Fresh Theory

BY SALAD REPUBLIC

POWER BOWLS



GRILLED VEGGIES PLATTER
Exotic veggies like peppers, baby corn, zuchini and carrots grilled with fresh herbs and extra virgin olive oil

Veg 300 kcal | Non veg 550 | Protein 55gms

Veg ₹289
Chicken ₹369



ASIAN NOODLE BOWL
Fresh Carrots, Cabbage, And Onions Tossed With Noodles In A Flavorful Chinese-Style Sauce.

Veg 300 kcal | Non veg 550 | Protein 55gms

Veg ₹289
Chicken ₹369



PESTO PASTA
Fussili whole wheat pasta tossed with fresh and creamy basil pesto

Veg 300 kcal | Non veg 550 | Protein 55gms

Veg ₹289
Chicken ₹369

RICE BOWLS



BURRITO BOWL
Classic mexican rice bowl with veggies, beans and corn served with fresh salsa and nachos

Veg 330 kcal | Non veg 610 | Protein 55gms

Veg ₹329
Chicken ₹369



PANEER RICE BOWL
Veggies tossed with brown rice and fresh herbs

HIGH PROTEIN

Veg 330 kcal | Non veg 610 | Protein 55gms

Veg ₹289
Chicken ₹369



MUSHROOM BOWL
Button mushrooms tossed with herbs and veggies and layered over basil brown rice

Veg 330 kcal | Non veg 610 | Protein 55gms

Veg ₹329
Chicken ₹369

TOASTS (SOURDOUGH)

AVOCADO TOAST
Veg ₹299 | Chicken ₹299



★ RECOMMENDED PICKS



QUINOA BOWL

Veg ₹289 | Chicken ₹369

HIGH PROTEIN



AVOCADO BOWL

Veg ₹349 | Chicken ₹429



MOONG DAL CHILLA

Veg ₹229

HIGH PROTEIN



GRILLED CHICKEN BOWL

Chicken ₹369

HIGH PROTEIN

LUNCH PASSES

7 MEALS	₹1680

14 MEALS	₹3200

21 MEALS	₹4650

WRAPS



PANEER WRAP
₹249 HIGH PROTEIN
Protein 20gms



EGG WRAP
₹229 HIGH PROTEIN
Protein 18gms



CHICKEN WRAP
₹269 HIGH PROTEIN
Protein 32gms

SOURDOUGH MELTS
(SANDWICHES)

SANDWICH
Paneer ---------- ₹269
Chicken ---------- ₹289
HIGH PROTEIN

MUSHROOM SANDWICH
₹269



OFFICE LUNCH DEALS



LUNCH COMBO
Any Bowl + Any Juice
Veg ₹399 | Chicken ₹489



WRAP COMBO
Any Wrap + Any Juice
Veg ₹369 | Chicken ₹429



TOAST COMBO
Any Toast + Any Juice
Veg ₹369 | Chicken ₹429

100% FRESH INGREDIENTS | HIGH PROTEIN | NO PRESERVATIVES | MADE DAILY

SMOOTHIES
(Coconut Milk available)

BOWL / BOTTLE



BERRY MERRY ₹289 / ₹249

STRAWBERRY BANANA ₹289 / ₹249

FRESH JUICES

BRIGHT EYES ₹189
Fresh Carrot, Apple, And Orange Juice Blend To Refresh And Energize.

SKIN GLOW ₹199
Nourishing Mix Of Orange, Carrot, And Apple, Celery Beetroot & Cucumber Juice For Radiant Skin.

ABC ₹189
Apple, Beetroot, And Carrot Juice For Natural Detox And Vitality.

ORANGE ₹269
Freshly Valencia oranges squeezed and served chilled

WATERMELON ₹149
Refreshing Cold-Pressed Watermelon Juice.



SNACKS

CORN CHAAT ₹179

CHANA CHAAT ₹179
Veg 220 kcal | Protein 15gms
HIGH PROTEIN

LOADED AVOCADO NACHOS ₹349



Add-ons

ADD CHICKEN ₹120
ADD PANEER ₹50
EXTRA AVOCADO ₹120

EXTRA HUMMUS ₹80
EDAMAMME ₹80
HIGH PROTEIN