



**ROBUSTER's**  
FITNESS CAFÉ

**WE FEED CHAMPIONS**

Welcome to a space built for the driven, the disciplined, and the doers.  
Here, every meal is made to fuel your goals.  
To keep you sharp, strong, and unstoppable.  
We know your hustle,  
we're right here to make sure you never stop moving forward.

*Eat like a champion. Train like one. Live like one.*



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FITNESS CAFÉ

## HIGH PROTEIN MEAL



<b>SALAD -</b>	4Oz	6Oz	8Oz
<b>VEG</b>			
<i>GRILLED PANEER</i>	180	210	240
<i>MALAYSIAN PANEER</i>	200	230	250
<i>ROBUSTED PANEER</i>	220	250	280
<b>NON VEG</b>			
<i>STEAMED CHK BREAST</i>	150	180	210
<i>GRILLED CHK BREAST</i>	180	210	240
<i>MALAYSIAN CHK BREAST</i>	220	250	280
<i>ROBUSTED CHK BREAST</i>	240	270	300
<i>GRILLED CHK THIGH</i>	240	270	300
<i>GRILLED FISH</i>	280	320	360

## MOST POPULAR CHOICES

### PROTEIN BOWLS

VEGAN 11O 22O

VEG 15O 25O

NON VEG 16O 26O

### BURRITO BOWLS

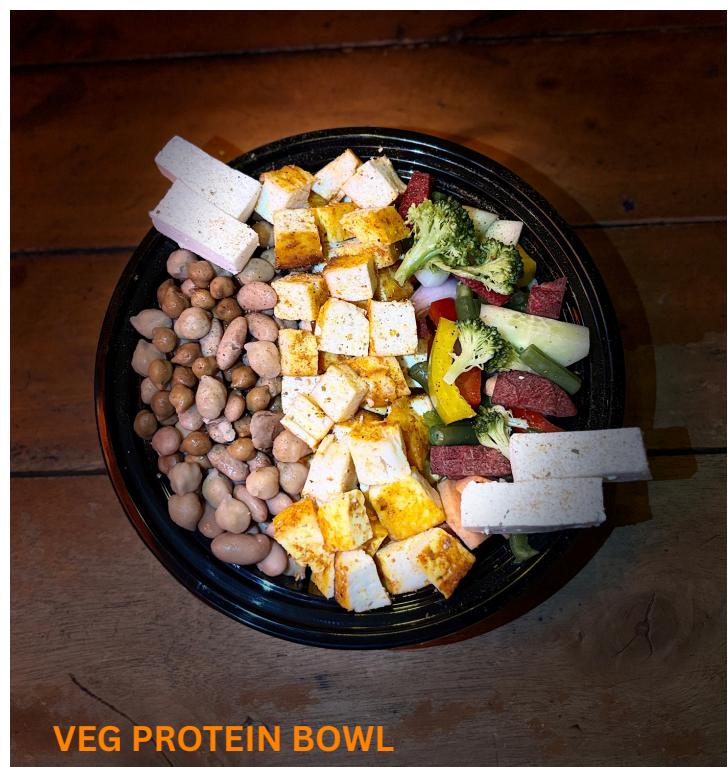
VEG 17O 30O

NON VEG 18O 32O

### QUINOA BOWLS

VEG 19O 33O

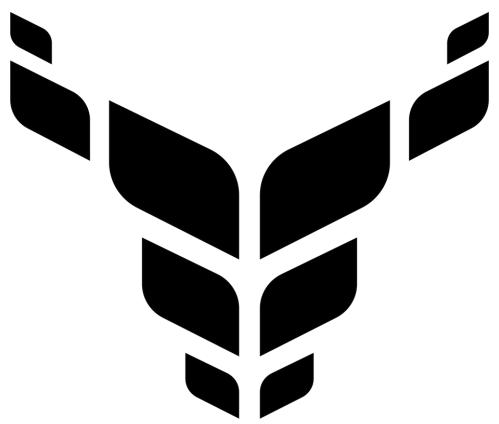
NON VEG 20O 35O



## ADD ONS

100G MIXED BEANS	50
QUNIOA	60
BROWN RICE	40
EGG	15

High protein meals comes with a moderate salad and your choice of protein source. Adjust the portion size based on your daily protein intake – fuel your goals your way.



