



Salads

Ironman Salad.....₹250

Spinach, Roquette, Brown Rice, Grilled Pepper, Onion, Broccoli, Carrot, Almond (Soy Ginger Dressing)

Couch Potato Salad.....₹275

Roquette, Mix Lettuce, Couscous, Sweet Potato, Herbed Potato, Mushroom, Onion, Carrot, Spicy Cashew, Feta Cheese (Smoked Chilly Dressing)

Paneer Tikka Parmesan Salad.....₹275

Roquette, Mix Lettuce, Paneer Tikka, Olive, Cherry Tomato, Cucumber, Onion, Parmesan Cheese, Croutons (Roasted Garlic Basil Dressing)

Italian Salad.....₹275

Roquette, Pasta, Olive, Cherry Tomato, Zucchini, Peppers, Bocconcini Cheese, Croutons (Rosemary Balsamic Vinaigrette Dressing)

Apple Beet Root Walnuts Salad.....₹275

Mix Lettuce, Red Apple, Goat Cheese, Beet Root, Candied Walnut (Honey Mustard Vinaigrette Dressing)

Farmers Salad.....₹275

Kale, Mix Lettuce, Chickpea, Broccoli, Cherry tomato, Zucchini, Peppers, Sweetcorn, Avocado, Feta Cheese (Dijon Thyme Vinaigrette Dressing)

The Dynamite Salad.....₹275

Kale, Spinach, Soba Noodles, Broccoli, Sweet Potato, Mushrooms, Sweet Corn, Spicy Cashews (Smoked Chilli Dressing)

Mix Fruit Salad.....₹285

Kale, Roquette, Apple, Water Melon, Pineapple, Strawberry (Seasonal), Orange, Pomegranate, Feta Cheese, Candied Walnuts (Lemon Mint Vinaigrette Dressing)

Avocado Feta Salad.....₹300

Roquette Leaves, Olives, Cherry Tomato, Cucumber, Sweet Corn, Radish, Avocado, Feta Cheese, Sun Dried Tomato (Lemon Mint Dressing)

The Hipster Salad.....₹300

Kale, Roquette, Quinoa, Carrot, Ricotta Cheese, Pomegranate, Orange, Cranberry, Mix Seeds (Orange Carrot Vinaigrette Dressing)

Chef Choice Salad.....₹300

Paneer, Kale Mix Lettuce, Roquette, Couscous, Olive, Sweet Potato, Jalapeño, Onion, Ragi Crackers, Feta Cheese, Sun Dried Tomato, Mix Seeds, Pomegranate (Orange Carrot + Soy Ginger Dressing)



Salads

Apple Chicken Beetroot Salad..... ₹280

Grilled Chicken, Mix Lettuce, Apple, Beetroot, Candied Walnuts, Ricotta Cheese (Honey Mustard Vinaigrette Dressing)

Chilly Basil Chicken Salad..... ₹280

Grilled Chicken, Mix Lettuce, Soba Noodles, Bell Pepper, Broccoli (Soy Ginger Dressing)

Protein Salad..... ₹280

Kale, Roquette, Chilli Basil Chicken, Egg Whites, Grilled Peppers, Onions, Sweet Corn (Soy Ginger Dressing)

Couscous Chicken Salad..... ₹300

Grilled Chicken, Kale, Mix Lettuce, Couscous, Carrot, Beetroot, Pomegranate, Almond, Orange (Orange Carrot Vinaigrette Dressing)

The Good Salad..... ₹300

Grilled Chicken, Spinach, Mix Lettuce, Barley, Chickpeas, Cherry Tomato, Cucumber, Radish, Avocado, Feta Cheese, Pomegranate, Mix Seeds (Dijon Thyme Vinaigrette Dressing)

The Chicken Tikka Salad..... ₹300

Chicken Tikka, Roquette Leaves, Roman Lettuce, Cucumber, Cherry Tomato, Onion, Olive, Roasted garlic (Basil Vinaigrette Dressing)

Spicy Mexican Salad..... ₹300

Grilled Chicken, Kale, Roquette, Cucumber, Cherry Tomato, Mix Beans, Sweet Corn, Jalapeno, Olive, Avocado, Paprika Powder (Smoked Chilli Vinaigrette Dressing)

The Nutty Chicken Salad..... ₹325

Grilled Chicken, Kale, Roquette, Quinoa, Olive, Mushroom, Sweet Corn, French Beans, Almonds, Spicy Cashew, Cranberry, Feta Cheese (Orange Carrot Vinaigrette Dressing)

Chef Choice Salad Chicken..... ₹325

Grilled Chicken, Kale, Mix Lettuce, Roquette, Couscous, Olive, Sweet Potato, Jalapeño, Onion, Ragi Crackers, Feta Cheese, Sundried Tomato, Mix Seeds, Pomegranate (Orange Carrot + Soy Ginger Dressing)



