

KALORIE

COUNT

“Satisfying Your Cravings with
The Food Your Body And Soul Deserves”

+91 72720 70765

Tea

(Ask For Brown Sugar)

Regular Tea	69
Green Tea	79
Detox Kava	79
Lemon Ice Tea	99

Milk

(Ask For Brown Sugar)

Plain Milk	69
Chocholate Milk	99

Coffee

(Ask For Brown Sugar)

Black Coffee	69
Hot Coffee	79
Iced Americano	79
(Chilled Black Coffee)	
Cold Coffee	89
Mocha Café (Sweet)	99
Hazelnut Café (Sweet)	99

Juices

Green Juice	139
(Spinach, Cucumber)	
Vitamin "C"	149
(Orange, Pineapple, Papaya, Lemon)	
Abc Juice	149
(Apple, Beetroot, Carrot, Ginger, Lemon)	

Water Based Drinks

Fresh Lemon Water	89
Nimbu Masala	99
Fruit Mojito	119
Blueberry Punch	119

All Time Breakfast

Soaked Oats With Chocholate/ Fruit Protein 11gm, Fat 9gm, Kcal 300, 100% calcium	159
Masala Oats Protein 9gm, Fat 8gm, Kcal 240	159
Chia Pudding (Chia Seeds, Milk, Fresh Fruits) Protein 9gm, Fat 8gm, Kcal 218, 100% calcium	159
Fruits + Yogurt 🍌 Protein 7gm	159
Peanut Butter +apple /banana Sandwich 🍌 Protein 28gm, Kcal 600	159
Poha 🍌🍌🍌 Protein 12gm, Kcal 460	99
Paneer Bhurji Protein 32gm, Kcal 540	149
Egg Bhurji (2 Eggs) Protein 13gm, Kcal 170	149
Egg Boiled (2 Piece) 🍌🍌🍌 Protein 12gm, Kcal 156	69
Plain Omelette 🍌🍌🍌 Protein 12gm, Kcal 156	99
Masala Omelette 🍌🍌🍌 Protein 12gm, Kcal 156	119
Cheese Omelette 🍌🍌 Protein 20gm, Kcal 280	149
Egg White Omelette 🍌🍌🍌 Protein 12gm, Kcal 94	139
Fluffy Omelette 🍌🍌 Protein 17gm, Kcal 180	179
Poached Egg (4 Pieces) 🍌🍌🍌🍌 Protein 25gm, Kcal 300	179
(All Omelette Serve without Bread)	

Smoothie Bowl

(Ask For Sugar/ Honey)

Oats Smoothie Bowl (Oats/ Yogurt/ Fruit) Protein 18gm, Fat 10gm, Kcal 300	159
Berry Smoothie Bowl 🍌 (Fruits/ Berry/ Yogurt) Protein 10gm, Fat 9gm, Kcal 300	199
Tropical Fruit Smoothie Bowl 🍌 (Fruits/ Yogurt) Protein 11gm, Fat 6gm, Kcal 260	179
Sunrise Smoothie Bowl 🍌 (Papaya/ Yogurt/ Pineapple) Protein 10gm, Fat 6gm, Kcal 260	169
Chocolate Oatmeal Smoothie Bowl (Oats/ Chocolate/ Yogurt) Protein 20gm, Fat 12gm, Kcal 350	159
Dryfruit Smoothie Bowl 🍌 (Dry Fruits/Yogurt) Protein 22gm, Kcal 460	279



Smoothies (Sweet/Natural)

(Ask For Sugar/ Honey)

