## WESTERN CHOICES

### CHOICE OF CEREALS  40 Grams
Corn flakes, wheat flakes, Choco, dry muesli, Honey loops, rice krispies. Served with hot or cold milk
Calories 114-159 Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg.

### GRANOLA   60 Grams
Almond flakes, rolled oats, honey, raisin, blackcurrant.
Calories 460-471 Carbohydrate 11-20 g, Fat 12–13 g, Protein 13–14 g, Fiber 16 mg

### BAKER'S BASKET  60 Grams each
Choice of croissant, Danish, muffin, Doughnut or whole wheat and white bread
Toasted with homemade preserves butter and honey
Calories 210-238, Carbohydrate 11–13 g, Fat 25-30 mg Protein 1-2 g, Fiber 8 mg

### OATMEAL PORRIDGE  180 Grams
Cooked with banana.
Calories 380-400 mg Carbohydrate 17–19 g, Fat 12–13 g, Protein 13–14 g, Fiber 10 mg

### PANCAKES   120 Grams
Toppings–Choco chip / banana, whipped cream, maple syrup
Calories 240-250, Carbohydrate 11-13 g, Fat 12–13 g, Protein 13–14 g, Fiber 2 mg

### WAFFLE   120 Grams
Whipped cream, maple syrup, seasonal fruits
Calories 510 Carbohydrates 12–13g, Fat 13–14 g, Protein 13–14 g, Fiber 5 mg

## INDIAN CHOICES

### ALOO CHANA POORI  380 Grams
Black gram & potato curry
Served with deep-fried whole-wheat breads
Calories 460-480 Carbohydrate 11–13 g, Fat 12–13 g, Protein 12-15 g Fiber 8 mg.

### DOSA  380 Grams
Plain/Onion/Masala
South Indian crispy pancake, sambhar, chutney
Calories 480-580 g Carbohydrate 25-30g, Fat 12–13 g, Protein 13–14 g, Fiber 9 mg

### IDLI   380 Grams
South Indian steamed rice pudding, sambhar, chutney’s
Calories 280-40320 g Carbohydrate 11–13g, Fat 12–13 g, Protein 13–14 g, Fiber 8 mg

### VADA  380 Grams
South Indian crispy dumpling, sambhar, chutney’s
Calories 410-440 Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 6 mg

### MASALA UTTapAM  380 Grams
A thick rice & lentil pancake
Served with, sambhar and chutney.
Calories 210-220 Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 6 mg

### UPMA  380 Grams
Semolina, vegetables, infused in South Indian spices
Calories 140–180 Carbohydrate 16–19 g, Fat 12–13 g, Protein 13–14 g, Fiber 8 mg

### KACHORI WITH ALOO RASSA  380 Grams
Deep fried Indian patty, potato curry
Calories 390–410 Carbohydrate 11–13 g, Fat 22–30 g, Protein 13–14 g, Fiber 2 mg

### BHARWAN PARATHA  380 Grams
Plain/Potato/Cottage Cheese/Cauliflower, Pan-grilled flat bread, natural yogurt, pickle, Calories 260–310, Carbohydrate 11–13 g, Fat 22–30 g, Protein 23–30 g, Fiber 2 mg

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An average active adult require 2000 calorie energy per day; however calorie needs may vary.
All prices are in Indian rupees, subject to applicable government taxes.
Please inform our associate if you are allergic to any ingredient.
### HEALTHY INDIAN CHOICES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Protein</th>
<th>Fiber</th>
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<tbody>
<tr>
<td>POHA</td>
<td>380 Grams</td>
<td>20–25 g</td>
<td>13–14 g</td>
<td>6 mg</td>
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<tr>
<td>SABUDANA KHICHDI</td>
<td>350 Grams</td>
<td>35–40 g</td>
<td>20–25 g</td>
<td>10 mg</td>
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</tr>
<tr>
<td>BIRCHER MUESLI</td>
<td>380 Grams</td>
<td>40–45 g</td>
<td>30–35 g</td>
<td>8 mg</td>
<td></td>
</tr>
<tr>
<td>MULTI GRAIN DOSA</td>
<td>320 Grams</td>
<td>11–13 g</td>
<td>13–14 g</td>
<td>5 mg</td>
<td></td>
</tr>
<tr>
<td>SEASONAL FRESH FRUITS</td>
<td></td>
<td>11–13 g</td>
<td>12–13 g</td>
<td>7 mg</td>
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</tr>
<tr>
<td>POHA</td>
<td>380 Grams</td>
<td>20–25 g</td>
<td>13–14 g</td>
<td>6 mg</td>
<td></td>
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<tr>
<td>SABUDANA KHICHDI</td>
<td>350 Grams</td>
<td>35–40 g</td>
<td>20–25 g</td>
<td>10 mg</td>
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</tr>
<tr>
<td>BIRCHER MUESLI</td>
<td>380 Grams</td>
<td>40–45 g</td>
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<tr>
<td>MULTI GRAIN DOSA</td>
<td>320 Grams</td>
<td>11–13 g</td>
<td>13–14 g</td>
<td>5 mg</td>
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<tr>
<td>SEASONAL FRESH FRUITS</td>
<td></td>
<td>11–13 g</td>
<td>12–13 g</td>
<td>7 mg</td>
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### ALL DAY DINING