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## HIGH PROTEIN AND CARB MEALS

**"GOOD CARBS , GREAT GAINS"**

**VEGAN**  
**RICE AND SALAD**  
**MIXED BEANS AND RICE**  
**TOFU WITH RICE**



	BROWN RICE	QUINOA
<b>VEGAN</b>		
<b>RICE AND SALAD</b>	150	180
<b>MIXED BEANS AND RICE</b>	170	200
<b>TOFU WITH RICE</b>	190	220



**VEG**  
**GRILLED PANEER WITH RICE**  
**MALASAIN PANEER WITH RICE**  
**ROBUSTED PANEER WITH RICE**

<b>GRILLED PANEER WITH RICE</b>	250	280
<b>MALASAIN PANEER WITH RICE</b>	270	300
<b>ROBUSTED PANEER WITH RICE</b>	300	330

*"Packed with 150g of protein source and 120g of clean carbs source, these meals fuel your performance with balanced fiber and nutrition."*

**NON VEG**  
**GRILLED CHEST WITH RICE**  
**MALAYSIAN CHEST WITH RICE**  
**ROBUSTED CHEST WITH RICE**  
**GRILLED THIGH WITH RICE**

<b>GRILLED CHEST WITH RICE</b>	270	300
<b>MALAYSIAN CHEST WITH RICE</b>	290	320
<b>ROBUSTED CHEST WITH RICE</b>	320	350
<b>GRILLED THIGH WITH RICE</b>	370	400

**FISH AND RICE MEAL**

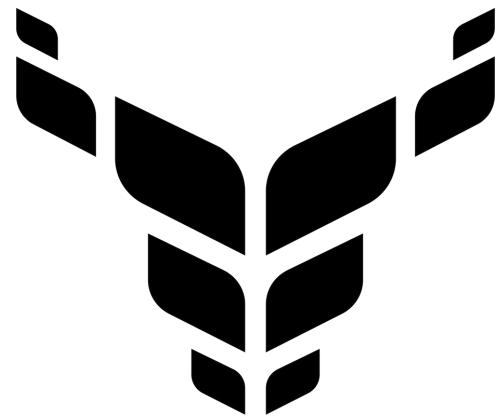
<b>FISH AND RICE MEAL</b>	400	430
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## HIGH FIBER

**VEG**  
**GREEK SALAD** 190  
**GRILLED PANEER SALAD** 230  
**TOFU SALAD** 170  
**MIXED BEANS SALAD** 160  
**PURE FIBER** 200  
**PINEAPPLE SALSA SALAD** 210

**NON VEG**  
**EGG WHITE SALAD** 170  
**CHICKEN GREEK SALAD** 220  
**GRILLED BREAST SALAD** 230  
**GRILLED HIGH SALAD** 250  
**GRILLED FISH SALAD** 280

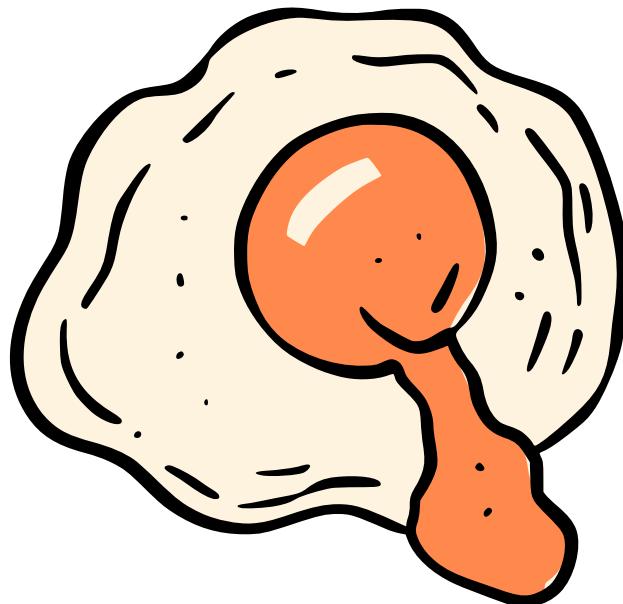
*100g protein source (chicken or paneer) • Large salad • Balanced & refreshing." High-Fiber Meals: Packed with natural fiber for better gut health and lasting fullness.*



