



Salad Krunch



# SALAD KRUNCH

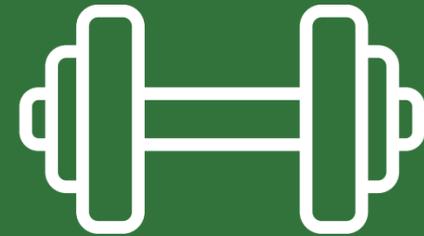
**A WAY OF SUSTAINABLE HEALTH**





### **OFFICE GOERS**

Freshest, cleanest bitestofuel  
your calls & fight the fatigue



### **FITNESS FREAKS**

Macros. Micros. Protein. And  
everything in between



### **GLOW GETTERS**

Skin food > junkfood  
(obviously!)



### **HOME HUSTLERS**

Healthy. Balanced. Easynutrition  
(for the fam & for you)

WHATEVER IS YOUR HUSTLE,  
**WE'VE GOT  
THE FUEL**

# REGULAR SALADS

## MEDIUM - 250 G



### CORN CHAT SALAD LEMON & SEASONING

30.6

Mix Lettuce, Corn, Carrot, Cucumber, Tomato, Capsicum, Green Chilli, Coriander, Lemon & Seasoning.



### SPROUT SALAD LEMON & SEASONING

37.4

Moong Sprout, Chana Sprout, Cucumber, Coriander, Mix Lettuce, Tomato, Green Chilli, Lemon & Seasoning



### COLESLAW SALAD GARLIC MAYO DRESSING

44.6

Cabbage, Red Cabbage, Carrot, Snibs Pepper



# REGULAR SALADS

## MEDIUM - 250 G



### MEXICAN SALAD SALSABLAZEDRESSING

 45.9

Corn, Mix Lettuce, Cucumber, Bell Pepper, Jalapeno, Cherry Tomato, Coriander



### GREEK FREAK SALAD MINT WHISK DRESSING

 60.0

Mix Lettuce, Cucumber, Carrot, Bell Pepper, Zucchini, Cherry Tomato, Red Cabbage & Celery



### PASTA SALAD NUTTY PESTO DRESSING

 160.0

Pasta, Cucumber, Cherry Tomato, Mix Lettuce, Bell Pepper, Zucchini & Olive



# REGULAR SALADS

## PREMIUM - 250 G



### KALE CHEESE SALAD MIXED HERB MAYO

🔥  
115.36

Kale, MixLettuce, Pickled Pepper, Cucumber, Olive, Cherry Tomato Confit & Cheese



### GLASS NOODLE SALAD BASIL FLAME DRESSING

🔥  
35.24

Glass Noodle, Carrot, Red Cabbage, Cabbage, Baby Corn, Spring Onion & Mix Lettuce



### QUINOA SALAD HONEYMUSTARD DRESSING

🔥  
129.9

Mix Lettuce, Kale, Quinoa, Cucumber, Zucchini, Cherry Tomato Confit, Pickled Pepper, Olive, Almond & Parsley



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### TROPICAL PAPAYA SLAW TAMARIND DRESSING

 85.56

Mix Lettuce, Tofu, Papaya, Bell pepper, Moong Sprout, Cucumber, Carrot, Red Cabbage, Roasted Peanut & Coriander