12:30PM to 10:30PM

### ALL TIME FAVOURITES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Protein</th>
<th>Fiber</th>
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</thead>
<tbody>
<tr>
<td>FRIED POTATO</td>
<td>380 Grams</td>
<td>30–35 g</td>
<td>13–14 g</td>
<td>9 mg</td>
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<tr>
<td>BUN SAMOSA</td>
<td>380 Grams</td>
<td>11–13 g</td>
<td>13–14 g</td>
<td>5 mg</td>
<td></td>
</tr>
<tr>
<td>VEGETABLE PAKODA</td>
<td>380 Grams</td>
<td>40–45 g</td>
<td>30–35 g</td>
<td>8 mg</td>
<td></td>
</tr>
<tr>
<td>VEGETABLE TOASTI</td>
<td>280 Grams</td>
<td>10–11 g</td>
<td>8, 10 g</td>
<td>5 mg</td>
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<tr>
<td>THAI SPRING ROLL</td>
<td>280 Grams</td>
<td>20–25 g</td>
<td>13–14 g</td>
<td>6 mg</td>
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<tr>
<td>VEGETABLE BURGER</td>
<td>380 Grams</td>
<td>10–11 g</td>
<td>8, 10 g</td>
<td>5 mg</td>
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<tr>
<td>CRISPY CORN KERNELS</td>
<td>320 Grams</td>
<td>20–25 g</td>
<td>13–14 g</td>
<td>5 mg</td>
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<tr>
<td>BHUNA PANEE ROLL</td>
<td>380 Grams</td>
<td>12–15 g</td>
<td>12–14 g</td>
<td>7 mg</td>
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<tr>
<td>VEGETABLE SALT N PEPPER</td>
<td>320 Grams</td>
<td>20–35 g</td>
<td>13–14 g</td>
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<tr>
<td>MALAI KESARI PHOOL</td>
<td>320 Grams</td>
<td>14–16 g</td>
<td>12–14 g</td>
<td>8 mg</td>
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<tr>
<td>THE PILIBHIT CLUB</td>
<td>380 Grams</td>
<td>11–13 g</td>
<td>13–14 g</td>
<td>5 mg</td>
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<tr>
<td>ARBI OR KHUMANI KI TIKKI</td>
<td>320 Grams</td>
<td>15–16 g</td>
<td>12–14 g</td>
<td>9 mg</td>
<td></td>
</tr>
</tbody>
</table>

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SOUPS/ SALAD/APPETIZERS

**TILL TULSI PAN EL TIKKA** 320 Grams 750
Basil marinated cottage cheese cooked in tandoor
Calories 280–310, Carbohydrate 18–25 g,
Fat 12–13 g, Protein 13–14 g, Fiber 8 mg

**Dahi Anjeer Tikkiya** 280 Grams 650
Served with khajure chutney
Calories 120–180, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 5 mg

**Anguri Bharwan Aloo** 320 Grams 650
Stuffed barrels of potato cooked in clay oven
Calories 275–310, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 8 mg

**Quinoa Salad** 380 Grams 650
Lettuce roasted pumpkin seeds, pomegranate.
Calories 290–310, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Light Caesar Salad** 320 Grams 550
Garlic-olive dressing, parmesan, bread crostini
Calories 290–310, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Inslata Caprese** 650
Balsamic reduction
Calories 30-35 g, Protein 13–14 g, Fiber 8 mg

**Warm Sprouts & Dates Salad** 550
Cumin & lime dressing
Calories 80-90, Carbohydrate 20–25 g,
Fat 20-35 g, Protein 13–14 g, Fiber 8 mg

**Greak Salad** 550
Calories 290–310, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Hearty Melon Salad** 550
Calories 90–110, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Bruschetta Pepperonata** 550
Calories 290–310, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Honey Chilli Lotus Steam** 550
Calories 290–310, Carbohydrate 20–25 g,
Fat 30-35 g, Protein 13–14 g, Fiber 8 mg

