

Healthy Style Hotel Menu - Nutritional Info

Breakfast

Ragi Porridge (Veg)

Calories: 120 kcal, Protein: 3 g

Nutrition: High in fiber and calcium.

Kambu Dosa (Veg)

Calories: 180 kcal, Protein: 5 g

Nutrition: Rich in iron and protein.

Egg Omelette with Millets (Non-Veg)

Calories: 210 kcal, Protein: 12 g

Nutrition: Good source of protein and vitamins.

Chicken Sausage Wrap (Non-Veg)

Calories: 250 kcal, Protein: 15 g

Nutrition: High protein, moderate fat.

Lunch

Millet Vegetable Biryani (Veg)

Calories: 350 kcal, Protein: 10 g

Nutrition: Rich in fiber and vitamins.

Mixed Vegetable Curry with Ragi Roti (Veg)

Calories: 320 kcal, Protein: 8 g

Nutrition: Low glycemic index food.

Grilled Chicken with Kambu Salad (Non-Veg)

Calories: 400 kcal, Protein: 30 g

Nutrition: High protein, low fat.

Fish Curry with Millet Rice (Non-Veg)

Calories: 370 kcal, Protein: 28 g

Nutrition: Good omega-3 fatty acids.

Dinner

Vegetable Stew with Kambu Idiyappam (Veg)

Calories: 280 kcal, Protein: 7 g

Nutrition: Light and nutritious meal.

Paneer Stir Fry with Millet Salad (Veg)

Calories: 300 kcal, Protein: 20 g

Nutrition: Rich in calcium and protein.

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Roasted Chicken with Mixed Vegetables (Non-Veg)

Calories: 450 kcal, Protein: 35 g

Nutrition: High protein and vitamins.

Mutton Soup with Millets (Non-Veg)

Calories: 420 kcal, Protein: 32 g

Nutrition: Rich in protein and minerals.

Snacks

Roasted Chickpeas (Veg)

Calories: 150 kcal, Protein: 7 g

Nutrition: High protein and fiber.

Millet Crackers with Hummus (Veg)

Calories: 180 kcal, Protein: 5 g

Nutrition: Low fat and nutritious.

Chicken Tikka Bites (Non-Veg)

Calories: 220 kcal, Protein: 18 g

Nutrition: High protein snack.

Egg Salad Sandwich (Non-Veg)

Calories: 210 kcal, Protein: 15 g

Nutrition: Rich in protein and vitamins.