### SANTORINI BOWL DIL MINT MAYO DRESSING

 113.86

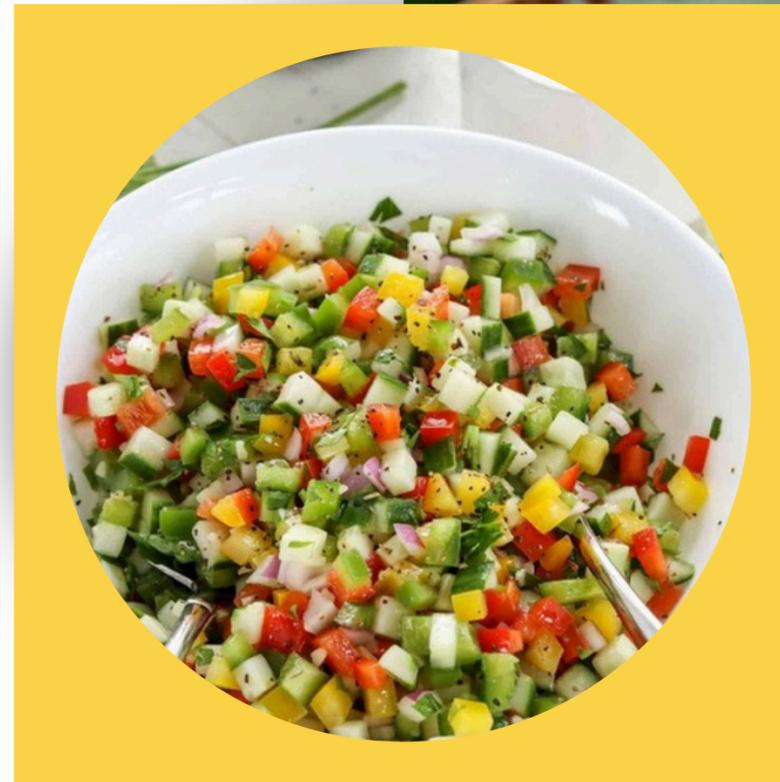
Bell Pepper, Cucumber, Mix Lettuce, Lobia, Sundried Tomato, Zucchini, Olive, Roasted Mix Seed & Parsley



### TEX-MEX TOSS SALSA DRESSING

 93.12

Mix Lettuce, Bell Pepper, Cucumber, Corn, Rajma, Nachos, Zucchini, Pickled Onion, Jalapeno, Coriander & Parsley



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### MEDITERRANEAN BREEZE CLASSIC HUMMUS DRESSING

174.10

Cucumber, Mix Lettuce, Chickpea, Paneer, Pickled Veggies, Tomato Confit, Olive, Roasted Mix Nut & Parsley



### MEXI-QUINOA CRUNCH ROASTED BELL PEPPER HUMMUS DRESSING

219.39

Cucumber, Quinoa, Mix Lettuce, Corn, Nachos, Kale, Sundried Tomato, Cheese, Coriander, Paprika & Parsley



### CUCUMBER CLOUD LEMON SUMAC VINAIGRETTE DRESSING

121.86

Cucumber, Bell Pepper, Chickpea, Pickle Veggies, Mix Lettuce, Sundried Tomato, Pickle Onion, Roasted Mix Seed, Kale, Olive, Mint & Parsley



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### TOFU EMBER CRUNCH TZATZIKI DRESSING

🔥  
136.70

Cucumber, Mix Lettuce, Bell Pepper, Lobia, Tofu, Sundried Tomato, Baby Spinach, Crouton, Olive & Paprika



### PROTEIN BEAN MIX TZATZIKI DRESSING

🔥  
136.02

Mix Lettuce, Lobia, Rajma, Black Beans, Cucumber, Bell Pepper, Cherry Tomato, Snibs & Roasted Mix Seed



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### WHOLESOME HARVEST HONEYMUSTARDMAYODRESSING



103.73

Cucumber, Mix Lettuce, Quinoa, Chickpea, Bell Pepper, Snibs, Zucchini, Crisp Garlic, Olives & Parsley



### ASIAN GLOW BOOST SPICY PEANUT DRESSING



173.28

Mix Lettuce, Cucumber, Moong Sprout, Tofu, Bell Pepper, Red Cabbage, Carrot, Cabbage, Roasted Sesame Seed & Coriander

