



Deli

Whether you're here for a quick bite, a hearty meal, or a treat to share with loved ones, we've got something special for you.

MARY JANE'S
BAKERY & DELI

One cannot think well, love well, sleep well if one has not dined well." - M.F.K. Fisher

All Day Breakfast



1. Dutch Breakfast 420INR 37gProtein, 866Kcal

(2 breakfast chicken sausages, 2 Eggs, Ham, Mash, Mushrooms, Pickled Garden Greens, Toast & Dessert – Pudding. (Mention if eggs should be fried/scrambled/boiled/omelet.)

2. Phil's Mediterranean Breakfast 380INR 29gProtein, 801Kcal

Scrambled Cottage Cheese (Paneer), Mash, Mushrooms, Pickled Garden Greens, Toast & Dessert – Pudding.

3. John McClane 490INR 51gProtein, 665Kcal

(High Protein, Keto for athletes & Gym Enthusiasts)
Ham, Sausage, Paneer +3 Egg serve –Mention if eggs should be fried/scrambles/omelet)

4. Farmer's English Breakfast 300INR 25.5gProtein, 435Kcal

2 Eggs, 2 Breakfast Sausages, Pickled Garden Greens, Toast, Pudding

5. Spanish Omelet 270INR 38.4gProtein, 560Kcal/2.4gProtein, 80kcal

(Choice of Ham–Sausage /Mushroom Tomato onions–Served with Toast)

6. Eggs Benny 390INR 22.3gProtein, 542Kcal

(English Muffins, Sauteed Spinach, Poached Eggs, Topped with the delicious HOLLANDAISE sauce. Comes without Ham, can ask for it to be added)

7. Masala Omelet with Bread Toast 190INR 30.8gProtein, 496Kcal

(Double Egg)

8. Berlin Wall 250INR 8gProtein, 340Kcal/24gProtein, 410Kcal/20gProtein, 280Kcal

(Folded Stuffed omelet (Choice of Ham/Sausage/Mushroom + Tomato, Onions)

9. a. Eggs Your way 14gProtein, 400Kcal/13gProtein, 180kcal

(Scrambled 180/- | Fried, Boiled 145/-)

b. Mushroom Stir-fry-145INR

c. Plate of Sausages – 140INR

10. Ham Egg Sausage Sandwich 380INR 33Gms Protein, 625kcal

11. Almond Crepes- Gluten free 360INR 6.7gProtein, 272Kcal

12. Sourdough Vanilla Pancakes. 260 INR (EGGLESS) 17gProtein, 890kcal

13. Sourdough Choco chip Pancakes 290INR (EGGLESS) 18gprotein, 990kcal

14. Romancing the French (French Toast) 290INR 15.2gProtein, 502Kcal

11,12,13,14 served with honey or chocolate sauce (Addons of Caramelized Banana/Apples or Hazelnut sauce or Strawberry Compote for an extra price averaging 50/-)

15. Liver on Toast 260INR 25gProtein, 400Kcal

Liver Pate (Chicken) served on open toast with tomato slices.

(Addons of Chicken Ham, Sausage, Mushrooms, Paneer, Available for an extra price averaging 60/-)

EVERY DAY MEALS

Clean Label

Home style

Made from scratch

Pocket friendly

Smoothie Bowls

(Great for nutritious breakfasts and lunches, scroll to the last few pages for more options)

1. Mango, Coconut Smoothie Bowl 420INR
4gProtein,330Kcal
2. Avocado Green glow Smoothie Bowl 420INR
7gProtein,450Kcal
3. Zena Colada Smoothie 360INR 5gProtein,380Kcal
4. Berry Vanilla Smoothie Bowl 380INR 8gProtein,3430Kcal
5. Dates Banana Chocolate Smoothie Bowl 430INR
12gProtein,450Kcal

Brunch & Tea Time Specials

1. Veg Puff Pastry (Sourdough)–50INR
2. Chicken Puff Pastry (Sourdough)–75INR
3. Egg Puff Pastry (Sourdough) – 65INR
4. Sourdough Cinnamon Bun – Butter– 90INR.
5. Chocolate Hazelnut croissant–320 INR
6. Margarita Croissant –320 INR
7. Barbeque Chicken Croissant 390 INR
8. Mushroom Cream Cheese Croissant–360 INR
9. Cookies (Select from counter display)

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Hot Beverages

1. Blue Tokkai Cappuccino

a)180ML-290INR b)330ML-320INR

Espresso with steamed milk and foam. A well-balanced classic.

