



WELLNESS
CIRCLE





Immerse yourself in a distinctive oasis of nourishment and relaxation.

Our cafe aims to seamlessly complement your rejuvenating spa journey, offering a serene space to unwind and indulge in wholesome culinary delights in an exclusive ambiance.

From refreshing soup and salad bowls to carefully crafted dishes, each offering is thoughtfully prepared with minimal oil, no sugar, and no refined flour, ensuring a guilt-free indulgence after a soothing spell of rejuvenation and self-care at the Spa.

Complete your wellness circle at the cafe with a culinary experience that nourishes both body and soul.





SALATUH

 **SATWIK SHAKAHARI KETO** 650

SALAD   (76 kcal | 140gms)

Spinach, tomato, onion, cucumber, noodle, grilled paneer, baba ganoush, avocado, almonds, walnuts, parmesan, feta, coconut flake, tahina yoghurt dressing

 **GLOW BOWL SALAD**   (131 kcal | 140gms) 650

Quinoa, chickpeas, avocado, cranberry, feta, chia seeds, spinach, tomato, beetroot, carrot, radish, quinoa, turmeric mustard dressing

  **VEGAN TOFU SALAD**  (72 kcal | 140gms) 650

Sweet potato, corn, mushroom, broccoli, buckwheat noodles, tofu, almonds, spinach, roasted red pepper, soy ginger dressing



SANDWICHES AND WRAPS

 **INDIAN SPICED PANEER** 650

WRAP    (197 kcal | 150gms)

Whole wheat, arugula, spinach, onion, tomato, jalapeno, Indian spiced paneer, feta, salsa verde, tzazki

 **SPICED INDIAN CHICKEN** 700

WRAP    (380 kcal | 150gms)

Whole wheat, arugula, spinach, onion, tomato, jalapeno, Indian spiced paneer, feta, salsa verde, tzazki



Vegetarian



Non - Vegetarian



Vegan

Please inform your order taker if you are allergic to any ingredient.

List of Allergens:



Molluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

**All prices are in Indian rupees and subject to applicable government taxes
As per the guidelines Issued by Food Safety & Standards Authority of India (FSSAI)
an average active adult requires 2000 kcals of energy per day. However,
the actual calories needed may vary per person.**



SUPER BOWLS

● **SVASTHA SAKANAM** 650

BOWL 🥤🍌🌾 (73 kcal | 160gms)

Arugula, spinach, onion, tomato, quinoa, raw papaya, pomegranate, Indian spiced paneer, raita, guacamole, crisp pita, salsa verde dressing

● **PRABHAVA BOWL** 🍌🥥 (192 kcal | 160gms) 650

Red rice, spinach, cabbage, carrots, raw papaya, spring onion, tomato, beans, bean sprout, orange, beetroots, honey lemon dressing

● **AMBAREESH ANUBHAV** 650

BOWL 🥤🌿 (95 kcal | 140gms)

Ice burg, spinach, couscous, grilled vegetables, broccoli, roasted red peppers, grilled paneer, Sundried tomato, hummus, feta, walnut, basil pesto dressing

▲ **KUKUT BOWL** 🥤🍌🌾 (320 kcal | 160gms) 750

Arugula, spinach, onion, tomato, quinoa, raw papaya, pomegranate, Indian spiced Chicken, raita, guacamole, crisp pita, salsa verde dressing

▲ **GREEK BOWL** 🥤🌿 (162 kcal | 160gms) 750

Greek salad, barley, baba ganoush, grilled fish, Crispy pita, lemon olive oil dressing

▲ **THE BURRITO CHICKEN** 750

BOWL 🥤🌾 (343 kcal | 140gms)

Arugula, brown rice, quinoa, refried beans, grilled chicken or grilled fish, salsa crudo, guacamole, pico oe grilled. Fresh corn, chipotle Greek yoghurt



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FIT MEALS

- ☒ **BASIL PESTO PANEER**   (414 kcal | 155gms) **800**
Warm cous cous, pumpkin puree
- ☒ **BAJRA KHICHDI**  (252 kcal | 155gms) **800**
Whole millet, lentil, spices

- ☐ **BASIL PESTO FISH**   (164 kcal | 140gms) **1000**
Warm cous cous, pumpkin puree
- ☐ **THAI PEANUT CHICKEN**    (294 kcal | 140gms) **950**
Soy marinated soba, steamed broccoli



SIDES

- ☒ **SUN DRIED HUMMUS** (42 kcal | 60gms) **210**
Chickpeas mash, sundried tomatoes
- ☒ **PUMPKIN MOUTABEL** (49 kcal | 60gms) **210**
Pumpkin garlic mash
- ☒ **BABA GANOUS** (54 kcal | 60gms) **210**
Roasted eggplant, olive oil
- ☒ **GUACAMOLE** (48 kcal | 60gms) **210**
Avocado mash, lemon juice



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TAJ
GANDHINAGAR RESORT & SPA
GUJARAT