



Call / Whatsapp / Message : 9011 073 473

Email : nourishyam@gmail.com

Insta / Facebook :nourishyamforwellbeing

Order online via : Swiggy / Zomato

10% flat discount when ordered directly

Meal Subscriptions | Diet Consultation | Nourishing Online Order Menu | Yoga, Meditation & Fitness Plans | Rope & Belt Yoga Therapy for Neck, Back & Knee

Bresserts (Breakfast cum Dessert)	
<i>(Charge up your Mornings with these gratifyingly good breakfast options)</i>	
Oats Porridge with Nuts, Seeds, Fruits	195
<i>(Fibre Enriched, Proteinsome start to the day)</i>	
Chia Basil & Muesli Pudding with Fruits	195
<i>(greek yogurt based Fibre Enriched, Proteinsome start to the day)</i>	
Muesli Yogurt Parfait with fruits & nuts	195
<i>(greek yogurt based Fibre Enriched, Proteinsome start to the day)</i>	
Quinoa Seeds, Fruits & Granola Porridge	205
<i>(Fibre Enriched, Proteinsome start to the day)</i>	
Amaranth porridge with fruits, seeds, choco protein	190
<i>(Fibre & protein rich, keeps full for long, iron loaded)</i>	
VEGAN OPTION IN COCONUT MILK	ADD:70

Satvik Start (Breakfast)		
Jowar Upma	165	vegan
<i>(gluten-free, enriched with calcium, iron, fibre)</i>		
Bajra Upma	165	vegan
<i>(protein & mineral rich)</i>		
Methi Bajra Thalipeeth	215	vegan
<i>(nutritious pancakes made of fenugreek leaves and pearl millet)</i>		
Spinach Jowar Thalipeeth	215	vegan
<i>(nutritious pancakes made of spinach and sorghum)</i>		
Masala Daliya	195	vegan
<i>(broken wheat seasoned n tempered with sauteed veggies)</i>		
Oats Porridge with Nuts, Seeds, Fruits, Choco Protein	195	
<i>(Fibre Enriched, Proteinsome start to the day)</i>		
Ragi Porridge with Nuts, Seeds, Fruits, Choco Protein	195	
<i>(iron-rich, VitD, calcium enriched)</i>		
Muesli Yogurt Parfait with fruits	195	
<i>(superstars oats, yoghurt and fruits at work!)</i>		
Chia Basil & Muesli Pudding with Fruits	195	
<i>(nutrient rich basil and chia made into a flavorful pudding)</i>		
Organic Pohe with veggies	140	vegan

