



"di.ta.ks,



Veggie Food
FEEL HEALTHY



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Salad

Dreams in
Every Scoop

Daily GREENS

Watermelon Cucumber

Feta Salad 150/-

Juicy watermelon tossed with honey cucumber feta & mint.

Grilled Veg Salad 175/-

Baby corn, zucchini, cherry tomatoes, broccoli, mushroom & french beans.

Sprout Salad 195/-

Sprouted mung, black gram & fenugreek.

Quinoa Salad 200/-

Quinoa, veggies in a pomegranate molasses dressing.

Fattoush Salad 200/-

Toasted pita, feta cheese, lettuce, onion, tomato, cucumber & bell peppers.

Corn Cob Salad 220/-

Corn cob, cucumber, avocado, spring onion, yogurt dressing.

Soba Noodle Salad 220/-

Soba noodles, edamame, broccoli, green beans, avocado, tofu, ginger soy dressing.

Lentil Salad 220/-

Pumpkin, bootroot, walnut, lentil, iceberg, lime pepper dressing.

Cut Fruit Salad 230/-

Freshly cut seasonal fruits, in lemon dressing



High Protein Salad ... 240/-

Cottage cheese, chickpeas & veggies.

Spanish Millet

Salad 280/-

Green peas, cashew nut, almond, bell pepper, red cabbage, bajra, creamy parsley sauce

Avocado Pineapple

Salad 240/-

Fresh pineapple, avocado, onion, tomato in sweet chilly dressing.

Avocado Orange

Salad 240/-

Avocado, orange, crunchy nuts in honey mustard dressing.



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A *Bowl* FULL OF Goodness

Healthy BOWL

Smoothie Bowl 250/-

Frozen berries, hung curd, banana, honey topped with flax seeds, pumpkin seeds & sunflower seeds.

Pina Colada Smoothie Bowl 275/-

Pineapple, coconut, banana, coconut milk, lemon juice & maple syrup.

Cloud Smoothie Bowl 300/-

Pineapple, banana, avocado, almond butter, dates, milk, honey.

Super Food Smoothie Bowl 350/-

Kiwi, banana, broccoli, blueberry, spinach, pineapple, chia seeds & honey.



SANDWICHES

Veg Grilled Sandwich 120/-

Caprese Sandwich 275/-

Sourdough bread topped with tomatoes, pesto, basil leaves, mozzarella cheese & balsamic.

Spinach Mushroom Sandwich 150/-

Sourdough bread topped with sauteed spinach & mushrooms on a labneh spread,

Guacamole Sandwich 220/-

Sourdough bread topped with guacamole, avocado, nigella seeds & microgreens



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Your DAILY DOSE OF Happiness

COLD PRESSED JUICES

Watermelon Cold Pressed Juice 150/-

A treasure of Vitamin C and super fulfilling watermelon juice

Orange Cold Pressed Juice 175/-

Healthy orange juice loaded with Vitamin C, enzymes, minerals and antioxidants

Root Chakra Punch 200/-

Combination of apple, beetroot and carrots in a wonderfully soothing drink

Solar Plexus Tantra 200/-

Mix of pineapple, muskmelon and mint brings out your warrior energy

Sacral Chakra Charge 220/-

Pomegranate and orange flavoured beverage to boost creativity & confidence

Heart Chakra Hydration 220/-

Pineapple, cucumber, and spinach in a beverage meant to bring balance and serenity

Third Eye Opener 220/-

A house specialty mix of fruit juices to bring you wisdom & insight and deepen your spiritual connection



WRAP

Crunchy Lettuce Wrap ... 150/-

Paneer Capsicum Wrap 150/-

Mushroom cheese Wrap 150/-

Cucumber Hummus Wrap 150/-



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Drinks
That Refreshes Every
mood

COOLERS

Green Basil Punch 150/-

Basil, honey, black salt, lemon, mint.

Lemongrass Cooler 150/-

Lemongrass, mint, lemon, honey, black salt.

Black Iced Tea 155/-

Black tea, lemongrass, mint & ginger. Served with honey.

Thanda Mint Cooler 160/-

Black salt, mint, lemon, honey.

**Berry Tasty Strawberry
Lemonade** 180/-

Sprouted mung, black gram & fenugreek.

**Creamy Coconut
Crusher** 190/-

Fresh coconut, coconut milk, honey.

**Apple Cinnamon Ice
Tea** 195/-

Freshly cut seasonal fruits, in lemon dressing

Matcha Iced Tea 195/-

Matcha tea powder brewed with lemongrass & ginger. Served

**Spicy Pineapple
Kombucha** 200/-

Black pepper, honey, lemon, pineapple juice, kombucha

**Iced Coconut
Matcha** 210/-

Matcha tea powder & coconut water.
Served with honey.

Kombucha Cola 215/-

Lemon, mint, kombucha & 2 calorie cola.

Lentil Salad 220/-

Pumpkin, bootroot, walnut, lentil, iceberg, lime pepper dressing.

Matcha Iced Latte 215/-

Matcha tea powder, turmeric & milk. Served with honey.

**Watermelon Ginger
Bug** 235/-

Watermelon juice, mint, lemon, salt, pepper, honey, ginger bug.

**Pineapple Ginger
Bug** 235/-

Pineapple juice, mint, lemon, salt, apple cider vinegar, honey,

Red Bull Ice Tea 250/-

No sugar red bull, mint, lemon, soda.



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SIP the DIFFERENCE

HOT BEVERAGES

**French Pressed
Espresso** 105/-

Old fashioned strong black coffee.

**Mint and Lemon
Tea** 105/-

Mint leaves, lemon slices & tea leaves.
Served with honey.

Blue Pea Tea 120/-

Butterfly blue pea. Served with lemon and honey.

Hibiscus Tea 125/-

Dried hibiscus flowers. Served with lemon
and honey.

Matcha Tea 145/-

Matcha tea powder. Served with honey & lemon.

Chamomile Tea 145/-

Dried chamomile flowers. Served with
lemon & honey.



SMOOTHIES

**Peanut Butter
Smoothie** 140/-

Peanut butter, banana, yogurt & honey.

Green Smoothie 190/-

Kale, kiwi, yogurt, banana, pineapple,
almond & honey.

Berry Smoothie 190/-

Berries, yogurt & honey.

Fruit Smoothie 190/-

Mix of fresh fruits, yogurt, oats, cinnamon & honey.

**Avocado
Smoothie** 220/-

Ripe avocado, milk & honey.