- **Banana-berry Smoothie** 169
(Banana, Blue Berry /Strawberry)
Protein 14gm, Carbs 56gm, Kcal 356
- **Green Smoothie** 159
(Banana, Spinach, Yogurt)
Protein 16gm, Carbs 42gm, Kcal 302
- **Choco Almond Smoothie** 199
(Choco/Almond , Yogurt)
Protein 14gm, Carbs 49gm, Kcal 279
- **Peanut Butter Smoothie** 189
(Banana, Peanut Butter, Yogurt)
Protein 22gm, Carbs 40gm, Kcal 418
- **Counter Special Smoothie** 259
(Fruit, Dry Fruit, Yogurt)
Protein 25gm, Carbs 54gm, Kcal 450
- **Banana Oats Smoothie** 169
(Banana, Oats, Yogurt)
Protein 16gm, Carbs 64gm, Kcal 340
- **Mocha Protein Smoothie** 189
(Coffee, Protein, Yogurt)
Protein 32gm, Carbs 40gm, Kcal 415
- **Tomato Carrot Oats Smoothie** 179
(Tomato, Carrot, Oats, Yogurt)
Protein 15gm, Carbs 56gm, Kcal 280
- **Dry Fruits Protein Smoothie** 279
(Dry Fruits, Yogurt)
Protein 41gm, Carbs 56gm, Kcal 356

Post Workout Shakes

(Brown Sugar/Honey/Milk/Curd)

- **Banana Berry Protein Shakes** 199
Protein 37gm, Kcal 320
- **Peanut Butter Banana Protein Shakes** 199
Protein 40gm, Kcal 440
- **Banana Chia Protein Shakes** 199
Protein 37gm, Kcal 370
- **Almonds, Coconut Milk Protein Shakes** 219
Protein 38gm, Kcal 400
- **Oatmeal Blueberry Chia Protein Shakes** 199
Protein 36gm, Kcal 320
- **Chocholate Protein Shakes** 169
Protein 38gm, Kcal 300
- **Oats & Apple Protein Shakes** 189
Protein 38gm, Kcal 280
- **Seasonal Fruit With High Protein Shakes** 199
Protein 38gm, Kcal 320



Shakes

- **Strawberry Shakes** 159
 (Milk, Strawberry)
 Protein 10gm, Kcal 160
- **Chocholate Oats Shakes** 169
 (Soaked Oats, Milk, Banana, Chocolate)
 Protein 12gm, Kcal 200
- **Dates & Banana Shakes** 169
 (Banana, Dates, Milk)
 Protein 12gm, Kcal 240
- **Fresh Papaya/Mango Shakes** 159
 (Papaya, Milk)
 Protein 8gm, Kcal 200
- **Mixed Fruit Shake** 179
 (Available Fruits Blend)
 Protein 8gm, Kcal 250

Pastas

- **Tomato Veg Pasta** 219
 (Classic Tomato Pasta With Less Calories)
 Protein 11gm, Carbs 36gm, Fat 11gm, Kcal 354
- **White Veg Pasta** 219
 (Classic White Sauce Pasta With Less Calories)
 Protein 12gm, Carbs 37gm, Fat 12gm, Kcal 374
- **Tomato Chicken Pasta** 249
 (Classic Chicken Tomato Pasta With Less Calories)
 Protein 30gm, Carbs 37gm, Fat 12gm, Kcal 456
- **White Chicken Pasta** 249
 (Classic Chicken White Sauce Pasta With Less Calories)
 Protein 35gm, Carbs 39gm, Fat 15gm, Kcal 468

Wraps

(Ragi Sheets)

- **Hummus Veggie Wraps** 🌱🌱 169
 Protein 9gm, Carbs 60gm, Fat 15gm, Kcal 320
- **Paneer Veg Wraps** 179
 Protein 23gm, Carbs 65gm, Fat 25gm, Kcal 504
- **Veggies Olive Wraps** 🌱🌱 179
 Protein 9gm, Carbs 56gm, Fat 13gm, Kcal 330
- **Tofu Veggie Wraps** 🌱🌱 169
 Protein 20gm, Carbs 73gm, Fat 15gm, Kcal 410
- **Soya Chunk Wraps** 🌱🌱 179
 Protein 30gm, Carbs 56gm, Fat 15gm, Kcal 395
- **Paneer Mushroom Wraps** 199
 Protein 24gm, Carbs 59gm, Fat 30gm, Kcal 474
- **Egg Wrap** 🌱 159
 Protein 15gm, Carbs 47gm, Fat 11gm, Kcal 370
- **Duble Egg** 🌱 169
 Protein 21gm, Carbs 48gm, Fat 16gm, Kcal 440
- **Egg Bhurji** 🌱 179
 Protein 21gm, Carbs 48gm, Fat 16gm, Kcal 440
- **Chicken Wrap** 🌱 199
 Protein 31gm, Carbs 49gm, Fat 12gm, Kcal 415
- **Egg Chicken** 🌱 199
 Protein 37gm, Carbs 51gm, Fat 13gm, Kcal 485



