

Category	Portion Size in Grams	Calories	Protein	Fat	Carb.	Sugar	Allergen
<b>Salads</b>							
Paneer Salad	140	264.7	15.4	18.3	16.3	1.4	Contains Milk & Milk Products
Cheese croquette Salad	200	401.1	18.4	20.3	38.0	2.0	Contains Milk & Milk Products
Corn Salad	130	89.7	4.0	0.8	17.5	2.9	
Veg. Momo Salad	160	241.7	10.9	9.2	30.7	1.6	Contain Cereals containing Gluten
Mixed Salad	230	322.2	19.5	19.3	18.0	3.5	Contains Egg & Fish Products
Tuna Salad	130	213.8	12.3	13.8	11.4	0.8	Contains Fish Products
Egg Salad	130	136.3	9.8	6.3	12.0	1.4	Contain Egg Product
Popcorn Shrimp Salad	130	230.0	10.0	9.5	28.0	1.3	Contain Crustacean and their Product & Contain Cereals contain Gluten
Chicken Sausage Salad	180	251.7	13.7	7.2	34.8	1.8	
Fried Chicken Salad	180	328.7	14.6	14.2	37.5	1.8	Contain Cereals containing Gluten
Chicken Momo Salad	180	363.4	15.1	20.3	31.9	1.8	Contain Cereals containing Gluten
Mini Salad	40	29.4	1.6	0.4	5.7	0.4	
<b>Appetizers</b>							
Veg Basket	250	683.2	18.1	32.2	80.4	2.5	Contain Cereals containing Gluten
Veg Stick	200	480.7	11.3	25.2	52.3	2.0	Contain Cereals containing Gluten
French Fries	180	537.0	6.6	26.0	69.1	1.8	
Chicken Basket	310	853.2	39.2	44.9	73.0	3.1	Contain Cereals containing Gluten
Fish Fingers	200	484.5	21.9	27.8	36.6	2.0	Contain Cereals containing Gluten/Contain Fish & Fish Product
Seafood Basket	240	616.5	36.5	31.5	46.6	2.4	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
Chicken Nuggets	200	560.4	30.5	34.3	32.5	2.0	Contain Cereals containing Gluten
Crispy Chicken	240	609.0	41.4	29.6	44.3	2.4	Contain Cereals containing Gluten
Parantha Curry set (2 pcs)	230	357.3	7.2	15.0	48.7	3.2	Contain Cereals containing Gluten
<b>MIXED CURRY</b>							

Premium Veg & Cheese Croquette	631	769.3	27.8	128.3	104.5	7.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Paneer & Spinach Curry	496	599.0	21.6	125.6	77.6	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Paneer & Spinach & Veg Cutlet	576	803.9	29.0	133.8	103.0	7.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Veg Momo & Veg Cutlet Curry	536	752.7	22.5	124.0	112.3	6.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Veg Momo & Vegetable Curry	581	619.6	20.3	117.1	99.7	7.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Cutlet & Vegetable Curry	611	685.1	30.6	116.6	106.9	7.6	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Keema & Shrimp Cutlet	556	730.0	26.9	120.0	111.3	7.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Fried Fish & Seafood Curry	531	699.0	38.4	118.1	98.3	6.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish/Crustacean
Popcorn Shrimp & Shrimp Cutlet	506	698.6	25.6	121.9	100.5	6.6	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
Mutton Keema & Fish Curry	531	714.0	35.5	119.8	99.2	6.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish and their products
Crispy Chicken & Fried Fish Curry	536	783.7	35.1	128.3	97.8	6.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish and their products
<b>MEAT CURRY</b>							
Chicken Cutlet Curry	486	613.4	25.4	115.3	94.2	6.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Keema Curry	476	567.5	15.5	114.3	95.0	6.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Fried Chicken Curry	501	702.2	21.6	124.2	100.3	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Stewed Chicken Curry	436	444.8	13.1	108.5	79.7	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Mutton Keema Curry	461	524.4	21.8	110.5	86.4	6.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Sausage Curry	476	557.8	27.6	108.8	67.9	5.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Crispy Chicken Curry	466	593.3	46.9	112.3	68.5	5.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Momo Curry	476	669.5	19.3	127.0	88.1	6.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
<b>SEAFOOD CURRY</b>							
Seafood Curry	461	508.6	26.3	108.3	84.7	6.1	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
Shrimp Cutlet Curry	456	527.4	18.9	113.2	84.0	6.1	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
Fried Fish Curry	446	555.3	19.6	117.2	81.2	6.0	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish and their products
Popcorn Shrimp Curry	426	536.2	14.2	116.2	84.2	5.8	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
Fish Curry	446	554.6	21.3	116.8	80.4	6.0	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish and their products
Stewed shrimp Curry	436	437.6	19.6	108.1	73.7	5.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Crustacean and their
Fried Shrimp Curry	426	515.3	14.2	115.4	80.7	5.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Crustacean