2. Blue Tokkai Americano

a)Single-250INR b)Double-310INR

Hot water and espresso. Straightforward and full-flavored.

3. Blue Tokkai Espresso

a)Single-190INR b)Double-230INR

A single shot of espresso . Clean and bold.

4. Blue Tokkai Caffè Mocha –300ML-370INR

Espresso with steamed milk and melted handmade chocolate

5. Blue Tokkai Café Latte-300ML-380INR

Espresso with extra milk and steamed micro foam. (55% lower in caffeine; crafted with specialty half-caff, made using arabica beans

6. Blue Tokkai Cortado-300ML-330INR

Espresso with 60ml of textured milk.

7. Blue Tokkai Cafe Macchiato-100ML-299INR

A concentrated espresso beverage topped with a small dollop of foamed milk.

8. Blue Tokkai Flat White-300ML-380INR

Espresso with hot milk and a thin layer of micro foam.

9. Indian Masala Tea 210INR

10. Hot chocolate with Marshmallows 270INR

11. Lime Ginger Tea 190INR

12. Strawberry Ginger Tea 190INR

13. Matcha Latte 380INR

14. Dip Tea 210INR

(Chamomile, Peppermint, English Breakfast, Green tea Assam tea, Darjeeling, Hibiscus)

All Hot coffees come with a Butter Cookie

Addons of Hazelnut/ Vanilla/ Cinnamon/Caramel/Irish –50/-

Substitute diary with Almond milk @70/- or Soy milk @50/-

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Iced Coffees & Teas

1 Iced Mocha –400INR

Espresso with melted chocolate and milk, poured over ice

2 Classic Cold Coffee–300ML– 360INR

3 Classic Frappe–360INR

4 Cold Brew

a)Classic Black Brew– 280INR

b)Vanilla Cold Brew–330INR A smooth, creamy and refreshing latte with vanilla syrup.

c)Vietnamese Cold Brew–350INR Concentrated dark cold brew poured over ice, topped with sweetened condensed milk.

5 Cinnamon Ice Coffee– 360INR

6 Iced Americano– 300INR Cold Espresso and water.
Clean, crisp and bold.

7 Thai Iced Coffee– 390INR Made by brewing dark-roasted coffee, sweetening it generously with condensed milk, pouring it over crushed ice, and topping it with a splash of evaporated milk

8 Dalgona Hazelnut Iced Coffee– 390INR

9 Affogato–300INR An affogato is a classic Italian treat made by pouring a shot of hot espresso over a scoop of cold vanilla gelato or ice cream

(Biscoff/Nutella/Caramel Extra Price 50/-)

(Addons Caramel/Hazelnut /Irish/Ice-cream/Mocha/Whipping Cream 50/-)

Substitute dairy with Almond milk @70/- or Soy milk @50/-

10 Iced Tea –250INR

(Lemon/Peach/Wildberry/Lychee)

17)Iced Matcha Latte –390INR

(Addons –Mango ,Strawberry , Blueberry) –50INR

Fresh Juice/Shake

1. Fresh Watermelon Citrus Juice 220INR (No sugar Added)

2. Valencia Orange Juice 260INR

3. Fresh Berry Citrus Cortisol Juice 250INR

4. Pineapple Juice 240INR

5. Apple Beetroot Carrot Juice 250INR

6. Turmeric Ginger Lime Anti Inflammatory 220INR

7. Avocado Banana Yogurt shake 260INR

8. Banana Milk Shake 220INR

9. Mango Yoghurt Shake 260INR

10. Strawberry Milk Shake 260INR

11 Mango Mojito– 180INR

12 Berry Mojito– 180INR

13 Classic Lemonade– 160INR

14 Strawberry Lemonade– 180INR

16 Blue Pea flower Lemonade –250INR

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Appetizers

1. Avocado & Tomato Bruschetta 380INR 7.8gProtein, 248Kcal
2. Corn & Cottage Cheese Pockets 270INR 10.2gProtein, 288Kcal
3. Lemon & Mint chicken Popcorn 290INR 8.5gProtein, 77Kcal
4. Tempura Fried Prawns 390INR 30gProtein, 1000Kcal
5. Ciabatta Garlic Bread 170INR 1gProtein, 240Kcal Extra Cheese –Rs 60/-
6. Chicken Jalapeno Pockets –280INR 41gProtein, 608Kcal
7. French Fries 180INR 5gProtein, 390Kcal
8. Dirty Fries (Loaded with a choice of Beans/Avocado/Paneer/Chicken) 260INR
11gProtein, 450Kcal/6gProtein, 460Kcal/16gProtein, 530Kcal/21gProtein, 480Kcal
9. Mash 140INR 3gProtein, 140Kcal
10. House made Nachos & Guacamole 240INR 7gProtein, 420Kcal
11. House made Nacho Chips & Salsa dip 180INR 6gProtein, 360Kcal
12. Korean Garlic Bun 280INR (Add Chicken at extra 55/-) 14gProtein, 500Kcal