# ROBUSTER's

FITNESS CAFÉ

## EGGETARIAN



**YOLK LOVER { 5 WHOLE EGGS }      200**  
**ALL WHITE { 9 EGG WHITES }      230**

Slow-cooked eggs gently simmered over a bed of fresh, vibrant veggies – packed with flavor and goodness.

Serves two.

**RUSSIAN EGGS      250**

Five eggs – three whole, stuffed with tender 100g chicken breast , protein-packed meal.

## INDIAN STYLE BOWL

### VEGAN QUINOA BOWL

**160**

150G OF QUINOA WITH GRAVY AND SAUTE VEGGIE

### EGGITARIAN QUINOA BOWL

**180**

4 BOILED EGGS WHITES WITH 150G QUINOA AND SALAD

### VEG QUINOA BOWL

**240**

100G PANEER WITH GRAVY, 150G QUINOA AND SALAD

### NON VEG QUINOA BOWL

**260**

100G OF CHK BREAST WITH GRAVY AND 150G QUINOA AND SALAD



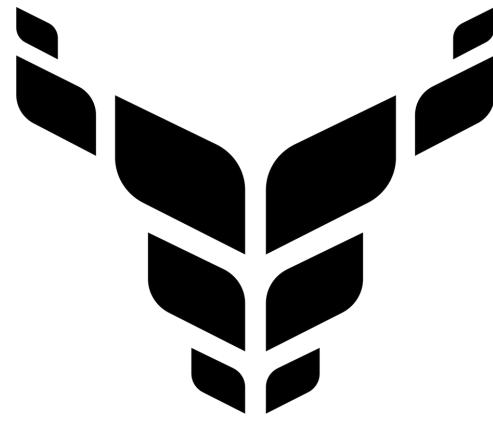
**VEGAN BROWN RICE BOWL      140**  
150G OF BROWN RICE WITH GRAVY AND SAUTE VEGGIE

**EGGITARIAN BROWN RICE BOWL      160**  
4 BOILED EGGS WHITES WITH 150G RICE AND SALAD

**VEG BROWN RICE BOWL      220**  
100G PANEER WITH GRAVY, 150G RICE AND SALAD

**NON VEG BROWN RICE BOWL      240**  
100G OF CHK BREAST WITH GRAVY AND 150G RICE AND SALAD

Zero oil. No added fat.  
Mildly spiced and bursting with authentic Indian flavors, our brown rice bowls are perfectly balanced - high in protein, rich in carbs, loaded with fiber, and low in fat. A deliciously healthy way to fuel your day



# ROBUSTER's

## FITNESS CAFÉ

### HEALTHY STACK

#### 100% WHEAT WRAPS

MIXED BEANS	100
TOFU	120
GRILLED PANEER	160
STEAMED CHK BREAST	160
GRILLED CHK BREAST	170
GRILLED CHK THIGH	190

\*80g of nutrition base



#### GRILLED SANDWICH

VEGAN DELITE	100
GRILLED PANEER	150
GRILLED CHK BREAST	170
GRILLED CHK THIGH	190

\*100g of nutrition base

#### SUNNY SIDE UP MEAL - 70



#### SUBMARINE

HERACEOUS	130
GRILLED PANEER	170
GRILLED TOFU	160
CHK BREAST	180
CHK THIGH	200

\*100g of nutrition base





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FITNESS CAFÉ

# GUILT FREE

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## DIET

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**WHOLE WHEAT PASTA**

HALF   FULL  
130   200



**WHOLE WHEAT SPAGHETTI**

130   200



**RICE NOODLES**

140   220

Guilt-free indulgence made wholesome whole wheat pasta, spaghetti, or rice noodles tossed with fresh, colorful veggies and light, flavorful sauces. Add tender chicken breast or paneer for that perfect protein boost deliciously satisfying, yet light on calories.

