

Breakfast

English Paratha with Banana Choco Oats Smoothie

English paratha - an Italian twist on the popular Indian trend!

Stuffed with broccoli, cauliflower and fresh Indian spices and topped with garlic oregano

Happy Sunrise Fruit Salad Jar

Super healthy and absolutely delicious. Fresh fruits and nuts are layered in jars and Topped it coconut chia seed mixture. Garnished with Nut brittle and pomegranate. The micronutrients content of fruit plays an important role in energy production and tissue recovery during cardiovascular and strength training exercise It is a wholesome dish with anti-inflammatory omega-3s, low-calorie, high in fiber

Korean Classic Pancake(contain egg)

Enjoy Your Breakfast With a Party Twist, It's Perfect breakfast to satisfy your party craving in Glory Morning.

It's made with the goodness of Chinese cabbage and high protein Egg.

Protein House Quinoa Chilla Stuffed With Peri Peri Paneer

It's power house of protein. This s a nutritious, protein-packed savoury breakfast and snacks option made from superfood quinoa ,yellow moong dal, chana dal, urad dal and lauki. Served with fresh mint chutney. Will help you stay full & feel energetic. good for weight loss, diabetic and celiac.

Oats Idli

It is very nutritious, full of fiber and of course more than enough to cover your stomach if you starving.

it is made with Rolled oats and urad dal cream and packed with goodness of vegetable like carrot, capsicum, onion

we serve it with coconut chutney and sambar sweetened with stevia leaves

Lunch & Dinner

Paneer Pasanda

This is our chef's crafted and nutritionist meal . Paneer Pasanda is made from paneer triangles stuffed with cranberry, cashew & low fat khoya. This stuffing is extremely delicious. This stuffing is stuffed inside Paneer triangles and then added to the walnut-tomato sauce.

Mushroom Masala

Appetizing, comforting, and warming meal. Mushroom masala made with earthy mushrooms, tart tomatoes, onions, spices and herbs.

Aloo Gobhi Broccoli

This meal really captures the essence of the taste of home. this is a delicious and wholesome meal. Aloo gobi broccoli sautéed with Indian spices.

Green Moong Dal Curry

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Soya Keema Matar

A wholesome, nutritious and delicious. made from soya granules or soya chunks with peas and some Indian aromatic spices.

Spinach Tofu Masala Scramble(vegan)

Tofu Spinach Scramble is a delicious, versatile made from Spinach, Tofu, Toamto, fresh green Peas, Corn and indian spices

Punchdhan Khichadi

This nutritious and delicious heart warming dish is made from super foods like quinoa, oats, bajra, brown rice and moong dal which is rich in healthy fibre, protein, vitamins and essential minerals. It is an immunity booster and a master dish of natural cures for the body! served with raita, multigrain papad, marvari pickle, desi ghee and chutney are so soothing that they'll warm your heart after a long day!

Protien Power Quinoa Khichdi

It is a highly recommended and crafted by our our dietitian expert. this khichdi made with super quinoa, moong dal and also has a generous dose of veggies like carrot, cauliflower, beans, zucchini, fresh green peas. It's nutritious, filling, comforting and good for you! Served with raita, multigrain papad, Desi ghee, homemade Marvari pickle

Spaghetti Salad Jar

This salad jar has wonderful wholesome flavor that tastes oh so good! Our nutritionist crafted this jar with three bean and fresh vegetable.

Quinoa Avocado Mexican Salad

this delicious, colourful and hearty looking salad is also a great way to slide some dietary fiber and essential nutrients in your diet. It is made with superfood like quinoa and avocado, helps maintain bone and heart health Drizzle of awesome lemon honey dressing to make this salad richer in flavour

Quinoa Pasta Arrabiata(Gluten free)

We are all looking for balance in our lives. And while finding balance in mine, Our chef's created this pasta delicious dish.

This hearty and Vegetable Pasta is decadently delicious and full of veggie goodness. Loaded with vegetables.

Apparently, its spicy and tangy flavour makes it irresistible and a treat to your taste buds.

Multigrain Cheesy Masala Pasta(Gluten free)

it is such a delicious treat, that it makes you experience an explosion of divine indian flavours and texture in your mouth. We crafted this dish with multigrain pasta which is made with (bengal gram, corn, rice, amaranth, sorghum)

Vegetable Au Gratin in Tart

Vegetable Au Gratin in tart – with crisp veggies (mixed colour bell pepper, zucchini, broccoli, onion, mushroom, carrots) in a velvety béchamel sauce and a super simple bread base, this is the easiest, most decadent tart you'll ever make! Crisped to golden brown perfection and featuring melty mozzarella, these tarts are best fresh out of the oven to step up your lunch game.

