

| Id No. | Name | Water-footprint (L) | Weight (g) | Calories (cal) | CO2 Emission (g) |
|--------------------------|-----------------------------|---------------------|------------|----------------|------------------|
| Beverages | | | | | |
| 1 | Milk | 255 | 250 | 168 | 248 |
| 2 | Black Coffee | 70 | 150 | 2 | 3 |
| 3 | Black Tea | 35 | 150 | 2 | 2 |
| 4 | Hot Coffee | 243 | 150 | 90 | 200 |
| 5 | Hot Coffee with cream | 270 | 150 | 123 | 204 |
| 6 | Cold coffee | 210 | 150 | 125 | 220 |
| 7 | Cold coffee with ice cream | 410 | 160 | 154 | 265 |
| 8 | Lemon Tea | 53 | 150 | 14 | 25 |
| 9 | Milkshake without Chocolate | 190 | 150 | 125 | 212 |
| 10 | Milkshake with chocolate | 490 | 150 | 165 | 216 |
| 11 | Dryfruit Milkshake | 340 | 150 | 153 | 264 |
| 12 | Lemonade | 90 | 250 | 39 | 24 |
| 13 | Soft Drink | 250 | 1000 | 430 | 1621 |
| 14 | Float | 350 | 250 | 146 | 305 |
| 15 | Virgin Mojito | 80 | 250 | 189 | 240 |
| 16 | Apple Juice | 285 | 250 | 71 | 560 |
| 17 | Pineapple Juice | 318 | 250 | 122 | 105 |
| 18 | Orange juice | 255 | 250 | 120 | 540 |
| 19 | Grapefruit juice | 168 | 250 | 154 | 270 |
| Chinese (Veg) | | | | | |
| 20 | Veg Noodles | 613 | 224 | 316 | 194 |
| 21 | Paneer Noodles | 704 | 350 | 609 | 223 |
| 22 | Chilly potato | 637 | 233 | 373 | 95 |
| 23 | Chilly paneer | 1167 | 223 | 452 | 125 |
| 24 | Veg Manchurian | 690 | 200 | 380 | 114 |
| 25 | Paneer Manchurian | 874 | 200 | 240 | 137 |
| 26 | Vegetable choupsey | 593 | 233 | 251 | 153 |
| 27 | Spring roll | 274 | 75 | 174 | 37 |
| 28 | Veg momos | 227 | 190 | 250 | 76 |
| 29 | Paneer momos | 413 | 190 | 345 | 92 |
| 30 | Veg hot n sour soups | 63 | 350 | 107 | 86 |
| 31 | Carrot soup | 65 | 350 | 106 | 56 |
| 32 | Veg manchow soups | 87 | 350 | 226 | 98 |
| 33 | Cream of tomato soup | 438 | 350 | 86 | 59 |
| 34 | Sweet corn soup | 71 | 350 | 195 | 67 |
| Chinese (Non-Veg) | | | | | |
| 35 | Chicken Noodles | 897 | 233 | 315 | 530 |
| 36 | Chilly chicken | 1463 | 233 | 264 | 887 |
| 37 | Chicken manchurian | 965 | 200 | 270 | 642 |
| 38 | Chicken momos | 586 | 190 | 296 | 547 |
| 39 | Chicken hot n sour soup | 196 | 350 | 217 | 322 |
| 40 | Chicken manchow soup | 213 | 350 | 193 | 340 |
| Breads | | | | | |
| 41 | Aloo paratha | 403 | 100 | 228 | 52 |

| | | | | |
|-------------------|-----|-----|-----|----|
| 42 Onion Paratha | 427 | 90 | 190 | 46 |
| 43 Gobhi Paratha | 403 | 100 | 180 | 64 |
| 44 Mix Paratha | 476 | 100 | 170 | 72 |
| 45 Paneer Paratha | 634 | 100 | 248 | 50 |
| 46 naan | 70 | 40 | 149 | 32 |
| 47 Roti | 46 | 35 | 85 | 15 |
| 48 Butter naan | 100 | 100 | 271 | 44 |
| 49 Butter Roti | 73 | 35 | 96 | 24 |
| 50 Lacha Paratha | 231 | 80 | 243 | 92 |

