



SALAD BOWLS

→ FRESH • REAL ♥ WHOLESOME ←

WEEK 1 MENU

MONDAY

M

1 MEXICAN CORN

Sweet corn, bell peppers, onion, cucumber, beans, herbs & a zesty Mexican dressing.

₹100

TUESDAY

P

2 PEANUT PUNCH

Roasted peanuts, crunchy veggies, herbs & a tangy lemon dressing.

₹100

WEDNESDAY

B

3 BLACK CHANA CHAT

Boiled black chana, tomato, onion, cucumber, spices & lemon twist.

₹100

THURSDAY

P

4 POSHAN PANEER

Grilled paneer, crisp veggies, herbs & a healthy dressing.

₹100

FRIDAY

F

5 FRUITY FUN

Seasonal fruits, nuts, seeds & a hint of honey—pure joy in a bowl.

₹100

WEEK 2 MENU

MONDAY

C

6 CHATPATTA CHICKPEA

Boiled chickpeas, veggies, chaat masala & lemon zing.

₹100

TUESDAY

S

7 SPROUTS PROTEIN SALAD

Mixed sprouts, veggies, seeds, herbs & a protein-packed punch.

₹100

WEDNESDAY

M

8 MEXICAN VEG BOWL

Crunchy veggies, beans, corn, herbs & a zesty Mexican dressing.

₹100

THURSDAY	S	9	SOYA POWER BOWL High-protein soya, crunchy veggies, herbs & bold Indian spices.	₹100
FRIDAY	F	10	FIVE BEAN BOWL A power mix of 5 beans, veggies, herbs & Indian spices.	₹100
ALSO AVAILABLE				
	P	11	PEANUT CHAT	₹80
	C	12	CLASSIC FRUIT SALAD BOWL Seasonal mix of apple, banana, papaya, pomegranate and grapes.	₹120
	P	13	PREMIUM EXOTIC FRUIT BOWL Kiwi, dragon fruit, strawberry, blueberry and melon.	₹180
	T	14	TROPICAL FRUIT PLATTER Party-size platter of pineapple, mango, watermelon and citrus.	₹450
	C	15	CITRUS BOOST BOWL Orange, sweet lime, kiwi and pomegranate with mint.	₹140
	G	16	GARDEN GREEN SALAD Lettuce, cucumber, cherry tomato, capsicum with lemon dressing.	₹110
	S	17	SPROUT & CHANA SALAD Protein-rich moong sprouts and kala chana with onion and coriander.	₹100
	B	18	BEETROOT CARROT CRUNCH Grated beetroot and carrot with roasted peanuts.	₹105
	C	19	CORN & PANEER SALAD Sweet corn, fresh paneer cubes, capsicum and herbs.	₹150

F	20	FRUIT & VEG COMBO BOWL Best of both — seasonal fruits with crunchy vegetables.	₹160
O	21	OFFICE LUNCH COMBO (10 PAX) Ten assorted salad bowls for corporate lunches.	₹1,200
F	22	FRESH CUT WATERMELON Ready-to-eat cubed watermelon.	₹90
F	23	FRESH CUT PINEAPPLE Peeled and sliced sweet pineapple.	₹130
M	24	MIXED VEG CUT PACK Kitchen-ready chopped vegetables for cooking.	₹110
F	25	FRESH ORANGE JUICE 300ml cold-pressed orange juice, no added sugar.	₹80
G	26	GREEN DETOX SMOOTHIE Spinach, cucumber, apple and ginger blend.	₹110

Nourishing you, naturally. ❤️