


KALORIE



COUNT

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

 +91 72720 70765

Tea

(Ask For Brown Sugar)

Regular Tea	79
Green Tea	89
Detox Kava	89
Lemon Ice Tea	129

Milk

(Ask For Brown Sugar)

Plain Milk	89
Chocolate Milk	129

Coffee

(Ask For Brown Sugar)

Black Coffee	79
Hot Coffee	89
Iced Americano (Chilled Black Coffee)	89
Cold Coffee	99
Mocha Café (Sweet)	119
Hazelnut Café (Sweet)	119

Juices

Green Juice (Spinach, Cucumber)	149
Vitamin "C" (Orange, Pineapple, Papaya, Lemon)	159
Abc Juice (Apple, Beetroot, Carrot, Ginger, Lemon)	159

Water Based Drinks

Fresh Lemon Water	99
Nimbu Masala	119
Fruit Mojito	129
Blueberry Punch	129

Note: All Rates are GST inclusive

All Time Breakfast

- Soaked Oats With Chocolate/ Fruit 189
Protein 11gm, Fat 9gm, Kcal 300, 100% calcium
- Masala Oats 189
Protein 9gm, Fat 8gm, Kcal 240
- Chia Pudding 189
(Chia Seeds, Milk, Fresh Fruits)
Protein 9gm, Fat 8gm, Kcal 218, 100% calcium
- Fruits + Yogurt 🍌 189
Protein 7gm
- Peanut Butter +apple /banana Sandwich 🍌 189
Protein 28gm, Kcal 600
- Poha 🍌🍌🍌 119
Protein 12gm, Kcal 460
- Paneer Bhurji 179
Protein 32gm, Kcal 540
- Egg Bhurji (2 Eggs) 179
Protein 13gm, Kcal 170
- Egg Boiled (2 Piece) 🍌🍌🍌 79
Protein 12gm, Kcal 156
- Plain Omelette 🍌🍌🍌 119
Protein 12gm, Kcal 156
- Masala Omelette 🍌🍌🍌 139
Protein 12gm, Kcal 156
- Cheese Omelette 🍌🍌 179
Protein 20gm, Kcal 280
- Egg White Omelette 🍌🍌🍌 169
Protein 12gm, Kcal 94
- Fluffy Omelette 🍌🍌 219
Protein 17gm, Kcal 180
- Poached Egg (4 Pieces) 🍌🍌🍌🍌 199
Protein 25gm, Kcal 300
(All Omelette Serve without Bread)

Smoothie Bowl

(Ask For Sugar/ Honey)

- Oats Smoothie Bowl 189
(Oats/ Yogurt/ Fruit)
Protein 18gm, Fat 10gm, Kcal 300
- Berry Smoothie Bowl 🍌 239
(Fruits/ Berry/ Yogurt)
Protein 10gm, Fat 9gm, Kcal 300
- Tropical Fruit Smoothie Bowl 🍌 219
(Fruits/ Yogurt)
Protein 11gm, Fat 6gm, Kcal 260
- Sunrise Smoothie Bowl 🍌 199
(Papaya/ Yogurt/ Pineapple)
Protein 10gm, Fat 6gm, Kcal 260
- Chocolate Oatmeal Smoothie Bowl 189
(Oats/ Chocolate/ Yogurt)
Protein 20gm, Fat 12gm, Kcal 350
- Dryfruit Smoothie Bowl 🍌 329
(Dry Fruits/Yogurt)
Protein 22gm, Kcal 460



Smoothies (Sweet/Natural)

(Ask For Sugar/ Honey)

