



BY GARDE MANGER

FRESHLY SQUEEZED JUICES

All Juices have NO added sugar

ABC Apple, beets and carrots	199
Heart Health Pomegranate and apple with in-house grown wheatgrass	199
Beat the Heat Refreshing watermelon, rock salt and zesty lemon	199
Vita C Fresh oranges, carrot and ginger	199
Rehydrate Rehydrating mint and cucumber blended pineapple	199
Straight Juices Available	235

SMOOTHIES

All Smoothies have NO added sugar

Chia Charcol Activated charcoal, soaked chia, banana, cucumber, spinach	209
Banana Ginger Banana, ginger and peanut butter	199
Immunity Boost Apple, celery, lemon, orange	199
Go Green Spinach, basil, apple, mint	209
Berrilicious Mixed berries, soy milk, muesli	219
Go Guava Guava, spinach, honey, basil	199
High Fibre Nutella Soy milk, Nutella, honey, rolled oats, flax seeds	219

SMOOTHIES / FRESHLY SQUEEZED JUICES

Vegan and Jain options available. Please ask server for the same.

SOUP

Corn Cilantro (J) Roasted corn with cilantro	219
Thai Pepper Tofu (J) (V) Loaded with antioxidants, protein and nutrients that clean the gut	219
Roasted Tomato and Basil (J) (V) Evoo drizzle & olive dust	219
Broccoli Almond Classical preparation with toasted almond slivers	219

APPETISERS

Multigrain Garlic Bread	180
Multigrain Cheese Garlic Bread	249
Peri Peri Paneer Popcorn	279
Jalapeno Cheese Poppers (J)	279
Zucchini Caponata Rolls Choice of vegetable or mushroom stuffing	299
Quesadilla Rolls	335
Mushroom Bruschetta	299
Tomato Basil Bruschetta (J)	269
Mezze Platter (J)	319
Quinoa and Sweet Potato Chat	249
Mexican Croquettes (J) (V)	249

SOUP / APPETISERS

STACKS, WRAPS AND FLATBREADS

Layered Gourmet Selections

SANDWICH

Roasted Tomato and Bocconcini (J) 299
In multigrain bread and basil pesto

Paneer Tikka (J) 299
In multigrain bread and tandoori mayo

Lebanese Grilled Vegetable (J) (V) 299
In multigrain bread with hummus and tahini

BURGER

Served with a side of French Fries

Spinach, Cottage Cheese and Corn (J) 275
Multigrain bun, mint mayo and jalapeno cheese sauce

Mock Meat (J) (V) 275
Soy patty, whole wheat bun, jalapeno cheese sauce and barbeque sauce

WRAPS

Black Rice and Avocado 375
Black rice and avocado with bell peppers, onion, lettuce in salsa and carot mayo

Lebanese Falafel Wrap ☆ (V) 305
Falafel chunks, lettuce, beans with beetroot hummus

Tofu Fajita Wrap ☆ (J) (V) 325
Served with salsa and guacamole

Cheat Day Wrap (J) (V) 275
You deserve a cheat meal with our special manchurian / paneer wrap

WHOLE WHEAT FLAT BREADS

Cream Cheese (J) 399
Bell peppers, onion, tandoori paneer, olives, mozzarella and creame cheese

Go Garden (J) 399
Exotic veggies, bocconcini cheese in choice of pesto or red sauce

STACKS, WRAPS AND FLATBREADS

SALADS

Refreshing, Tasty Health Fix

Som Tam (V)	269
Raw-papaya with a sweet, spicy and tangy dressing	
Crunchy Thai Tofu & Vegetable	279
Succulent tofu cubes and veggies with a sweet chilly peanut dressing	
Mexican Local (J)	279
Crushed nachos, cottage cheese, sweet corn, onion, tomato, date tamarind, curd & mint chutney	
Mediterranean Grilled (J)	289
Grilled veggies, mesclun greens, low fat yogurt, feta cheese with tahini dressing	
Black Rice Salad (J) (V)	325
Black rice, caramelized walnuts shredded with greens, olives, cherry tomato, Cucumber, pumpkin seeds in herb vinaigrette	
Zesty Quinoa (J) (V)	299
Mixed greens, mixed beans, cherry tomato and bell peppers with Quinoa in lemon dressing	
Mr. Bean ☆ (J)	299
Mix lettuce, spinach, mushroom, onions, black beans, black eyed beans, French beans, croutons, mix seeds, ricotta in sriracha honey balsamic	
The Hipster ☆	299
Kale, quinoa, orange, cranberries, carrot, pomegranate, mix seeds, ricotta with orange carrot vinaigrette	
Potato Head ☆	279
Kale, mix lettuce, herbed potatoes, sweet potatoes, lentil, grilled peppers, ragi crackers in roasted garlic and basil vinaigrette	
The Samurai (warm) (V)	325
Mix lettuce, noodles, grilled tofu, mushroom, broccoli with peanuts in soy ginger peanut dressing	
Ironman (warm) (J) (V)	299
Spinach, rocket, herbed brown rice, grilled peppers, onion, broccoli, carrots, almonds & soy ginger dressing	
Stir It Up (warm) (J) (V)	319
Exotic veggies sautéed in oriental style	
Do It Yourself	319
Choose any 4 veggies, 2 proteins and one salad dressing	