<i>(Good carbs, controls BSL, iron-rich, veggies for fibre)</i>		
Oats Upma with veggies	190	vegan
<i>(light yet wholesome breakfast meal)</i>		
Beetrot Carrot Multigrain Paratha	205	vegan
<i>(Fibre, iron, vitamin loaded multigrain paratha)</i>		
Palak Multigrain Paratha	205	vegan
<i>(Fibre, iron, vitamin loaded multigrain paratha)</i>		
Beetrot Carrot Multigrain Paratha with Paneer Bhurji	295	
<i>(Fibre, iron, vitamin loaded multigrain paratha complete with protein goodness)</i>		
Beetrot Carrot Multigrain Paratha with Tofu Bhurji	295	vegan
<i>(Fibre, iron, vitamin loaded multigrain paratha complete with protein goodness)</i>		
Palak Multigrain Paratha with Paneer Bhurji	295	
<i>(Fibre, iron, vitamin loaded multigrain paratha complete with protein goodness)</i>		
Palak Multigrain Paratha with Tofu Bhurji	295	vegan
<i>(Fibre, iron, vitamin loaded multigrain paratha complete with protein goodness)</i>		
Nourishing Veggie Juices (VJ) - Drink your Veggies		vegan
<i>(help better nutrient absorption, antioxidant & fibre rush, lesser loss through Oxidation or heating)</i>		
beetroot carrot coriander , ayurvedic herb: shatavari	155	vegan
<i>cleanses the gut, revitalises the metabolism, vegan</i>		
spinach cucumber mint, ayurvedic herb : jestamadh	155	vegan
<i>iron boost, and a spurt of antioxidants, vegan</i>		
ashgourd lettuce coriander , ayurvedic herb: brahmi	165	vegan
<i>highly pranic, heals & cleanses, vegan</i>		
carrot tomato basil , ayurvedic herb: ashwagandha	155	vegan
<i>Vit A & C rich, aids fat loss , vegan</i>		
lauki beetroot celery , ayurvedic herb: tulsi	155	vegan
<i>balances doshas, aids digestion, controls hypertension, vegan</i>		
carrot cucumber mint, ayurvedic herb: giloy	155	vegan
<i>immunity booster, aids digestion, great for skin & hair , vegan</i>		
Nourishing mid meals (ADDON WITH ALL MENU)		
Ghee Roasted Makhana	85	
<i>(powerhouse of goodness- made crispy and tangy)</i>		
Nourish Balls (2)	145	vegan
<i>(Oats, Seeds, Nuts, Dates made into a nutri ball)</i>		
Baked Millets Khakhra with hummus	175	vegan
<i>(power snack with millet & creamy hummus dip- 5 mini khakras)</i>		
Methi Salad (mini)	175	vegan
<i>(nutritionally rich fenugreek leaves made into a side salad)</i>		
Bananas (2 nos.)	30	vegan
<i>(stress buster for happy people, cuts sweet cravings)</i>		
Magical Millets		
<i>(blood sugar regulator, great pre-biotic, aids digestion, good for the heart & so much more)</i>		
Organic Mix Millets Khichadi	240	
<i>(medley of mix millets & moong dal tastefully blended with veggies)</i>		
Dal & Veggies with multigrain Daliya	235	vegan

<i>(medley of mix millet, broken wheat & moong dal tastefully blended with veggies)</i>		
Quinoa Pulao	295	vegan
<i>(the rich protein pseudo-grain prepped with medley of veggies)</i>		
Ragi Porridge with Veggies	195	
<i>(the calcium iron rich millet prepped with medley of veggies)</i>		
Bajra Moong Khichadi	235	vegan
<i>(medley of mix millets & akkha moong tastefully blended)</i>		

Organic Hand-Pound (OHP) Rice & Millet rice Bowls		
Moringa Spinach Dal-Rice-ghee	305	
<i>(Nature's multi vitamin blends with iron-rich spinach & moong dal, garnished with ghee ,OHP rice)</i>		
Organic Mix Millets Khichadi	240	
<i>(medley of mix millets & moong dal tastefully blended)</i>		
The supreme staple: Dal, Rice, Ghee	275	vegan
<i>(the ultimate nourishment with all proteins, EAA, fibre; ghee reduces GI)</i>		
Rajma-Chawal (OHP Rice)	315	
<i>(protein rich curried kidney beans served with herbed Organic HandPound rice & sauteed veggies)</i>		
Chhole - Chawal (OHP Rice)	315	
<i>(protein rich curried chick pea served with herbed Organic HandPound rice & sauteed veggies)</i>		
Dal-Daliya-Veggies	285	vegan
<i>(herbed broken wheat, flavourful moong dal with sauteed veggies)</i>		
Spinach OHP Rice Pulao	285	vegan
<i>(spinach sauteed with Organic hand pound Rice with herbs n spices)</i>		
Veg OHP Rice pulao	285	vegan
<i>(tastefully done, with exotic veggies in homemade curry masala, Organic HandPound rice)</i>		
Paneer OHP Rice pulao	295	
<i>(tastefully done, with exotic veggies & protein in homemade curry masala, Organic HandPound rice)</i>		
Soya OHP Rice Pulao	275	vegan
<i>(tastefully done, with exotic veggies & protein in homemade curry masala, Organic HandPound rice)</i>		
Tofu OHP Rice Pulao	285	vegan
<i>(tastefully done, with exotic veggies & protein in homemade curry masala, Organic HandPound rice)</i>		
Veg Thai Green Curry with OHP Rice	410	vegan
<i>(the delish thai coconut curry with veggies & Organic HandPound rice)</i>		
Veg Maya Mexican Meal	315	
<i>(kidney beans in mex style curry, Organic HandPound rice, veggies)</i>		
Creamy Mushroom with OHP Rice (veg)	365	
<i>(vitamin rich mushroom made creamy yummy- served with Organic HandPound rice)</i>		
Quinoa Pulao	340	vegan
<i>(the rich protein pseudo-grain prepped with medley of veggies)</i>		
Grilled Paneer & Veggies with OHP Rice	325	
<i>(tawah seared protein with fresh n crunchy veggies)</i>		

