

COFFEE BAR & DIET HOUSE

ENJOY THE TASTE OF FOOD



HealthyMenu

RICE MENU



STEAM RICE WITH CHICKEN BREAST



170g chicken breast, basmati rice
150g, salad

protein 45g/carbs 45g/fat
6g/calories 450-500kcal

Rs.1300/=

STEAM RICE WITH BEEF



150g beef, basmati rice
150g, salad

protein 35g/carbs 45g/fat
15-20g/calories 550-600
kcal

Rs.1450/=

STEAM RICE WITH WHITE FISH

Rs.1300/=



175g white fish, basmati rice
150g, salad

protein 38-40g/carbs
45g/fat 4g/calories 450 -
480 kcal

STEAM RICE WITH SEA FOOD



Rs.1900/=

(prawns/cuttlefish/fish),
basmati rice 150g, salad

protein 35-38g/carbs
45g/fat 4-6g/calories
450-500 kcal

STEAM RICE WITH BOILED/FRIED EGGS



5 egg, basmati 150g,
salad

protein 30g/carbs
49g/fat 25.5
g/calories 575 kcal

Rs.1090/=

STEAM RICE WITH PRAWNS



5 Prawns, basmati rice 150g,
salad

protein 30g/carbs 45g/fat 2-3
g/calories 400 kcal

Rs.1500/=

Order Now

0771020050

SALAD MENU



EGG SALAD

5 EGGS , BROCCOLI , OLIVE
, TOMATO , CORN , CUCUMBER

protein 30g / carbs 8-106g / fat 25 g /
calories 380-400 kcal

Rs.900/=



ROASTED VEG SALAD

ONION , BELLPEPPER, BROCCOLI
, CARROT, CONES, CUCUMBER , TOMATO

protein 2.5 g / carbs 41 g / fat 4-6g /
calories 110-130 kcal

Rs.750/=



CONTACT
077-102 00 50



SALAD MENU



GRILLED CHICKEN SALAD

CHICKEN BREAST 100G ,EGGS, BROCCOLI ,
OLIVE ,TOMATO ,CORN , CUCUMBER

protein 30g/carbs 10-12g / fat 12g

calories 280 - 320 kcal

Rs.1150/=



GRILLED BEEF SALAD

BEEF 100G ,EGGS ,BROCCOLI
,OLIVE,TOMATO ,CORN ,CUCUMBER

protein 32g /carbs 12-10 g/fat 18 g /

calories 350-380 kcal

Rs.1250/=



FISH SALAD

FISH 100G ,EGGS, BROCCOLI,OLIVE
,TOMATO ,CORN , CUCUMBER

protein 30g /carbs 9-11 g /fat 14 g

/calories 300-330 kcal

Rs.1100/=



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HEALTHY FOOD



MENU

PROTEIN PANCAKE



calories= 336 kcal
protein=36.4g
carbs= 31.5g
fat= 10g

[whey protein 30g,
egg, oats, milk]

Rs 950/=

EGG WHITE OMELET



calories= 57 kcal
protein=10g
carbs= 6g
fat= 0.g

Rs 350/=

[2 egg white]

HEALTHY THAI CHICKEN



Rs 900/=

[chicken 150g]

calories=250kcal
protein=38g
carbs= 5g
fat= 6g

SCRAMBLED EGGS WITH VEGETABLE

calories 180-200 kcal
protein 14g
carbs 5-7 g
fat 12 g

[5 Eggs / vegetables]

Rs 900/=



SCRAMBLED EGG ON TOAST

calories 250-300 kcal
protein 16-18 g
carbs 15 - 18 g
fat 13 g
[5 eggs / bread toast]



Rs 900/=

MASHED POTATO



calories 180 -200 kcal
protein 3-4 g
carbs 30g
fat 4-5 g

[potato /milk / butter]

Rs 350/=

OATS

[oats /fresh
milk/dates/grapes/ban
ana/bee honey]

Rs 750/=



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PASTA

Mushroom pasta



Rs 1350/=

calories= 362
protein=17g
carbs= 67g
fat= 3.6g

[mushroom,
freshmilk, broccoli,
olive, tomato, corn]