☆ New item in the menu (J) Can be made Jain (V) Can be made Vegan

SALADS

PASTA

Served with Garlic Bread

Do Your Pasta (J) 349
Choose your pasta
Penne / spaghetti

Choose your Sauce
Arrabiata / napolitana / cheese sauce / pesto / agli olio / pink sause

Choose Four Toppings
Broccoli, bell peppers, zucchini, baby corn, mushroom, american corn, black olives, green olives

Zoodle Pasta (J) (V) 349
Zucchini noodles mixed with exotic veggies prepared in arrabiata sauce

UNA SPECIALS

Beetroot Risotto 349
Arborio rice in beetroot sauce & parmesan cheese

Coconut Risotto 349
Arborio rice in fresh coconut sauce

Brown Rice Biryani (J) 339
Brown rice prepared in an Indian mix of spices with veggies in Makhni gravy, served with raita

Dum Biryani (J) 339
Brown rice prepared in spinach, basil & mint gravy with paneer chunks, served with raita

Quinoa Khichdi (J) 369
Good-carb, high fibre & protein khichdi, served with cucumber raita and mint chutney

Multigrain Stuffed Paratha (J) 199
Stuffed with exotic veggies served with yogurt, pickle, onion and green chutney

Protein Pav (J) (V) 299
High-Protein spiced soya/tofu/paneer bhurji with whole wheat pav

Jowar Pita Pockets ☆ (V) 249
☆ New item in the menu (J) Can be made Jain (V) Can be made Vegan

MEAL IN A BOWL

Nutrient packed Wholesome Meal

Soba Thupka (J) (V)

Japanese high-fibre buckwheat noodles in a flavorful broth

399

Burmese Khow suey (V)

Fragrant broth in coconut milk with bowl of veggies and noodles

399

Udon With Asian Veggies (J) (V)

Stirred-up with teriyaki

399

STEAK STATION

Choice of Gravy, Protein and Grain served with Stir Fry Veggies

419

Gravy

Protein

Gravy

Tandoori (V)

Thai (V)

Paneer

Tofu

Cous Cous

Quinoa

Brown Rice

Black Rice

DESSERTS

For the Sinful Craving, Happiness Guaranteed

Summer Parfait

Tropical fruits layered with yogurt, berries, holy basil seeds, flax seeds and granola

269

Greek Yogurt and Apple Crumble

Succulent apples nestle under a layer of creamy Greek yogurt

269

Walnut Banana Chickpea Pie

269

Multigrain Waffle Pops with Chocolate

299

Ragi and Almond Meal Pancakes

Drizzled with maple syrup

275

MEAL IN A BOWL / STEAK STATION / DESSERTS

WELLNESS TEAS

Little Buddha	150
Explosion of cooling and fiery spices sandal wood, liquorice, red peppercorn	
Pearl of Caribbean	150
Tropical Pineapple and Mango	
Mango and Orange Oolong	150
Fruity and sweet Indian summer	
Fountain of Life	150
Master Blend of six rare teas	
Mogo Mogo	150
Banana, mango, melons and guava	

TEA

Cardamom Tea	99
Ginger Tea	99
Masala Tea	99
Regular Tea	99

COFFEE

Café Latte	149
Café Mocha	149
Cappuccino	149
Cold Coffee	190
Espresso Americano	125
Hot Chocolate	180

MOCKTAILS

Frozen Margarita	195
Choice of Lychee, strawberry, orange, mango and peach	
Lychee Highball	195
Green Apple Mojito	180
Orange Blossom	165
Virgin / Peach Mojito	195
Coconut Punch	145
Hara Bhara Shikanji	180
Lemongrass Basil Chia Water	

BEVERAGES

Water	40
Fresh Lime Water	100
Iced Tea - Lemon, Peach	120
Organic Mint Lemonade	120



Please allow 20 mins. to serve you better

Vegan and jain options available. Kindly ask the server for the same.

All items subject to availability

Outside eatables not allowed

If you have any concerns regarding food allergies please alert your server prior to ordering

We reserve to change rates without any permission

Order once placed cannot be cancelled

Please inform your server of any food allergies or dietary restrictions

Govt. taxes as applicable

