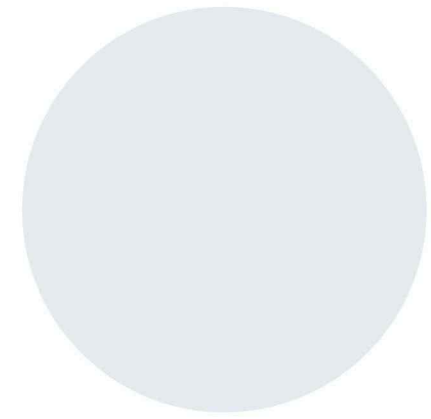


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Healthy Body Needs Healthy Food



MALVIYA NAGAR

C-8, Kailgiri Marg, MALVIYA NAGAR, JAIPUR - 302017
Call : +91-92169 74756

RAJAPARK

575/7, UDAY MARG, TILAK NAGAR, JAIPUR - 302004
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MANSAROVAR

70/34-A, PATEL MARG, MANSAROVAR, JAIPUR - 302020
Call : +91-86193 48484

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POWER BOWLS / NUTRI BOWLS

CONTINENTAL SPROUT CHAT

Sprouted Chickpeas, green gram, fresh tomato and onion with a garnishing of sweet corns and paneer)

(Protein 20gm, Fat 5gm, Carb 80gm, 50cal)

₹ 90.00

KIDNEY BEANS CHAT

High protein kidney beans with tomatoes, onion, coriander with mint & tamarind sauce)

(Protein 33gm, Fat 2gm, Carb 90gm, 500cal)

₹ 130.00

SOYA CHUNK CHAT

(Boiled soya chunks, onion, tomato mixed in our home made green herbs yogurt dressing)

(Protein 30gm, Fat 13gm, Carb 15gm, 260cal)

₹ 110.00

MAKHANA CHAT

Rich in micro nutrients Roasted fox nuts, peanuts, tomatoes & onion mixed in mint & tamarind sauce)

(Protein 15gm, Fat 26gm, Carb 30gm, 360cal)

₹ 140.00

PEANUT CORN CHAT

A perfect high protein snack with roasted peanuts, sweet corn, onion, tomatoes and apple mixed in mint & tamarind sauce)

(Protein 29gm, Fat 50gm, Carb 25gm, 900cal)

₹ 140.00

AALOO CHANA CHAT

Boiled chickpeas, potato, onion, tomato mixed in curd, mint & tamarind sauce

(Protein 30gm, Fat 9gm, Carb 105gm, 650cal)

₹ 130.00

PANEER BHURJI

(100 gm paneer bhurji with onion, tomato and Indian spices served with mint chutney & multigrain bread)

(Protein 35gm, Fat 44gm, Carb 9gm, 590Cal)

₹ 200.00

TOFU BHURJI

(100 gm Tofu bhurji with onion, tomato and Indian spices served with mint chutney & multigrain bread)

(Protein 30gm, Fat 15gm, Carb 5gm, 300cal)

₹ 200.00

OATMEALS

ROASTED OATS CHOCO NUTS BOWL

Roasted Oats, nuts & seeds mixed in curd, milk honey, cocoa powder, peanut butter & banana

₹ 220.00

OATS AND FRUITS BOWL

Roasted Oats, nuts & seeds mixed in fresh fruits, curd, milk, honey, peanut butter & banana

₹ 240.00

QUICK BITES

MUSHROOM BROCCOLI HUMMUS TOAST ■

Green herbs hummus spread on multi grain toast with sauté mushrooms and broccoli

(Protein 12gm, Fat 10gm, Carb 32gm, 250cal)

₹ 190.00

EGG HUMMUS TOAST ■

Green hummus spread on multi grain toast with 2 scrambled eggs on top

(Protein 24gm, Fat 25gm, Carb 33gm, 450cal)

₹ 190.00

BANANA PEANUT BUTTER TOAST ■

Crunchy peanut butter spread on multi grain toast with banana and honey mix seeds

(Protein 27 gm, Fat 45 gm, Carb 65 gm, 650 cal)

