Signature Rocket Salad 240 Cal
*Rocket, Feta Cheese, Cherry Tomatoes, Walnuts, Pine Nuts,
Italian Herb Dressing.*

Chef's Pasta Salad 280 Cal
*Basil, Parmesan Cheese, Whole Wheat Pasta, Sundried Tomatoes, Black
Pesto Dressing.*

Caesar Salad 280 Cal
*Romaine, Rocket, Parmesan Cheese, Multigrain Croutons,
Caesar Dressing.*

Caprese Salad 330 Cal
*Rocket, Basil, Mozzarella, Tomatoes, Multigrain Croutons,
Pesto Dressing.*

Greek Salad 200 Cal
*Romaine, Spinach, Feta Cheese, Cherry Tomatoes, Onions, Cucumbers,
Mediterranean Dressing.*

Thai Minced Salad 250 Cal 🍴
*Cabbage, Minced Cottage Cheese, Red Chillies, Spring Onions, Peanuts,
Thai Style Dressing.*

NON-VEGETARIAN

Bacon Cobb Salad 350 Cal
*Romaine, Iceberg, Blue Cheese, Bacon, Grilled Chicken, Eggs, Celery,
Vinaigrette Dressing.*

Tandoori Chicken Salad 300 Cal
*Romaine, Feta Cheese, Tandoori Chicken, Cucumbers, Onions, Pita Chips,
Lemon Vinaigrette Dressing.*

Grilled Chicken Pasta Salad 250 Cal
*Basil, Parmesan Cheese, Grilled Chicken, Whole Wheat Pasta, Sundried
Black Olives, Pistachios,
Pesto Dressing.*

Grilled Chicken Caesar Salad 370 Cal
*Romaine, Rocket, Parmesan Cheese, Grilled Chicken, Multigrain Croutons,
Caesar Dressing.*

Thai Minced Chicken Salad 285 Cal 🍴
*Cabbage, Minced Chicken, Red Chillies, Spring Onions, Peanuts,
Thai Style Dressing.*

BEVERAGES

Banana Smoothie Rs. 90
*Low-fat Yoghurt, Almond Milk,
Banana, Aloe Vera Gel, Pistachios*

Strawberry Smoothie Rs. 180
*Low-fat Yoghurt, Almond Milk,
Strawberry, Sweet Lime
(Mosambi), Pumpkin Seeds,
Sunflower Seeds.*

Blueberry Smoothie Rs. 180
*Low-fat Yoghurt, Almond Milk,
Blueberry, Sweet Lime
(Mosambi), Pumpkin Seeds,
Sunflower Seeds.*

Cocoa Smoothie Rs. 180
*Low-fat Yoghurt, Almond Milk,
Sweet Lime (Mosambi), Cocoa,
Pistachio, Flax Seeds, Almonds*

Lemonade Rs. 45
Sweetened with Palm Sugar

Iced Tea Rs. 45
Sweetened with Palm Sugar

Vitamin Water MRP

Mineral Water MRP



VEGETARIAN

- Walnut Pear Salad** 280 Cal Rs. 339
*Rocket, Goats Cheese, Pear, Walnuts.
Balsamic Vinaigrette Dressing.*
- Summer Salad** 240 Cal Rs. 369
*Rocket, Basil, Feta Cheese, Watermelon.
Olive Oil Dressing.*
- Salad Bowl's Signature Rocket Salad** 240 Cal Rs. 369
*Rocket, Feta Cheese, Cherry Tomatoes, Walnuts, Pine Nuts.
Italian Herb Dressing.*
- Chef's Pasta Salad** 280 Cal Rs. 369
*Basil, Parmesan Cheese, Whole Wheat Pasta, Sundried Tomatoes, Black Olives, Pistachios.
Pesto Dressing.*
- Caesar Salad** 280 Cal Rs. 339
*Romaine, Rocket, Parmesan Cheese, Multigrain Croutons.
Caesar Dressing.*
- Caprese Salad** 330 Cal Rs. 339
*Rocket, Basil, Mozzarella, Tomatoes, Multigrain Croutons.
Pesto Dressing.*
- Greek Salad** 200 Cal Rs. 369
*Romaine, Spinach, Feta Cheese, Cherry Tomatoes, Onions, Cucumbers, Kalamata Olives.
Mediterranean Dressing.*
- Thai Minced Salad** 250 Cal  Rs. 339
*Cabbage, Minced Cottage Cheese, Red Chillies, Spring Onions, Peanuts.
Thai Style Dressing.*