### ADD ONS -

<b>100G CHK BREAST</b>	<b>100</b>
<b>100G COTTAGE CHEESE</b>	<b>80</b>
<b>EGG</b>	<b>15</b>



**ROBUSTER's**  
FITNESS CAFÉ

# NEW ADDITIONS



**LEG QUARTER**  
( WITH SAUTÉ VEG )

180

**DOUBLE  
LEG QUARTERS**  
( WITH SAUTÉ VEG )

280

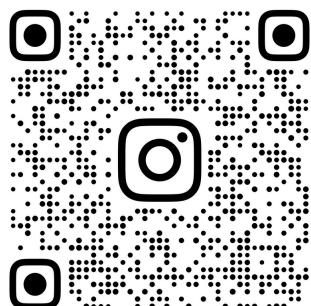
*Fuel Your Body with Good Fats:*

*Nourish, Energize, Thrive !*

**AVOCADO TOAST**  
( WITH SAUTÉ VEG ) 350

**AVOCADO TOAST  
WITH TWO EGG WHITES**  
( WITH SAUTÉ VEG ) 380

KNOW MORE ABOUT US

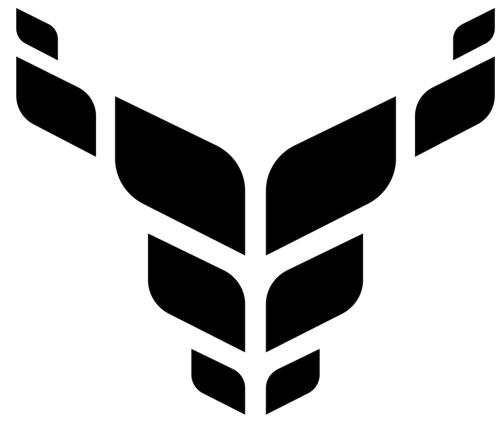


Do tag us in  
Your stories.:)

ROBUSTERSFITNESSCAFE  
We are also located in POWERHOUSE GYM  
Mohali  
You can order us through Zomato & Swiggy



**FUEL RIGHT,  
FEEL BRIGHT.**



# ROBUSTER's

## FITNESS CAFÉ

## DRINKS



### 100% NATURAL JUCIES

**ENERGY BOOSTER**      **130**

Beet root, carrot ,  
apple , lemon & ginger

**DETOX GREEN**      **130**

Cucumber spinach, lemon ,  
ginger & coconut

**IMMUNITY BOOSTER**      **130**

Orange, carrot, ginger,  
lemon & turmeric

**HYDRATER**      **130**

Orange, cucumber, ginger,  
lemon , cocunut & honey,

**DETOXIFIER**      **70**

**EGG SMOOTHIE - 100**

**BOURNVITA SMOOTHIE - 120**

**PEANUT BUTTER EGG SMOOTHIE - 150**

\*MUST TRY . Made of 7 boiled egg whites

### LOW KCAL CHILLERS

**MOJITO**

**GREEN APPLE**

**BLUE BERRY**

**MASALA MANGO**

**ORANGE**

**120**



**PEANUT BUTTER**      **110**

**BANANA**

Peanut butter ,  
banana & low fat milk

**BRUTE'S GAINER**      **140**

Peanut butter , oats  
banana & low fat milk

**COLD COFFEE**      **90**

Try them with almond or soy milk  
and boost it up with a scoop of  
whey for extra power!



### 100% NATURAL SMOOTHIE

**LEMONADE**      **70**

A zesty burst of freshness to revive your  
senses and keep you energized.

**LEMON SODA**      **80**

Sparkling, tangy, and perfectly refreshing  
The ultimate cool-down classic.

