





















































NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
VEGETARIAN															
1	TANDOORI MUSHROOM		100 G	80.00	4.92	4.00	0.69	-	5.02	0.89	0.12	3.05	61.67	125.01	0.61
2	TANDOORI PANEER TIKKA		100 G	250.96	16.20	15.09	7.41	-	12.63	9.67	0.10	0.37	409.68	121.62	1.02
3	CHEESE PANEER TIKKA		100 G	264.18	16.51	15.95	7.54	-	13.67	11.31	0.12	0.23	406.39	446.89	0.81
4	CHEESE MUSHROOM		100 G	62.59	3.40	3.70	0.05	-	3.69	0.85	-	2.64	15.62	323.51	0.25
5	ACHARI PANEER		100 G	249.42	16.25	15.02	6.87	-	12.37	8.94	-	0.70	418.47	79.65	0.94
6	ACHARI MUSHROOM		100 G	70.65	4.53	3.94	0.09	-	3.99	0.21	-	3.10	66.10	71.88	0.49
7	RESHMI PANEER TIKKA		100 G	264.30	16.96	16.04	7.75	-	13.04	9.88	0.11	0.36	430.71	302.34	1.03
8	RESHMI MUSHROOM		100 G	77.78	4.67	4.41	0.63	-	4.60	0.59	0.11	2.88	60.25	293.98	0.54
9	KALMI PANEER TIKKA		100 G	261.79	16.96	15.63	7.57	-	13.36	9.82	0.11	0.39	431.85	284.20	1.03
10	KALMI MUSHROOM		100 G	75.27	4.67	4.01	0.46	-	4.91	0.54	0.11	2.91	61.40	275.84	0.53
11	GARLIC MUSTARD PANEER TIKKA		100 G	262.64	16.96	15.72	7.57	-	13.36	10.02	0.11	0.39	431.85	294.34	1.10
12	GARLIC MUSTARD MUSHROOM		100 G	72.67	4.46	3.91	0.44	-	4.69	0.70	0.10	2.77	58.61	272.99	0.58
13	PERIPERI PANEER		100 G	319.00	17.67	21.00	8.92	0.01	15.35	11.50	0.12	0.53	433.83	324.19	1.14
14	PERIPERI MUSHROOM		100 G	117.00	4.54	8.00	1.38	0.01	6.17	1.66	0.11	3.03	42.72	300.40	0.59
15	HOT GARLIC PANEER		100 G	303.02	17.37	19.54	8.88	0.01	14.49	11.99	0.11	0.23	428.06	363.98	0.86
16	HOT GARLIC MUSHROOM		100 G	77.32	3.28	5.05	0.77	0.01	4.46	1.55	0.10	2.61	17.01	271.08	0.27
17	THAI PANEER		100 G	327.26	17.57	21.88	9.77	0.01	15.09	12.28	0.11	0.42	432.14	360.79	0.95
18	THAI MUSHROOM		100 G	87.82	3.54	5.88	1.28	0.01	4.93	1.62	0.11	2.88	22.24	281.90	0.35
19	HONEY CHILLI PINEAPPLE	N/A	100 G	114.13	1.04	1.57	0.29	-	23.67	16.25	7.04	4.78	16.44	2.61	0.57
20	CAJUN SPICE POTATO		100 G	226.63	1.47	16.26	2.60	0.01	19.13	1.83	-	1.34	10.27	158.84	0.37



NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
21	CRISPY CORN		100 G	260.86	2.83	18.15	0.24	-	24.71	5.04	-	1.91	10.05	16.27	0.58
22	DAL MAKHANI		100 G	143.02	7.22	8.35	3.94	0.07	9.74	2.14	0.07	0.10	45.32	314.69	0.02
23	KADHAI PANEER		100 G	248.80	8.43	18.36	6.53	0.00	11.77	6.17	0.08	1.47	204.74	279.87	0.40