Soups

1. Minestrone Soup –230INR 7.8gProtein, 248Kcal
2. Mushroom Cappuccino Soup OR Cream of mushroom soup –240INR 4.4gProtein, 131Kcal
3. Cream of chicken Soup –260INR 18gProtein, 279Kcal
4. Roasted Tomato & Basil Soup –220INR 5.6gProtein, 200Kcal
5. Cream of Broccoli Soup –260INR 18gProtein, 220Kcal
(Addons of Chicken, Prawn Available for an extra price averaging 60/-)

Sandwiches

1. Mushroom Tomato & Onion Sandwich
290INR 7gProtein, 424Kcal
2. Mediterranean Grilled Veg Sandwich
290INR 14.5gProtein, 609Kcal
3. Peri Peri Grilled Paneer Sandwich 310INR
2 8 4gProtein, 654Kcal
4. Chicken Peri Peri Grilled Sandwich
360INR 40gProtein, 684Kcal
5. BBQ Chicken Grilled Sandwich 330INR
40gProtein, 600Kcal
6. Club Grilled Chicken Sandwich 390INR
45gProtein, 614Kcal
7. Egg & Ham Croissant Sandwich
340INR 24gProtein, 456Kcal
8. Egg & Cottage cheese Sandwich 340INR
40gProtein, 760Kcal
9. Ham Egg Sausage Sandwich 390INR 40gProtein, 850Kcal
10. BBQ Mushroom Onion & Cheese Sandwich
275INR 16gProtein, 450Kcal
11. Tomato & Cheese Sandwich 275INR 16gProtein, 495Kcal
12. Grilled Zucchini & Bell pepper Sandwich 275INR
2 12gProtein, 410Kcal
- 13 Mexican Grilled Veg Sandwich 275INR 13gProtein, 430Kcal
14. Fries & Coleslaw Sandwich 275INR 13gProtein, 695Kcal
15. Creamy Spinach Corn & Cheese Sandwich 275INR
15gProtein, 535Kcal
16. Avocados & Beetroot on the toast 275INR
4gProtein, 115Kcal
- 17 Cheese & Chilli Toast 275INR
12gProtein, 250Kcal

FRIES EXTRA 70/-

Select from Sourdough, Ciabatta, Wholewheat or White, Ciabatta available only in white.



Pizzas (8" to 10")

1. Pesto Cottage Cheese Pizza 490INR 29.5gProtein, 588Kcal
2. Margherita Pizza 390INR 40gProtein, 1100Kcal
3. BBQ Chicken Pizza 490INR 56.2gProtein, 976Kcal
4. Truffled Mushroom Pizza 490INR 45gProtein, 1200Kcal
5. Peri Peri Corn Cottage Cheese Pizza 490INR 55gProtein, 1300Kcal
6. Pesto Chicken Pizza 490INR 65gProtein, 1300Kcal
7. Roasted Onion & Zucchini Pizza 390INR 30gProtein, 700Kcal
8. Farmhouse Pizza 420INR 55gProtein, 1200Kcal

(Select from Sourdough or White)

Pizza Slice – 260INR

Burgers

Select from the below mini sliders. 120INR

Crumb-fried Chicken Slider
Corn & Cottage Cheese Slider
Cheesy Mushroom Slider
Crispy Potato Slider
Grilled Chicken Slider
Caprese or Pesto Veg Slider

