

ITEM NO.	CATEGORY	ITEM	Sub category	TABS	Food type/Legends	PRICING	NUTRITIONAL VALUE				MF	DESCRIPTION	PHOTO LINK	PROTOTYPE	PRE PRODUCTION	PLATING	CUTLERY IN HOUSE	PHOTO/ MENU DESIGN	DELIVERY STANDARDISATION	DELIVERY Packaging READY	PRINT
							CALORIES	PROTEINS	FATS	CARBS											
1	TOAST	mushroom toast	Toast - 4	T O A S T	vegan	189	239 kcal	8 gm	10.5 gm	28 gm		Sourdough toast, babaganoush, roasted mushrooms, pesto and micro greens	https://drive.google.com/drive/folders/11YNcVds-EMhBPS026cm2heEP03N4Gy9K			flat blue plate	IRKE 20 pcs		deliverable	NO	
2		Avacado Toast			veg	180/220	285/350 kcal	7.2/ 13.2 gm	17/22 gm	25 gm		Sourdough toast , avacado guac,fetta cheese, micro greens and chilli oil/ poached egg optional	https://drive.google.com/drive/folders/191_H460LEH4vdaNF0Shty3LB2htGqn			flat blue plate			deliverable	NO	
3		pesto ricotta/cream cheese			veg	170	214 kcal	7.5	9 gm	25gm		Sour dough toast, cream cheese, pesto, roasted beetroot, radish, micro greens	https://drive.google.com/drive/folders/1HsKahe7Zv-xy3S87eF0Ud_RHEQD8g			flat blue plate			deliverable	NO	
4		Burrata bruchetta			veg	199	191 kcal	7 gm	6.6 gm	25 gm		Sour Dough toast, burrata cheese, roasted cherry tomatoes , balsamic dressing and fresh basil	https://drive.google.com/drive/folders/1HsKahe7Zv-xy3S87eF0Ud_RHEQD8g			flat blue plate			deliverable	NO	
5	ALL DAY BREAKFAST	muhamarra		A D B	vegan	250	360 kcal	8.2 gm	15 gm	47 gm		Roasted red pepper dip, with salad, smoked eggplant, vegan sour cream & chilli oil, served with a side of warm pita bread	https://drive.poogle.com/drive/folders/1uH5lbtm_kbfz68lydMwbtndpuT3vd6R			wide white plate					
6		cilbir			veg/contains egg	290	391 kcal	20 gm	19 gm	32 gm		Turkish style poached eggs, on a bed of herbated yogurt, chilli oil and served with a side of warm pita bread	https://drive.google.com/drive/folders/1uH5lbtm_kbfz68lydMwbtndpuT3vd6R			wide white plate					
7		pancake			veg/ gluten free	380	295 kcal	6.3 gm	14.8 gm	36 gm		gluten free pancakes, topped with strawberry compote, chocolate, caramel with a side of fresh fruit	https://drive.google.com/drive/folders/1UBHtC1G5w2X2D_ThX6dQ7wocGvgf8v			wide white plate					
8		french toast			veg/contains egg	380	291	8.7 gm	10 gm	43 gm		served with a side on lemon curd and fresh orange	https://drive.google.com/drive/folders/1G3Dn8lta1nywypuPaG5Qw6M6Uta1wq3			wide white plate					
9	SMOOTHIE BOWLS	green queen smoothie	smoothie bowls	S M O O T H I E B O W L S	vegan	270	273 kcal	5 gm	9 gm	49 gm		Bananas, spinach, coconut milk & lime, topped with fresh seasonal fruit, muesli and coconut flakes	https://drive.google.com/drive/folders/14b8vgp-JD_I2Bwv8vUAFJ-6G5yQ2knpzX			green ceramic bowl			deliverable		
10		coccaa panut smoothie			vegan	320	355	9 gm	13 gm	53 gm		Bananas, oat, coccaa, peanut butter and soy milk, topped with fresh seasonal fruit , muesli and coconut flakes	https://drive.google.com/drive/folders/1DyAwYxX9NqWuPhTC8kYyCggP8trT6z2			green ceramic bowl			deliverable		
11		goodness bowl			veg	280	305 kcal	9 gm	8.7 gm	50 gm		yogurt, honey musk melon , papaya,orange and pommogranate topped with honey, muesli and coconut flakes	https://drive.google.com/drive/folders/1UUbztHvR8EY73nm68musuC5seBM-IVM			green ceramic bowl			deliverable		
