

Pan - Asian

MENU

SOUPS

All our Chinese soups are made with steamed veggies instead of fried veggies. Corn starch is kept to a minimum. Oil and sugar are not used either so the soups are oil free

Lemon Coriander Soup

A Chinese classic with reduced corn starch and no sugar added. Oil- Free

Hot & Sour Soup

Buckwheat noodles in a reduced amount and full of healthy steamed (not fried) veggies. Oil Free

Manchow Soup

The classic chinese soup made without oil and reduced corn starch

Talumien Soup

Buckwheat or soba noodles make the carbohydrates complex and with more fiber. Keeps you full longer than normal versions of this soup

Tum Yum Soup

Delectable Vegetables in thai spices. Lemongrass aromas fill the air

SALADS

All Our Salads feature oil free homemade dressings

Som Tam

The Classic raw papaya salad with a twist. Ours has no sugar in it. Instead we use a little date paste but overall less sweet than a standard Som Tam

Shredded Bokchoy Salad

Sesame Ginger Dressing

Bell Peppers, Tomatoes, and Bokchoy and sesame seeds in a simple salad with an oil free dressing. Great for weight loss

Oriental Salad

Sesame Ginger Dressing

Bokchoy, Cucumbers, Bell Peppers cur in a diamond cut with sesame seeds. Oil free dressing

Real Fermented Kimchi

Our Kimchi is the authentic type. It takes 18 days to make. Made with real Gojuchang Korean chili. However does not have pork or beef, it is vegan



Serving Gurgaon

99 99 84 66 22All

Dinner orders 3 pm cut off time. Deliveries
leave by 6 pm

LIFE HEALING FOOD

MOMOS

Our Momos shells are made with whole wheat and nutritious vegetables. The filling is also without oil or pan frying. Items are steamed to keep nutrients intact

Beetroot Whole Wheat Momos

Stuffed with Bokchoy, Tofu and Scallion

Spinach Whole Wheat Momos

Stuffed with mushrooms, spinach and Scallion

APPETIZERS

Basil Tofu Lettuce Cups

Tofu with bell peppers, onions and fresh basil make an aromatic and oil free stuffing

Chicken Chilli Basil

Diced chicken, sauteed without oil, in aromatic basil.
No Oil

Tofu Satay

Thai flavored peanut sauce and tofu skewers in a delectable satay

TOFU

We use varieties of high grade tofu, which means most Indians actually like our tofu. Go ahead and try it - it is protein rich and part of a balanced healthy meal

Tofu Rendang

Classic Malaysian dish, ours is low fat and without oil.
Request normal (less spicy) or mild / hot spicy if desired

Mapo Tofu

We love tofu. High grade Silken tofu is used in this classic Chinese dish. No oil healthy version gravy

Stir Fried Tofu

Simple tofu, Stir Fried style,
Ours is without oil. Can add mushrooms, bokchoy or have it plain
Sauces : Szechuan/Chilli Garlic/Hunan/Black Bean

Stuffed Tofu

Tofu is delicately sliced in the middle and filled with a medley of vegetables, in a light brown, mildly tangy Chinese gravy



MAINS

Chinese Manchurian

Yum! The Manchurians are baked, not fried. Light and healthy ingredients leave your tastebuds feeling enlightened and your belly feeling right. You realize what a healthy dish this is after you eat it !

Vegan Chicken in Chilli Sauce

This vegan chilli chicken satisfies your taste buds looking for this classic dish. with Gravy version, good with noodles or rice

Thai Curry - Red or Green

A healthy fat & low fat version. We have strived to use the least amount of coconut cream and of course no-oil. No sugar is added either but still we get this amazing taste! Veggies are steamed before use, never boiled. This is so the nutrients of the veggies stay inside them.

5 Treasure Vegetables

in Hunan/Hot Garlic/Szechuan/Black Bean Sauce

The beauty is in the sauce which is with reduced corn starch, no oil, no msg and made using pink salt. The vegetables are steamed and then stir fried without oil.