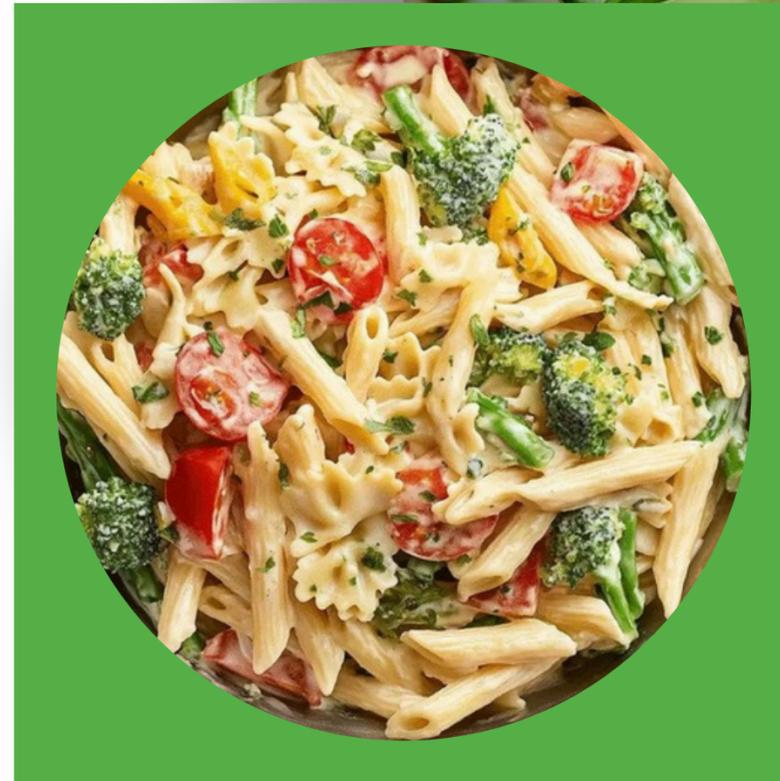


### PASTA FRESCA ARRABIATADRESSING



130.53

Mix Lettuce, Broccoli, Pasta, Paneer, Cherry Tomato, Bell Pepper, Zucchini, Croutons, Olive & Parsley



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### TANGY TOSS

#### CREAMYSOUTHWEST DRESSING



147.64

Pickle Cucumber, Mix Lettuce, Corn, Soya Chunks, Pickle Carrot, Snacky Pickle, Roasted Peanut, Coriander, Jalapeno & Olive



### PERI PERI COTTAGE TOSS

#### TARTAR DRESSING



140.24

Mix Lettuce, Cucumber, Corn, Paneer, Bell Pepper, Snibs, Roasted Mix Nuts, Broccoli & Coriander



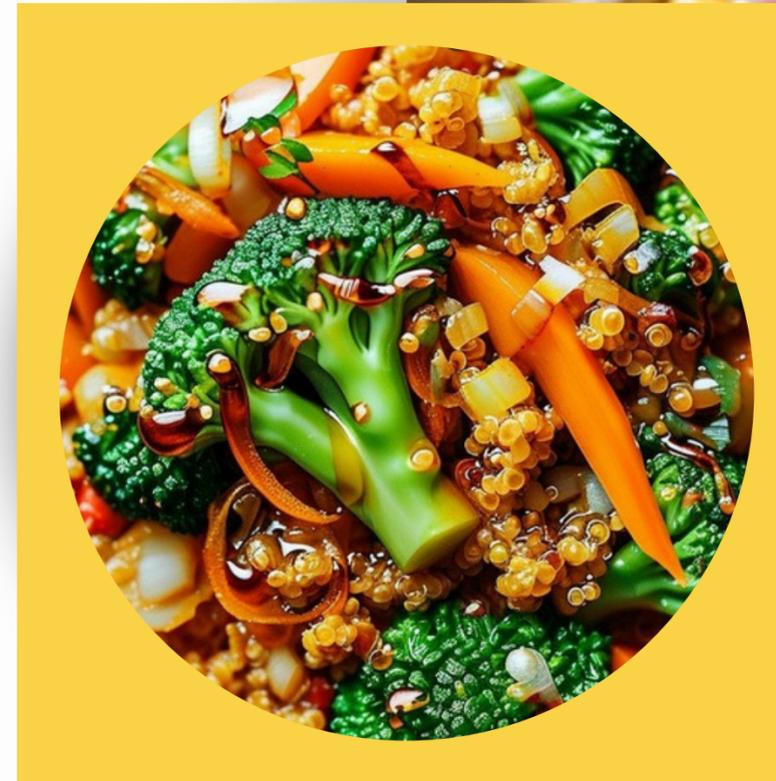
### FUEL FIX MIX

#### GREEN THECHA DRESSING



197.47

Mix Lettuce, Chana Sprout, Cucumber, Paneer, Soya Chunks, Moong Sprout, Carrot, Roasted Peanuts, Cherry Tomato & Coriander



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### THAI TOFU CRUNCH HOT BASIL SAUCE DRESSING