NON VEG

Slimmers' Home-Style Chicken Curry with OHP Rice	340	non veg
<i>(flavourful yet low fat, served with herbed Organic HandPound rice and sauteed veggies)</i>		
NonVeg Thai Green Curry with OHP Rice	440	non veg
<i>(the delish thai coconut curry with veggies & Organic HandPound rice)</i>		

NonVeg Maya Mexican Meal	340	non veg
<i>(kidney beans in mex style curry, Organic HandPound rice, veggies)</i>		
NonVeg Creamy Mushroom with OHP Rice	395	non veg
<i>(vitamin rich mushroom made creamy yummy- served with Organic HandPound rice)</i>		
Chicken Quinoa Pulao	365	non veg
<i>(the rich protein pseudo-grain prepped with medley of veggies)</i>		
Chicken & Veggies Saute with OHP Rice	345	non veg
<i>(tawah seared protein with fresh n crunchy veggies)</i>		
Non Veg Brown Rice Pulao	305	non veg
<i>(tastefully done, with exotic veggies & protein in homemade curry masala, Organic HandPound rice)</i>		

Multigrain Chapati Meals		
Rajma with multigrain chapati	315	
<i>(protein rich curried kidney beans served with 2 multigrain chapati & sauteed veggies)</i>		
Chhole with multigrain chapati	315	
<i>(protein rich curried chick pea served with 2 multigrain chapati & sauteed veggies)</i>		
Day's special (seasonal) sabji with multigrain chapati	270	
<i>(as healthy as it gets, seasonal, local, freshly sourced vegetable of the day)</i>		
Paneer Bhurji with multigrain chapati	305	
<i>(protein rich paneer bhurji with 2 multigrain Chapati)</i>		
Tofu Bhurji with multigrain chapati	295	vegan
<i>(protein rich tofu bhurji with 2 multigrain chapati)</i>		
Moringa Spinach Dal-ghee with multigrain chapati	305	
<i>(Nature's multi vitamin blends & iron-rich spinach & moong dal, garnished with ghee ,2 multigrain chapati)</i>		
Moong Dal-Ghee-Veggies with Multigrain chapati	275	
<i>(the ultimate nourishment with all proteins, EAA, fibre; ghee reduces GI)</i>		
NON VEG		
Egg Bhurji with multigrain chapati	275	egg
<i>(protein rich egg bhurji with 2 multigrain Chapati)</i>		
Egg Curry with Multigrain Chapati	275	egg
<i>(flavourful yet low fat, served with multigrain chapati and sauteed veggies)</i>		
Slimmers Home Style Chicken Curry with Multigrain Chapati	345	nonveg
<i>(flavourful yet low fat, served with multigrain chapati and sauteed veggies)</i>		

