



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

Allergen : Nuts, Gluten

373 Kcal, 397 Kcal, 357 Kcal per 100 Gms



**Cranberry,
Raisin,
Flaxseeds,
Dates, Melon
Seeds**

Allergen : Nuts



Soya Milk

Allergen : Soya

73 Kcal per 100 ML



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



**Elaichi
Banana**

71 Kcal Each



**Diced Water
melon**

34 Kcal per 100 Gms



Grapes

69 Kcal per 100 Gms



**Musk Melon
and Ginger**

43 Kcal per 100 ML



**Strawberry
Milkshake**
Allergen : Dairy
312 Kcal per 100 MI



Plain Yogurt
Allergen : Dairy
45 Kcal per 80 MI



**Blueberry
Yoghurt**
Allergen : Dairy
82 Kcal per 100 Gms



**Butter
Croissant**
Allergen : Dairy, Gluten
149 Kcal Each



Custard Danish
Allergen : Dairy, Gluten
143 Kcal Each



**Chocolate Chip
Muffin**
Allergen : Dairy, Gluten
124 Kcal Each



**Banana
Butterscotch
Tea cake**
Allergen : Egg, Dairy, Gluten
399 Kcal per 100 Gms



**Multigrain
Loaf**
Allergen : Dairy, Gluten, Sesame
285 Kcal per 100 Gms



Whole Wheat Bread

Allergen : Dairy, Gluten

334 Kcal per 100 Gms



Mixed Fruit Jam



Butter Chiplet

Allergen : Dairy

58 Kcal per Chiplet



Carrot and Raisin Muffin

Allergen : Dairy, Gluten

112Kcal each



Mushroom and Feta Scrambled Egg

Allergen : Egg, Dairy

116 Kcal Each



Curried Chicken Sausage

Allergen : Soya, Gluten, Dairy,

Mustard

234 Kcal per 100 Gms



Zattar Spiced Potatoes

Allergen : Dairy, Sesame

175 Kcal per 100 Gms



Bansi Rawa Upma

Allergen : Gluten, Dairy, Nuts,

Mustard

145 Kcal per 100 Gms



Puliyogare

Allergen : Nuts, Mustard,
Sesame

175 Kcal per 100 Gms



Buttered Pav

Allergens: Dairy, Gluten

337 Kcal per 100 Gms



Millet Idly

Allergen : Mustard

231 Kcal per 100 Gms



Sambar

Allergen : Dairy, Mustard

122 Kcal per 100 Gms



Steamed Idly

161 Kcal per 100 Gms



Coconut Chutney

Allergen : Mustard

231 Kcal per 100 Gms



Tomato Chutney

Allergen : Mustard

99 Kcal per 100 Gms



Sprouted Moong and Aloo Bhaji

Allergen : Dairy

182 Kcal per 100 Gms