Sandwiches

(Brown Bread)

- Rainbow Hummus Sandwich 🌱🌱 179
(Hummus, Tomatoes, Bell Pepper, Cucumber, Red Cabbage, Seasoning)
Protein 15gm, Carbs 78gm, Fat 13gm, Kcal 420
- Healthy Creamy High Protein Sandwich 179
(Boiled Kala Chana, Cucumber, Hung Curd, Bell Pepper, Seasoning)
Protein 18gm, Carbs 85gm, Fat 13gm, Kcal 410
- Low Fat High Protein Sandwich 🌱🌱 179
(Tofu, Onion, Tomato, Bell Pepper, Hummus, Seasoning)
Protein 18gm, Carbs 70gm, Fat 13gm, Kcal 400
- Veggie Sandwich 🌱🌱 169
(Cucumber, Bell Pepper, Tomato)
Protein 14gm, Carbs 65gm, Fat 8gm, Kcal 360
- Cottage Cheese Sandwich 179
(Paneer, Bell Pepper, Tomato)
Protein 26gm, Carbs 70gm, Fat 20gm, Kcal 610
- Vegitable Curd Sandwich 179
Protein 16gm, Carbs 68gm, Fat 9gm, Kcal 390
- Grilled Feta Cheese Sandwich 189
Protein 22gm, Carbs 60gm, Fat 15gm, Kcal 520
- Spinach Corn Sandwich 🌱🌱 179
Protein 15gm, Carbs 70gm, Fat 7gm, Kcal 360
- Paneer Bhurji Sandwich 179
Protein 25gm, Carbs 70gm, Fat 20gm, Kcal 600
- Mushroom Onion Sandwich 🌱🌱 189
Protein 14gm, Carbs 70gm, Fat 9gm, Kcal 410
- Veg Exotic Sandwich 🌱🌱 189
(Bell Pepper, Mushroom, Olives, Seasoning)
Protein 13gm, Carbs 70gm, Fat 8gm, Kcal 520
- Low Fat Yogurt Fruit Sandwich 189
(Seasonal Fruits, Low Fat Yogurt)
Protein 15gm, Kcal 570
- Coronation Egg Sandwich 🌱 179
Protein 18gm, Carbs 70gm, Fat 17gm, Kcal 350
- Egg Mushroom Sandwich 189
Protein 19gm, Carbs 65gm, Fat 17gm, Kcal 470
- Egg Bhurji Sandwich 🌱 179
Protein 22gm, Carbs 63gm, Fat 17gm, Kcal 460
- Grilled Omellette Sandwich 🌱 179
Protein 22gm, Carbs 63gm, Fat 17gm, Kcal 460
- Boild Egg Sandwich 179
Protein 22gm, Carbs 63gm, Fat 15gm, Kcal 400
- Scrumbled Egg Sandwich 189
Protein 22gm, Carbs 65gm, Fat 16gm, Kcal 480
- Egg Bell Pepper Sandwich 🌱 189
Protein 23gm, Carbs 62gm, Fat 14gm, Kcal 510
- Grilled Chicken Sandwich 🌱 199
Protein 31gm, Carbs 65gm, Fat 25gm, Kcal 460
- Egg Chicken Broccoli Sandwich 219
Protein 36gm, Carbs 68gm, Fat 25gm, Kcal 520
- Peri Peri Chicken Sandwich 239
Protein 31gm, Carbs 68gm, Fat 30gm, Kcal 560



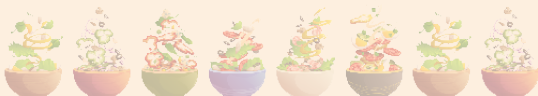
Bowl of Rice

(Option Of Brown/ White Rice)

