

Pears

38 Kcal each

Banana

91 Kcal per 100 Gms

Pineapple

43 Kcal per 100 ML

Watermelon

30 Kcal per 100 Gms

Grape Juice

93 Kcal per 100 ML

Carrot, Beets and Ginger juice

39 Kcal per 100 ML

Majjige

Allergen: Dairy

58 Kcal per 100 ML

Nanari Sherbath

72 Kcal per 100 M

Assorted Cookies

Allergen: Dairy, Nuts, Gluten, Soya

Candied Orange and Poppyseed Muffin

Allergen: Gluten, Dairy

113 Kcal per 100 Gms

Assorted Breads

Allergen: Gluten, Dairy

Butter Chiplet

Allergen: Dairy

58 Kcal per Chipet

Lepton Coriander Soup with vegetables

49 Kcal per 100 Gms

Beetroot Hummus

252 Kcal per 100 Gms

Zattar Labneh

Allergen: Dairy

261 Kcal per 100 Gms

Grissini & Lavash

Allergen: Gluten, Dairy

Marbled Teacake

Allergen: Gluten, Dairy, Eggs

415 Kcal each

Tomato and Cheese in Whole Wheat bread

Allergen: Gluten, Dairy

230 Kcal per 100 Gms

Mediterranean Chicken Wraps

Allergen: Gluten, Dairy

259 Kcal per 100 Gms

Multigrain Greek Salad

Allergen: Dairy

156 Kcal per 100 Gms

Dahi Wada

Allergen: Dairy

269 Kcal per 100 Gms



Balsamic Vinaigrette

93 Kcal per 15 ML



Thousand Island Dressing

Allergen: Soy, Dairy

35 Kcal per 15 ML



Black Forest Pastry

Allergen: Dairy, Gluten, Soy

278 Kcal per 100 Gms



Pasta Salad with roasted vegetables

Allergen: Gluten

229 Kcal per 100 Gms



Thai Style Chicken Sausage salad

Allergen: Soy, Nuts

192 Kcal per 100 Gms



Salted Caramel Mousse

Allergen: Soy Dairy

311 Kcal per 100 Gms



Fish Koliwada

Allergen: Fish

325 Kcal per 100 Gms



Sago Coconut Milk Pudding

279 Kcal per 100 Gms



Ragi Manna

Allergen: Dairy, Nuts

301 Kcal per 100 Gms



Le non Sevvai



305 Kcal per 100 Gms

Mango Shrikhand



Allergen: Dairy, Nuts,

286 Kcal per 100 Gms

Masala Wada



207 kcal per 100 Gms

Nalla Kozhi Sukka



Allergen: Dairy

172 Kcal per 100 Gms

Nalla Kozhi Sukka



Allergen: Dairy

172 Kcal per 100 Gms

Banana



91 Kcal each

Tandoori Aloo



Allergen: Dairy

138 Kcal per 100 Gms

Cauliflower Chuturi



73 Kcal per 100 Gms

Pasta Arrabiata



Allergen: Dairy, Gluten

146 Kcal per 100 Gms

Bread Butter Pudding with Raisins



Allergen: Dairy, Gluten

193 Kcal per 100 Gms



Stir Fried Vegetables in Hot Garlic Sauce

Allergen: Soy, Gluten

174 Kcal per 100 Gms



Burnt Garlic Fried Rice

Allergen: Soy, Gluten

175 Kcal per 100 Gms