- **Banana-berry Smoothie** 199
(Banana, Blue Berry /Strawberry)
Protein 14gm, Carbs 56gm, Kcal 356
- **Green Smoothie** 189
(Banana, Spinach, Yogurt)
Protein 16gm, Carbs 42gm, Kcal 302
- **Choco Almond Smoothie** 219
(Choco/Almond , Yogurt)
Protein 14gm, Carbs 49gm, Kcal 279
- **Peanut Butter Smoothie** 219
(Banana, Peanut Butter, Yogurt)
Protein 22gm, Carbs 40gm, Kcal 418
- **Counter Special Smoothie** 289
(Fruit, Dry Fruit, Yogurt)
Protein 25gm, Carbs 54gm, Kcal 450
- **Banana Oats Smoothie** 199
(Banana, Oats, Yogurt)
Protein 16gm, Carbs 64gm, Kcal 340
- **Mocha Protein Smoothie** 209
(Coffee, Protein, Yogurt)
Protein 32gm, Carbs 40gm, Kcal 415
- **Tomato Carrot Oats Smoothie** 199
(Tomato, Carrot, Oats, Yogurt)
Protein 15gm, Carbs 56gm, Kcal 280
- **Dry Fruits Protein Smoothie** 319
(Dry Fruits, Yogurt)
Protein 41gm, Carbs 56gm, Kcal 356

Post Workout Shakes

(Brown Sugar/Honey/Milk/Curd)

- **Banana Berry Protein Shakes** 229
Protein 37gm, Kcal 320
- **Peanut Butter Banana Protein Shakes** 229
Protein 40gm, Kcal 440
- **Banana Chia Protein Shakes** 229
Protein 37gm, Kcal 370
- **Almonds, Coconut Milk Protein Shakes** 249
Protein 38gm, Kcal 400
- **Oatmeal Blueberry Chia Protein Shakes** 229
Protein 36gm, Kcal 320
- **Chocholate Protein Shakes** 199
Protein 38gm, Kcal 300
- **Oats & Apple Protein Shakes** 229
Protein 38gm, Kcal 280
- **Seasonal Fruit With High Protein Shakes** 249
Protein 38gm, Kcal 320



Shakes

- Strawberry Shakes 189
(Milk, Strawberry)
Protein 10gm, Kcal 160
- Chocholate Oats Shakes 199
(Soaked Oats, Milk, Banana, Chocolate)
Protein 12gm, Kcal 200
- Dates & Banana Shakes 199
(Banana, Dates, Milk)
Protein 12gm, Kcal 240
- Fresh Papaya/Mango Shakes 189
(Papaya, Milk)
Protein 8gm, Kcal 200
- Mixed Fruit Shake 199
(Available Fruits Blend)
Protein 8gm, Kcal 250

Pastas

- Tomato Veg Pasta 259
(Classic Tomato Pasta With Less Calories)
Protein 11gm, Carbs 38gm, Fat 11gm, Kcal 354
- White Veg Pasta 259
(Classic White Sauce Pasta With Less Calories)
Protein 12gm, Carbs 37gm, Fat 12gm, Kcal 374
- Tomato Chicken Pasta 299
(Classic Chicken Tomato Pasta With Less Calories)
Protein 30gm, Carbs 37gm, Fat 12gm, Kcal 456
- White Chicken Pasta 299
(Classic Chicken White Sauce Pasta With Less Calories)
Protein 35gm, Carbs 39gm, Fat 15gm, Kcal 468

Wraps

(Ragi Sheets)

- Hummus Veggie Wraps 🍷🍷 199
Protein 9gm, Carbs 60gm, Fat 15gm, Kcal 320
- Paneer Veg Wraps 209
Protein 23gm, Carbs 65gm, Fat 25gm, Kcal 504
- Veggies Olive Wraps 🍷🍷 209
Protein 9gm, Carbs 56gm, Fat 13gm, Kcal 330
- Tofu Veggie Wraps 🍷🍷 199
Protein 20gm, Carbs 73gm, Fat 15gm, Kcal 410
- Soya Chunk Wraps 🍷🍷 209
Protein 30gm, Carbs 56gm, Fat 15gm, Kcal 395
- Paneer Mushroom Wraps 239
Protein 24gm, Carbs 59gm, Fat 30gm, Kcal 474
- Egg Wrap 🍷 189
Protein 15gm, Carbs 47gm, Fat 11gm, Kcal 370
- Duble Egg 🍷 199
Protein 21gm, Carbs 48gm, Fat 16gm, Kcal 440
- Egg Bhurji 🍷 209
Protein 21gm, Carbs 48gm, Fat 16gm, Kcal 440
- Chicken Wrap 🍷 229
Protein 31gm, Carbs 49gm, Fat 12gm, Kcal 415
- Egg Chicken 🍷 249
Protein 37gm, Carbs 51gm, Fat 13gm, Kcal 485