₹ 140.00

APPLE PEANUT BUTTER TOAST ■

Crunchy peanut butter spread on multi grain toast with apple slices, honey and mix seeds

(Protein 26gm, Fat 45gm, Carb 50gm, 600cal)

₹ 140.00

SANDWICHES

FARMERS MARKET ■

Fresh Tomato, cabbage, cucumber and mayo on whole wheat bread

₹ 110.00

VEGETABLE CURD SANDWICH ■

Fresh tomato, cabbage, cucumber with a spread of hung curd/yogurt on whole wheat bread-No Grill

₹ 120.00

COTTAGE CHEESE SANDWICH ■

Cottage cheese, tomato and cucumber stuffed with a layer of green herbs mayo spread in whole wheat bread

(Protein 16gm, fat 15gm, carb 21gm, 270 cal)

₹ 140.00

TOFU SANDWICH ■

High Protein Soy paneer with cucumber & tomatoes on whole wheat bread with green mayo spread

(Protein 8gm, fat 8gm, carb 15gm, 270 cal)

₹ 140.00

GREEN HUMMUS VEG SANDWICH ■

High Protein green herbs hummus spread on whole wheat bread with fresh vegetables

(Protein 21gm, fat 21gm, carb 40gm, 350 cal)

₹ 160.00

GRILLED CHICKEN SANDWICH ■

Grilled Chicken, cucumber and tomatoes with a spread of mayo on whole wheat bread

(Protein 45gm, fat 16gm, carb 21gm, 430 cal)

₹ 180.00

GREEN HUMMUS GRILLED CHICKEN SANDWICH ■

Grilled Chicken, green herbs hummus with cucumber & tomatoes on whole wheat bread

(Protein 50gm, fat 24gm, carb 40gm, 575 cal)

₹ 240.00

EGG CHOICES

FITCY MASALA OMELETTE 2 EGGS 🟡	₹ 80.00
(Protein 16gm, fat 11gm, carb 9gm, 205cal)	
SPINACH MASALA OMELETTE 2 EGGS 🟡	₹ 100.00
(Protein 16 gm, fat 11 gm, carb 9gm, 205 cal)	
MASALA CHEESE OMELETTE 2 EGGS 🟡	₹ 120.00
(Protein 21gm, fat 17.5gm, carb 10gm, 285cal)	
VEGETABLE OMELETTE 2 EGGS 🟡	₹ 140.00
(Protein 18gm, fat 11gm, carb 9gm, 205 cal)	
MUSHROOM CHEESE STUFFED OMELETTE 2 EGGS 🟡	₹ 160.00
(Protein 24gm, fat 11gm, carb 13gm, 310 cal)	
CHICKEN OMELETTE 2 EGGS 🟠	₹ 160.00
(Protein 34 gm, fat 14gm, carb 9gm, 300 cal)	
SPINACH CHICKEN OMELETTE 2 EGGS 🟠	₹ 180.00
(Protein 34 gm, fat 14gm, carb 9gm, 380 cal)	
CHICKEN CHEESE OMELETTE 2 EGGS 🟠	₹ 200.00
(Protein 39 gm, fat 20.5gm, carb 10gm, 350kcal)	
EGG BHURJI 2 EGGS 🟡	₹ 150.00
(Protein 16 gm, fat 11gm, carb 9gm, 205 cal)	
CHEESY EGG CORN CHAT 4 EGGS 🟡	₹ 200.00
(Protein 32 gm, fat 25gm, carb 4gm, 380 cal)	