24	VEG MAKHANWALA		100 G	212.15	5.07	15.36	5.29	0.00	7.86	4.13	0.08	1.04	105.99	634.08	0.15
25	SUBZ MILONI		100 G	220.11	3.76	15.72	4.96	0.00	8.05	2.53	0.04	0.83	97.47	508.77	0.07
26	MINT CHUTNEY		20 G	10.88	0.58	0.64	-	-	0.72	0.02	-	-	23.84	79.92	0.03
27	CHEESE BHUTTA		100 G	132.19	3.52	4.66	-	-	17.64	1.07	-	-	-	333.63	-
28	VEG BIRYANI		100 G	162.98	3.11	5.35	1.01	0.01	22.22	0.64	-	0.93	18.00	511.14	0.34
29	BARBEQUE PINEAPPLE	N/A	100 G	80.79	0.72	0.64	0.06	-	18.13	3.55	-	3.05	21.44	290.37	2.60
30	VEGGIE FINGER		100 G	361.21	3.06	27.01	3.27	0.20	26.47	-	-	-	-	-	-
31	CHEESE TRIANGLE		100 G	455.00	8.34	32.16	6.82	0.10	33.08	2.73	-	-	-	-	-
32	DAL TADKA	N/A	100 G	161.75	8.31	5.15	2.56	-	20.54	0.50	0.07	3.89	28.58	1141.34	2.79
33	VEG KEBAB	N/A	100 G	257.12	2.78	14.01	2.54	0.03	26.72	1.47	-	0.34	2.00	565.84	0.10
34	ALOO BHINDI KE ZAIKE		100 G	181.00	3.03	10.00	1.94	-	18.85	1.30	0.04	3.67	52.17	490.21	0.60
35	PANEER TIKKA MASALA		100 G	252.73	8.94	18.41	7.37	0.00	11.55	6.65	0.08	1.25	195.40	320.13	0.34
36	ALOO GOBHI KA TUK		100 G	191.00	2.98	15.00	3.51	0.00	11.70	1.54	-	2.30	46.73	207.19	0.64
37	HONEY CHILLI RAW BANANA	N/A	100 G	298.22	1.73	13.64	0.11	-	42.45	5.63	-	2.06	23.45	431.04	0.54
38	VEGETABLE ACHARI		100 G	156.41	3.63	9.59	3.28	0.00	6.48	2.76	0.08	1.07	77.23	233.70	0.22
39	MASALA PULAO		100 G	192.90	3.62	8.62	0.29	-	23.94	0.29	0.02	1.72	13.67	26.21	0.95
40	STIR FRIED CHINESE GREEN	N/A	100 G	82.65	1.43	4.77	0.70	-	4.83	0.87	-	0.54	48.50	633.31	2.98
41	NAVRATAN KEBAB		100 G	257.04	4.32	15.55	3.27	-	24.91	4.28	1.88	0.94	70.38	5.17	0.62












NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
42	PANEER TIKKA LAZAWAB		100 G	251.65	16.24	15.10	7.41	-	12.78	9.40	0.10	0.43	413.37	122.35	1.05
43	ALOO BHAJI	N/A	100 G	83.60	1.66	0.25	0.01	-	18.77	0.08	-	2.21	25.31	10.48	0.72
44	DOUBLE KE MUSHROOM		100 G	189.94	6.83	14.42	1.72	-	8.40	0.32	0.04	2.09	142.16	72.70	0.83
45	MUSHROOM SATE		100 G	170.61	5.04	12.96	0.30	-	7.60	0.59	-	0.73	13.02	12.92	1.69
46	PANEER SINGORI TIKKA		100 G	294.00	18.92	18.00	8.58	-	14.75	10.89	0.12	0.43	477.33	140.74	1.23
47	MUSHROOM BABYCORN MATAR MASALA		100 G	163.97	4.81	10.66	3.36	0.00	11.02	2.57	0.10	3.40	68.71	291.88	0.89