Sandwiches

(Brown Bread)

- Rainbow Hummus Sandwich 🌱🌱 219
(Hummus, Tomatoes, Bell Pepper, Cucumber, Red Cabbage, Seasoning)
Protein 15gm, Carbs 78gm, Fat 13gm, Kcal 420
- Healthy Creamy High Protein Sandwich 219
(Boiled Kala Chana, Cucumber, Hung Curd, Bell Pepper, Seasoning)
Protein 18gm, Carbs 85gm, Fat 13gm, Kcal 410
- Low Fat High Protein Sandwich 🌱🌱 219
(Tofu, Onion, Tomato, Bell Pepper, Hummus, Seasoning)
Protein 18gm, Carbs 70gm, Fat 13gm, Kcal 400
- Veggie Sandwich 🌱🌱 209
(Cucumber, Bell Pepper, Tomato)
Protein 14gm, Carbs 65gm, Fat 8gm, Kcal 360
- Cottage Cheese Sandwich 219
(Paneer, Bell Pepper, Tomato)
Protein 26gm, Carbs 70gm, Fat 20gm, Kcal 610
- Vegetable Curd Sandwich 219
Protein 16gm, Carbs 68gm, Fat 9gm, Kcal 390
- Grilled Feta Cheese Sandwich 229
Protein 22gm, Carbs 60gm, Fat 15gm, Kcal 520
- Spinach Corn Sandwich 🌱🌱 219
Protein 15gm, Carbs 70gm, Fat 7gm, Kcal 360
- Paneer Bhurji Sandwich 219
Protein 25gm, Carbs 70gm, Fat 20gm, Kcal 600
- Mushroom Onion Sandwich 🌱🌱 229
Protein 14gm, Carbs 70gm, Fat 9gm, Kcal 410
- Veg Exotic Sandwich 🌱🌱 229
(Bell Pepper, Mushroom, Olives, Seasoning)
Protein 13gm, Carbs 70gm, Fat 8gm, Kcal 520
- Low Fat Yogurt Fruit Sandwich 229
(Seasonal Fruits, Low Fat Yogurt)
Protein 15gm, Kcal 570
- Coronation Egg Sandwich 🌱 219
Protein 18gm, Carbs 70gm, Fat 17gm, Kcal 350
- Egg Mushroom Sandwich 229
Protein 19gm, Carbs 65gm, Fat 17gm, Kcal 470
- Egg Bhurji Sandwich 🌱 219
Protein 22gm, Carbs 63gm, Fat 17gm, Kcal 460
- Grilled Omellette Sandwich 🌱 219
Protein 22gm, Carbs 63gm, Fat 17gm, Kcal 460
- Boild Egg Sandwich 219
Protein 22gm, Carbs 63gm, Fat 15gm, Kcal 400
- Scrumbled Egg Sandwich 229
Protein 22gm, Carbs 65gm, Fat 16gm, Kcal 480
- Egg Bell Pepper Sandwich 🌱 229
Protein 23gm, Carbs 62gm, Fat 14gm, Kcal 510
- Grilled Chicken Sandwich 🌱 239
Protein 31gm, Carbs 65gm, Fat 25gm, Kcal 460
- Egg Chicken Brocolli Sandwich 259
Protein 36gm, Carbs 68gm, Fat 25gm, Kcal 520
- Peri Peri Chicken Sandwich 259
Protein 31gm, Carbs 68gm, Fat 30gm, Kcal 560