12		fruit bliss bowl																			
13	EARTH GRILLS/CRISPS	grilled sweet potato	earth grills	G R I L L S	vegan/ gluten free	280	135 kcal	4.1 gm	1.8 gm	25 gm		Seasonal fruits, topped with coconut flakes, dates , almonds and chia seeds served with a side of date syrup/ honey and coconut milk)	https://drive.google.com/drive/folders/1SETPhm00C7koPu8qgmT_VQ2B4UdBN			green ceramic bowl			deliverable		
14		grilled tofu satay			vegan/ gluten free	350	220 kcal	26 gm	24 gm	12 gm		sweet and smoky grilled sweet potato with vegan mayo and spicy dipping sauce	https://drive.google.com/drive/folders/1AGah656WVgpbBD1ncP8ay_6UJOYVMS			basket			deliverable		
15		taro root chips	earth crisps	C R I S P S								Grilled tofu skewers, peanut satay sauce & chives	https://drive.google.com/drive/folders/1AGah656WVgpbBD1ncP8ay_6UJOYVMS			basket			deliverable		
16		casava fries			vegan/ gluten free	250	273 kcal	2 gm	13 gm	37 gm		*arbi/ fries seasoned with zatar and served with pesto and vegan mayo	https://drive.google.com/drive/folders/1AGah656WVgpbBD1ncP8ay_6UJOYVMS			basket			deliverable		
17	SALADS	watermelon fetta	salad	S A L A D S	vegan/ gluten free	200	240 kcal	1.4 gm	7.4 gm	42 gm		tapppiccoca fries served with a sweet and spicy pineapple jalapeno salsa				fries				deliverable	
18		tropical salad			veg/ gluten free	270	228 kcal	8.2 gm	13.8 gm	20 gm		on a bed of lettuce, with watermelon, cucumber, fetta , almonds and a balsamic vinaigrette	https://drive.google.com/drive/folders/1q42dLxkLbPRVg_BTWUhuFDTCTCw80W			wooden bowl					
19		Caesar Salad			veg/ gluten free	350	277 kcal	10.4 gm	17.2 gm	23.4 gm		lettuce, roasted beetroot, orange, walnuts, bocconcini and a orange tahini dressing	https://drive.google.com/drive/folders/1BMMon-1aTCSieQhaxeve8HllcdHdy			wooden bowl			deliverable		
20		Yogi platter			veg/ gluten free	420	270 kcal	14 gm	18 gm	14 gm		classic Caesar salad with lettuce, micro greens, tofu and croutons with a creamy caesar dressing	https://drive.google.com/drive/folders/1mN4Eg-9edagvdcQh-BvYANW07903u4Mj			wooden bowl			deliverable		
21	PLATTERS	zuli platter	platters	P L A T T E R S	veg/contains egg	380						eggs, (of your choice), hash browns, babaganoush, salad, roasted mushrooms, vegan mayo and spinach and corn creamy drip with sour dough toast.	https://drive.google.com/drive/folders/1Bv7dluLsz79c29DUJMyhbZ2S2hwnsC5g8			wooden platter					
22		mezze platter			vegan	590						mediterranean platter with roasted veggies, chips, falafel, hummus, babaganoush, muhamarra, fetta cheese, pickles and pita bread	https://drive.google.com/drive/folders/1cUd3MK24nR6RnQJmCYENd-eO_VZ2hyG			wooden platter					
23		kebab platter			vegan/veg	590							https://drive.google.com/drive/folders/1c1YnmIEDa86-uDda8sAxyfNs2G6			wooden platter					
24		Thai bowl			vegan	620						tofu krapow, pomelo citrus salad, jasmine rice, steamed greens with a side of nam prik sauce	https://drive.google.com/drive/folders/1KQ2hZ7a6r7MwghdMJA65F600x5S-Rz			wooden bowl-small/flat			deliverable		
