



# Teeny-Tiny Basket

(Fssai registration no. 21224177002821)



All hundred per cent vegetarian and vegan products

All Home-Made (🏠)

(Disclaimer: Always follow medical advice, especially if you suffer from a chronic illness or allergy. All care has been taken to prepare the items in hygienic conditions and with the best quality ingredients)

## Batter – Ready to make (Delivery 6:00 to 9:00 p.m.) (Pre-order)

Item	Ingredients	Shelf Life	Price	Remarks including allergy advice
Idly / Dosa	Boiled Rice; Idly Rice; Urad Dal; Methi Seeds; Poha and salt	One week if properly refrigerated.	1 Kilo – Rs. 160/- ½ kilo – Rs. 85/-	Idly comes soft, if used without freezing or long refrigeration.
Ada (Multi-Dal)	Raw Rice; Black whole Urad Dal; Chana Dal; Toor Dal; Methi seeds; Hing; Cumin Seeds; Curry Leaves; Red Chilli whole and salt	Two days if properly refrigerated. Can be stored in freezer for longer shelf life.	1 Kilo – Rs. 160/- ½ kilo – Rs. 85/- 250 Gms – Rs. 45/-	Moderately spiced. Since proportion of Dal is higher, the batter can get fermented fast.
Methi Aatta	Whole Wheat Flour, Methi leaves, hing, carrom seeds, salt.	Two-three days if properly refrigerated.	250 gms. Rs. 65/-	No spices added. If you prefer spices, indicate your preference. The batter will be in medium consistency.

## Plant-based milk (Delivery Time: 9:00 a.m. to 10:00 a.m.) (Pre-order)

Item	Ingredients	Shelf Life	Price	Remarks including allergy advice
Pure Almond Milk	Almond and filter water.	Two-three days if properly refrigerated.	250 ml – Rs. 85/- 500 ml – Rs. 160/- 1 litre – 310	1. Protein Rich; Diabetic Friendly; dairy alternative for lactose intolerant 2. For best result use this in room temperature.

**Note: Home delivery within the society. Please pre-order as we don't stock to ensure freshness. Please indicate your Tower No, Flat No. and Quantity Required.**  
**GPay No. 9967444506 – V.S. Mani; email: [dietbespoke@gmail.com](mailto:dietbespoke@gmail.com) WhatsAppLink: <https://chat.whatsapp.com/KpxnfY7KWb0RcF8i5JeRa>**

				<p>Make protein shakes, milk shakes, porridge etc.</p> <p>3. No sweetener of any kind, thickener or preservative added</p>
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## JUICES (Delivery Time: 9:00 a.m. to 10:00 a.m.) (Pre-order)

Item	Ingredients	Shelf Life	Price	Remarks including allergy advice
ABC	Apple, Beetroot and Carrot	One day	Rs. 110/-	No added sugar, preservative or any kind of sweetener. Delivery Time: 9:00 a.m. to 10:00 a.m.
Green Smoothie	Spinach, mint, Cucumber, one seasonal fruit (apple or Banana)	One day	Rs. 60/-	<p>1. Best to consume immediately. Else refrigerate.</p> <p>2. Add salt, pepper etc. as per your taste</p> <p>3. If you like ginger, indicate in the pre-order</p>

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