

give
me 5

the **health** bar

A new health food concept
based on the old belief that
“You are what you eat.”



omelettes ^{boiled}
butter toast eggs

EGG STATION

Masala omelette RS 32

speciality omelettes RS.45
(spanish russian, chicken n
more.)

Egg white omelette RS.40
Low cholestrol

French toast RS.40
served with fruits and
honey

scrambled/fried eggs
(of 2 eggs) & served with
butter toast RS.30



watermelon

orange

lassi

mango

PLAIN JUICE & LASSI

pineapple

300ml

RS.18

sweet Lime

RS.18

grapes

RS.18

watermelon

RS.18

orange pineapple

RS.20

pineapple sweetlime

RS.20

Plain Lassi

RS.25

ROSE Lassi

RS.25

Mango Lassi

RS.30

strawberry Lassi

RS.30



honey calorie
apple pastas pineapple ○
strawbeery



SMOOTHIES

Banana on date RS.40
Banana-Apple-dates-honey-
skim milk-yogurt

Apple strawberry crunch RS.40
Apple-muesli-banana-
strawberry-honey-skim milk-
yogurt.

strawberry banana RS.40
in skim milk/yogurt with honey

Golden smoothie RS.40
Papaya blended with orange
juices

smoothie of the week RS.40



sandwiches wraps chilly
veggie cheese

SANDWICH & WRAP

veggie RS.25

cucumber tomato bean RS.25

paneer tikka RS.30

cilantro veggie RS.32

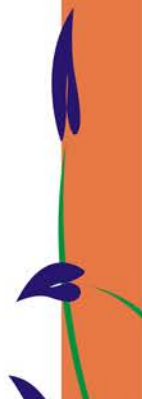
paneer veggie grill RS.25

corn cheese sandwich RS.35

Morroccan chicken RS.35

Egg sandwich RS.30

smoked chicken RS.40



salads calorie sandwiches
soup pastas

LOW CALORIE MEAL COMBOS

combo 1:

salad+sandwich+
Light drink

veg

RS.45

Non-veg

RS.45

combo 2:

salads+soup of the
day or light drink

veg

RS.40

Non-veg

RS.50

pastas-

penne/Elbow/others

veg RS.40

muesli custard

corn broken wheat



CEREALS & MORE

corn flakes RS.35
served with skim milk
with fruits

muesli/oatmeal RS.40
in skim milk with fruits & nuts

cut fruits RS.25

broken wheat porridge RS.30
served cold from the pickup
display

fruit custard RS.30

shakes
apple pastas pineapple
strawbeery

MILK SHAKES



Banana milk shake RS.20

chikoo milk shake RS.20

Muskmelon milk shake RS.20

Papaya milk shake RS.20

Apple milk shake RS.25

Guava strawberry RS.25

Banana strawberry RS.25

seasonal special shakes RS.25



drinks pineapple calorie
lemony honey

LIGHT LEMONY DRINKS

Fresh Lime	RS.10
Fresh Lime soda	RS.20
Minty pineapple Lime	RS.20
Minty honey Lime	RS.25
Ice tea (Lemon)	RS.25
Apple Lemon drink	RS.30
cold coffee	RS.30

please note sugar is added in
drinks, light lemony drinks
and lassis

salads sandwiches

calorie pastas

SALAD BAR

make your own salad RS.35
choice of any 6 veggies with
base of green and red
cabbage. pick from variety of
light dressings.

Add-ons

Egg white(1Egg)	RS.8
smoked chicken(40gm)	RS.12
grilled chicken(40gm)	RS.15
cottage cheese(40gm)	RS.15
beans – kidney/soya/other	RS.8
saute veggie	RS.10

special salads RS.50

calorie

pineapple

pastas

honey

POWER SHOTS &

SUPER HEALTHY

wheat grass shot RS.40

green tea shot RS.40

spirulina shot RS.40

super healthy juices RS.40
(300ml)

spinach pineapple Apple

wheat grass honey Lemon mint

carrot beet tomato celery

make your juice with carrot

Add 3 from tomato, spinach, beet,
wheat grass, spirulina, lemon,
mint, parsley, celery, ginger.

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the **health** bar

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