**Thai Money Bag** 650
Calories 275–310, Carbohydrate 11–13 g,
Fat 12–13 g, Protein 13–14 g, Fiber 6 mg

**Dal Munga Karas** 220 ml 450
Flavored with coconut extract.
Calories 114, Carbohydrate 21–31 g,
Fat 25–45 g, Protein 13–14 g, Fiber 9 mg

**Carrot & Coriander** 220 ml 450
Carrot cream soup, naan crostini.
Calories 60, Carbohydrate 20–25 g,
Fat 23–48 g, Protein 13–14 g, Fiber 10 mg

**Satvik Vegetable Broth** 220 ml 450
Seasonal vegetable soup
Calories 60, Carbohydrate 21–31 g,
Fat 10–19 g, Protein 13–14 g, Fiber 8 mg

**Hot & Sour Soup** 240 ml 450
Famous from Sichuan
Calories 52, Carbohydrate 20–25 g,
Fat 20–35 g, Protein 13–14 g, Fiber 8 mg

**Manchow Soup** 270 ml 450
Fried noodles
Calories 211, Carbohydrate 20–25 g,
Fat 20–35 g, Protein 13–14 g, Fiber 12 mg

**Sweet Corn Soup** 220 ml 450
Asian vegetables
Calories 65, Carbohydrate 22–25 g,
Fat 21–36 g, Protein 13–14 g, Fiber 9 mg

**Minestrone** 240 ml 450
Calories 52, Carbohydrate 20–25 g,
Fat 20–35 g, Protein 13–14 g, Fiber 8 mg

**Bhune Bhutte Ka Shorba** 450
Calories 90, Carbohydrate 20–29 g,
Fat 23–48 g, Protein 13–16 g, Fiber 10 mg

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ASIAN

TRIO OF TOFU, MUSHROOM AND BROCCOLI 380 Grams 850
With dried chili and soya garlic sauce
Calories 310–330 Carbohydrate 14-16 g, Fat 12–15 g, Protein 13–14 g, Fiber 8 mg

WILD MUSHROOM RISOTTO 380 Grams 950
Parmesan crisp
Calories 220, Carbohydrate 11–19 g, Fat 12–15 g, Protein 13–14 g, Fiber 4 mg

STIR FRIED CHINESE GREENS WITH CHOICE OF SAUCES 420 Grams 850
Ginger chili sauce, Black bean sauce, Schezwan sauce, Black pepper sauce
Calorie 140-160 Carbohydrate 10-12 g, Fat 12–15 g, Protein 13–14 g, Fiber 5 mg

THAI RED / GREEN CURRY 950
Served with steam rice
Calories 210 Carbohydrate 14-15 g, Fat 12–16 g, Protein 13–14 g, Fiber 7 mg

NOODLES OR RICE

VEGETABLE FRIED RICE 380 Gram 650
Calories 240, Carbohydrate 130g, Fat 46 g, Protein 25 g, Fiber 8 mg

BURNT GARLIC RICE 380 Gram 650
Calories 250, Carbohydrate 240g, Fat 43 g, Protein 24 g, Fiber 7 mg

SZECHWAN FRIED RICE 580 Gram 650
Calories 339, Carbohydrate 139g, Fat 42 g, Protein 27 g, Fiber 4 mg

VEG HAKKA NOODLES 400 Gram 650
Calories 400, Carbohydrate 131g, Fat 43 g, Protein 23 g, Fiber 6 mg

CHILLI GARLIC NOODLES 580 Gram 650
Calories 441, Carbohydrate 135g, Fat 46 g, Protein 26 g, Fiber 6 mg

MANGOLIAN RICE NOODLES 480 Gram 750
Calories 336, Carbohydrate 131g, Fat 35-45 g, Protein 22-25 g, Fiber 8 mg

WESTERN

PASTA & RISOTTO

PENNE AL FUNGI 380 Grams 850
Truffle oil essence
Calories 169–203, Carbohydrate 11–13 g, Fat 12–13 g, Protein 13–14 g, Fiber 5 mg

WILD MUSHROOM RISOTTO 380 Grams 950
Parmesan crisp
Calories 220, Carbohydrate 11–19 g, Fat 12–15 g, Protein 13–14 g, Fiber 4 mg

RISOT TO PRIMAVERA 380 Grams 950
Cooked with seasonal vegetable, Calories 380, Carbohydrate 13–19 g, Fat 12–15 g, Protein 13–14 g, Fiber 4 mg