Hindustan's Videshi Bowl

it's just as healthy as it is scrumptious. The whole grain wheat and chickpeas deliver a healthy dose of protein, dietary fiber, and are a great source of calcium/iron, all of which work together to keep your body stable and functioning properly. This Indian-inspired cracked wheat dish features local vegetables, incorporated into a nutty, toasted cracked wheat. Seasoned with turmeric, red chili powder, and chaat masala, the bold spice of the flavor works perfectly as breakfast or lunch. Served with chickpea salad in cilantro vinaigrette and a glass of buttermilk, this new twist to the Indian classic creates a perfect harmony between traditional and modern.

Healthy Style noodles (gluten free)

Sweet, spicy, and savory, this healthy style noodle is a delicious which is made with rice noodles, coated with coated with a sticky, thick, and pungent Gochujang sauce (Korean chili pepper paste sauce). and loaded with fresh veggies - Colorful bell papper, zucchini, broccoli, spring onion

Bread & Rice

Gluten free Multigrain Chapati

Made with bajra , ragi, quinoa, rice, jarwar, chickpea, buckwheat flour

Desi ghee Mirch Lachha Paratha

Made with whole wheat and pure desi ghee

Wild Rice Pulao

Indian style wild rice is seasoned with various spices and ingredients. The flavors of this comforting meal with ghee. loaded with goodness of Dry fruits like cranberry, pecan, green peas, roasted peri peri makhna

Brown Jeera Rice

it is an aromatic organic brown rice dish which is lightly spiced with whole garam masala and has the earthy flavors of cumin

Meal Salad

Soya Katori Peanut Chaat Salad

Refreshing peanut chaat salad is served in roasted soya katori

Veggies Mediterranean Salad

Made with spiced veggies, tahini yogurt, and zesty citrus honey, this Mediterranean-inspired chaat is the cutest, bite-sized appetizer for your meal celebrations!

Snacks

International Pani Puri

The two most common craving trends are pizza or pani puri. We are presenting International Pani Puri which satisfies both your craving. We have made it from whole wheat papdi which is Air Fried and Full of Italian Flavors

Garden Delight Ratatouille

It's packed with fresh produce: tomatoes, yellow squash, green, red, yellow bell pepper, green zucchini, eggplant, added lentil dal and khus khus for extra nutrition. You'll love the garden-fresh flavors in this tasty meal. It's rich and satisfying, yet wonderfully healthy. Served with multigrain garlic bread

Paneer/Tofu Tikka Chickpea porridge burger(vegan option)

First, who is up for some super smooth and juicy paneer/Tofu Tikka Chickpea porridge burger? We are definitely not bragging when we say that this might be one of the best burgers that we have developed till now. It is a delicious healthy burger which is made from chickpea porridge and paneer or tofu (vegan option). Paneer or tofu marinated in tangy spice based cream that is made with ajwain, yogurt or cashew cream (vegan version), ginger garlic paste, lemon juice, salt, black pepper. Cooked in tandoor to make the tikka and loaded with chickpea porridge in multigrain bun. Trust us, by the time you finish this Chickpea Sandwich you will feel so nourished and satiated. We are making it more healthy with hung curd and cashew base cream or sauces

Chatpati protien bhelpuri

Bhel puri! Craving yummy, delicious and exotic flavors of Indian street food? Presenting to you Chatpati protein Bhel Puri, crispy brown rice puffed tossed with chopped tomatoes, onions, sweet potatoes, sweet corns, mixed sprouts, muesli flakes, cranberries, roasted peanuts, and sesame seeds, spicy green chutney, hot garlic chutney, tamarind chutney and lastly topped with mixed sprouts, muesli flakes, cranberries, roasted peanuts. This Bhel Puri is low calorie snack, it will add some tanginess and spice to your life

Green monster avocado chaat

His modern take on chaat features green peas, apples and avocado in a tamarind-honey dressing! Dressed up with puffed rice and roasted peanut it's a simple, classy dish to spice up your arsenal of appetizers!

Dessert

Whole wheat sugar free brownie

Nuts Mix Carrot Makhna Kheer

Fruit Kalakand cake

Baklava Cake

Badam Rajgira Barfi