Nutrition-dense Season Special Soups:		
Kulith Soup	195	vegan
<i>(magic grain horse gram makes this the magic potion for the season)</i>		
Bajri Soup	195	vegan
<i>(super millet Bajra made into a warm soup)</i>		
Ragi Soup	195	vegan
<i>(Calcium and iron rich ragi with a medley of veggies in a soup)</i>		
Tomato basil Soup	195	vegan
<i>(the classy blend of tomato n basil into a warm soup)</i>		
Carrot Coriander Soup	195	vegan
<i>(the goodness of carrots n freshness of coriander into a warm soup)</i>		
Palak Soup	195	vegan
<i>(iron fortified, antioxidants rich, soothing warm treat)</i>		

Pumpkin Soup	195	vegan
<i>(Pumpkins are loaded with a variety of nutrients, including fiber, vitamins, minerals, and antioxidants)</i>		
Mushroom Soup	225	vegan
<i>(rich in many bioactive compounds, also help improve blood sugar control and gut health)</i>		
High On Health - Eggs etc		
Super Loaded Omelet With Chicken And Exotic Veggies	215	non veg
<i>(protein overload brimming with taste and health)</i>		
Super loaded Omelet with Spinach & Cheese	185	egg
<i>(protein overload brimming with taste and health)</i>		
Super loaded Omelet with sauteed Mushroom & veggies	195	egg
<i>(protein overload & Vit D brimming with taste and health)</i>		
Egg White Omelet with Veggies	185	egg
<i>(protein overload sans the calcs brimming with taste and health)</i>		
Boiled Eggs with nutri dip and lettuce (6 egg halves)	185	egg
<i>(eggs boiled, served with hummus dip)</i>		
Extra Eggs 1 (as per dish - boiled / scrambled etc)	15	egg
Brahma Bowls- grain-green-protein (VEG)		
Lemon mint Paneer & OHP Rice Bowl	295	
<i>(Organic HandPound rice.sauteed paneer in lemon mint dressing.seasonal veggies.flaxseeds)</i>		
Lemon mint Tofu & OHP Rice Bowl (vegan)	295	vegan
<i>(Organic HandPound rice.sauteed tofu in lemon mint dressing.seasonal veggies.flaxseeds)</i>		
Pasta Salad bowl in kombucha Italian Dressing	315	
<i>(whole grain penne.paneer.seasonal veggies.sunflowerseeds)</i>		
Pasta Salad bowl (vegan) in kombucha Italian Dressing	315	vegan
<i>(whole grain penne.tofu.seasonal veggies.sunflowerseeds)</i>		
Mix Millets & Chickpeas Bowl In Lemon Cilantro (vegan)	315	vegan
<i>(sauteed bajra.jowar.chickpeas.seasonal veggies.almonds)</i>		
Chickpea Quinoa Bowl in Zucchini Dressing (vegan)	340	vegan
<i>(chickpea, seasonal veggies.zucchini dressing, raisins)</i>		
Panner & veggies saute in tomato-basil-chilli with OHP rice	340	
<i>(Chicken.broccoli.red & green cabbage.babycorn.leafygreens.sesameseeds.Organic HandPound rice)</i>		
Tofu & veggies saute in tomato-basil-chilli with OHP rice	340	vegan
<i>(Chicken.broccoli.red & green cabbage.babycorn.leafygreens.sesameseeds.Organic HandPound rice)</i>		
Buckwheat Tabouleh Salad Bowl	330	vegan
<i>(protein rich pseudo-cereal buckwheat made into a tabouleh bowl)</i>		
Quinoa & Black Beans Bowl with hummus (vegan)	340	vegan
<i>(quinoa.black beans.seasonal veggies.hummus.flax seeds)</i>		
Nourish Bowls - grain-green-protein (NON VEG)		
Lemon mint Chicken & OHP Rice Bowl	330	non veg
<i>(sauteed Organic HandPound rice.chicken in lemon mint dressing.zucchini.cucumber.leafygreens.flaxseeds)</i>		
Lemon mint Egg & OHP Rice Bowl	320	egg