Also available in classic burger portions for 320INR

FRIES EXTRA 70/-

Pastas

1. Creamy Penne in Parmesan Sauce 390INR 26.8gProtein, 1140Kcal
2. Aglio e Olio 390INR 14gProtein, 550kcal
3. Pesto Risotto 420INR 20gProtein, 750kcal
4. Creamy Chicken Risotto 460INR 48.4gProtein, 910Kcal
5. Mushroom Risotto 460INR 18gProtein, 700kcal
6. Spaghetti in Red sauce 390INR 26gProtein, 870Kcal
7. Pesto Pasta 390INR 20gProtein, 700kcal
8. Cannelloni 2 way (Spinach Ricotta & Eggplant) 490INR 32gProtein, 850Kcal
9. Lasagna layered with soft garden veggies 490INR 28gProtein, 800Kcal

Addons of Chicken, Prawn Available for extra price averaging 60/-

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Low Carb Mains

1. Pepper Paneer Steak (Grilled) 390INR

25.8gProtein, 775Kcal

2. Veg Shepherds Pie 330INR 12.8gProtein, 338Kcal

3. Flourless Saints 260INR 2.7gProtein, 180Kcal

(House made Potato Hash Browns Served with Pickled Onions, Cilantro and a Marinara dip—has about 10gms of flour for Binding)

4. Chicken Parmesan served with spaghetti red sauce 480INR 39.8gProtein, 1209Kcal

5. Slow cooked chicken served with creamy mash & veggies 480INR

32gProtein, 480Kcal

6. Chicken Shepherds Pie 430INR 23gProtein, 410Kcal

7. Grilled chicken steak served with mash and veggies 450INR 28gProtein, 460Kcal

8. Chilly coriander Crusted Basa served with Chilli coriander Risotto & Chilli coriander Velouté 420INR 25.3gProtein, 737Kcal

9. Batter Fried Fish & Chips 430INR 30gProtein, 670Kcal

10. Crispy Fried Chicken and Chips 430INR 40gProtein, 1000Kcal

11. Sauteed Vegetables 180INR 5gProtein, 180Kcal

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Desserts

1. Brownie, Vanilla Ice cream & Ganache 260INR
2. Trifle (Select from Belgian Chocolate, Mango Cheesecake, Pista Dubai, Fruit Custard (180 to 260 INR) 5gProtein,520Kcal
3. Churros with chocolate Dip 280INR 9gProtein,450Kcal
4. Tiramisu 220INR 6gProtein,320Kcal
5. Chocolate Peanut Butter Mousse 260INR
6. Apple Crumble with Caramel Sauce 260INR 4gProtein,320Kcal
7. Crème Brule 200INR
8. Tres Leches 220INR
9. Cheesecakes
 - Blueberry Baked Basque Cheesecake Slice– 190INR
 - Hazelnut Chocolate baked Basque Cheesecake Slice– 250INR
 - Lemon Basque Cheesecake Slice–190INR
10. Brownies
 - Red Velvet Fudge Brownie– 130INR
 - Classic Chocolate Fudge Brownie–130INR
 - Hazelnut Fudge Brownie–135INR

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Let food be thy medicine and medicine be thy food."
- Hippocrates.



Rejuve

Breakfast Power Bowls

Fruit Bowl [250INR](#)

(Select Addons from)

–House made Granola (Oil free, No added Sugar)
[70INR](#) [6gProtein,240Kcal](#)

–Yogurt [30INR](#) [4.5gprotein,200Kcal](#)

Peanut Butter Protein Toast [260INR](#) [8gProtein,190Kcal](#)

Sourdough/Wholewheat Toast topped peanut butter protein powder mix and sliced bananas and chia seeds

Greek Yoghurt Muscle Bowl [300INR](#) [12gProtein,440Kcal](#)

Yoghurt topped with Walnuts, Chia Seeds, sliced banana, honey and berries

Recovery Smoothie Bowl [300INR](#) [9gProtein,320Kcal](#)

Milk, Banana, Peanut butter, Granola and Berries

Chocolate Peanut Butter Oats Bowl [260INR](#)

[12gProtein,440Kcal](#)

Oats, Milk, Peanut butter, sliced Banana, Cocoa

Granola Jars [250INR](#)

Yoghurt, berry compote, granola, pumpkin seeds, chia, seasonal fruit. [GUT HEALING](#) | [HORMONE BALANCE](#) | [THYROID SUPPORT](#) | [FAT LOSS](#) | [DIABETES FRIENDLY](#) | [PCOS](#)

Chia Spiced Honey Jar [250INR](#)

Chia Banana and Turmeric, Cinnamon. [HIGH PROTEIN](#) | [ANTIINFLAMMATORY](#) | [HORMONE BALANCE](#) | [GUT HEALING](#) | [THYROID SUPPORT](#) | [FAT LOSS](#) | [DIABETES FRIENDLY](#) | [PCOS](#)