<b>VEGETABLE CURRY</b>							
Premium Veg Curry	511	427.0	12.7	108.8	77.9	6.6	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Paneer Curry	436	570.9	19.6	125.0	72.5	5.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Eggplant Curry	436	390.3	8.8	108.1	72.7	6.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Veg Momo Curry	456	547.9	15.1	115.8	86.9	6.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Spinach Curry	436	393.1	9.5	108.1	72.7	5.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Vegetable Curry	501	436.7	12.7	108.7	80.4	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Cheese Curry	426	581.1	18.2	123.6	74.7	5.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Mushroom Curry	511	427.0	12.7	108.8	77.9	6.6	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Cheese Croquette Curry	496	707.2	22.6	127.0	94.2	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Veg Cutlet Curry	456	569.8	14.9	115.7	93.0	6.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
<b>OMELETTE CURRY</b>							
Paneer Spinach Omelette Curry	576	803.9	29.0	133.8	103.0	7.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Premium Vegetable Omelette	591	631.9	20.1	117.0	103.3	7.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Paneer Tomato Omelette Curry	566	784.7	27.5	133.3	99.8	8.0	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Creamed Mushroom Omelette	586	882.1	21.6	138.0	114.1	7.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Vegetable omelette Curry	581	641.6	20.1	116.9	105.8	7.3	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Chicken Cutlet Omelette Curry	566	818.2	32.8	123.5	119.5	7.2	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Chicken Keema Omelette Curry	556	772.4	22.8	122.5	120.4	7.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Stewed Shrimp Omelette Curry	516	642.5	27.0	116.3	99.1	6.7	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Crustacean & Egg
Mutton Keema Omelette Curry	541	729.2	29.1	118.7	111.8	6.9	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Fried Chicken Omelette Curry	556	839.6	26.2	129.0	119.1	7.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Egg products
Fish Spinach Omelette Curry	586	787.6	30.6	125.6	110.8	7.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish & Egg products
<b>Others</b>							

Cheese Croquette & Mushroom Cream	250	602.0	40.3	33.2	35.7	2.5	Contain Milk & Milk Product/Gluten/Soybean products
Spicy Tomato Chicken with Ranch	180	471.6	22.0	28.3	32.1	1.8	Contains Milk & Milk Products
Butter grilled Fish with soya sauce	290	792.8	135.9	15.1	4.0	0.0	Contain fish & fish product/ Contain Soybean and its product
Garlic Shrimp with tomato sauce	265	356.3	5.4	23.2	21.6	2.7	Contain Crustacean and their products
Paneer & Assorted Veg	385	714.8	39.0	23.6	86.5	3.9	Contains Milk & Milk Products
Tomato cheese Fries	340	1060.9	29.6	41.8	141.5	14.1	Contains Milk & Milk Products
Veg keema cheese fries	340	1232.0	137.0	15.3	136.7	14.3	Contains Milk & Milk Products
Chicken keema cheese fries	365	880.2	99.1	49.7	9.1	3.7	Contains Milk & Milk Products
Wafu Mushroom Spaghetti	415	460.6	12.7	11.9	75.8	4.2	Contain Cereals containing Gluten/Milk & Milk products/Soybeans & their
Curry Spaghetti	515	711.5	37.2	11.1	115.7	5.2	Contain Milk & Milk Product/Nuts/Gluten/Soybean and their products
Spinach & Corn Doria	520	1449.7	139.5	17.6	5.6	0.1	Contain Milk & Milk Product/Nuts/Gluten/Soybean and their products
Chicken Curry Doria	500	1905.5	56.1	48.1	312.1	5.0	Contain Milk & Milk Product/Nuts/Gluten/Soybean and their products
Shrimp Curry Doria	480	1936.0	52.6	60.6	295.1	4.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Crustacean and their
Cheese Croquette & Mushroom Cream	518	706.8	30.4	126.3	87.9	6.7	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Spicy Tomato Chicken Curry	519	739.6	25.0	130.0	93.1	6.7	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Butter grilled Fish Curry	526	775.0	33.2	124.2	106.8	6.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean/Fish and their products
Garlic Shrimp Curry	526	566.6	10.6	120.6	79.8	6.8	Contain Cereals containing Gluten /Contain Fish & Fish Product/ Crustacean
<b>UDON</b>							
Curry Udon	576	918.3	41.1	27.1	127.5	5.8	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Chicken Cutlet & Momo Curry Udon	736	1319.0	64.9	44.7	164.3	7.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Fried Fish Curry Udon	646	1108.7	53.2	36.8	141.1	6.5	Contain Milk & Milk Product/Nuts/Gluten/Soybean & Fish products
Fried Chicken Curry Udon	701	1255.6	55.2	43.8	160.2	7.0	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
Mushroom Curry Udon	641	956.7	44.0	27.7	138.2	6.4	Contain Milk & Milk Product/Nuts/Gluten/Soybean products
<b>DESSERT</b>							
Cheese Cake	180	577.4	12.1	38.6	45.3	43.4	Contains Milk & Milk Products
Chocolate Lava Cake	170	535.2	9.8	31.7	52.7	43.7	Contains Milk & Milk Products

