

Apple

95 Kcal each

Banana

91 Kcal per 100 Gms

Grapes

73 Kcal per 100 ML

Musk Melon

34 Kcal per 100 Gms

Orange & Ginger Juice

64 Kcal per 100 ML

Apple, Beets & Celery Juice

153 Kcal per 100 ML

Banana Caramel Milkshake

Allergen: Soy, Sulphites

325 Kcal each

Vegan Papaya Smoothie

Allergen: Soya, Sulphites

153 Kcal per 100 Gms

Assorted Cookies

Allergen: Dairy, Nuts, Gluten, Soya

Chocolate Chip Muffins

Allergen: Gluten, Dairy, Sulphites

113 Kcal each

Assorted Breads

Allergen: Gluten, Dairy



Grissini & Lavash

Allergen: Sesame, Gluten, Dairy



Butter

Allergen: Dairy



Marbled Teacake

Allergen: Gluten, Dairy

478 Kcal per 100 Gms



Nellore Chepala Pulusu

Allergen: Fish, Sulphites

157 Kcal per 100 Gms



Corn Chowder

Allergen: Gluten, Dairy, Soya, Sulphites

228 Kcal per 100 Gms



Coriander Hummus

87 Kcal per 100 Gms



Clay Pot Vegetables

Allergen: Gluten, Soya

174Kcal per 100 Gms



Kachumbar

Allergen: Sulphites

33 Kcal per 100 Gms



Mast O Laboo

Allergen: Dairy, Sulphites

169 Kcal per 100 Gms



Dal Tadkewali



Allergen: Dairy

124 Kcal per 100 Gms

Balsamic Vinaigrette



Allergen: Sulphites

93 Kcal per 15 ml

Dahi Wada



Allergen: Dairy, Sulphites

269 Kcal per 15 MI

Mexican Bean & Corn Salad



215 Kcal per 100 Gms

Buttermilk Ranch Dressing



Allergen: Dairy, Soya, Sulphites

65 Kcal per 15 ml

Chicken Sausage & Red Cabbage Salad



Allergen: Soya, Sulphites

156 Kcal per 100 Gms

Chilled Strawberry Cheesecake



Allergen: Soy Dairy, Sulphites

318 Kcal per 100 Gms

Rich Dark Chocolate Tiffin



Allergen: Soy Dairy, Sulphites, Eggs

446 Kcal per 100 Gms

Sugar free Vegan Sagoo & Melon Pudding



159Kcal per 100 Gms

Till Bhugga



Allergen: Dairy, Gluten, Sulphites

474Kcal per 100 Gms

Seviyan Ka Muzzafar

Allergen: Gluten, Dairy, Sulphites, Nuts

423 Kcal per 100 Gms

Murgh Sagwaala

Allergen: Dairy

119 Kcal per 100 Gms

Crunchy Chicken Fingers

Allergen: Dairy, Gluten

337 kcal per 100 Gms

Steamed Basmati Rice

115 Kcal per 100 Gms

Roti& Butter Naan

Allergen: Dairy, Gluten

265 Kcal, 283 Kcal

Banana

91 Kcal each

Pappad/Pickle/Vadams

Rawa Khichdi

Allergen: Dairy, Nuts

193 Kcal per 100 Gms

Curd Rice

Allergen: Dairy, Mustard

116 Kcal per 100 Gms

Penne Amartciana with Soy Protein

Allergen: Dairy, Gluten, Soya, Sulphites

215 Kcal per 100 Gms



Chilli Garlic Noodles

Allergen: Gluten, Dairy, Sulphites

164 Kcal per 100 Gms



Kabuli Channa Qubuli

Allergen: Dairy, Nuts

194 Kcal per 100 Gms