48	ALOO METHI TAMATAR		100 G	202.00	3.16	16.00	3.71	0.00	12.39	1.63	-	2.43	49.48	219.38	0.68
49	PANEER DO PYAZA		100 G	258.39	9.18	17.94	7.77	0.00	12.67	5.91	0.06	1.52	234.81	360.23	0.59
50	ALOO CAPSICUM DRY		100 G	191.00	2.59	13.14	3.17	0.00	15.44	1.63	0.03	1.79	38.22	210.52	0.41
51	CHOLIYA TIKKI	N/A	100 G	342.79	5.69	21.61	3.42	-	32.21	0.18	-	8.65	74.24	135.56	1.80
52	CORN KOFTA CURRY		100 G	295.54	6.81	21.77	7.48	0.01	13.30	4.49	0.03	1.51	170.75	223.82	0.27
53	GARLIC FRIED NOODLE		100 G	188.00	4.67	6.00	1.02	-	28.68	2.61	-	1.42	11.24	244.38	0.74
54	PANEER AJWAINI TIKKA		100 G	278.54	17.81	16.60	8.16	-	14.45	10.34	0.12	0.89	458.61	133.71	1.29
55	HARE MATAR KI TIKKI	N/A	100 G	235.00	4.57	12.00	2.28	0.03	26.52	1.44	-	2.56	6.75	555.05	0.49
56	EXOTIC VEG IN BASIL SAUCE	N/A	100 G	91.00	1.43	5.00	0.76	-	4.75	0.94	0.11	0.40	52.82	734.87	3.20
57	PANEER MIRCH KA SALAN		100 G	282.02	8.60	21.24	7.31	0.00	11.03	5.16	0.08	1.30	195.43	225.42	0.36
58	VEGETABLE GULBAHAR		100 G	155.58	3.75	9.96	3.42	0.00	5.98	2.82	0.08	1.09	93.91	248.25	0.32
59	VEG KHADA MASALA		100 G	175.11	3.45	12.22	3.13	0.00	6.48	2.69	0.08	2.66	79.95	310.56	0.24
60	MALAI KOFTA		100 G	294.48	7.12	22.66	6.78	0.00	15.73	5.05	-	0.88	183.75	86.50	0.55
61	MIRCH BAIGAN KA SALAN		100 G	76.15	1.06	6.65	1.17	-	3.32	0.74	0.03	2.65	7.91	28.18	0.23
62	DINGREE MATAR		100 G	207.83	4.56	14.63	4.31	0.00	10.36	1.63	0.03	2.22	74.47	172.06	0.78


















NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
63	VEG BALL IN SCHEZWAN		100 G	144.06	1.19	10.85	1.78	0.02	8.05	1.55	0.48	0.98	10.85	215.58	0.42
64	VEG BALL MANCHURIAN		100 G	101.42	1.00	6.47	1.16	0.00	8.29	1.64	0.61	0.80	8.14	286.53	0.29
65	GARLIC MAYONNAISE		100 G	246.92	1.44	22.49	3.50	0.03	9.49	5.83	-	0.61	2.36	1.11	0.12
66	PANEER KHADA MASALA		100 G	267.00	16.93	16.00	7.41	-	14.64	9.42	0.10	0.50	412.54	124.21	1.06
67	ACHARI ALOO		100 G	147.81	3.21	3.97	0.03	-	24.92	-	-	2.12	62.36	82.94	0.67
68	PANEER NASHAMAN TIKKA		100 G	269.97	16.29	16.56	8.70	0.01	13.97	10.55	0.10	0.51	412.38	291.87	1.02
69	PANEER POSHIDA		100 G	254.59	15.32	16.13	6.67	-	12.06	8.32	-	1.07	397.77	156.07	1.77
70	SABNAM KE MOTI		100 G	103.92	4.11	5.76	1.86	0.01	7.71	1.61	0.10	0.51	49.20	277.93	1.48
71	PANEER GOLMIRCH		100 G	271.75	16.38	16.59	8.71	0.01	14.26	10.55	0.10	0.76	416.63	292.55	1.11