**BEET PUNCH**      **120**

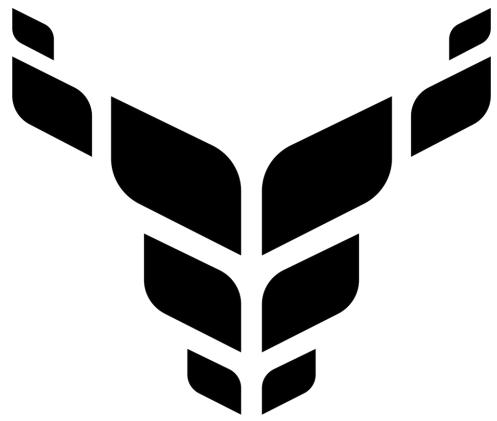
Power-packed with beetroot goodness for  
a natural energy boost and vibrant glow.

**POPEYE'S SMOOTHIE**      **120**

Spinach never tasted this good.A green  
powerhouse to fuel your strength.

**APPLE MINT**      **120**

Crisp apple and cool cucumber blended  
with minty freshness for pure hydration  
bliss.



# ROBUSTER's

FITNESS CAFÉ

## MAKE YOUR MEAL

YOUR MEAL, YOUR WAY

CHOOSE WHAT YOU LOVE, PAY FOR WHAT YOU PICK

1

### CHOOSE YOUR PROTEIN (BASE)

(ALL PRICES ARE CALCULATED PER 100G)

#### VEGAN

TOFU	50
MIXED BEANS	50

#### EGGETARIAN

BOILED EGG	15
SUNNY SIDE UP	30

#### VEG

COTTAGE CHEESE	60
GRILLED PANEER	100

#### NON VEG

STEAMED CHK BREAST	80
GRILLED CHK BREAST	110
GRILLED CHK THIGH	130
GRILLED FISH	150

2

### ADD YOUR GREENS (SALAD BASE)

SMALL SALAD	80
MEDIUM SALAD	160
LARGE SALAD	200
EXTRA BROCCOLI	50

3

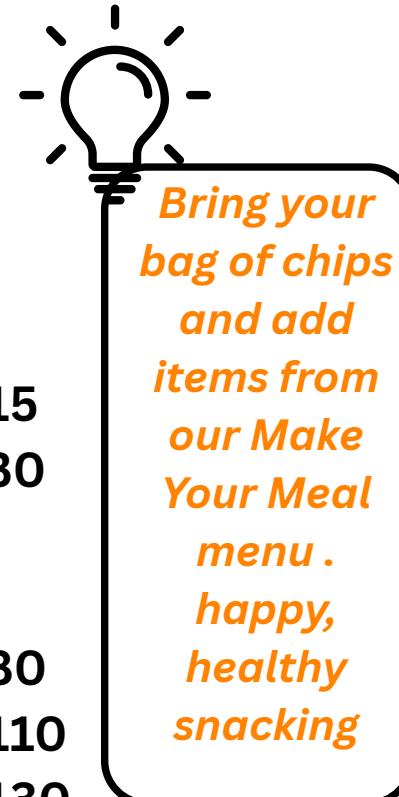
### PICK YOUR CARBS

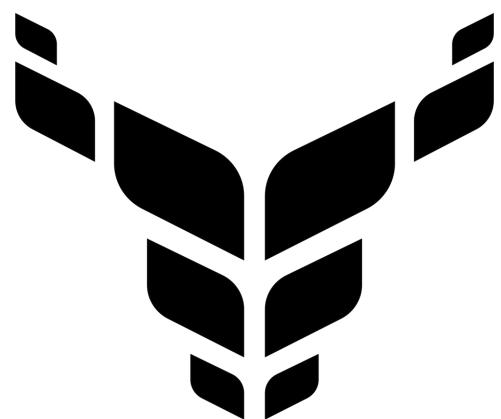
QUINOA	60
BROWN RICE	40

4

### FINISH WITH YOUR FAVORITE DRESSING

OLIVE OIL AND LEMON DRESSING	40	SINGLE DIP	15
CORRIANDER DRESSING	50	THREE SAUCE DRESSING	40
LEMON DRESSING	20		
TERIYAKI DRESSING	50		
ASIAN GINGER DRESSING	80	HIMALEYAN PINK SALT	
VINAIGRETTE DRESSING	40	(JUST ASK FOR IT)	
MEDITERRANEAN DRESING	40		