NON-VEGETARIAN

- Bacon Cobb Salad** 350 Cal Rs. 369
*Romaine, Iceberg, Blue Cheese, Bacon, Grilled Chicken, Eggs, Celery Sticks.
Vinaigrette Dressing.*
- Tandoori Chicken Salad** 300 Cal Rs. 369
*Romaine, Feta Cheese, Tandoori Chicken, Cucumbers, Onions, Pita Chips.
Lemon Vinaigrette Dressing.*
- Grilled Chicken Pasta Salad** 250 Cal Rs. 399
*Basil, Parmesan Cheese, Grilled Chicken, Whole Wheat Pasta, Sundried Tomatoes,
Black Olives, Pistachios.
Pesto Dressing.*
- Grilled Chicken Caesar Salad** 310 Cal Rs. 369
*Romaine, Rocket, Parmesan Cheese, Grilled Chicken, Multigrain Croutons.
Caesar Dressing.*
- Thai Minced Chicken Salad** 285 Cal  Rs. 339
*Cabbage, Minced Chicken, Red Chillies, Spring Onions, Peanuts.
Thai Style Dressing.*

VEGETARIAN

Walnut Pear Salad 280 Cal

Rocket, Goats Cheese, Pear, Walnuts.
Balsamic Vinaigrette Dressing.

Rs. 339

Summer Salad 240 Cal

Rocket, Basil, Feta Cheese, Watermelon.
Olive Oil Dressing.

Rs. 369

Salad Bowl's Signature Rocket Salad 240 Cal

Rocket, Feta Cheese, Cherry Tomatoes, Walnuts, Pine Nuts.
Italian Herb Dressing.

Rs. 369

Chef's Pasta Salad 280 Cal

Basil, Parmesan Cheese, Whole Wheat Pasta, Sundried Tomatoes, Black Olives, Pistachios.
Pesto Dressing.

Rs. 369

Caesar Salad 280 Cal

Romaine, Rocket, Parmesan Cheese, Multigrain Croutons.
Caesar Dressing.

Rs. 339

Caprese Salad 330 Cal

Rocket, Basil, Mozzarella, Tomatoes, Multigrain Croutons.
Pesto Dressing.

Rs. 339

Greek Salad 200 Cal

Romaine, Spinach, Feta Cheese, Cherry Tomatoes, Onions, Cucumbers, Kalamata Olives.
Mediterranean Dressing.

Rs. 369

Thai Minced Salad 250 Cal 🌶️

Cabbage, Minced Cottage Cheese, Red Chillies, Spring Onions, Peanuts.
Thai Style Dressing.

Rs. 339

NON-VEGETARIAN

Bacon Cobb Salad 350 Cal

Romaine, Iceberg, Blue Cheese, Bacon, Grilled Chicken, Eggs, Celery Sticks.
Vinaigrette Dressing.

Rs. 369

Tandoori Chicken Salad 300 Cal

Romaine, Feta Cheese, Tandoori Chicken, Cucumbers, Onions, Pita Chips.
Lemon Vinaigrette Dressing.

Rs. 369

Grilled Chicken Pasta Salad 250 Cal

Basil, Parmesan Cheese, Grilled Chicken, Whole Wheat Pasta, Sundried Tomatoes,
Black Olives, Pistachios.
Pesto Dressing.

Rs. 399

Grilled Chicken Caesar Salad 310 Cal

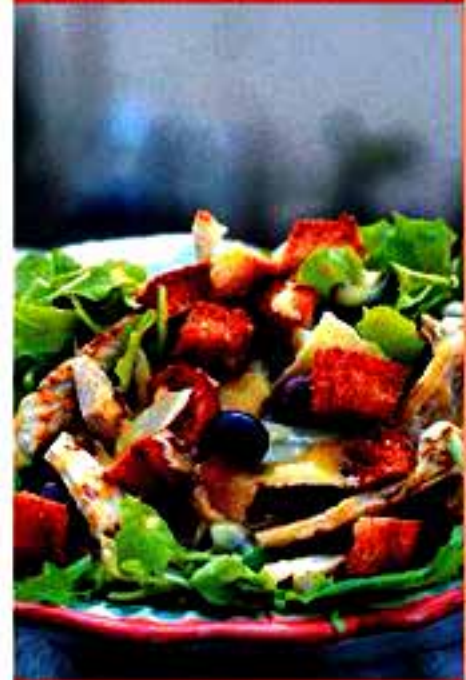
Romaine, Rocket, Parmesan Cheese, Grilled Chicken, Multigrain Croutons.
Caesar Dressing.

