

Healthy Hunger

EAT WELL, LIVE WELL

100% veg. Protein from real food.

SANDWICHES

Exotic Veg Sandwich ₹169

Brown bread with green chutney, crunchy exotic veggies, paneer and melted mozzarella. High protein, no butter.

P 23g · 430 kcal

Peanut Butter Banana Sandwich ₹119

Crunchy & smooth peanut butter with banana, raisins, walnuts and a honey drizzle.

P 17g · 570 kcal

Red Velvet Sandwich ₹149

Beetroot hummus, cream cheese and hung curd with crunchy fresh veggies on olive-oil-toasted multigrain.

P 14g · 400 kcal

SALADS & BOWLS

Mediterranean Bowl ₹269

Hummus, crispy roasted chickpeas, fresh veggies & lemon-herb dressing. Vegan and gluten-free. 300 g.

P 15g · 410 kcal

Quinoa Peanut Chaat Salad ₹179

Quinoa, paneer, chickpeas & pomegranate with honey-balsamic dressing. 310 g.

P 19g · 465 kcal

Mexican Rice Bowl ₹169

Mexican rice, rajma beans, corn, salsa, sour cream, cheese & nachos. 345 g.

P 15g · 555 kcal

High Protein Bowl ₹179

Quinoa, pan-seared paneer, roasted chickpeas, broccoli & hummus. 340 g.

P 25g · 520 kcal

Air-Fried Soya & Paneer Bowl ₹179

Crispy air-fried soya, seasoned vegetables & sautéed paneer. Our highest-protein bowl, low on oil. 340 g.

P 33g · 490 kcal

Soybean Masala ₹149

Mini soya sautéed with onion, tomato & ginger-garlic, served with 2 toasted brown bread slices. 320 g.

P 25g · 490 kcal

NAVRATRI SPECIAL

Pani Puri ₹49

Seasonal Fruit Bowl (200 g) ₹69

HEALTHY TOASTS

Desi Avocado Paneer Toast – full plate (2 slices) ₹249

Smashed avocado, crumbled low-fat paneer, fresh tomato and red onion, brightened with lemon and finished with toasted seeds.

P 19g · 470 kcal

Desi Avocado Paneer Toast – single slice ₹179

Smashed avocado, crumbled low-fat paneer, fresh tomato and red onion, brightened with lemon and finished with toasted seeds.

P 10g · 235 kcal

Hariyali Paneer Cheese Melt – full plate (2 slices) ₹249

Open-faced multigrain toast with our house dhaniya-pudina chutney, paneer, capsicum, onion and tomato, blanketed in mozzarella and grilled until golden.

P 27g · 465 kcal

Hariyali Paneer Cheese Melt – single slice ₹129

Open-faced multigrain toast with our house dhaniya-pudina chutney, paneer, capsicum, onion and tomato, blanketed in mozzarella and grilled until golden.

P 14g · 233 kcal

Add-ons: Extra paneer ₹40 · Sweet corn ₹30 · Extra cheese ₹50

CHAAT

Mixed Sprouts Chaat ₹69

Moong, moth and horse gram sprouts with crunchy veggies and chutney. Fibre-rich. 1 bowl (~250 g).

P 13g · 275 kcal

Masala Peanut Chaat ₹69

Roasted shingdana tossed with fresh veggies, pomegranate and lemon. 1 cup (~190 g).

P 18g · 480 kcal

Kala Chana Paneer Chaat ₹69

Boiled kala chana and paneer with a yogurt dressing. 1 bowl (~275 g).

P 17g · 290 kcal

Masala Makhana Chaat ₹89

Roasted fox nuts with veggies and mint-coriander curd chutney. Light and low-fat. 1 cup (~190 g).

P 7g · 220 kcal

Roasted Edamame Chaat ₹99

Roasted salted edamame with fresh veggies and pomegranate. Our highest-protein chaat. 1 cup (~145 g).

P 21g · 230 kcal

Air-Fryer Peri Peri Corn Chaat ₹99

Air-fried (not deep-fried) sweet corn with a honey-garlic Greek yogurt dressing. 1 bowl (~280 g).

P 10g · 275 kcal

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OATS – HOT

Classic Banana Honey Oats ₹99

Hot oats cooked fresh in milk with banana, honey, dry fruits & seeds. 1 bowl (~300 g).

P 17g · 340 kcal

Apple Cinnamon Walnut Oats ₹119

Hot oats cooked fresh in milk, topped with soft-stewed apple and walnuts.

P 12g · 380 kcal

Peanut Butter Choco Oats ₹129

Hot cocoa oats cooked fresh in milk, topped with banana & crunchy peanut butter.

P 17g · 450 kcal **BESTSELLER**

TEA & COFFEE

Lemon Ginger Tea ₹49

Warming fresh ginger with zesty lemon – perfect for monsoon and winter. No milk.

48 kcal

Honey Lemon Green Tea ₹69

Gentle green tea with natural honey and fresh lemon – a light, wellness-focused cup.

68 kcal

Blue Tea with Lemon & Chia ₹79

Warm butterfly pea flower tea with honey and soaked chia seeds – turns from blue to purple when the lemon is poured in.

86 kcal

Black Coffee with Lemon ₹39

Strong black coffee with a squeeze of fresh lemon and a lemon slice.

3 kcal

Black Coffee with Honey ₹49

Strong black coffee sweetened with natural honey.

32 kcal

Black Coffee with Honey + Lemon ₹59

Honey and fresh lemon together for a sweet-tangy cup.

35 kcal

Add-ons: Extra honey ₹10 · Extra coffee shot ₹20 · Large size ₹20

COLD DRINKS

Diet Coke (Can) ₹50

Served chilled, sold at the MRP printed on the can.

1 kcal

Packaged Drinking Water ₹20

Kinley / Bisleri / Aquafina, sold at the MRP printed on the bottle.

OATS – OVERNIGHT (CHILLED)

Dry Fruits Overnight Bowl ₹139

Overnight oats with milk, dry fruits & seeds, served chilled. Serves 1.

P 13g · 306 kcal

Choco Peanut Butter Overnight Oats ₹129

Chocolate overnight oats served chilled, topped with banana & crunchy peanut butter.

P 16g · 400 kcal

Cold Coffee Overnight Oats ₹99

Coffee overnight oats served chilled with a light dusting of cocoa. Contains caffeine.

P 13g · 340 kcal

SMOOTHIES & BOWLS

Apple Oats Smoothie (350 ml) ₹179

Crisp apple blended with rolled oats, dates, nuts and chia in chilled milk. Thick, creamy and naturally sweet.

P 13g · 410 kcal

Apple Oats Smoothie – small (250 ml) ₹129

Crisp apple blended with rolled oats, dates, nuts and chia in chilled milk. Thick, creamy and naturally sweet.

P 9g · 293 kcal

Chocolate Peanut Butter Smoothie (350 ml) ₹189

Rich cocoa and creamy peanut butter blended with frozen banana, muesli and nuts. Thick, chocolatey and naturally sweet.

P 18g · 510 kcal

Chocolate Peanut Butter Smoothie – small (250 ml) ₹139

Rich cocoa and creamy peanut butter blended with frozen banana, muesli and nuts. Thick, chocolatey and naturally sweet.

P 13g · 364 kcal

Banana Chia Healthy Bowl ₹189

Overnight chia and oats with banana, layered with thick curd and topped with walnuts, dates and roasted seeds. ~ 350 g.

P 16g · 520 kcal

Add-ons: Peanut butter ₹30 · Seasonal fruit ₹30