<i>(sauteed Organic HandPound rice.egg in lemon mint dressing.zucchini.cucumber.leafygreens.flaxseeds)</i>		
Chicken & veggies saute in tomato-basil-chilli with OHP rice	350	non veg
<i>(Chicken.broccoli.red & green cabbage.babycorn.leafygreens.sesameseeds.Organic HandPound rice)</i>		
Pasta n Chicken Salad bowl in kombucha Italian Dressing	350	non veg
<i>(whole grain penne.chicken.seasonal veggies.sunflowerseeds)</i>		
Mix Millets Chicken Bowl	330	non veg
<i>(sauteed bajra.jowar.chicken.carrots.cherry tomatoes.leafygreens.almonds)</i>		
Mix Millets Egg Bowl	320	egg
<i>(sauteed bajra.jowar.eggs.carrots.cherry tomatoes.leafygreens.almonds)</i>		

ADDON PROTEIN with the Bowls:

Add Chicken	60	non veg
Add Egg (2)	40	egg
Add Soya	50	vegan
Add Tofu	50	vegan
Add Paneer	60	

Soulful Salads - sumptuous yet light meals

Nutty 3 Bean Salad	275	vegan
<i>(a blend of 3 protein-packed beans topped with nuts)</i>		
Detox Salad With Omega 3 Dressing	255	
<i>(raw papaya, melons, betel nut leaves, greens and our secret omega 3 dressing)</i>		
Peri Peri Paneer Salad	275	
<i>(spice up your protein for the extra zing with peri peri dressing)</i>		
Peri Peri Tofu Salad	275	vegan
<i>(spice up your protein for the extra zing with peri peri dressing)</i>		
Farmer's Fresh Paneer Salad	275	
<i>(fresh n crisp veggies blended with cilantro seared paneer)</i>		
Farmer's Fresh Tofu Salad	275	vegan
<i>(fresh n crisp veggies blended with cilantro seared tofu)</i>		
Veg Waldorf Salad	285	
<i>(the yummy American classic made healthier by replacing mayo with greek yoghurt)</i>		
Farmer's Fresh egg Salad	275	egg
<i>(fresh n crisp veggies blended with cilantro seared egg)</i>		
Farmer's Fresh Chicken Salad	265	non veg
<i>(fresh n crisp veggies blended with cilantro seared chicken)</i>		
Peri Peri Chicken Salad	305	non veg
<i>(spice up your protein for the extra zing with peri peri dressing)</i>		
Non veg Waldorf Salad	305	non veg
<i>(the yummy American classic made healthier by replacing mayo with greek yoghurt)</i>		

Be a Salad Chef - tailor-made salads for You!

Item Name	325	
<i>Step 1 : Choose your protein(Any 1)</i>		
Tofu		
Rajma		

Chhole
Soya
Paneer
Boiled Egg
Chicken

Step 2 : Choose your carb/base (optional)(Any 1)

Quinoa
Organic HandPound Rice
Pasta
Millets (Bajra/Jowar as per season)
Daliya
Cauliflower rice
Buckwheat

Step 3 : Choose your basic veggies or fruits (Any 2)

French Beans
Carrot
Cucumber
Cauliflower
Corn
Tomato
Potato
Apple
Green Capsicum
Cabbage
Pineapple

Step 4 : Choose your premium veggies(Any 1)

Bell Pepper
Zucchini
Broccoli
Mushroom
Olives
Jalapeno
Cherry Tomatoes

Step 5 : Choose your dressing(Any 1)

Peri Peri
Balsamic Vinegraitte
Dijon mustard
Omega 3
Tahini
Italian Herb
Lemon & Mint
Honey Mustard
Basil Zucchini
Hummus

Step 6 : Choose your topping(Any 2)

Olives
Jalapeno

Roasted Peanuts	
Sesame Seeds	
Flax Seeds	
Pumpkin Seeds	
Mint Herb	
Basil Herb	
Almonds	
Walnuts	
Raisins	
Sunflower seeds	
Step 7 : Further Add Ons	
Extra Paneer (50 g)	65
Extra Cauliflower Rice	60
Extra Tofu (50g)	50
Extra Rajma	50
Extra Black beans	50
Extra Chhole	50
Extra Soya	50
Extra Eggs (2 nos)	50
Extra Chicken (50 g)	70
Extra Croutons	25
Extra Dressing	45