Bowl of Rice

(Option Of Brown/ White Rice)

- **Brown Rice + Veggies** 🌱🌱🌱 189
Protein 9gm, Carbs 65gm, Fat 11gm, Kcal 300
- **Veg Pulao** 🌱🌱🌱 199
Protein 9gm, Carbs 68gm, Fat 11gm, Kcal 300
- **Paneer/Tofu/Soya Chunk + Rice** 🌱 199
P-22gm P-16gm P-33gm
- **Egg Rice** 🌱🌱 189
Protein 18gm, Carbs 50gm, Fat 10gm, Kcal 385
- **Lemon Chicken Rice** 🌱🌱 219
Protein 33gm, Carbs 54gm, Fat 12gm, Kcal 450

Salads

- **Greek Salad** 🌱 249
(Paneer, Onion, Cucumber, Cherry Tomato, Bell Pepper, Mint, Feta, Olive Oil, Mustard, Seasoning)
- **Italian Pasta Salad** 249
(Pasta, Cherry Tomatoes, Bell Pepper, Red Onion, Mozzarella, Basil, Olive Oil)
Protein 14gm, Low Carbs, Kcal 330
- **Tomato Cucumber Pepper Salad** 🌱🌱 229
(Tomato, Cucumber, Onion, Olive Oil, Lemon, Seasoning)
Protein 8gm, Carbs 30gm, Kcal 270
- **Mediterranean Chickpeas Salad** 🌱 229
(Chickpeas, Cucumber, Bell Pepper, Onion, Lemon, Olive Oil, Seasoning)
Protein 12gm, Carbs 47gm, Kcal 210
- **Tomato & Mozzarella Caprese Salad** 🌱 239
(Tomato, Mozzarella cheese, Lettuce, Olive Oil, Seasoning)
Protein 10gm, Carbs 47gm, Kcal 274
- **Soya Chunk Salad** 🌱🌱 229
(Soya Chunks, Bell Pepper, Cherry Tomato, Cucumber, Onion, Lemon Olive Oil, Seasoning)
Protein 20gm, Fat 18gm, Kcal 260
- **Creamy Broccoli Salad** 🌱 279
(Broccoli, Purple Cabbage, Sour Cream/Greek Yogurt, Lemon, Olive Oil, Seasoning)
Protein 22gm, Carbs 40gm, Fat 10gm, Kcal 270
- **Corn Salad** 🌱🌱 229
(Corn, Red Onion, Bell-Pepper, Olive Oil, Lemon, Seasoning)
Protein 5gm, Carbs 9gm, Fat 15gm, Kcal 210
- **Beans Salad** 🌱🌱 239
(Rajma, Bell Pepper, Cheese, Lemon, Olive Oil, Seasoning)
Protein 15gm, Carbs 30gm, Fat 11gm, Kcal 220
- **Carrot Black Raisin Salad** 🌱 239
(Carrot, Raisin, Sour Cream/ Greek Yogurt, Seasoning)
Protein 9gm, Carbs 38gm, Fat 5gm, Kcal 170
- **White Egg And Paneer Salad** 🌱 249
- **Egg & Tofu Delight Salad** 🌱🌱🌱 249
Protein 16gm, Carbs 7gm, Fat 20gm, Kcal 240
- **Grilled Chicken Salad** 🌱🌱🌱 289
Protein 55gm, Carbs 40gm, Fat 16gm, Kcal 380
- **Boilded Egg & Chicken Salad** 🌱🌱🌱 299
Protein 56gm, Carbs 5gm, Fat 15gm, Kcal 220