72	MALAI BROCCOLI		100 G	103.46	5.31	5.25	0.30	0.00	8.67	1.09	0.05	0.04	533.94	257.58	34.01
73	TOMATO SALSA	N/A	100 G	73.81	1.79	0.24	0.00	-	16.42	7.27	-	2.78	58.24	212.54	0.87
74	CURD RICE		100 G	143.00	2.87	6.00	1.81	0.01	18.28	1.31	-	1.14	66.21	324.79	0.32
75	CHILLI GARLIC POTATO		100 G	122.33	1.78	3.59	0.06	-	20.85	1.19	0.10	1.52	10.53	534.92	0.42
76	PLAIN RICE	N/A	100 G	133.57	2.78	1.18	0.24	-	27.38	0.24	-	0.98	2.62	0.82	0.23
77	VEG SHAMMI KEBAB	N/A	100 G	391.00	4.29	24.00	4.30	0.05	38.01	2.45	-	0.29	8.34	941.16	0.11
78	PANEER BUTTER MASALA		100 G	297.00	11.46	22.00	10.46	0.01	12.46	8.89	0.12	1.00	244.24	331.03	0.36
79	INDO ASIAN 5 TREASURE SOUP	N/A	100 G	40.47	0.29	2.36	0.29	-	3.53	0.25	0.08	0.12	1.63	357.83	0.03
80	BUTTER TOSSED HAKKA NOODLES		100 G	219.00	5.65	5.00	2.44	-	37.23	1.40	0.20	0.68	8.14	146.28	0.34
81	VEGETABLE RAITA		100 G	57.36	2.70	3.09	-	-	4.73	-	-	1.24	132.47	875.29	0.49
82	DAHI KE SHOLEY		100 G	239.11	4.96	18.33	2.29	-	14.17	0.06	-	0.45	160.14	32.78	1.34
83	DUM ALOO KASHMIRI		100 G	240.72	3.96	18.01	5.41	0.00	13.20	2.93	0.08	2.12	77.68	303.95	0.38

NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
84	SCHEZWAN PANEER TIKKA		100 G	300.33	17.96	18.88	8.22	0.02	14.79	11.18	0.44	0.47	444.91	265.40	1.18
85	ALOO MINT KEBAB	N/A	100 G	219.70	3.66	7.86	1.49	0.03	33.91	1.69	-	0.98	14.52	652.52	0.60
86	CHILLI GARLIC MUSHROOM		100 G	94.30	3.46	6.07	0.36	0.00	6.21	1.46	-	3.16	23.39	359.26	0.59
87	SHAHI PANEER		100 G	266.14	8.26	19.78	7.52	0.00	11.05	5.40	0.05	1.02	208.93	260.99	0.33
88	BHINDI DO PAYAZA		100 G	160.68	2.70	11.93	4.46	-	8.32	0.81	0.03	2.54	80.28	216.73	0.28
89	SCHEZWAN VEG NOODLES		100 G	189.75	4.36	6.97	1.15	0.01	27.58	0.86	0.14	1.03	8.44	65.57	0.47
90	EXOTIC VEG IN HOT GARLIC SAUCE		100 G	77.70	1.14	4.45	0.65	-	4.05	0.76	0.05	0.36	44.93	636.49	2.80
91	ITALIAN JALAPENO CHEESE STUFF MUSHROOMS		100 G	112.65	5.48	7.05	0.48	0.00	5.93	0.82	-	0.46	114.69	197.19	1.26
92	MATAR PANEER		100 G	246.90	8.64	17.33	5.58	0.00	12.37	5.93	0.07	1.96	175.13	329.24	0.41
93	HARA KEBAB	N/A	100 G	210.46	5.40	8.90	1.31	0.03	27.42	1.48	-	3.05	55.33	606.73	1.18
94	ASSORTED VEG IN BASIL SAUCE	N/A	100 G	170.44	4.54	11.43	1.98	-	13.47	2.63	0.09	6.64	266.11	143.79	13.57
95	KADHAI VEG		100 G	149.12	3.45	9.29	3.25	0.00	5.51	2.76	0.08	0.99	76.34	233.75	0.21