Keto / Low Carb - Short term express Goals	
Zoodles! (Veg)	340
<i>(carb free zucchini Noodles tossed with grilled veggies)</i>	
Creamy Zoodles! (veg)	340
<i>(carb free zucchini Noodles tossed with grilled veggies in creamy sauce)</i>	
Grilled Paneer & Veggies with Cauliflower Rice	345
<i>(tawah seared protein with fresh n crunchy veggies)</i>	
Keto Paneer Curry + Cauliflower Rice	340
<i>(zero carb cauliflower rice served with keto curry)</i>	
Keto Tofu Curry + Cauliflower Rice (vegan)	345
<i>(zero carb cauliflower rice served with keto curry)</i>	vegan
Veg Thai Green Curry with Cauliflower Rice	440
<i>(the delish thai coconut curry with veggies & cauliflower rice)</i>	
Keto Paneer Cauliflower Pulao	355
<i>(cauliflower seasoned with chilli flakes and sauteed veggies)</i>	
Keto Choco Mousse (dessert)	205
<i>(keto dessert made with cream and almonds)</i>	
Zoodles! (NonVeg)	375
<i>(carb free zucchini Noodles tossed with grilled veggies)</i>	non veg
Creamy Zoodles! (NonVeg)	385
<i>(carb free zucchini Noodles tossed with grilled veggies in creamy sauce)</i>	non veg
Chicken & Veggies Saute with Cauliflower Rice	385
<i>(tawah seared protein with fresh n crunchy veggies)</i>	non veg

Keto Chicken Curry + Cauliflower Rice	385	non veg
<i>(zero carb cauliflower rice served with keto curry)</i>		
Non Veg Thai Green Curry with Cauliflower Rice	465	non veg
<i>(the delish thai coconut curry with veggies & cauliflower rice)</i>		
Keto Chicken Cauliflower Pulao	375	non veg
<i>(cauliflower seasoned with chilli flakes and sauteed veggies)</i>		

Multigrain Wraps n Multigrain Sandwiches

Paneer Bhurji Multigrain Roll	220	
<i>(rich protein rolled up in multigrain chapati wraps)</i>		
Tofu Bhurji Multigrain Roll	220	vegan
<i>(rich protein rolled up in multigrain chapati wraps)</i>		
Peanut Butter Banana Toast	175	vegan
<i>(just the right healthy dose of fiber, protein, vitamins and minerals)</i>		
Cheesy Green Multigrain Toast	175	
<i>(A rich Spinnach n Mint spread topped with good ol' cheese)</i>		
Tofu and Hummus Sandwich (vegan)	220	vegan
<i>(tofu.cucumber.tomatoes.hummus in multigrain sw)</i>		
Tofulicious Sandwich	200	vegan
<i>(tofu spread alongside exotic veggies)</i>		
Tangy Beans Sandwich	200	vegan
<i>(richness of beans blended with tomato n oats sauce)</i>		
Peri Peri Paneer Sandwich	210	
<i>(african spice treat in homemade peri peri sauce)</i>		
Creamy Mushroom Sandwich	235	
<i>(creamy mushroom n veggies in a grilled SW)</i>		
Paneer Bhuna Laccha Paratha SW	295	
<i>(curried paneer sandwiched in whole wheat laccha parathas)</i>		