- **Brown Rice + Veggies** 🌱🌱🌱 169
Protein 9gm, Carbs 65gm, Fat 11gm, Kcal 300
- **Veg Pulao** 🌱🌱🌱 169
Protein 9gm, Carbs 68gm, Fat 11gm, Kcal 300
- **Paneer/Tofu/Soya Cunk + Rice** 🌱 169
P-22gm P-16gm P-33gm
- **Egg Rice** 🍳🌱 179
Protein 18gm, Carbs 50gm, Fat 10gm, Kcal 385
- **Lemon Chicken Rice** 🍷🌱 189
Protein 33gm, Carbs 54gm, Fat 12gm, Kcal 450

Salads

- **Greek Salad** 🌱 219
(Paneer, Onion, Cucumber, Cherry Tomato, Bell Pepper, Mint, Feta, Olive Oil, Mustard, Seasoning)
- **Italian Pasta Salad** 209
(Pasta, Cherry Tomatoes, Bell Pepper, Red Onion, Mozzarella, Basil, Olive Oil)
Protein 14gm, Low Carbs, Kcal 330
- **Tomato Cucumber Pepper Salad** 🌱🌱 189
(Tomato, Cucumber, Onion, Olive Oil, Lemon, Seasoning)
Protein 8gm, Carbs 30gm, Kcal 270
- **Mediterranean Chickpeas Salad** 🌱 189
(Chickpeas, Cucumber, Bell Pepper, Onion, Lemon, Olive Oil, Seasoning)
Protein 12gm, Carbs 47gm, Kcal 210
- **Tomato & Mozzarella Caprese Salad** 🌱 189
(Tomato, Mozzarella cheese, Lettuce, Olive Oil, Seasoning)
Protein 10gm, Carbs 47gm, Kcal 274
- **Soya Chunk Salad** 🌱🌱 189
(Soya Chunks, Bell Pepper, Cherry Tomato, Cucumber, Onion, Lemon Olive Oil, Seasoning)
Protein 20gm, Fat 18gm, Kcal 260
- **Creamy Broccoli Salad** 🌱 239
(Broccoli, Purple Cabbage, Sour Cream/Greek Yogurt, Lemon, Olive Oil, Seasoning)
Protein 22gm, Carbs 40gm, Fat 10gm, Kcal 270
- **Corn Salad** 🌱🌱 189
(Corn, Red Onion, Bell-Pepper, Olive Oil, Lemon, Seasoning)
Protein 5gm, Carbs 9gm, Fat 15gm, Kcal 210
- **Beans Salad** 🌱🌱 199
(Rajma, Bell Pepper, Cheese, Lemon, Olive Oil, Seasoning)
Protein 15gm, Carbs 30gm, Fat 11gm, Kcal 220
- **Carrot Black Raisin Salad** 🌱 199
(Carrot, Raisin, Sour Cream/ Greek Yogurt, Seasoning)
Protein 9gm, Carbs 38gm, Fat 5gm, Kcal 170
- **White Egg And Paneer Salad** 🌱 209
- **Egg & Toffu Delight Salad** 🍳🌱🌱🌱 209
Protein 16gm, Carbs 7gm, Fat 20gm, Kcal 240
- **Grilled Chicken Salad** 🍷🌱🌱🌱 249
Protein 55gm, Carbs 40gm, Fat 16gm, Kcal 380
- **Boilded Egg & Chicken Salad** 🍷🌱🌱🌱 269
Protein 56gm, Carbs 5gm, Fat 15gm, Kcal 220