Indian (Veg)

| | | | | |
|-------------------------|------|-----|-----|-----|
| 51 Masala Dosa | 483 | 95 | 318 | 108 |
| 52 Plain Dosa | 188 | 40 | 76 | 79 |
| 53 Idli Sambhar | 703 | 190 | 138 | 246 |
| 54 Uttapam | 586 | 120 | 216 | 102 |
| 55 Sambar Wada | 487 | 190 | 296 | 110 |
| 56 chola bathura | 262 | 150 | 267 | 105 |
| 57 Vada Pav | 166 | 90 | 221 | 43 |
| 58 Shahi Paneer | 1094 | 350 | 477 | 140 |
| 59 Rice | 418 | 250 | 280 | 587 |
| 60 Jeera rice | 670 | 250 | 254 | 603 |
| 61 Veg Biryani | 879 | 250 | 274 | 525 |
| 62 Paneer butter masala | 937 | 350 | 507 | 176 |
| 63 paneer tikka masala | 865 | 350 | 474 | 184 |
| 64 Mix veg | 796 | 350 | 219 | 149 |
| 65 Dal fry | 328 | 241 | 200 | 60 |
| 66 Dal tadka | 453 | 244 | 219 | 76 |
| 67 Dal Makhani | 697 | 262 | 299 | 128 |

Indian (Non-Veg)

| | | | | |
|-------------------------|------|-----|-----|-----|
| 68 chicken Biryani | 1488 | 300 | 351 | 769 |
| 69 Mutton biryani | 1379 | 300 | 369 | 872 |
| 70 Butter chicken | 675 | 300 | 439 | 720 |
| 71 Chicken Tikka Masala | 584 | 300 | 285 | 734 |
| 72 Masala Omlette | 720 | 190 | 308 | 136 |
| 73 Cheese omlette | 923 | 210 | 402 | 310 |
| 74 Bacon and egg | 1000 | 100 | 204 | 174 |

Snacks (Veg)

| | | | | |
|---------------------------|-------|-----|-----|-----|
| 75 Masala Burger | 665 | 150 | 352 | 46 |
| 76 Cheese Burger | 710 | 160 | 369 | 137 |
| 77 Paneer Burger | 805 | 150 | 348 | 52 |
| 78 Paneer Pizza | 680 | 300 | 600 | 230 |
| 79 Margherita Pizza | 693 | 235 | 470 | 457 |
| 80 Veg cheese Pizza | 754 | 300 | 300 | 485 |
| 81 Masala Fries | 80 | 90 | 180 | 56 |
| 82 Cheese Fries | 130 | 105 | 315 | 174 |
| 83 Chocolate Sandwich | 430 | 140 | 311 | 168 |
| 84 Veg Sandwich | 552.5 | 140 | 220 | 220 |
| 85 Cheese Garlic sandwich | 427 | 140 | 234 | 284 |

| | | | | |
|--------------------------|-------------|-----|-----|------|
| 86 Cheese Corn Sandwich | 478 | 140 | 298 | 255 |
| 87 cheese toast | 705 | 100 | 87 | 158 |
| 88 Masala Pasta | 360 | 150 | 263 | 147 |
| 89 Cheese Pasta | 470 | 170 | 334 | 298 |
| 90 Panner Pasta | 410 | 170 | 330 | 248 |
| 91 Masala Maggie | 360 | 150 | 263 | 129 |
| 92 Cheese Maggie | 470 | 170 | 392 | 275 |
| 93 Panner Maggie | 410 | 170 | 355 | 158 |
| Snacks (Non-Veg) | | | | |
| 94 Chicken Burger | 865 | 150 | 420 | 183 |
| 95 Cheese chicken burger | 910 | 160 | 464 | 245 |
| 96 Chicken Pizza | 920 | 350 | 700 | 735 |
| 97 Chicken Cheese Pizza | 1020 | 370 | 740 | 1184 |
| 98 Chicken Sandwich | 705 | 180 | 212 | 138 |
| 99 Chicken Mayo | 825 | 126 | 387 | 297 |
| 100 Chicken Pasta | 645 | 200 | 330 | 413 |
| 101 Chicken Maggie | 645 | 200 | 463 | 375 |