25	EARTH BOWLS	tokyo katsu	Earth bowls	E A R T H B O W L S	vegan	550						jasmine rice, crispy eggplant katsu, curry sauce, steamed greens and salad	https://drive.google.com/drive/folders/1KpG5CJespCjUTC2XGcJ96zholA96Vn4			wooden bowl-small/flat			deliverable		
26		rangla punjab			veg	420						Malai kofta, saag,millets, salad and makkhi * corn* roti.	https://drive.google.com/drive/folders/1K1C3-Phy8M4VCF-zf3H4vWnM4J09y8l8g			wooden bowl-small/flat			deliverable		
27		mexican			vegan	410						black beans, millets, sour cream, roasted corn and peppers, avacado and plantain fritters	https://drive.google.com/drive/folders/1GpGS-IE3v88n9Nm3UPRcL4Tnd80g_			wooden bowl-small/flat			deliverable		
28		mediteranian bowl			vegan	380						beetroot hummus, fetta, millets, falafel , grilled-veggies with a side of tahini dressing	https://drive.google.com/drive/folders/1mXdlP7hr8epCn-Cv58L_Fuacaz2rf			wooden bowl-small/flat			deliverable		
29	NOODLE BOWLS	khao soi	Noodle bowls	N O O D L E B O W L S	vegan	480	460 kcal	20 gm	18gm	30gm		Coconut and spiced turmeric broth with udon noodle, veggies and tofu, topped with crispy rice noodle, fried shallots, peanuts, coriander and green onions.	https://drive.google.com/drive/folders/1s4M779bA4uq79umcaqlKaa8bZF0k			green bowl			deliverable		
30		laksa			vegan	515	530 kcal	22 gm	20gm	30 gm		Spicy peanut broth, rice noodles, crispy tofu, bok choy, pickled cabbage and corn	https://drive.google.com/drive/folders/1plJy6fOUADJ_ZEzF7Ugbs-DeUxhGCMyv			green bowl			deliverable		
31		misu ramen			vegan	450	355kcal	12gm	9.6 gm	53gm		Creamy miso broth, udon noodles, mushrooms, bon choy and kimchi	https://drive.google.com/drive/folders/1_ewZa8w0KEFz7QkueY6bVnqTX41TCG			white bowl			deliverable		
32		kimchi cold noodle			vegan	420	360 kcal	12gm	10 gm	60 gm		Spicy korean style noodles made with soba, spicy kimchi and gochugang sauce, fresh veggies (egg optional)	https://drive.google.com/drive/folders/1Xq8t84EuTSQF_L4b2BSL8LP7Nevpggpx			white bowl			deliverable		
33	PASTA/PIZZA	plant ball parmesiana	pasta	P A S T A	veg	510	423 kcal	15gm	17 gm	53 gm		Roasted egg plant plantaballs cooked in aromatic tomato sauce, with spaghetti, fresh basil and parmesan cheese	https://drive.google.com/drive/folders/1V4EGvrdm-dYQ9WfSdM7Gv_uU7oCFVWV			flat blue plate			deliverable		
34		green zucchini			veg/gluten free	470	340 kcal	12 gm	28 gm	12 gm		Zucchini 'noodles', creamy pesto, topped with fresh greens, basil, cherry tomatoes, bocconcini	https://drive.google.com/drive/folders/1OK6gPagUTnqN_7TA8B8ay7n_K8thvEzq			flat blue plate			deliverable		
35		margarita			veg							classic margarita pizza, rich tomato sauce, basil and mozzarella									
36		pesto, buratta and argurula			veg							creamy Alfredo sauce, miso pate and roasted mushrooms, mozzarella and fresh thyme									
37	DESSERTS	plant ball parmigiana	sour dough pizza	P I Z Z A	veg							roasted eggplant, our signature plant balls, creamy tomato bas, mozzarella, fresh basil and parmesan									
38		coconut panacotta			vegan	220	247 kcal	2 gm	23 gm	11gm		coconut panacotta with fresh mangos and passion fruit coulis									
39		chocolate mousoe			vegan	289	389 kcal	5.3 gm	30 gm	29 gm		vegan dark chocolate orange mousse, orange concentrate, almond praline staled tuile									