Healthy Meals

█ Rajma + Rice +salad (150gm + 100gm + 100gm) 🌱🌱🌱 (Classic Rajma Masala Served With Brown Rice And Salad) Protein 22gm, Carbs 110gm, Kcal 510	219
█ Paneer + Rice +salad (150gm + 100gm + 100gm) 🌱 (Classic Paneer Curry Served With Brown Rice And Salad) Protein 40gm, Carbs 75gm, Kcal 720	239
█ Tofu Chunks + Rice +salad (150gm + 100gm + 100gm) 🌱🌱🌱 (High Protein Curry Served With Brown Rice And Salad) Protein 31gm, Carbs 68gm, Kcal 500	229
█ Paneer/tofu +salad (200gm + 100gm) 🌱 (Classic Paneer Curry Served With Salad) Protein 47/34gm, Kcal 680/420	229
█ Soya Chunks + Rice +salad (150gm + 100gm + 100gm) 🌱🌱🌱 (High Protein Curry Served With Brown Rice And Salad) Protein 35gm, Carbs 65gm, Kcal 500	229
█ Chole + Rice+ Salad (150gm + 100gm + 100gm) 🌱🌱🌱 (Choice Of High Protein Gravy Served With Brown Rice And Salad) Protein 18gm, Carbs 80gm, Kcal 550	229
█ Egg Curry+rice + Salad (3 Egg Curry + 100gm + 100gm) 🌱🌱 Egg Curry, Brown Rice Served With Salad) Protein 19gm, Carbs 58gm, Kcal 450	239
█ Chicken Curry + Rice+salad (Mustard/Spinach/Red Gravy) 🌱🌱 (150gm + 100gm + 100gm) Chicken Curry Served With Brown Rice And Salad) Protein 50gm, Carbs 60gm, Kcal 570	249
█ Chicken + Egg + Rice +Salad (150gm + 100gm + 100gm + One Egg) Chicken Curry, Boiled Egg, Served With Brown Rice And Salad) 🌱🌱 Protein 56gm, Carbs 62gm, Kcal 640	269
█ Boiled Chicken + Salad (200gm + 100gm) 🌱🌱 (Boiled Chicken With Salad) Protein 63gm, Carbs 20gm, Kcal 360	229
█ Chicken Curry + Salad (200gm + 100gm) 🌱🌱 (Chicken Curry Served With Salad) Protein 65gm, Carbs 38gm, Kcal 450	239
█ 2 Boiled Egg + 150gm Roasted + Salad 🌱🌱 Protein 57gm, Carbs 30gm, Kcal 400 (Green Gravy Available 30/- Extra)	249

Add Ons And Customization

Bread Slice One	30
Protein 4gm, Kcal 150	
Raagi Roti (2 pcs)	60
Extra Egg One	20
Protein 8gm, Kcal 78	
Bowl Of Jeera Rice	60
Protein 4gm, Kcal 150	
Bowl Of Brown Rice	50
Protein 4gm, Kcal 150	
Extra Vegetables 50gm	40
Extra Paneer 50 Gm	40
Protein 11gm, Kcal 170	
Extra Tofu 50 Gm	30
Protein 8gm, Kcal 90	
Extra Chicken 50 Gm	50
Protein 15gm, Kcal 80	



Munchies

 Nuts Bowl    (Mixed Dry Fruits) Protein 30gm	289
 French Fries	149
 Boiled Masala Corn   Protein 5gm, Kcal 150	139
 Allo Tikki  Protein 5gm, Kcal 190	169
 Paneer Rosted  Protein 33gm, Kcal 585	149
 Tofu Rosted     Protein 24gm, Kcal 290	149
 Soya Chunk    Protein 20gm, Kcal 130	159
 Chilli Paneer Protein 30gm	219
 Saute Veggie    	179
 Dip (Mayo/Green/Mustard)	20
 Chicken Tikki  Protein 15gm, Kcal 160	199
 Chilli Chicken  Protein 45gm	239

High Protein Low Carb Section

(Option of Paneer / Tofu / Chicken {Bone Less Breast pc})
 Paneer P: 22g F: 20g, Tofu P: 16g F: 2g, Chicken P: 31g F: 5g
 (on calculation of 100g)

	Boiled/Roasted	Gravy
150 gm	150	170
200 gm	170	200
250 gm	200	240
300 gm	230	280
400 gm	310	350
500 gm	380	450

Beverages

Water Bottle
 Soft Drinks

On M.R.P.
 On M.R.P.



Keto



Vegan



Gluten Free



Lactose Free

- Kindly Grant Us 20-25 Mins To Serve You Fresh Food
- We Have Split Kitchen For Veg. And Non Veg.
- Packaging Charges Extra Applicable
- 5% GST Extra Applicable
- Calories are estimated.

an average active adult requires 2000kcal a day, however calorie needs may vary.

Please Let us Know if you have any food allergies or intolerance.

 598, Moti Mahal Tower, 11th B Road, Sardarpura, Jodhpur