Multigrain Wraps n Multigrain Sandwiches

NON VEG

Egg Bhurji Multigrain Roll	210	egg
<i>(rich protein rolled up in multigrain chapati wraps)</i>		
Chicken Multigrain Roll	235	non veg
<i>(rich protein rolled up in multigrain chapati wraps)</i>		
Chicken and Hummus Sandwich	245	non veg
<i>(chicken.cucumber.tomatoes.hummus in multigrain sw)</i>		
Peri Peri Chicken Sandwich	235	non veg
<i>(african spice treat in homemade peri peri sauce)</i>		
Creamy Mushroom Chicken Sandwich	255	non veg
<i>(creamy mushroom, chicken n veggies in a grilled SW)</i>		
Chicken Bhuna Laccha Paratha SW	330	non veg
<i>(curried chicken sandwiched in whole wheat laccha parathas)</i>		

Whole Grain Pastas - mindful indulgence

Veg Pasta in Creamy Broccoli Sauce	390	MINI PASTA 205
---	-----	-------------------

<i>(super-nutritious creamy broccoli sauce - no cream added)</i>		
Veg Pasta Alfredo	330	165
<i>(whole grain penne tossed in cheesy oats sauce)</i>		
Veg Pasta Arrabiata	330	165
<i>(whole grain penne tossed in fresh basil and tomato sauce)</i>		
Veg Pasta Marinara	330	165
<i>(whole grain penne tossed in fresh basil tomato and creamy oats sauce)</i>		
Veg Creamy Mushroom Pasta	350	185
<i>(whole grain penne tossed in creamy mushroom sauce)</i>		
Veg Pesto Pasta	350	185
<i>(penne tossed in penne sauce)</i>		
Non Veg Pasta in Creamy Broccoli Sauce	425	225
<i>(super-nutritious creamy broccoli sauce - no cream added)</i>		
Non Veg Pasta Alfredo	365	185
<i>(whole grain penne tossed in cheesy oats sauce)</i>		
Non Veg Pasta Arrabiata	365	185
<i>(whole grain penne tossed in fresh basil and tomato sauce)</i>		
Non Veg Pasta Marinara	365	185
<i>(whole grain penne tossed in fresh basil tomato and creamy oats sauce)</i>		
Non Veg Creamy Mushroom Pasta	385	205
<i>(whole grain penne tossed in creamy mushroom sauce)</i>		
Non Veg Pesto Pasta	365	205
<i>(penne tossed in penne sauce)</i>		

Beverages - Stimulating yet Calming		
Peanut Butter Banana Smoothie	165	
<i>(organic peanut butter with healthy dose of fiber, protein, vitamins and minerals, no sugar)</i>		
Iron rich Dates & Oats Smoothie	190	
<i>(invigorating drink with fruits and oats, no sugar)</i>		
Chocolate Oats Banana Smoothie	165	
<i>(invigorating drink with banana, dark chocolate and oats, no sugar)</i>		
Lemon Mint Mojito (vegan)	140	vegan
<i>(replenish, recharge, refuel..)</i>		
Turmeric sweet n spice Milk	160	
<i>(turmeric, soonth, cinnaman, cardamom etc into a warm milk brew)</i>		
Herbs & spices Kaadha (vegan)	130	vegan
<i>(ginger, lemon grass, cinnamon, turmeric, cloves, pepper etc's warmth for immunity, no sugar)</i>		
Sattu Lemon Mint Shake (vegan)	160	vegan
<i>(poor man's cooling drink, v.rich in high quality protein.organc sattu, no sugar)</i>		
Moringa Green Smoothie (vegan)	185	vegan
<i>(refuel with the nature's multivitamin & leafy green nutrient packed potion, no sugar)</i>		
Seeds, Nuts n Chocolate Protein Smoothie	195	
<i>(Chia,Flax, Pumpkin, sunflower seeds, Almonds, Raisins, Chocolate Protein)</i>		
Apple Dates n Oats Smoothie	205	
<i>(Apple, Dates, Oats, Cinnamon, no sugar)</i>		
ABC Juice	155	vegan