Chicken pasta



Rs 1650/=

calories= 642
protein=49g
carbs= 85g
fat= 7g

[chicken, mushroom,
freshmilk, broccoli, olive,
tomato, corn]

Prawns pasta



Rs 1800/=

calories=550
protein=35g
carbs= 70g
fat= 12g

[prawns, mushroom, freshmilk,
broccoli,
olive, tomato,
corn]

Beef pasta



Rs 1800/=

calories= 650
protein=45g
carbs= 70g
fat= 22g

[beef, mushroom,
freshmilk,
broccoli, olive, tomato,
corn]

SANDWICH

1

chicken breast sandwich



calories 310kcal
protein 30 g
carbs 35 g
fat 10 g

RS.750/=

2

Beef sandwich



calories 340kcal
protein 32 g
carbs 30 g
fat 8g

Rs.850/=

3

Tuna sandwich



Rs.650/=

calories 300kcal
protein 28 g
carbs 30 g
fat 5g

4

Club sandwich



Rs.1250/=

calories 550kcal
protein 35 g
carbs 68 g
fat 15g

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MENU

Hot Coffee

Espresso	RS.350
Doppio	RS.500
Americano	RS.500
Macchiato	RS.500
Long mac	RS.500
Cappuccino	RS.600
Flat white	RS.700
Hot mocha	RS.650
Mocha latte	RS.650
Caffe latte	RS.650
Orange	RS.550
black coffee	
Hot chocolate	RS.800

Cold Coffee

Iced americano	RS.550
Iced tea	RS.400
Iced latte	RS.700
Iced coffee	RS.650
Affogato	RS.600
Iced cappuccino	RS.650

DIET

protein shakes, pre workouts & recovery

WHEY PROTEIN

RS 950/=

MASS GAINER

RS 950/=

PRE WORKOUTS

RS 400/=

EAA+

RS 600/=

NO XPLODE

RS 600/=

WHEY PROTEIN SMOOTHIES



**vanila
chocolate
strawberry**

Rs.1150/=

**(30G WHEY
PROTEIN/DATES/BANANA/
OATS/FRESH MILK/BEE
HONEY)**



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SMOOTHIES & MILKSHAKES MENU

FRESH FRUITS SMOOTHIES

MANGO

Rs.950/=

APPLE

AVOCADO

(OATS/FRESH MILK/DATES/CURD/ BEE HONEY)

WATERMELON

PINEAPPLE

BANANA



MILKSHAKES

- **vanila milkshake** **Rs.800**
- **CHOCOLATE MILKSHAKE** **Rs.800**
- **STRAWBERRY MILKSHAKE** **Rs.800**
- **FALUDA** **Rs.800**
- **AVOCADO MILKSHAKE** **Rs.850**
- **MANGO MILKSHAKE** **Rs.850**
- **OREO COFFEE MILKSHAKE** **Rs.1100**
- **OREO MILKSHAKE** **Rs.950**
- **BANANA MILKSHAKE** **Rs.850**
- **WATERMELON MILKSHAKE** **RS.850**



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HEALTHY FOOD MENU



BEEF WRAP

100g beef , veg ,
wrap

calories - 415kcal
protein -35g
carbs - 28g
fat - 18g

RS.990/=



CHICKEN AVOCADO WRAP

80g chicken ,50g
avocado , wrap

calories - 410kcal
protein -38g
carbs - 32g
fat - 12g

RS.900/=



EGG WRAP

fried egg , veg ,
wrap , cheese

calories - 485kcal
protein -24g
carbs - 29g
fat - 30g

RS.540/=



CHICKEN WRAP

80g chicken , veg,
cheese ,wrap

calories - 510kcal
protein -41.5g
carbs - 30g
fat - 14g

RS.750/=



CHICKEN ZINGER WRAP

100g chicken , veg,
tortilla wrap

calories - 485kcal
protein -24g
carbs - 29g
fat - 30g

RS.950/=



077-102 00 50
071-056 15 67