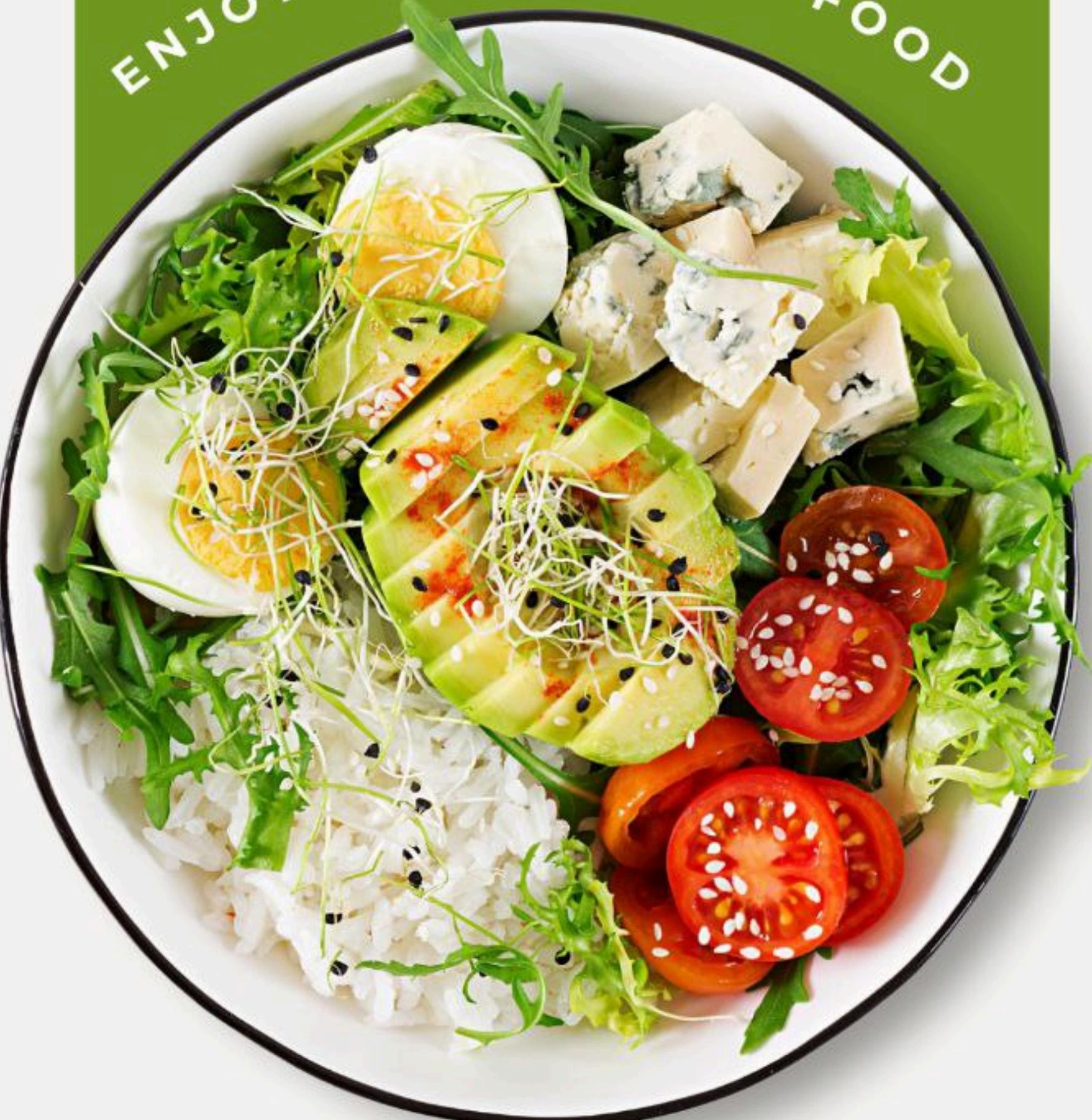


COFFEE BAR & DIET HOUSE

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

Rs.1090/=

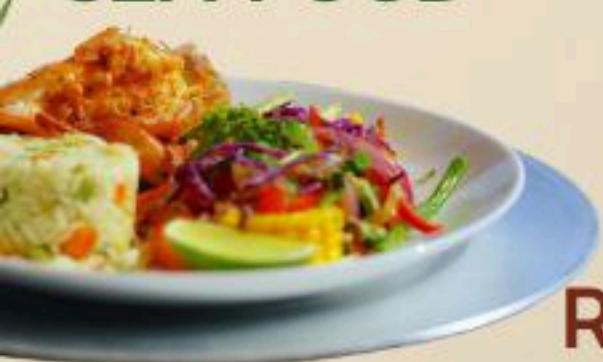
STEAM RICE WITH BOILED/FRIED EGGS



5 egg , basmati 150g ,
salad

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

PROTEIN PANCAKE



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

Rs 950/=

EGG WHITE OMELET



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

Rs 350/=

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

[2 egg white]

HEALTHY THAI CHICKEN



Rs 900/=

[chicken 150g]

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

MASHED POTATO



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

[potato /milk / butter]

Rs 350/=

CONTACT

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SCRAMBLED EGGS WITH VEGETABLE

Rs 900/=

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

[5 Eggs / vegetables]



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/=

OATS

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



Rs 750/=

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



calories=550

protein=35g

carbs= 70g

fat= 12g

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

Rs 1800/=

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

CONTACT

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ME NU

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 black coffee	RS.550
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

3
7
11
M

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	Rs.1150/=
chocolate	(30G WHEY PROTEIN/DATES/BANANA/ OATS/FRESH MILK/BEE HONEY)
strawberry	



SMOOTHIES & MILKSHAKES MENU

FRESH FRUITS SMOOTHIES

MANGO **Rs.950/=**

APPLE

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

AVOCADO

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**



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/=

CHICKEN ZINGER WRAP

100g chicken , veg,
tortilla wrap

calories - 485kcal

protein -24g

carbs - 29g

fat - 30g



RS.950/=

CHICKEN WRAP

80g chicken , veg,
cheese ,wrap

calories - 510kcal

protein -41.5g

carbs - 30g

fat - 14g



RS.750/=



077-102 00 50
071-056 15 67