 197.68

Mix Lettuce, Tofu, Cucumber, Soaked Peanuts, Moong Sprout, Sundried Tomatoes, Green Beans, Cabbage, Carrot & Crisp Garlic



### KERNEL & CRIMSON DUO RANCH DRESSING

 124.03

Mix Lettuce, Cucumber, Corn, Rajma, Bell Pepper, Cherry Tomatoes, Snibs, Roasted Pineapple & Roasted Mix Seeds



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### AVO MANGO RUSH HONEYLEMONVINAIGRETTE DRESSING

 203.50

Mango, Mix Lettuce, Black Beans, Avocado, Onion, Tomato Confit, Bell Pepper, Nachos & Coriander



### SEED FUEL GREENCHUTNEY DRESSING

 165.60

Mix Lettuce, Lobia, Chana Sprout, Soaked Peanuts, Cucumber, Corn, Moong Sprout, Tomato, Carrot, Roasted Peanuts & Coriander



### PLANT & PANEER PROTEIN MIX TARTAR DRESSING

 156.78

Mix Lettuce, Chickpeas, Paneer, Cucumber, Bell Pepper, Cherry Tomatoes, Snibs, Red Cabbage, Carrot, Spinach & Roasted Sunflower Seeds



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### POWER PODS CREAMYSOUTHWEST DRESSING

 182.63

Corn, Mix Lettuce, Bell Pepper , Sundried Tomatoes, Rajma, Paneer, Nachos & Coriander



### GRAIN GAIN CHIMICHURIDRESSING

 145.63

Mix Lettuce, Bell Pepper, Cucumber, Lobia, Quinoa, Sundried Tomato, Croutons, Zucchini, Pickle Onion & Parsley



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### KALE GLOW BITES ROASTED BELL PEPPER HUMMUS DRESSING

176.66

Cucumber, Bell Pepper, Chickpeas, Mix Lettuce, Carrot, Tofu, Kale, Pickle Onion, Cherry Tomato, Snibs, Roasted Mix Nuts & Olive



### GLASS NOODLE GROVE TAMARIND DRESSING

167.20

Mix Lettuce, Bell Pepper, Glass Noodles, Tofu, Cucumber, Red Cabbage, Carrot, Roasted Peanut, Mint & Coriander





# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### CEASAR CRUNCH

#### CEASER DIP DRESSING



176.66

Mix Lettuce, Cucumber, Chickpea, Dried Cherry Tomato, Olives & Cheese Croutons



### TANGY GREENS

#### LEMONSUMACVINAIGRETTE DRESSING



192.80

Mix Lettuce, Cucumber, Black Beans, Paneer, Cherry Tomato, Snibs, Raisin, Arugula, Olives & Roasted Mix Nuts



### CRUNCHY CREAMY SLAW

#### COLESLAW MAYO DRESSING



162.33

Bell Pepper, Mix Lettuce, Quinoa, Broccoli, Cabbage, Carrot, Red Cabbage & Roasted Mix Seeds



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### QUINOA CORN FUSION ITALIAN HERB DIP DRESSING

 280.0

Mix Lettuce, Cucumber, Corn, Quinoa, Bell Pepper, Baby Corn, Carrot, Roasted Peanut & Cabbage, Coriander



### THE MARATHI BITE GREEN THECHA DRESSING

 215.15

Mix Lettuce, Cucumber, Corn, Bell Pepper, Cheese, Pineapple, Carrot, Cabbage, Red Cabbage, Cherry Tomato, Snibs & Nachos



# CLASSIC SALADS

## BOWLS OF BALANCE - 250 G



### THE KAI-NOA TARTAR SAUCED DRESSING



199.18

Mix Lettuce, Cucumber, Quinoa, Rajma, Bell Pepper, Raw Mango, Cheese, Roasted Mix Nut & Coriander



### FRUITY TREATS ORANGE HONEY DRESSING



102.50

Watermelon, Papaya, Musk Melon, Banana, Apple, Orange, Pineapple, Guava, Pomegranate, Roasted Mix Nuts & Mint