Mango Chia Oats Bowl [290INR](#)

Mango, Oats, Chia seeds and Yoghurt. [HIGH PROTEIN](#) | [ANTIINFLAMMATORY](#) | [GUT HEALING](#) | [HORMONE BALANCE](#) | [THYROID SUPPORT](#) | [FAT LOSS](#) | [PCOS](#) | [DIABETES FRIENDLY](#)

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Breakfast Power Bowls

Protein Breakfast Bowl (Tofu or Paneer or Eggs) **290INR** 14gProtein,330Kcal, 20gProtein,410Kcal, 30gProtein,560Kcal
Beans, diced tomatoes, Parmesan Cheese, Spinach and Scrambled Tofu or Paneer or Eggs. Pls mention

Tofu Scramble – Japanese Style **290INR**
Scrambled Tofu with a side of stir-fried diced tomatoes and peppers in Soy 17gProtein,150Kcal

Breakfast Banana Walnut Muffin Squares **160INR**
Nutritious on the go breakfast for those busy mornings. **HIGH PROTEIN | LOW CARB | VEGAN | PCOS**

Spinach & Oats Pancake **250INR** 15gProtein,350Kcal
Delicious Savory pancake from Spinach paired with a marinara sauce dip . **HORMONE BALANCE | HIGH IRON & VIT C | FAT LOSS | DIABETES FRIENDLY | THYROID SUPPORT | VEGAN | PCOS**

Liver on Toast **260INR** 250INR 25gprotein,400Kcal
Liver Pate (Chicken) served on open sourdough toast with tomato slices. **HORMONE BALANCE | HIGH IRON & VIT C | DIABETES FRIENDLY | PCOS**

Sourdough Egg & Cottage cheese Sandwich **320INR** 35gProtein,500Kcal
With tomato and salad greens. **HIGH PROTEIN**

Cottage Cheese & Egg Bowl **260INR** 35gProtein,420 Kcal
Savory bowl with cottage cheese, soft-cooked eggs, and greens. **HIGH PROTEIN**

Savory Oatmeal Bowl **250INR** 18gProtein,450Kcal
Oats topped with cheddar cheese, eggs, and sautéed greens. **HIGH PROTEIN**

Breakfast Burrito Bowl (Tofu or Paneer or Eggs) **300INR** 12gprotein,320Kcal, 23gProtei,400Kcal, 35gProtein,550Kcal
Scrambled Tofu or Paneer or Eggs, Beans, Avocado, Salsa, Cheese, Croutons **HIGH PROTEIN**

EVERY DAY MEALS

Clean Label

Home style

Made from scratch

Pocket friendly

Lunch & Dinner



Soups

1. Vietnamese Pho **250INR** 2.3gProtein,158Kcal
2. Moringa Coconut Soup **250INR** 4.3gProtein,122Kcal
3. Spinach Mango Coconut Soup **250INR** 2.5gProtein,160Kcal
4. Crunchy Vegetable Soup **250INR** 1.5gProtein,100Kcal
5. Tuscan Bean Soup **250INR** 8gProtein,180Kcal
6. Healing Lentil Soup **250INR** 7gProtein, 165Kcal

Salads

1. Caesar Salad (Chicken/Tofu/Paneer/Prawn/Fish) **320INR** 28gp,600Kcal/20gp,585Kcal/22gP,645Kcal/24gP,565Kcal,/24gP,590Kcal

Better version with Crisp romaine lettuce, crispy homemade sourdough croutons, parmesan cheese, and a light Caesar dressing from lemon juice, olive oil, Worcestershire sauce, garlic, Dijon mustard and black pepper. **FAT LOSS | DIABETES FRIENDLY**

2. Chickpea Pasta (Olive oil Lemon, Vegan) **230INR** 18.2gProtein,587Kcal
3. Quinoa Chickpea (Chicken/Tofu/Paneer/Prawn/Fish) **320INR** 40gp,650kcal/25gp,550Kcal/30gP,650Kcal/35gp,600Kcal/40gP,650Kcal

Quinoa, chickpeas, red bell pepper, cucumber, sunflower seeds, cilantro with an avocado – spinach – curd –lime–garlic dressing. No oil used. **HIGH PROTEIN | ANTIINFLAMMATORY | HORMONE BALANCE | GUT HEALING | THYROID SUPPORT | FAT LOSS | DIABETES FRIENDLY | | PCOS**

