



6 Days of Salads

Fresh & Crisp Bowls

Chicken Caesar Salad ★

Grilled chicken breast, **crisp lettuce**, crunchy croutons & boiled egg in a creamy Caesar dressing.

₹259

Classic Protein Heart-Healthy

Bulk: ₹229

The Olympian Bowl

Your choice of protein-packed chicken or paneer on a bed of quinoa, chickpeas & fresh veggies.

₹249

High-Protein Muscle Gain

Bulk: ₹219

California Sunshine Salad

A vibrant mix of fresh greens, zesty orange segments, pomegranate jewels, crunchy almonds & creamy feta cheese.

₹249

Vitamin-C Rich Antioxidant Boost

Bulk: ₹219

Spicy Chicken Keema Salad

Flavourful and spicy chicken keema served over wholesome quinoa with a fresh onion & tomato salsa.

₹239

Desi Protein Hearty Meal

Bulk: ₹209

Gut Health Bowl

A high-fibre medley of quinoa, chickpeas, sprouts & vibrant veggies like beetroot and carrot.

₹239

High-Fibre Digestive Aid

Bulk: ₹209

Tandoori Paneer Superfood ★

Smoky paneer tikka cubes served over a bed of quinoa & fresh salad, with a cooling mint yogurt dressing.

₹229

Flavourful Protein Carb-Smart

Bulk: ₹199

Chicken Salami & Corn Salad

A light & crunchy salad with savoury chicken salami strips, sweet corn & crisp garden vegetables.

₹219

Light Meal Quick Protein

Bulk: ₹189

Mediterranean Chicken Salad ★

Juicy grilled chicken with bell peppers, olives, cucumber & onion in a tangy molasses vinaigrette.

₹239

Lean Protein Mediterranean Diet

Bulk: ₹209

Zesty Chicken Salad

Tender chicken & crisp veggies, tossed in a creamy yet light hung curd & mustard dressing seasoned with Zatar.

₹239

Low-Fat High-Flavour

Bulk: ₹209

Chicken Pepper Salad

Tender chicken breast & crunchy bell peppers in a zesty black pepper & lemon dressing.

₹229

Low-Carb Metabolism Boost

Bulk: ₹199

Fattoush Salad

A classic Lebanese salad with mixed veggies and crunchy pita crisps, tossed in a pomegranate molasses vinaigrette.

₹219

Refreshing Low-Calorie

Bulk: ₹189

Sautéed Vegetables

A warm, colourful medley of mushroom, zucchini & bell peppers sautéed with garlic, herbs & a touch of butter.

₹199

High-Fibre Vitamin-Rich

Bulk: ₹169

Greek Salad

A timeless Greek classic with crunchy cucumber, bell peppers, onions, olives & feta cheese in a red wine vinaigrette.

₹229

Heart-Healthy Low-Carb

Bulk: ₹199

Wholesome Sandwiches

Chicken Salami & Cheese Sandwich

A classic deli-style sandwich with savoury chicken salami, a slice of cheese & fresh veggies in multigrain bread.

₹209

Quick Bite Energy Boost

Bulk: ₹179

Spicy Chicken Keema Sandwich

A toasted sandwich packed with a hearty filling of flavourful, spicy chicken keema & onions.

₹199

Hearty Desi High-Protein

Bulk: ₹169

Tandoori Paneer Sandwich

Smoky tandoori paneer tikka cubes & sliced onions grilled in multigrain bread with a cooling mint dressing.

₹199

Fusion Flavour Protein-Rich

Bulk: ₹169

Creamy Corn & Spinach Sandwich

A comforting classic with a creamy filling of sweet corn & fresh spinach. A perfect light bite.

₹189

Comfort Food Kid-Friendly

Bulk: ₹159

Classic Egg & Chutney Sandwich

The quintessential Indian street-style sandwich with boiled egg slices, zesty green chutney & fresh veggies.

₹179

Simple Protein Light Meal

Bulk: ₹149

Chicken/Veg Club Sandwich ★

A towering club sandwich with your choice of chicken or paneer, layered with egg, chutney & crisp veggies.

₹239

All-in-One Meal Hearty

Bulk: ₹209

Grilled Chicken Pesto Sandwich ★

Tender grilled chicken with a bright, nutty pesto sauce and fresh tomatoes in artisan bread.

₹229

Gourmet Herbaceous

Bulk: ₹199

Grilled Chicken Cheese Sandwich

A warm and gooey classic with grilled chicken and melted cheese, perfectly toasted.

₹209

Cheesy Comfort Food

Bulk: ₹179

Barbeque Chicken Sandwich

Shredded chicken tossed in a tangy barbeque sauce, served in a soft bun.

₹209

Smoky Flavour-Packed

Bulk: ₹179

Beverages & Smoothies

The Hulk Smoothie ★

A thick and satisfying smoothie with banana, peanut butter, oats, and milk that works as a meal on the go.

₹169

Meal Replacement High-Protein

Bulk: ₹139

Berry Blast Smoothie

A delicious blend of mixed berries, banana, and creamy yogurt, packed with antioxidants for a healthy glow.

₹159

Antioxidant Skin Glow

Bulk: ₹129

Classic Cold Coffee

The perfect pick-me-up. A classic, creamy cold coffee made with freshly brewed coffee and milk.

₹129

Energy Boost Focus Fuel

Bulk: ₹99

Lemon Detox Water

A refreshing and hydrating infused water with zesty lemon, crisp cucumber, and fresh mint.

₹99

Detox Hydrating

Bulk: ₹79

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