96	KUTI MIRCH KA PANEER TIKKA		100 G	255.57	16.53	15.11	7.64	-	13.38	9.49	0.10	0.94	416.38	125.07	1.12
97	CHEESE BROCCOLI		100 G	105.92	5.87	4.94	-	-	9.41	0.85	-	-	591.22	352.17	37.78
98	PANEER MAKHANWALA		100 G	278.02	11.20	20.18	8.53	0.00	11.69	7.98	0.08	0.80	254.91	251.03	0.36
99	METHI MATAR MALAI		100 G	242.28	5.63	16.51	5.29	0.00	13.75	1.88	0.04	4.29	87.29	566.84	0.60
100	TANDOORI SOYA CHAAP		100 G	233.68	13.19	3.91	0.78	-	11.83	0.46	0.10	0.37	46.75	110.77	0.31
101	PUNJABI CHHOLE	N/A	100 G	99.20	3.22	5.47	0.46	-	9.38	0.60	-	0.03	1.23	0.39	0.01
102	PLAIN CURD		100 G	60.00	3.10	4.00	-	-	3.00	-	-	-	149.00	32.00	0.20
103	NAAN		80 G	225.73	6.04	4.42	0.67	-	40.57	-	-	-	12.63	157.10	1.48
104	TANDOORI ROTI		60 G	179.64	5.24	4.35	0.62	-	30.07	-	-	-	20.79	288.51	2.12





NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
105	LACCHA PARANTHA		80 G	240.00	6.99	6.00	0.82	-	40.90	-	-	-	27.73	384.67	2.83
106	MINT SCENTED GRILLED FARM VEGGIES		100 G	110.36	3.83	5.00	0.92	-	11.63	0.56	-	1.18	48.46	136.74	0.45
107	HONEY CHILLI POTATO	N/A	100 G	180.00	1.61	9.00	1.47	-	23.87	1.62	0.04	1.45	9.33	379.86	0.43
108	AFGHANI SOYA CHAAP	 	100 G	267.00	11.55	8.00	1.97	0.01	13.81	2.71	0.04	0.67	14.59	784.56	0.19
109	DAL E DUM		100 G	162.00	7.71	10.00	4.22	0.08	10.37	2.27	0.07	0.03	50.45	337.54	0.01
110	GOBHI MANCHURIAN GRAVY	 	100 G	131.00	1.77	9.00	1.57	-	11.68	2.01	0.82	1.81	16.75	743.70	0.66
111	ASSORTED GRILLED VEG WITH CORN		100 G	111.00	3.93	3.00	0.51	-	16.50	0.91	0.12	0.78	29.46	274.47	0.26
112	KASHMIRI TADKA ALOO	 	100 G	224.30	4.09	16.89	5.19	0.00	12.37	3.24	0.07	1.99	72.82	293.70	0.36
113	PASTA IN LEMON BUTTER SAUCE		100 G	139.88	4.15	6.53	2.71	0.02	15.94	1.74	0.24	1.08	97.53	121.53	2.40
114	COCKTAIL DRESSING		100 G	293.00	1.22	25.00	3.18	0.03	15.83	13.32	-	0.88	2.83	701.44	0.16
115	THOUSAND ISLAND		100 G	293.00	1.51	24.00	3.10	0.03	16.81	13.45	-	0.63	2.35	574.80	0.11
116	MUSTARD DRESSING	 	100 G	177.27	1.15	16.27	2.48	0.02	6.63	3.48	-	0.55	9.08	1106.37	0.21
117	EXOTIC HERBS GRILL VEG	N/A	100 G	121.98	2.92	6.73	0.89	-	11.77	1.56	0.05	0.81	6.76	1188.41	0.19
118	PALAK KOFTA GRAVY	 	100 G	187.78	6.19	14.19	8.01	0.01	8.83	4.21	0.06	1.72	166.13	102.17	1.03
119	MANGO SALSA	N/A	100 G	64.20	1.38	0.23	0.00	-	14.24	7.29	5.68	1.69	42.94	247.43	0.85