4. Mediterranean Salad (Chicken/Tofu/Paneer/Prawn/Fish) **320INR** 40gP,500kcal/25gp,500kcal/25gp,450kcal/35gp,450kcal/38gp,550kcal

The classic with our nutrient packed dressing from almonds + tomato + balsamic vinegar + garlic, lettuce, onions, olives, tomatoes, sunflower seeds, cucumbers & zucchini . **No oil used. HIGH PROTEIN | FAT LOSS | DIABETES FRIENDLY | KETO | LOW CARB | PCOS**

5. Asian Salad Bowl (Chicken/Tofu/Paneer/Prawn/Fish) **320INR** 35gp,500kcal/20gp,420kcal/25gp,500kcal/30g420kcal/36gp,500kcal

Quinoa, steamed edamame, spinach, carrots, sun flower seeds, shredded red cabbage, and cilantro, topped with sesame ginger lime garlic dressing and toasted sesame seeds. Oil used: Sesame Oil

6. Mango Bean Avocado Salad (Vegan) **230INR** 15gProtein,500Kcal

Lunch & Dinner

MARY JANE'S
BAKERY & DELI

Power Bowls

(No seed oils used)

Thai Curry [420INR](#)

(White rice, Coconut milk, Sesame, Julienned Beans & Carrot in Tamari Soy.

Choice of Protein –Tofu, Prawns or Chicken)

7.5gProtein,75Kcal/13gProtein,60Kcal/15gProtein,120Kcal

Spicy Edamame Poke Bowl [420INR](#)

(White rice, Avocado, Red Onions. Julienned Radish, Carrot & Edamame marinated in a mixture of Tamari Soy Schezwan Sesame sauce and garnished with sesame seeds)

Choice of Protein –Tofu, Prawns or Chicken

11.6gProtein, 434Kcal

Mexican Guacamole [400INR](#)

(White rice, Avocado, Red Onions Tomatoes, Beans, Cilantro, Julienned Radish, Carrot in an Olive Vinaigrette.

Choice of Protein –Tofu, Prawns or Chicken)

19.5gProtein,470Kcal/23gProtein,459Kcal/25gProtein,501Kcal

Burrito Bowls [420INR](#)

(White rice, Comes with a cilantro garlic yoghurt dressing, pico de galla and julienned carrots–zuchinni–cucumber–spring onions.)

Grilled BBQ Chicken Rice Bowl [45gProtein,700Kcal](#)

Peri Peri Chicken Rice Bowl [38gProtein,700Kcal](#)

Barbeque Paneer Rice Bowl [32gProtein,750Kcal](#)

Mexican Paneer Rice Bowl [28gProtein,750Kcal](#)

Mushroom Rice Bowl [18gProtein,600Kcal](#)

Peri Peri Potato Rice Bowl [15gProtein,600Kcal](#)

Snack & Dessert

Chia Berry Trifle [180INR](#) [12gProtein,350Kcal](#)

Cheesecake – No Sugar [180INR](#) [10gProtein,380Kcal](#)

Ferrero Rocher Mousse–No Sugar [180INR](#)

[12gProtein,450Kcal](#)

EVERY DAY MEALS

Clean Label

Home style

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Pocket friendly

Rejuve | Energize

We offer delicious balanced meals in a friendly and warm Atmosphere!

Living

Our food come should come straight from the farm to our kitchen. Living food contains nothing that is highly processed and then packaged. tinned, bottled or canned.

Whole some

Our food come should be unprocessed & unrefined. It should not have been subtracted of its natural elements. Whole grains, dates and unpolished rice are few examples.

Nutrients Rich

Every Plate should have a mix of foods with Vitamins, Protein Iron, Amino Acids, Minerals- Avoiding a need for man made supplements.

Water Rich

A large percentage of our food and diet should be juicy in nature. Containing high amounts of water-rich foods, such as fruits, vegetables and leafy greens.

- Packed with nutrients
- Boosts energy levels
- Supports heart health
- Aids Digestion
- Helps Maintain a healthy Weight
- Great for skin and hair
- Balances Blood Sugar

The Rejuve menu is gourmet, healthy and detoxifying, rich in fruits and vegetables, legumes, superfoods, vitamins and minerals

We Strive at giving you a
pleasant experience
with pocket friendly meals of taste
balanced with good health

We bake our own bread with traditional methods
and free from improvers or any
commercial additives

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