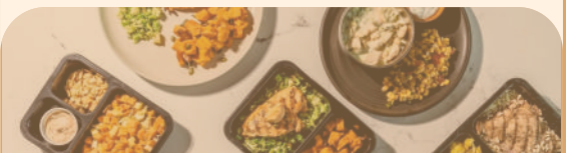


Healthy Meals




















- **Rajma + Rice +salad (150gm + 100gm + 100gm)** 🌱🌱🌱 259
 (Classic Rajma Masala Served With Brown Rice And Salad)
 Protein 22gm, Carbs 110gm, Kcal 510
- **Paneer + Rice +salad (150gm + 100gm + 100gm)** 🌱 279
 (Classic Paneer Curry Served With Brown Rice And Salad)
 Protein 40gm, Carbs 75gm, Kcal 720
- **Tofu Chunks + Rice +salad (150gm + 100gm + 100gm)** 🌱🌱🌱 269
 (High Protein Curry Served With Brown Rice And Salad)
 Protein 31gm, Carbs 68gm, Kcal 500
- **Paneer/tofu +salad (200gm + 100gm)** 🌱 269
 (Classic Paneer Curry Served With Salad)
 Protein 47/34gm, Kcal 680/420
- **Soya Chunks + Rice +salad (150gm + 100gm + 100gm)** 🌱🌱🌱 269
 (High Protein Curry Served With Brown Rice And Salad)
 Protein 35gm, Carbs 65gm, Kcal 500
- **Chole + Rice+ Salad (150gm + 100gm + 100gm)** 🌱🌱🌱 269
 (Choice Of High Protein Gravy Served With Brown Rice And Salad)
 Protein 18gm, Carbs 80gm, Kcal 550
- **Egg Curry+rice + Salad (3 Egg Curry + 100gm + 100gm)** 🌱🌱 279
 Egg Curry, Brown Rice Served With Salad)
 Protein 19gm, Carbs 58gm, Kcal 450
- **Chicken Curry + Rice+salad(150gm + 100gm + 100gm)** 🌱🌱 289
 Chicken Curry Served With Brown Rice And Salad)
 Protein 50gm, Carbs 60gm, Kcal 570
- **Chicken + Egg + Rice +Salad (150gm + 100gm + 100gm + One Egg)** 319
 Chicken Curry, Boiled Egg, Served With Brown Rice And Salad) 🌱🌱
 Protein 56gm, Carbs 62gm, Kcal 640
- **Boiled Chicken + Salad (200gm + 100gm)** 🌱🌱 269
 (Boiled Chicken With Salad)
 Protein 63gm, Carbs 20gm, Kcal 360
- **Chicken Curry + Salad (200gm + 100gm)** 🌱🌱 279
 (Chicken Curry Served With Salad)
 Protein 65gm, Carbs 38gm, Kcal 450
- **2 Boiled Egg + 150gm Roasted + Salad** 🌱🌱 299
 Protein 57gm, Carbs 30gm, Kcal 400
 (Green Gravy Available 30/- Extra)

Add Ons And Customization

- Bread Slice One** 30
 Protein 4gm, Kcal 150
- Raagi Roti (2 pcs)** 60
- Extra Egg One** 20
 Protein 6gm, 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	349
	French Fries	199
	Boiled Masala Corn  	159
	Protein 5gm, Kcal 150	
	Allo Tikki 	189
	Protein 5gm, Kcal 190	
	Paneer Rosted 	159
	Protein 33gm, Kcal 585	
	Tofu Rosted   	159
	Protein 24gm, Kcal 290	
	Soya Chunk   	169
	Protein 20gm, Kcal 130	
	Chilli Paneer	259
	Protein 30gm	
	Saute Veggie    	219
	Dip (Mayo/Green/Mustard)	20
	Chicken Tikki 	239
	Protein 15gm, Kcal 160	
	Chilli Chicken 	279
	Protein 45gm	

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	170	199
200 gm	190	219
250 gm	230	269
300 gm	260	319
400 gm	350	399
500 gm	440	519

Beverages

Water Bottle
 Soft Drinks

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



Keto



Gluten Free



Vegan



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
- ▶ All Rates are GST inclusive
- ▶ 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