For ADD Ons Customization Available

VEGETARIAN SALADS

QUINOA VEGGIE SALAD 🟢	₹180.00
Quinoa with bell peppers, capsicum, cabbage and lemon seasoning	
(Protein 8 gm, carb 39 gm, Cal 185)	
VEG CAESAR SALAD 🟢	₹ 200.00
Iceberg, Croutons, cherry tomatoes, Olives in Caesar dressing	
(Protein 5gm, fat 15gm, carb 26gm)	
VEG CAESAR SALAD (YOGURT DRESSING) 🟢	₹ 200.00
Iceberg lettuce, Croutons, cherry tomatoes, Olives in hung curd Caesar dressing	
(Protein 10gm, fat 10gm, carb 20gm)	
FRUITS NUTS SALAD 🟢	₹ 200.00
A nutritious bowl of seasonal fruits, nuts and mix seeds in yogurt & honey dressing	
HIGH PROTEIN SALAD 🟢	₹ 200.00
Tofu, Paneer, Soya chunks with veggies mixed in our green herbs yogurt dressing	
(Protein 36gm, fat 7gm, carb 25gm, 250 cal)	
FARM FRESH SALAD 🟢	₹ 200.00
Fresh continental vegetables Iceberg, Broccoli, Bell peppers with mushroom, tomato, cucumber served with basil lemon dressing	
BBQ PANEER SALAD 🟢	₹ 225.00
Paneer, Iceberg, broccoli, Cucumber, tomato, capsicum, olives & jalapeno served with barbecue sauce	
(Protein 25gm, fat 7gm, carb 8gm, 300 cal)	
BBQ TOFU SALAD 🟢	₹ 225.00
Tofu, Iceberg, broccoli, Cucumber, tomato, capsicum, olives & jalapeno served with barbecue sauce	
(Protein 25gm, fat 3gm, carb 5gm, 170 cal)	

CHILLI CHIPOTLE PANEER SALAD

₹ 225.00

Paneer, Iceberg, broccoli, Cucumber, tomato, capsicum, olives & jalapeno served with chilli chipotle sauce
(Protein 25gm, fat 7gm, carb 8gm, 300 cal)

CHILLI CHIPOTLE TOFU SALAD

₹ 225.00

Tofu, Iceberg, broccoli, Cucumber, tomato, capsicum, olives & jalapeno served with Chilli chipotle sauce
(Protein 25gm, fat 3gm, carb 5gm, 170 cal)

PAN FRIED MUSHROOM AND VEGGIES

₹ 240.00

Mushrooms, Broccoli, bell peppers and tomato sautéed in Italian dressing
(Protein 15gm, fat 3gm, carb 10gm, 50 cal)

FITCY S SPECIAL GRILLED PANEER SALAD

₹ 240.00

Indian veggies with apple, corn, almonds, dates, olives topped with grilled paneer and lemon honey dressing
(Protein 25gm, fat 7gm, carb 8gm, 300 cal)

FITCY GRILLED TOFU SALAD

₹ 240.00

Indian veggies with apple, corn, almonds, dates, olives topped with grilled Tofu and lemon honey dressing
(Protein 25gm, fat 3gm, carb 5gm, 170 cal)

NON-VEGETARIAN SALADS

CHICKEN HIGH PROTEIN SALAD

₹ 260.00

100 gm boiled chicken, soya chunks, tofu, beans & served with green herb mayo dressing
(Protein 48 gm, fat 15gm, carb 20gm, 400 cal)

CHICKEN CAESAR SALAD

₹ 275.00

90 gm boiled Chicken, Iceberg lettuce, croutons, cherry tomatoes, Olives with Caesar dressing
(Protein 35 gm, fat 5gm, carb 12gm, 200 cal)

CHICKEN CAESAR SALAD (YOGURT DRESSING)

₹ 275.00

90 gm boiled Chicken, Iceberg lettuce, croutons, cherry tomatoes, Olives with Caesar dressing made using hung curd
(Protein 37 gm, fat 5gm, carb 20gm, 275 cal)

CHILLI CHIPOTLE CHICKEN SALAD

₹ 280.00

100 gm boiled chicken, iceberg, bell peppers, olives, jalapeño served with chilli chipotle sauce
(Protein 37 gm, fat 5gm, carb 20gm, 275 cal)

BBQ CHICKEN SALAD

₹ 280.00

100 gm boiled chicken, iceberg, bell peppers, olives, dates served with bbq sauce
(Protein 37 gm, fat 5gm, carb 20gm, 275 cal)

CHICKEN PASTA SALAD

₹ 300.00

100 gm boiled chicken, bell peppers, iceberg, penne pasta, olives, fresh basil leaves served with green herbs mayo dressing
(Protein 37gm, fat 5gm, carb 35gm, 275 cal)