SPAGHETTI ALIO OLIO PEPPERONCINO 420 Grams 850
Whole wheat spaghetti with olive oil & garlic
Calories 640–680 Carbohydrate 40–45 g, Fat 25-30 g, Protein 23–24 g, Fiber 8 mg

SPICED CASHEW & RICOTTA RAVIOLLI 380 Grams 850
Herb butter sauce
Calories 390–410, Carbohydrate 40–53 g, Fat 22–30 g, Protein 25–30 g, Fiber 11 mg

FUSSILI AL PESTO 380 Grams 850
Pesto cream & seasonal vegetables
Calories 310–325, Carbohydrate 35–40 g, Fat 20–25 g, Protein 15–20 g, Fiber 12 mg

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### INDIAN CURRIES & MORE

<table>
<thead>
<tr>
<th>Item</th>
<th>Gram</th>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Fat</th>
<th>Protein</th>
<th>Fiber</th>
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<tbody>
<tr>
<td><strong>ARHAR DAL TADKA</strong></td>
<td>420</td>
<td>180-220</td>
<td>11–13 g</td>
<td>6-8</td>
<td>8-9</td>
<td>10mg</td>
</tr>
<tr>
<td><strong>Lentil tempered with cumin &amp; Indian spices.</strong></td>
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<td></td>
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<tr>
<td><strong>BASMATI RICE</strong></td>
<td>280</td>
<td>210-220</td>
<td>40-45 g</td>
<td>12–13</td>
<td>6-9</td>
<td>5 mg</td>
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<tr>
<td><strong>KHUSBHU DAAR TARKARI CHAWAL</strong></td>
<td>850</td>
<td>310-320</td>
<td>55-64 g</td>
<td>12–13</td>
<td>6-8</td>
<td>5 mg</td>
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<tr>
<td><strong>PULAO</strong></td>
<td>300</td>
<td>210-320</td>
<td>55-64 g</td>
<td>12–13</td>
<td>6-8</td>
<td>5 mg</td>
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<tr>
<td><strong>MALAI SOYA CHAAP</strong></td>
<td>850</td>
<td>550-620</td>
<td>45-60 g</td>
<td>12-14</td>
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<td>12 mg</td>
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<tr>
<td><strong>KUNG PAO PANEER</strong></td>
<td>650</td>
<td>240-260</td>
<td>45-60 g</td>
<td>12-14</td>
<td>6</td>
<td>12 mg</td>
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<tr>
<td><strong>PIZZA’S</strong></td>
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<tr>
<td><strong>MARGHERITA</strong></td>
<td>380</td>
<td>690-720</td>
<td>90-100 g</td>
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<td>23-24</td>
<td>8 mg</td>
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<tr>
<td><strong>BASSEYED COTTAGE CHEESE</strong></td>
<td>380</td>
<td>720-760</td>
<td>110-120 g</td>
<td>40-45</td>
<td>23-24</td>
<td>8 mg</td>
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<tr>
<td><strong>PIZZA’S</strong></td>
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<td></td>
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<tr>
<td><strong>MARGHERITA</strong></td>
<td>380</td>
<td>690-720</td>
<td>90-100 g</td>
<td>40-45</td>
<td>23-24</td>
<td>8 mg</td>
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<tr>
<td><strong>TANDOORI ALOO PAPAD DUM</strong></td>
<td>850</td>
<td>250-260</td>
<td>45-60 g</td>
<td>12-14</td>
<td>6</td>
<td>12 mg</td>
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<tr>
<td><strong>KHADI URAD KI DAL</strong></td>
<td>420</td>
<td>430-450</td>
<td>11–13 g</td>
<td>16-19</td>
<td>16-16</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

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## BHAGWAN KE PAKWAN

### VRINDAVAN STYLE LAUKI CHANA
- **420 Gram**
  - (From the land of laddu gopal)
  - Calories: 250-260 Carbohydrate 35-40 g, Fat 12-13 g, Protein 6-8 g, Fiber 10 mg
  - Price: **800**

### POSTO WALLE KACCHE KELE
- **420 Gram**
  - Panchporen tempered
  - Calories: 90-110 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3.2-4.6 g, Fiber 4 mg
  - Price: **850**

### KHATTA METHA SITHA PAL
- **420 Gram**
  - (Raja rai’s recipe)
  - Calories: 110-122 Carbohydrate 15-20 g, Fat 10-12 g, Protein 1-2 g, Fiber 0.5 mg
  - Price: **800**

### ALOO BHINDI BHAJI
- Calories: 160-170 Carbohydrate 14-16 g, Fat 12-13 g, Protein 1-2 g, Fiber 5 mg
  - Price: **750**