Rs. 369

Thai Minced Chicken Salad 285 Cal 🌶️

Cabbage, Minced Chicken, Red Chillies, Spring Onions, Peanuts.
Thai Style Dressing.

Rs. 339



MAKE YOUR OWN SALAD

(Ranging from Rs. 279 - Rs. 399)

STEP 1 Choose a bowl of Greens

Rs. 279

- | | | |
|----------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Romaine | <input type="checkbox"/> Spinach | <input type="checkbox"/> Mixed Greens |
| <input type="checkbox"/> Rocket | <input type="checkbox"/> Iceberg | |

STEP 2 Choose your Cheese

Rs. 30

- | | | |
|------------------------------------------|--------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Parmesan Cheese | <input type="checkbox"/> Mozzarella Cheese | <input type="checkbox"/> Goats Cheese |
| <input type="checkbox"/> Feta Cheese | <input type="checkbox"/> Blue Cheese | |

STEP 3 Choose your Protein

Rs. 30

- | | | |
|-------------------------------------------|--------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Egg White | <input type="checkbox"/> Shrimp | <input type="checkbox"/> Bean Sprouts |
| <input type="checkbox"/> Grilled Chicken | <input type="checkbox"/> Tuna | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Tandoori Chicken | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Cottage Cheese (Paneer) | |

STEP 4 Choose your Veggies, Fruits & Toppings

Rs. 30

- | | | |
|------------------------------------------|-----------------------------------------|------------------------------------------|
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Green Peppers | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Cherry Tomatoes | <input type="checkbox"/> Red Peppers | <input type="checkbox"/> Flax Seeds |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Yellow Peppers | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Red Onions | <input type="checkbox"/> Basil | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Shaved Carrot | <input type="checkbox"/> Corn | <input type="checkbox"/> Croutons |
| <input type="checkbox"/> Celery Sticks | <input type="checkbox"/> Apple | <input type="checkbox"/> Pita Chips |

STEP 5 Choose your Premium Veggies, Fruits & Nuts

Rs. 30

- | | | |
|------------------------------------------|---------------------------------------------|------------------------------------|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Beetroot | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Sun-dried Tomatoes | <input type="checkbox"/> Pistachio |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Black Olives | <input type="checkbox"/> Watermelon | <input type="checkbox"/> Pine Nuts |
| <input type="checkbox"/> Kalamata Olives | <input type="checkbox"/> Pear | |

STEP 6 Choose your Dressing

- | | | |
|-----------------------------------------------|---------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Pesto | <input type="checkbox"/> Lemon Vinaigrette (Low-Cal) |
| <input type="checkbox"/> Balsamic Vinaigrette | <input type="checkbox"/> Caesar | <input type="checkbox"/> Mediterranean (Low-Cal) |
| <input type="checkbox"/> Italian Herb | <input type="checkbox"/> Ranch | |

MAKE YOUR OWN SALAD

(Ranging from Rs. 279 - Rs. 399)

STEP 1 Choose a bowl of Greens Rs. 279

- Romaine
- Spinach
- Mixed Greens
- Rocket
- Iceberg

STEP 2 Choose your Cheese Rs. 30

- Parmesan Cheese
- Mozzarella Cheese
- Goats Cheese
- Feta Cheese
- Blue Cheese

STEP 3 Choose your Protein Rs. 30

- Egg White
- Shrimp
- Bean Sprouts
- Grilled Chicken
- Tuna
- Tofu
- Tandoori Chicken
- Quinoa
- Soya
- Bacon
- Cottage Cheese (Paneer)

STEP 4 Choose your Veggies, Fruits & Toppings Rs. 30

- Tomatoes
- Green Peppers
- Orange
- Cherry Tomatoes
- Red Peppers
- Flax Seeds
- Cucumber
- Yellow Peppers
- Pumpkin Seeds
- Red Onions
- Basil
- Sunflower Seeds
- Shaved Carrot
- Corn
- Croutons
- Celery Sticks
- Apple
- Pita Chips

STEP 5 Choose your Premium Veggies, Fruits & Nuts Rs. 30

- Avocado
- Beetroot
- Almonds
- Broccoli
- Sundried Tomatoes
- Pistachio
- Kidney Beans
- Pomegranate
- Walnuts
- Black Olives
- Watermelon
- Pine Nuts
- Kalamata Olives
- Pear

STEP 6 Choose your Dressing

- Olive Oil
- Pesto
- Lemon Vinaigrette (Low-Cal)
- Balsamic Vinaigrette
- Caesar
- Mediterranean (Low-Cal)
- Italian Herb
- Ranch