GRILLED CHICKEN VEGGIES SALAD

₹ 300.00

100 gm grilled chicken with broccoli, bell peppers, olives, zucchini, iceberg served with green herbs yogurt dressing
(Protein 37gm, fat 5gm, carb 20gm, 200cal)

GREEN GRILLED CHICKEN SALAD

₹ 300.00

100 gm grilled chicken with broccoli, iceberg, spinach, cucumber, capsicum served with basil lemon dressing
(Protein 37 gm, fat 5gm, carb 20gm, 200 cal)

GRILLED CHICKEN EGG SALAD

₹ 300.00

100 gm grilled chicken, 2 eggs, iceberg, capsicum, cucumber, tomato, croutons, olives and served with lemon honey dressing
(Protein 50 gm, fat 15gm, carb 20gm, 400 cal)

GRILLED CHICKEN NUTS SALAD

₹ 325.00

100 gm boiled chicken, iceberg, almonds, dates, apple, walnuts and served with basil lemon dressing
(Protein 40 gm, fat 6gm, carb 20gm, 300 cal)

WRAPS

(Multi grain Bread)

SOYA CHUNK WRAP 🟢 (Protein 30 gm, fat 20 gm, carb 22gm, 150 cal)	₹ 150.00
PANEER WRAP 🟢 (Protein 15 gm, fat 10gm, carb 24gm, 200 cal)	₹ 160.00
TOFU WRAP 🟢 (Protein 10 gm, fat 10gm, carb 24gm, 160 cal)	₹ 150.00
VEGGIES DELIGHT WRAP 🟢 (Protein 5 gm, fat 2 gm, carb 24gm, 60 cal)	₹ 180.00
PANEER MUSHROOM WRAP 🟢 (Protein 20 gm, fat 12gm, carb 24gm, 175 cal)	₹ 200.00
BBQ PANEER WRAP 🟢 (Protein 15 gm, fat 10gm, carb 24gm, 200 cal)	₹ 200.00
BBQ TOFU WRAP 🟢 (Protein 10 gm, fat 10gm, carb 24gm, 160 cal)	₹ 200.00
GRILLED CHICKEN WRAP (Chicken 90 gm) 🔴 (Protein 40 gm, fat 8gm, carb 20gm, 225 cal)	₹ 190.00
BBQ GRILLED CHICKEN WRAP (Chicken 90 gm) 🔴 (Protein 40 gm, fat 10 gm, carb 20gm, 225 cal)	₹ 220.00
GRILLED CHICKEN EGG WRAP (Chicken 90 gm) 🔴 (Protein 45 gm, fat 10gm, carb 26gm, 250 cal)	₹ 210.00
EGG WRAP 🟡 (Protein 20 gm, fat 10gm, carb 26gm, 200 cal)	₹ 170.00

BROWN RICE MEAL

PANEER BROWN RICE BOWL 🟢 Stir fried brown rice with paneer served with saute veggies & dip of your choice –mint/peri peri/chipotle/BBQ (Protein 24gm, Fat 22gm, Carb 44gm, 400 cal)	₹ 250.00
TOFU BROWN RICE BOWL 🟢 Stir fried brown rice with soy paneer served with saute veggies & dip of your choice –mint/peri peri/chipotle/BBQ (Protein 14gm, Fat 6gm, Carb 24 gm, 250 cal)	₹ 250.00
SOYA CHUNKS BROWN RICE BOWL 🟢 Stir fried brown rice with soya chunks served with saute veggies & dip of your choice –mint/peri peri/chipotle/BBQ (Protein 24gm, Fat 1gm, Carb 22 gm, 200 cal)	₹ 220.00
CHICKEN BROWN RICE MEAL 🔴 Stir fried brown rice with chicken served with saute veggies & dip of your choice –mint/peri peri/chipotle/BBQ (Protein 35gm, Fat 5gm, Carb 22 gm, 300 cal)	₹ 300.00

MEAL OPTIONS

(High Protein, Low Carb)

