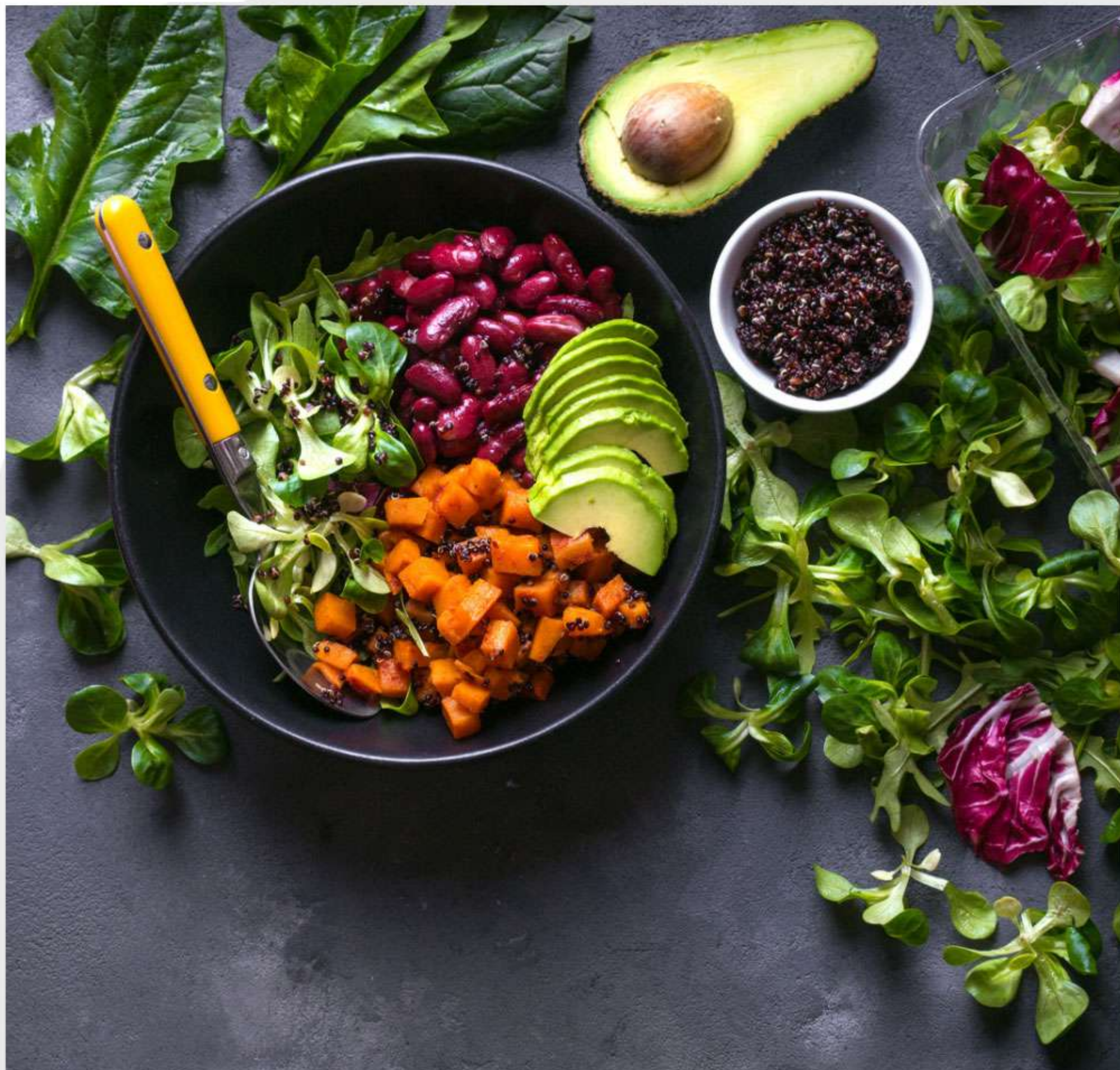


# VEDA FOOD *Menu*

ENJOY THE TASTE OF FOOD







## Juice

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- COB (carrot + orange + beetroot)
- COP (coconut water + orange + pineapple)
- PAW (pineapple + apple + watermelon)
- ABC (apple + beetroot + carrot)
- Glowing green detox
- Vegan super fiber
- Musk melon cleanser
- Avocado milk
- Orange refresher



## Detox Tea

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- Haldi Tea
- Ajwain Tea
- Cinnamon Tea

## Detox Water

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- Apple cider vinegar detox
- Raw mango & mint
- Kiwi & ginger
- Carrot, fennel & mint
- Mint lemon & ginger
- Apple cinnamon







## Breakfast

- Sunny Side Up Egg
- Bell pepper spring onion omelette
- Mushroom cheese omelette
- Spinach omelette
- Classic scrambled Egg
- Poached Eggs
- Green Shakshuka
- Apple cinamon oats
- Classic french toast



## Pasta

- Multigrain - Veg / Non veg
- Arrabiata sauce pasta
  - Pesto penne pasta
  - Alfredo sauce pasta
  - Aglio oilio spaghetti
  - Tofu penne pasta
  - Soya chunk pasta

## Soup

- Barely soup
- Vegan peas cashew soup
- Mushroom thyme soup
- Lentil soup
- Egg drop soup
- Broccoli almond soup
- Tomato basil soup

