

**Corn Flakes,  
Choco Flakes,  
Crunchy Muesli**



**Allergen: Nuts, Gluten**

366 Kcal, 395 Kcal, 372 Kcal per 100 Gms

**Cranberry,  
Flaxseeds, Date,  
Melon Seeds Raisins**



**Allergen: Nuts**

**Soya Milk**



**Allergen: Nuts**

73 Kcal, 100 Kcal per 100 ML

**Honey, Sugar  
Sachets, Brown Sugar,  
Sugar Free**



**Apples**



95 Kcal per 100 Gms

**Banana**



91 Kcals per 100 Gms

**Sliced Musk Melon**



34 Kcal each

**Apples, Beets &  
Celery Juice**



24K cal per 100 ML

**Orange and Ginger  
Juice**



64 Kcal per 100 ML

**Banana Caramel  
Milkshake**



**Allergen: Soya, Sulphites**

325 Kcal per 100 ML



## Plain Yogurt



**Allergen: Dairy**

45 Kcal per 50 ML

## Strawberry Yogurt



**Allergen: Dairy, Sulphites**

41 Kcal per 45 ML

## Butter Croissant



**Allergen: Dairy, Gluten, Eggs**

170 Kcal each

## Custard Danish



**Allergen: Dairy, Gluten, Eggs,  
Sulphites**

130Kcal each

## Coconut Bear claws



**Allergen: Dairy, Gluten, Eggs,  
Sulphites**

157 Kcal each

## Chocolate chip Muffin



**Allergen: Dairy,  
Gluten, Sulphite**

113 Kcal each

## Marbled Tea Cake



**Allergen: Egg, Dairy, Gluten, Sulphites**

478 Kcal per 100 Gms

## Sliced Multigrain Bread



**Allergen: Gluten, Seasmе, Dairy**

285 Kcal per 100 Gms

## Whole Wheat Bread



**Allergen: Dairy, Gluten**

334 Kcal per 100 Gms

## Assorted Cheese Platter



**Allergen: Dairy, Gluten,  
Sulphites**



## Mixed Fruit Jam & Marmalade



## Butter Chiplet



Allergen: Dairy

## Grapes



36 Kcal per 100 Gms

## Boiled Eggs



Allergen: Egg, Sulphites

77 Kcal per 100 Gms

## Chicken Sausage Casserole with peppers & Olives



Allergen: Gluten, Soya, Dairy, Sulphites

179 Kcal per 100 Gms

## Paprika Roasted Potato Wedges



Allergen: Dairy, Gluten

150Kcal per 100 Gms

## Aloo Mutter Samosa



Allergen: Dairy, Gluten, Nuts

293 Kcal per 100 Gms

## Kanda Batata Poha



Allergen: Dairy, Nuts

238 Kcal per 100 Gms

## Mysore Bonda



324 Kcal per 100 Gms

## Millet Pongal



Allergen: Dairy, Nuts

84 Kcal per 100 Gms

## Steamed Idli

225 Kcal per 100 Gms

## Ragi Idli

**Allergen: Mustard**

319 Kcal per 100 Gms

## Drumstick Sambar

**Allergen: Dairy**

122 Kcal per 100 Gms

## Banana Dry fruit Sheera

**Allergen: Gluten, Dairy, Nuts,  
Sulphites**

189 Kcal per 100 Gms

## Mast O Laboo

**Allergen: Dairy, Sulphites**

169 Kcal per 100 Gms

## Coriander Hummus

**Allergen: Sesame**

87 Kcal per 100 Gms

## Kachumbar

**Allergen: Sulphites**

33 Kcal per 100 gms

## Mexican Bean & Corn Salad

215 Kcal per per 100 Gms

## Balsamic Vinaigrette

**Allergen: Sulphites**

93 Kcal per 15 ml

## Buttermilk Ranch Dressing

**Allergen: Soy, Dairy, Sulphites**

65 Kcal per 15 MI





## **Tomato Chutney**

99 Kcal per 100 Gms



## **Gluten-free Bread**



## **Vegan Papaya Smoothie**

**Allergen: Soya , Sulphites**

153 Kcal per 100 Gms



## **Coconut Chutney**

305 Kcal per 100 Gms