

Nutritional and Allergens information sheet

S.N.	Product name		Allergens	Serve Size	Quantity	Energy (Kcal)	Protein (g)	Carbohydrate(g)	Total Sugar (g)	Added Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
1	Green Lemon-ade			1.0	330 ml	139.4	0.5	33.4	29.6	32.0	0.0	0.0	0.0	0.0	1057.7
2	Mango Chilli Twist			1.0	330 ml	148.1	0.5	35.7	32.7	33.3	0.2	0.0	0.0	0.0	180.2
3	Peach Ginger Zing			1.0	330 ml	141.1	0.5	34.7	30.4	31.0	0.0	0.0	0.0	0.0	13.6
4	Hazelnut Cold Coffee			1.0	330 ml	402.6	12.3	62.5	41.5	26.3	10.3	7.5	0.3	12.7	154.9
5	Burrito Habanero - Veg			1.0	203 g	407.7	13.7	64.9	6.5	4.4	8.7	4.1	0.2	2.9	1142.0
6	Burrito Habanero Chicken			1.0	218 g	450.4	20.1	67.6	5.4	4.3	9.9	4.2	0.1	12.2	1331.6
9	NakedChickenPapad			1.0	192g	478.1	20.1	50.0	2.2	1.9	20.9	7.6	0.0	45.3	789.7
12	Mini Cheese Quesadilla Non Veg			1.0	122 g	254.3	17.7	22.6	2.2	1.6	8.8	4.5	0.2	11.4	793.4
13	Melted Cheese Quesadilla Veg			1.0	201 g	489.3	24.0	44.5	4.0	1.8	20.6	12.2	0.7	50.3	1244.9
14	Melted Cheese Quesadilla Non Veg			1.0	197 g	484.6	31.2	41.4	3.6	2.2	19.6	11.3	0.6	51.3	1487.5
15	Crunchy WheatPapadVeg			1.0	108 g	255.5	6.3	28.7	2.7	1.1	11.9	5.4	0.0	0.3	641.3
16	Crunchy WheatPapadNonVeg			1.0	114g	277.4	11.4	27.9	1.0	1.1	12.0	5.1	0.0	10.6	666.1
17	Chicken SeekhKebabPapad			1.0	149g	284.8	12.0	29.9	2.2	1.2	9.5	3.9	0.0	9.3	856.8
18	Crunchy PapadSupremeNonVeg			1.0	108 g	240.6	12.2	21.9	2.1	3.1	10.2	3.9	0.1	16.4	544.2
19	Crunchy PapadSupremeVeg			1.0	102g	218.7	7.1	22.7	3.0	3.0	10.1	4.1	0.1	6.1	519.4
20	CrispyPapadSeasonedPotato			1.0	101g	237.5	7.3	33.6	2.0	1.5	8.2	2.7	0.0	0.8	574.0
21	Crispy Chicken Wrap			1.0	120g	292.1	12.6	29.9	2.1	0.9	12.5	5.2	0.0	12.7	705.4
22	Crispy Seasoned Potato Wrap			1.0	127 g	283.5	8.3	39.3	2.4	1.2	10.2	3.8	0.0	1.1	639.5
23	CrispyChalupa PapadVeg			1.0	192g	476.8	12.8	47.1	5.4	4.0	22.4	10.4	0.1	41.6	965.5
24	CrispyChalupa PapadNonVeg			1.0	211 g	444.9	22.9	43.1	2.3	2.5	18.2	6.4	0.1	0.1	1286.3
25	7 Layer Burrito- Non Veg			1.0	408 g	659.8	32.4	86.6	8.9	4.5	19.0	7.2	0.2	5.6	2241.1
26	7 Layer Burrito- Veg			1.0	352g	610.7	16.3	86.9	11.1	4.9	19.9	8.1	0.2	5.3	1757.1
27	Fiery Volcano Burrito - Veg			1.0	255g	582.7	18.0	77.0	8.7	6.1	20.5	8.3	0.1	42.6	1369.6
28	Fiery Volcano Burrito - Non Veg			1.0	249g	562.0	17.9	79.4	7.6	6.1	18.0	5.3	0.1	13.2	1331.3
29	Regular Rice Bowl - Veg			1.0	446g	820.5	16.5	136.0	3.9	1.1	21.8	9.7	0.1	8.5	1998.2
30	Regular Rice Bowl - Non-Veg			1.0	471g	641.1	22.0	105.8	4.1	1.7	13.7	5.9	0.1	7.6	2294.3
31	Supreme Rice Bowl - Veg			1.0	527 g	807.6	25.8	113.3	5.9	1.1	25.1	13.8	0.1	91.8	2600.8
32	Supreme Rice Bowl - Non-Veg			1.0	535 g	728.8	30.2	112.5	5.8	2.7	15.5	6.7	0.2	8.6	2817.8