Sandwiches

Caramelised Onion & Mushroom Sandwich.....₹180

Roquette Leaves, Sautéed Spinach, Gouda Cheese, Caramelised Onions, Mushrooms

Avocado & Feta Cheese Sandwich.....₹200

Roquette Leaves, Tapenade, Sun Dried Tomato, Jalapeno, Feta Cheese, Avocado

Aubergine, Hummus & Feta Cheese Sandwich.....₹220

Spicy Aubergine, Lettuce, Hummus, Sun Dried Tomato, Onion, Feta Cheese

Falafel Sandwich.....₹250

Falafel, Lettuce, Tomato, Onion, Muhammara, Feta Cheese

Spinach Guacamole & Broccoli Sandwich.....₹280

Roquette Leaves, Sautéed Spinach, Guacamole, Broccoli, Cottage Cheese, Sun Dried Tomato, Relish

Red Hummus Sandwich.....₹280

Roquette Leaves, Beet Hummus, Mushroom, Gherkins, Carrot, Sweet Potato, Vegan Cheese, Caramelised Onions



Grilled Chicken & Feta Cheese.....₹200

Grilled Chicken, Roquette Leaves, Beet Hummus, Caramelised Onion, Carrots, Feta Cheese

Basic Hummus & Chicken Sandwich.....₹220

Grilled Chicken, Roquette, Tomato, Olives, Sun Dried Tomato, Caramelised Onion

Chicken Tikka Sandwich.....₹230

Roquette Leaves, Pesto, Tomato, Mozzarella

Grilled Chicken & Double Cheese.....₹250

Roquette Leaves, Pesto, Feta Cheese, Mozzarella

Lean Chicken Sandwich.....₹280

Grilled Chicken, Hummus, Chopped Greens, Basil, Onion, Tomato, Olives, Pomegranate, Chipotle Hot Chilli Dressing

SWAP ANY CHEESE FOR VEGAN CHEESE.....₹80

Juices

Detox	
Pumpkin	₹100
Ash Gourd	₹100
Big Shots – Juice Therapy Shots (60 ml)	
Aloe Vera	₹50
Kale, Spinach	₹50
Lemongrass Basil Chia Soda	₹120
Lemongrass, Basil, Chia, Soda	
Nutritious Juices	
Refresher	₹180
Watermelon, Mint, Chia, Lemon	
The Sunshine	₹190
Orange, Carrot	
The Cooler	₹200
Coconut Water, Orange, Honey, Coconut Meat	
Beet-Orange Magic	₹200
Carrot, Beet Root, Orange, Amla, Ginger	
Rejuvenator	₹200
Apple, Mint, Pineapple, Cucumber, Lemon	
Sweet Green	₹200
Spinach, Apple, Pineapple, Mint, Lemon	
Detoxifier	₹220
Apple, Spinach, Beetroot, Amla	
Pink Shield	₹220
Pomegranate, Apple, Lemon, Ginger, Black Salt	
Green Juices	
Green Glow	₹200
Apple, Celery, Cucumber, Kale, Ginger, Lemon	
Immunity Booster	₹200
Wheatgrass, Apple, Lemon, Cucumber	
Delicious Green	₹220
Wheatgrass, Pineapple	

Smoothies

Naturally sweetened with Honey/Dates	
Banana Cinnamon	₹160
Banana, Cinnamon, Yoghurt	
Banana Peanut Butter	₹170
Banana, Peanut Butter, Milk	
Banana Cacao	₹200
Banana, Coffee, Milk, Vanilla, Cacao	
Vanilla Avocado	₹250
Avocado, Yoghurt, Milk, Vanilla	
Green Avocado (Seasonal)	₹270
Spinach, Berries, Avocado, Yoghurt	
Protein Punch	₹300
Protein Powder, Banana, Apple, Almonds, Flaxseed, Almond Milk	
Vegan Smoothies	
Strawberry Banana (Seasonal)	₹250
Strawberry, Banana, Almond Milk	
Pineapple Berries (Seasonal)	₹270
Pineapple, Avocado, Berries	
Apple Almond	₹270
Apple, Almond Butter, Flax Seeds, Spices, Almond Milk	
Banana Cacao Coffee	₹290
Banana, Cacao, Dates, Coffee, Almond Milk, Cacao Nibs	
Delicious Vegan Milk	₹300
Coconut Milk, Cashew Milk, Cacao, Dates	

Delicious Salads Everyday!

📍 RH-4, Harsha Varsha CHS, Plot No.3, Sector 3.
New Panvel Navi Mumbai. Mumbai.

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