Ice Cream	180	351.0	6.8	19.4	33.1	40.2	Contains Milk & Milk Products
<b>TOPPINGS</b>							
Eggplant	60	25.3	1.3	0.6	5.1	1.6	
Paneer	60	205.9	12.1	17.5	4.9	0.6	Contains Milk & Milk Products
Spinach	60	28.1	2.0	0.6	5.1	0.6	
Cheese Croquette	120	342.3	15.1	19.5	26.6	1.2	Contains Milk & Milk Products/Contain cereals containing Gluten
Vegetables	125	71.8	5.2	1.3	12.8	1.3	
Cheese	50	216.2	10.7	16.1	7.1	0.5	Contains Milk & Milk Products
Veg Cutlet	80	204.9	7.4	8.2	25.4	0.8	Contain Cereals containing Gluten
Mushrooms	65	38.4	2.8	0.7	10.7	0.7	
Veg Momo	80	182.9	7.6	8.4	19.3	0.8	Contain Cereals containing Gluten
Premium Veg	135	62.1	5.2	1.4	10.3	1.4	
Stewed Chicken	60	79.8	5.6	1.0	12.1	1.3	
Crispy Chicken	90	228.4	39.4	4.9	0.9	0.0	Contain Cereals containing Gluten
Chicken Momo	100	304.6	11.8	19.5	20.5	1.0	Contain Cereals containing Gluten
Fried Chicken	100	269.8	11.3	13.4	26.1	1.0	Contain Cereals containing Gluten
Chicken Sausage	100	192.9	20.1	1.3	0.3	0.0	
Mutton Keema	85	159.4	14.2	3.0	18.8	0.9	
Chicken Keema	100	202.6	8.0	6.8	27.4	1.0	
Chicken Cutlet	110	248.4	17.9	7.9	26.6	1.1	Contain Cereals containing Gluten
Fish	70	189.7	13.8	9.3	12.8	0.7	Contain Fish & Fish Products
Shrimp Cutlet	80	162.5	11.4	5.7	16.4	0.8	Contain Cereals containing Gluten/ Crustacean and their Products
Fried Fish	70	190.4	12.1	9.7	13.6	0.7	Contain Cereals containing Gluten/ Fish and Fish Products
Fried Shrimps	50	150.4	6.7	7.9	13.1	0.5	Contain Cereals containing Gluten/ Crustacean and their Products
Popcorn Shrimps	50	171.2	6.7	8.7	16.6	0.5	Contain Cereals containing Gluten/ Crustacean and their Products

Stewed Shrimps	60	72.7	12.1	0.6	6.1	0.6	Contain Crustacean and their Products
Seafood	85	143.7	18.8	0.9	17.1	0.9	Contain Fish & Fish Products / Crustacean and their Products