If it tastes the same, why eat anything else ?

lots of gravy, classic Indian chinese style

Stir Fried Greens in White Sauce

with garlic and shaved almonds

Bokchoy, light garlic and shaved almonds. The sauce and the no-oil make this an amazing chinese greens dish.

Sauteed Mushrooms

with hint of garlic

Simple, light, flavorful. Mushrooms help slow down calorie absorption. Add this dish to help you lose weight and your body's sugar response mellowed out

Vegetables in Thai Basil Sauce

Stir Fried Vegetables in Thai Basil sauce. The vegetables are stir fried without oil

Eggplant in Hunan Sauce

Oil free version of the classic dish

Broccoli with Shiitake Mushrooms and Garlic

Sauteed in light soya. Even the garlic is roasted without oil

Bokchoy with Fungus

Sauteed in light soya, classic chinese combo

Stir Fried Veggies

in Hunan/Hot Garlic/Szechuan/Black Bean Sauce
Dry stir fry of asian chinese greens and light soya sauce. Oil free



Pan Asian

MENU

CHICKEN

We serve chicken in our healthier gravies. Additionally the chicken is baked and oil free making for truly healthy and light chicken dishes

Cashew Nut Chicken

Oil free version of the classic dish

Chicken Stir Fried

Ours is without oil. Can add mushrooms or have it plain.
Styles : Szchechuan/Hunan/Black Bean

Chicken with Broccoli

Our broccoli is steamed, never blanched, keeps the nutrients locked inside. The chicken is "fried" without oil

RICE

Cauliflower Fried Rice

The healthiest "rice" around. High nutritious and low in carbs. Additionally ours are cooked in no Oil
Flavors : Regular/Chilli Garlic/Szechuan/Burnt Garlic

Brown Rice with Quinoa Fried Rice

This fried rice has more protein and fiber than white rice. Ours is no Oil which means less calories and no refined oils entering your system

Flavors : Chilli

Garlic/Szechuan/Hunan/Cantonese/Burnt Garlic

Thai Fried Rice

Delicious fried rice that deserves its own place. Fresh delicate aromas fill the nose as you realize this brown rice + quinoa fried rice is amongst the most aromatic you've had.

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Deliveries leave by 6 pm

LIFE HEALING FOOD



NOODLES

Our noodles are all without oil meaning they will taste light and fresh on your taste buds. Both types are gluten free and made without oil while still bringing out the excellent taste of the original dish

Zoodles

Vegetables transformed into noodles.

Carrots, Zucchini and Squash are transformed into tri-colored noodles. Beautiful spices bring true Chinese flavors. Less than half the calories of normal noodles, less fat and less carbohydrates, these noodles will transform your figure. Oil Free

Flavors : Regular/Chilli Garlic/Szechuan/Burnt Garlic

Soba Noodles

Made in traditional flavors but with healthier noodles. High quality soba noodles deliver the same taste but with fiber rich, complex carbohydrates. Won't make sugar spike in diabetics and will help weight loss for everyone. Oil Free

Flavors : Chilli

Garlic/Szechuan/Hunan/Cantonese/Burnt Garlic

Zoodles Khao Suey

Famous Burmese dish. Replace noodles with Zoodles for the half calorie version. The gravy has less fat, only coconut cream and no oil. The coconut cream is a much healthier fat than vegetable oil used in restaurants

DESSERTS

Green Tea Vegan Pudding

Matcha green tea and non dairy cream come together for this delectable vegan dessert

Tender Coconut Pudding

Fresh Coconut water and flesh creatively converted to a pudding. Light sugar added

Coconut Milk, Almond and Dates Popsicle

A tasty treat. We use a date paste to make this a healthy dessert

Basil Seeds Pudding

Almond Milk soaked seeds, sweetened with Date Paste