## Appetizer

- Veg / Non veg
- BBQ Chicken
  - Butter garlic prawns
  - cottage cheese kung Pao
  - Grilled Cottage cheese steak
  - BBQ Cottage cheese skewers
  - Exotic Vegetable Stir fry
  - Hummus beruti & pita bread
  - Beetroot hummas & pita
  - Baba ganoush







## Main Menu

- Vegetable in herb sauce
- Peri Peri cottage cheese
- Keto Cauliflower Risotto
- Thai veg green curry
- Steam fish with lemon butter sauce
- Chicken spaghetti bolognese
- Chicken pesto
- Exotic Keto Grilled chicken



## Salad

Multigrain - Veg / Non veg

- Chickpeas Barley salad
- Quinoa Avocado Feta salad
- Protein Veggie salad
- Veggies Keto salad
- Geek salad
- Watermelon Feta Chia salad
- Red Quinoa salad
- Lebanesesalad

## Sandwich

Veg / Non veg

- BBQ Cottage cheese sandwich
- Mayo veggies sandwich
- veg club sandwich
- Egg & Avocado sandwich
- Boiled egg guacamole sandwich
- Grilled chicken sandwich
- BBQ Chicken club sandwich





## Breakfast

**Besan chilla**

with mint chutney

Poha

Upma

Rava dosa

Vegetable millet

Sheera

**Methi thepla**

(with pickle)

**Paneer bhurji**

Masala omelette

Egg bhurji

Idli chutney

Dosa/Uttappa

Moong dal chilla

**Paratha**

(Paneer/gobi with curd)



## Appetizer

### VEG

Paneer tikka

(Classic/Pahadi/Malai)

Paneer achari tikka

Veg. Seekh kabab

Harayali Seekh kabab

Hara bhara kabab

### NON VEG

Murg reshmi tikka

Pahadi murg tikka

Murg malai tikka

Shami kabab

Tangdi kabab

Chicken seekh kabab

Fish Amritsari

Pomfret koliwada

## Main Menu

### VEG

Paneer butter masala

Paneer tikka masala

Palak paneer

Dum aloo

Methi matar malai

Mix veg handi

Pindi cholle

Jammu rajma masala

Sindhi kadhi

Gujarati kadhi

Bhindi masala

(home style)

Dudhi ki sabzi

Beans ki sabzi

Chana masala

Gobi aloo

Moong palak sabzi

### NON-VEG

Murg makhni

Chicken Afghani

Harayali Chicken

Chicken curry

(Home style)

Chicken lababdar

Chicken korma



## Dal/Rice specialities

|              |                    |
|--------------|--------------------|
| Dal tadka    | Veg. Pulao         |
| Dal fry      | Matar Pulao        |
| Dal makhani  | Veg. Biryani       |
| Steam rice   | Egg Biryani        |
| Jeera rice   | Moong dal khichadi |
| Lemon rice   | Palak khichadi     |
| Curd rice    | Tadka dal khichadi |
| Tamrind rice |                    |
| Tomato rice  |                    |



## Breads

Multigrain roti  
Paratha  
Tandoori naan  
Kulcha

## Soup

Carrot Shorba  
Tamatar Dhaniya Shorba  
Makai Shorba  
Mulligatawany Soup  
Palak Shorba

## Beverages

Masala tea  
Black tea  
Green tea  
Kahwa tea  
Ginger tea  
Coffee (hot/cold)  
Lassi  
Masala chass  
Nimbu paani  
Kokam sharbat  
Rooh afza sharbat





## MONDAY

### BREAKFAST

Besan Chilla  
Tea/Coffee  
Fruits/Oats

### LUNCH

Paneer Makhanwala  
with Roti  
Rice, Salad and Raita

### DINNER

Kidney beans & Sweet  
Potato Soup, Dal  
Tadka, Rice, Roti with  
Aloo Gobhi and Salad

## TUESDAY

### BREAKFAST

Avocado Toast  
Tea/Coffee  
Fruits

### LUNCH

Crispy Bhindi, Mix  
Dal, Roti, Rice with  
Raita and Papad

### DINNER

Broccoli almond  
soup, Home style  
chicken curry, Rice,  
Roti & Popeye salad

## WEDNESDAY

### BREAKFAST

Oats & Banana  
pancakes  
Tea/Coffee/Fruits

### LUNCH

Soya mix veg pulao,  
Tamarind jaggery  
kachumber & papad

### DINNER

Tomato basil soup,  
Paneer matar masala  
with roti, rice & Peri-  
peri cottage cheese  
salad

## THURSDAY

### BREAKFAST

Omelette/Sliced  
brown bread, butter &  
jam  
Tea/Coffee/Fruits

### LUNCH

Moong dal, Beans  
with shredded  
coconut, rice, roti,  
kachumber & papad

### DINNER

Corn soup, Veg Fried  
rice, Vegetable stir fry  
with Summer salad

## FRIDAY

### BREAKFAST

Scrambled egg with  
Brown/multigrain  
bread  
Tea/Coffee/Fruits

### LUNCH

Manglorian fish  
curry/fry with rice,  
roti & Pan fry  
eggplant

### DINNER

Mushroom thyme  
soup, Alfredo pasta &  
Gourmet fruit bowl  
salad

## SATURDAY

### BREAKFAST

Millet upma, peanut  
butter & banana toast  
Tea/Coffee/Fruits

### LUNCH

Mix veg curry, Stir fry  
paneer with roti, rice  
& Raita

### DINNER

Green peas soup,  
Mutton curry, sautéed  
spinach with onions &  
potato, rice, roti &  
Keto salad