33	THICK SHAKE COOKIECRUMBLE			1.0	330 ml	481.8	12.1	71.2	58.5	44.8	15.3	9.3	0.3	8.3	155.6
34	THICK SHAKE CHOCOLATE			1.0	330 ml	401.4	11.0	61.4	51.6	40.6	12.0	7.1	0.3	8.8	164.4
35	THICK SHAKE MANGO			1.0	330 ml	385.9	9.6	62.0	50.9	42.3	11.6	6.5	0.2	8.2	139.9
36	Cheesy Fries			1.0	134 g	316.9	8.6	42.7	1.7	0.0	12.8	7.0	0.1	9.2	440.8
37	Cheesy Seasoned Nachos			1.0	113 g	311.6	8.2	35.6	2.6	0.2	14.7	8.1	0.1	9.2	198.3
38	Value Rice Bowl Non-Veg			1.0	252 g	393.4	15.5	67.1	1.3	0.2	7.2	3.5	0.1	16.3	1211.0
39	Value Rice Bowl Veg			1.0	246 g	371.5	9.4	67.9	2.0	0.2	7.1	3.8	0.1	6.0	1186.2
40	Hot and Cheesy Crunch Wrap- Non veg			1.0	265g	679.0	28.0	67.8	5.9	1.8	30.6	13.3	0.2	37.4	1683.7
41	Hot and Cheesy Crunch Wrap- Veg			1.0	252 g	541.5	25.1	52.0	8.9	1.8	23.6	13.1	0.2	92.1	1238.6
49	Chicken Nuggets with Dip			1.0	143 g	440.4	17.7	27.2	2.9	2.7	27.9	9.5	0.0	32.6	1508.0
50	SoftPapadgrilledMexican Chicken			1.0	127 g	236.0	12.7	27.1	3.8	1.7	9.0	2.3	0.0	13.1	653.5
51	Extra Protein - Fajita Veg			1.0	29 g	28.6	1.5	3.0	1.1	0.2	0.8	0.5	0.1	1.0	93.6
52	Extra Protein - Mexican Chicken			1.0	44 g	71.3	8.1	5.7	0.0	0.0	2.0	0.7	0.0	12.3	283.2
53	Extra Protein - Mexican Paneer			1.0	50 g	91.9	7.6	3.3	1.5	0.0	5.5	3.7	0.0	41.6	321.5
54	Extra Protein - Pinto Beans			1.0	38 g	49.4	3.9	6.5	0.8	0.0	1.9	1.0	0.0	0.0	258.4
55	Extra Protein -Chipotle Diced Chicken			1.0	54 g	52.5	8.9	2.9	0.9	0.8	0.7	0.2	0.0	0.0	430.0
56	Chocolate Sauce			1.0	15 g	42.1	1.9	9.8	8.8	8.8	0.2	0.1	0.0	0.0	15.6
57	Lava Sauce			1.0	30 g	119.2	0.5	4.7	2.9	2.7	10.9	1.9	0.0	1.0	420.0
58	Sour Cream Sauce			1.0	30 g	106.3	1.6	1.8	0.5	0.5	10.7	1.7	0.0	0.0	126.0
59	Spicy Salsa Sauce			1.0	30 g	21.9	1.0	4.2	2.7	1.8	0.3	0.2	0.0	0.0	240.0
60	Nacho Sauce			1.0	21 g	38.2	1.9	1.6	0.9	0.0	3.0	1.8	0.0	1.6	19.6
61	Cheesy Lava Papad- Nonvegwith SeasonedNachos			1.0	253g	912.2	19.6	91.4	7.4	0.0	49.9	18.4	0.0	21.7	1082.7
62	Cheesy lavaPapad- Vegwith SeasonedNachos			1.0	236g	891.6	18.5	105.6	6.5	0.0	43.2	15.6	0.0	12.6	784.5
63	Molten Choco pie-4 pieces			1.0	144g	537.6	15.1	74.0	23.0	21.6	20.4	11.7	0.0	11.3	345.3
64	Molten Choco pie-6 pieces			2.0	208g	387.7	9.6	53.4	17.2	15.6	14.5	8.5	0.0	8.1	249.1

*An average active adult requires 2000kcal energy per day, however calorie need may vary.

*Nutritional information values are of per serving.



Veg



Non-veg



Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these



Milk and milk products



Soybeans and their products



Nuts

Note - The restaurant handles Gluten, Milk, Soya, Nuts, Groundnuts and Sulphites.

We use refined rice bran oil and/or butter for cooking.