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## KNOW YOUR DRESSINGS

Southwest Dressing: -60-80 kcal

Sweet Onion Sauce: -40-50 kcal

Barbecue (BBQ) Sauce: -35-50 kcal

Honey Mustard Sauce: -50-70 kcal

Salsa: -10-15 kcal

Mint Mayo: -80-100 kcal

Chili Sauce: -30-40 kcal

Peri Peri Sauce: -30-50 kcal

Olive Oil Dressing: -160-180 kcal (as olive oil is calorie-dense)

Lemon Dressing: -20-30 kcal

Vinaigrette Dressing: -50-70 kcal

Mediterranean salad dressing --30-50 kcal

Schezwan sauce - 40-60kcal

\* kcal per 20g

## KNOW YOUR SALAD

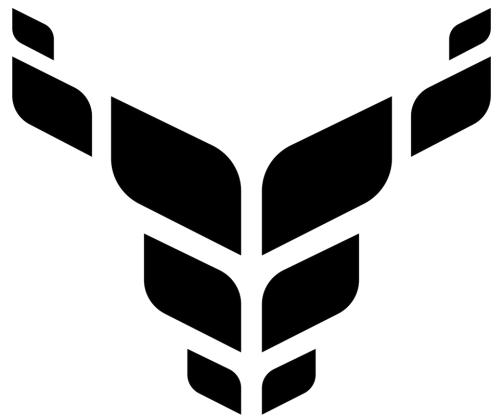
A vibrant mix of **broccoli, beans, tomatoes, cucumber, onion, lettuce, beetroot, bell peppers, capsicum, spinach, carrots, and black olives** — all coming together to create the perfect bowl of freshness and nutrition.

Each ingredient adds its own magic:

- Broccoli & spinach boost iron and fiber for strength.
- Beans & beetroot keep your energy high and blood healthy.
- Tomatoes & bell peppers bring in antioxidants for glowing skin.
- Cucumber & lettuce keep you cool and hydrated.
- Carrots & olives add crunch and healthy fats for a balanced bite.

A colorful salad that fuels your body, supports digestion, and keeps you feeling light yet satisfied every day. 🥬🌟

Note: Some seasonal veggies may not be available depending on freshness and supply. 🌿



# ROBUSTER'S

## FITNESS CAFÉ

We know your hustle. The long days, the early starts, the nonstop grind. That's why we've got meal packages made just for our regulars. To keep you fueled, focused, and never worrying about what's next on your plate.  
Stay driven. We'll handle the meals

### MEAL PACKAGE

#### 30 MEALS – ₹5250

(175 per meal valid for 50 days)

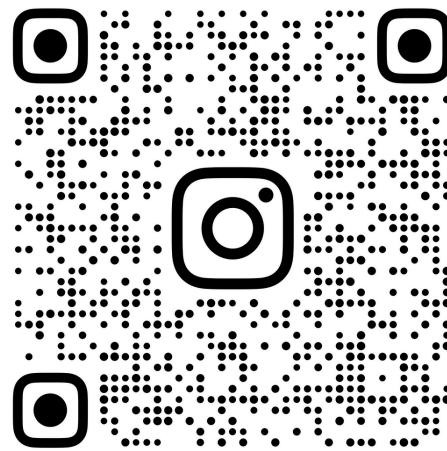
#### 60 MEALS – ₹9900

(165 per meal valid for 80 days)

#### 90 MEALS – ₹13950

(155 per meal valid for 120 days)

### KNOW MORE ABOUT US



Do tag us in  
your stories ;)

### ROBUSTERSFITNESSCAFE

We are also located in Phase 9 Mohali  
You can also order us through Zomato & Swiggy

#### A Note from the Founder

*At Robusters Fitness Cafe, we aim to provide not just healthy, well-balanced meals but also personalised options tailored to your needs. I personally guarantee that every ingredient in your meal is carefully weighed to ensure the perfect balance for your goals. Embrace mindful eating with us—nourish your body, savour each bite, and thrive!*

**-Imrose Grewal**

Founder & CEO, Robusters Fitness Cafe  
Certified Nutritionist | Internationally  
Certified Personal Trainer (NASM) |  
Certified in Ayurvedic Nutrition