<i>(gut cleansing rush of antioxidants with this popular Apple, Beetroot, Carrot Juice)</i>		
Classic Cold Coffee	105	
<i>(the classic invigorating coffee drink)</i>		
ADD ON WHEY PROTEIN WITH ANY SMOOTHIE	120	
Guilt-free desserts		
Whole wheat sevaiyya kheer	160	
<i>(whole wheat vermicelli kheer with dryfruits)</i>		
Makhana Kheer	185	
<i>(superfood makhana kheer with dryfruits, can be had during fast)</i>		
gud-ghee-chapati balls (2 nos)	195	
<i>(super nourishing, closest to ma ke haath ka khana)</i>		
Grain-free Mini Choco Walnut Brownie (contains egg)	95	egg
<i>(organic banana flour Brownie made gooey with cocoa & walnuts)</i>		
Nourish Balls (2)	145	vegan
<i>(Oats, Seeds, Nuts, Dates made into a nutri ball)</i>		
Quinoa Apple Kheer	190	
<i>(protein rich quinoa kheer)</i>		
Oats Yogurt Parfait with fruits	195	
<i>(superstars oats, yoghurt and fruits at work!)</i>		
Chia Basil Pudding with Fruits	195	
<i>(nutrient rich basil and chia made into a flavorful pudding)</i>		
Choco Nut Banana Mousse	150	vegan
<i>(this one's gooey sweet, and there is no sugar, but banana to sweeten!)</i>		
Keto Choco Nut Mousse	205	
<i>(keto dessert made with cream and almonds)</i>		
Fasting Menu		
Makhana Kheer	185	
<i>(superfood makhana kheer with dryfruits, can be had during fast)</i>		
Rajgira & Fruits Porridge	185	
<i>(goodness of amaranth, jaggery and fibre rich foods, just right on fasting days. Contains milk)</i>		
Yogurt with fruits n dryfruits	165	
<i>(Honey yogurt blended with fruits and dry fruits, makes the perfect snack and fasting dessert as well)</i>		
Buckwheat (kuttu) Fasting Khichadi	205	vegan
<i>(Reminds one of Sabudana Khichadi, but much lower on GI, healthier, lighter, tastier. Contains peanuts)</i>		
Immunity Booster Kadha Powder	25	vegan
ADDON with any menu item		
<i>Add Chicken (50g)</i>	70	
<i>Add Boiled Egg (1)</i>	25	
<i>Add Tofu (50g)</i>	50	
<i>Add Soya</i>	50	
<i>Add Paneer (50g)</i>	65	
<i>Add Whey (30 g)</i>	120	

Add hummus

70

STUDENT SPECIAL Staple : Chapati-Sabzi

(gratifying,comfort meal with option of protein rich diabetes friendly Chapati / multigrain chapati

MON: Methi Green Peas + 2 chapati

160

Methi Green Peas + 2 protein chapati + side salad

190

TUES: Cauliflower Carrot + 2 chapati

160

Cauliflower Carrot + 2 protein chapati + side salad

190

WED: Spinach paneer + 2 chapati

160

Spinach paneer + 2 protein chapati + side salad

190

THU: Beans and Carrot Sabji + 2 chapati

160

Beans and Carrot Sabji + 2 protein chapati + side salad

190

FRI: Capsicum sattu + 2 chapati

160

Capsicum sattu sabji + 2 protein chapati + side salad

190

SAT: Paneer green peas curry + 2 chapati

160

Paneer green peas curry + 2 protein chapati + side salad

190

Rice (brown) Tubs & Noodles (Whole Wheat) Tubs

VEG

Oriental Soya Whole Wheat Noodles Tub

190

vegan

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Peri Peri Paneer Whole Wheat Noodles Tub

230

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Oriental Soya Brown Rice Tub

190

vegan

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Peri Peri Paneer Brown Rice Tub

230

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

NON VEG

Oriental Chicken Whole Wheat Noodles Tub

220

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Peri Peri Chicken Whole Wheat Noodles Tub

260

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Oriental Chicken Brown Rice Tub

220

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

Peri Peri Chicken Brown Rice Tub

260

(Satiating, Nourishing serving of whole wheat noodles with veggies n protein)