# MINI SALADS

## BOWLS OF BALANCE-180 G

- 🌿 TROPICAL PAPAYA SLAW
- 🌿 TEX-MEX TOSS
- 🌿 CUCUMBER CLOUD
- 🌿 PROTEIN BEAN MIX
- 🌿 GREEN GRAIL BOWL
- 🌿 ASIAN GLOW BOOST
- 🌿 PASTA FRESCA
- 🌿 FUEL FIX MIX
- 🌿 KERNEL & CRIMSON DUO
- 🌿 SEED FUEL
- 🌿 PLANT & PANEER PROTEIN
- 🌿 KALE GLOW BITES
- 🌿 CRUNCHY CREAMY SLAW
- 🌿 QUINOA CORN FUSION
- 🌿 THE MARATHI BITE
- 🌿 FRUITY TREATS



# SANDWICHES

## FLUFFY BREAD, CRUNCHY LAYERS!

### FARM LAYERS

A fresh and flavourful sandwich layered with veggies, cheese, and zesty green chutney.

### GOLDEN CORN MELT

A cheesy, creamy delight loaded with sweet corn, mayo, and herbs—melted to perfection between soft bread slices.

### SLAW STACK

A crunchy, creamy medley of cabbage, carrot, and lettuce tossed in mayo, layered between soft brown bread for a refreshing bite.

### THE ROMA STACK

A Mediterranean-inspired sandwich with grilled veggies, creamy cheese, and aromatic basil pesto stacked between hearty brown bread.



# SANDWICHES

## FLUFFY BREAD, CRUNCHY LAYERS!

### **PILED CORNSPIN**

A deliciously loaded sandwich with sweet corn, spinach, cheese, and herbed mayo—fresh, creamy, and full of flavor in every bite.

### **TRIPLE C MELT**

A cheesy, colorful medley of corn, cheese, and crunchy bell peppers, blended with mayo and herbs—melted into a toasty, satisfying sandwich.

### **TANDOORI PANEER CLASSIC**

A bold and flavorful sandwich packed with juicy paneer, smoky tandoori mayo, and crunchy bell peppers—an Indian twist on a timeless favorite.

### **GRILL & CREAM**

A hearty grilled veggie sandwich with bell peppers, zucchini, creamy cheese, and hummus—perfectly seasoned and layered on wholesome brown bread.

### **FLAMED PERI PANEER**

A fiery fusion of juicy paneer, spicy peri-peri seasoning, and creamy mayo—stacked with fresh veggies in soft bread for a bold, smokey bite.





# JUICES

NATURALLY SWEET, ZERO PRESERVATIVES  
ZERO ADDED SUGAR - 330 ML

## MELONY GLOW

A hydrating blend of watermelon, carrot, and celery that refreshes your body and revives your natural glow.

## DESI COOLER

A bold fusion of beetroot, amla, and ginger that boosts immunity and cools you the desi way.

## GREEN BREEZE

A zesty, herbal refresher with cucumber, celery, coriander, and masala for a cool, cleansing kick.

## THE COOL CURE

A soothing blend of turmeric, pineapple, and cucumber that heals, hydrates, and refreshes from within.



# JUICES

**NATURALLY SWEET, ZERO PRESERVATIVES**  
**ZERO ADDED SUGAR - 330 ML**



## **GREEN MASALA SPLASH**

A spicy-sweet fusion of spinach, cucumber, pineapple, and ginger that energizes and awakens your senses.



## **GREEN HEAT FIX**

A fiery-cool blend of spinach, cucumber, pineapple, and ginger to beat the heat and boost your vitality.



## **ABC BOOST**

A classic powerhouse of apple, beetroot, and carrot that fuels your day with natural energy and vibrant nutrition



## **JAMUN BLUSH**

A tangy twist of jamun and masala that delights your taste buds and balances your gut.



# SMOOTHIES

TASTE LIKE DESSERT. POWER LIKE A MEAL - 330ML



## SUMMER MANGO RUSH

A tropical burst of juicy mangoes blended to sweet, sun-kissed perfection



## SWEET EARTH

Naturally rich and velvety, this chikoo smoothie brings the wholesome sweetness of the earth to your glass.



## CHOCO HUG

A warm, indulgent blend of rich chocolate and roasted almonds that feels like a cozy hug in every sip.



## TROPICAL CUSTARD SWIRL

A lusciously creamy treat made from custard apple, swirling tropical vibes into every sip.