PANEER GRILLED WITH SAUTE VEGGIES 🟢 Grilled Paneer 100 gm and saute vegetables served with mint chutney (Protein 30 gm, Fat 33 gm, Carb 8 gm, 450 cal)	₹ 210.00
FLAVOURED GRILLED PANEER WITH SAUTE VEGGIES 🟢 Grilled Paneer 100 gm and saute veggies with flavour of your choice -Barbecue / Chilli Chipotle / Peri peri (Protein 30 gm, Fat 33 gm, Carb 8 gm, 450 cal)	₹ 230.00
TOFU GRILLED WITH SAUTE VEGGIES 🟢 Grilled Tofu 100 gm and Saute veggies with Mint Chutney (Protein 20 gm, Fat 7 gm, Carb 2 gm, 200 cal)	₹ 210.00

FLAVOURED GRILLED TOFU WITH SAUTE VEGGIES ■ ₹ 230.00

Grilled Tofu 100 gm and Saute veggies
with flavour of your choice - Barbecue / Chilli Chipotle / Peri peri
(Protein 20 gm, Fat 7 gm, Carb 2 gm, 200 cal)

GRILLED CHICKEN WITH SAUTE VEGGIES ■ ₹ 200.00

Grilled chicken breast 150 gm and saute veggies
(Protein 55gm, Fat 10gm, Carb 6 gm, 325 cal)

GRILLED CHICKEN SAUTE VEGGIES WITH PESTO HUMMUS ■ ₹ 240.00

Grilled chicken breast 150 gm and Saute veggies
(Protein 60 gm, Fat 16 gm, Carb 20 gm, 460 cal)

FLAVOURED GRILLED CHICKEN WITH SAUTE VEGGIES ■ ₹ 240.00

Grilled chicken breast 150 gm and saute veggies with flavour of
your choice - Barbecue / Chilli Chipotle / Peri peri
(Protein 55gm, Fat 10gm, Carb 6 gm, 325 cal)

COTTAGE CHEESE STUFFED GRILLED CHICKEN ■ ₹ 250.00

Scrumptious Grilled Chicken breast stuffed with fresh cottage cheese
(Protein 38gm, Fat 10gm, Carb 6 gm, 200 cal)

GRILLED FISH WITH SAUTE VEGGIES ■ ₹ 250.00

Protein 45gm, Fat 2 gm, Carb 1 gm, 220 cal

MAGGIE & PASTA

AATA MAGGIE NOODLES ■ ₹ 160.00

ALFREDO SAUCE PASTA ■ ₹ 220.00

ARRABIATA RED SAUCE PASTA ■ ₹ 220.00

ALLA ROMANA MIX SAUCE PASTA ■ ₹ 240.00

CHICKEN WHITE SAUCE PASTA ■ ₹ 300.00

CHICKEN ARRABIATA RED SAUCE PASTA ■ ₹ 300.00

CHICKEN ALLA ROMANA MIX SAUCE PASTA ■ ₹ 320.00

Meals

Not so healthy

DIPS & ADD ON'S

Green Herbs Mayo Dip	₹ 40.00
Green Herbs Yogurt dip	₹ 50.00
Barbecue Dip	₹ 50.00
Chilli Chipotle Dip	₹ 50.00
Pesto Hummus Dip	₹ 80.00
Peri Peri dip	₹ 50.00
Bowl of Brown Rice	₹ 60.00
Extra Grilled Chicken 50 gm	₹ 60.00
Extra Boiled Chicken 50 gm	₹ 60.00
Extra paneer 50 gm	₹ 30.00
Extra Tofu 50 gm	₹ 40.00
Extra Grilled Paneer 50 gm	₹ 50.00
Extra Grilled Tofu 50 gm	₹ 60.00
Extra Saute Veggies 100 gm	₹ 80.00
Extra Boiled Egg	₹ 15.00
Extra Egg in Omelette	₹ 25.00
Extra Bread	₹ 15.00

NOTE :

Nutritional values are taken as approximation.

No preservatives and sugar used in smoothies.

Dishes can be customized and prices will be varied accordingly.

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Add-ons