### HING WALI PEELI DAL
- **420 Gram**
  - Tempered with cow ghee
  - Calories: 250-260 Carbohydrate 35-40 g, Fat 12-13 g, Protein 6-8 g, Fiber 10 mg
  - Price: **750**

### SWAMI NARAYAN KHICHDI
- **1200 Gram**
  - Our specialty dedicated to yogi sahajan and swami
  - Calories: 600-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg
  - Price: **1750**

### BREADS FROM THE CLAY OVEN
- **90 Gram**
  - Roti | Laccha Parantha | besan ki roti
  - Calories: 310-340 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5 mg
  - Price: **150**

### BREADS FROM THE TAWA
- **60 Gram**
  - Phulka, Ajwaini Tikona Paratha, Khasta roti
  - Calories: 240-260 Carbohydrate 15-20 g, Fat 10-12 g, Protein 3-4 g, Fiber 3.5 mg
  - Price: **150**

### STUFFED PARANTHA
- **160 Gram**
  - Choice of filling, Potatoes, cottage cheese, mix
  - Calories: 270-290 Carbohydrate 40-45 g, Fat 10-12 g, Protein 3-4 g, Fiber 5.5 mg
  - Price: **150**

### SATVIK THALI
- **1200 Gram**
  - Calories: 550-620 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg
  - Price: **2000**

### GARHWALI THALI
- **1200 Gram**
  - Calories: 850-750 Carbohydrate 45-60 g, Fat 40-60 g, Protein 12.2-14.6 g, Fiber 12 mg
  - Price: **2000**

All orders will be delivered within 35 to 40 minutes of ordering. Please inform us in case of any allergies.

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<table>
<thead>
<tr>
<th><strong>DESSERTS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLE CINNAMON PIE</strong> 180 Gram</td>
</tr>
</tbody>
</table>
| Fruit stew  
Calories 400  
Carbohydrate 19 g  
Fat 18 g  
Protein 1-2g  
Fiber 6 mg |

| **HOT CHOCOLATE BROWNIE** 120 Gram | **550** |
| Served with vanilla ice-cream  
Calories 420  
Carbohydrate 11-13 g  
Fat 12-13 g  
Protein 13-14 g  
Fiber 5 mg |

| **KEŠAR PISTA KULFI** 180 Gram | **550** |
| Served with falooda and melon seeds  
Calories 180  
Carbohydrate 11-13 g  
Fat 12-13 g  
Protein 13-14 g  
Fiber 5 mg |

| **KEŠAR RASMALAI** 160 Gram | **550** |
| Cottage cheese dumplings, saffron milk  
Calories 345  
Carbohydrate 19-20 g  
Fat 16 g  
Protein 1-2g  
Fiber 6 mg |

| **KEŠARI PHIRNI** 160 Gram | **550** |
| Saffron nuts rice cold pudding  
Calories 345  
Carbohydrate 19-20 g  
Fat 16 g  
Protein 1-2g  
Fiber 6 mg |

| **MAKHANA KHEER** 160 Gram | **550** |
| Indian milk pudding made with fox nuts and dry fruits  
Calories 388  
Carbohydrate 22 g  
Fat 10 g  
Protein 11-12g  
Fiber 5 mg |

| **PISTA GULAB JAMUN** 140 Gram | **550** |
| Golden fried dumplings in sugar syrup  
Calories 355  
Carbohydrate 19 g  
Fat 16 g  
Protein 11-12g  
Fiber 6 mg |

| **SHRIKHAND** 160 Gram | **550** |
| Dessert for land of Krishna  
Calories 310  
Carbohydrate 19-20 g  
Fat 15 g  
Protein 11-12g  
Fiber 7 mg |

| **ICE CREAM** 140 Gram | **550** |
| Flavors of the day  
Calories 310  
Carbohydrate 19 g  
Fat 16 g  
Protein 1-2g  
Fiber 6 mg |

| **FRUITS** 220 Gram | **450** |
| Seasonal fresh fruit platter  
Calories 210  
Carbohydrate 19 g  
Fat 16 g  
Protein 1-2g  
Fiber 8 mg |

| **GAJAR KA HALWA (SEASONAL)** | **550** |
| Calories 310  
Carbohydrate 19 g  
Fat 16 g  
Protein 1-2g  
Fiber 6 mg |

| **MOONG DAL HALWA** | **550** |
| Calories 355  
Carbohydrate 19 g  
Fat 16 g  
Protein 11-12g  
Fiber 6 mg |

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