120	MANGO CHILLI DIP	N/A	20 G	25.99	0.28	0.06	0.00	-	6.10	4.56	4.54	0.13	0.89	62.35	0.08
121	CHILLI MANGO PINEAPPLE	N/A	100 G	116.60	1.00	0.45	0.03	-	27.39	14.56	14.44	3.10	31.02	848.02	2.44
122	AMBI DAL TADKA	N/A	100 G	150.34	6.81	4.82	1.57	-	19.25	0.88	-	3.23	25.26	312.47	1.28
123	AMBI VEG	 	100 G	239.62	0.84	21.54	4.79	-	4.74	0.59	-	1.15	7.26	618.75	0.44
124	SPICY MANGO CHILLI	N/A	100 G	50.69	0.83	0.17	0.00	-	11.48	0.02	-	3.42	12.12	434.96	0.57
125	KAPPA CURRY	N/A	100 G	192.67	1.03	8.35	0.86	-	28.52	0.04	-	0.36	60.07	78.00	1.13
























NUTRITIVE VALUE OF SERVED FOOD ITEMS

















S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
126	CHURRASCO PINEAPPLE	N/A	100 G	142.59	2.20	4.76	0.80	-	22.63	5.66	5.00	6.57	35.64	1193.00	2.77
127	PANIYARAM		100 G	206.36	6.39	6.91	1.54	-	30.00	-	-	0.92	18.83	675.30	0.37
128	COCONUT CHUTNEY	N/A	20 G	61.53	1.41	4.60	0.14	-	3.67	-	-	1.20	6.02	258.39	0.64
129	DOSA	N/A	1 DOSA (80 G)	185.00	4.40	9.00	1.93	-	21.25	-	-	-	-	544.14	-
130	BEETROOT KEBAB		100 G	229.94	3.31	15.81	1.80	-	16.87	0.08	-	2.70	39.06	509.79	1.89
131	RAGDA	N/A	100 G	180.15	9.08	4.25	0.55	-	26.41	0.14	-	2.78	73.14	594.47	4.12
132	PATTIES	N/A	100 G	126.76	2.07	1.46	0.17	-	26.55	-	-	2.50	33.70	595.79	1.47
133	SPIDER ROLL		100 G	244.23	3.28	11.71	2.12	0.03	28.76	1.23	-	0.36	4.73	892.38	0.10
134	VEG SEEKH KEBAB	 	100 G	183.87	6.18	6.80	0.64	-	16.01	1.41	0.33	0.31	50.13	389.16	0.72
135	PIZZA	 	100 G	252.36	8.75	9.31	0.19	-	33.32	3.03	1.38	0.52	147.09	553.48	1.40
136	MOONG DAL PAKODA	N/A	100 G	445.56	17.73	22.39	3.68	-	44.22	-	0.20	6.06	57.34	47.44	2.87
137	LAUKI KOFTA CURRY	 	100 G	296.62	3.03	21.91	3.63	0.00	22.46	1.40	0.86	2.67	54.37	526.85	1.62
138	PARWAL MASALA	 	100 G	155.92	3.22	12.33	2.24	0.00	8.22	1.68	0.80	1.02	55.03	687.73	2.03
139	GOBINDO BHOG KHICHADI	N/A	100 G	99.12	3.35	2.75	0.16	-	15.18	0.69	0.63	1.87	14.96	170.21	0.73
140	TOMATO KHAJUR CHUTNEY	N/A	20 G	25.10	0.30	0.69	0.02	-	4.42	0.00	-	0.24	8.72	6.47	0.17
141	LAUKI KHEER	 	100 G	106.93	3.10	3.95	0.04	0.07	14.91	8.49	7.41	0.74	109.20	3.33	0.42
142	CHILLI GOBHI SIZZLER	  	100 G	289.38	3.03	20.97	0.08	0.01	22.11	1.94	0.82	2.89	29.92	518.59	1.30
143	LUCHI		100 G	364.60	7.59	14.41	2.36	-	51.66	-	0.69	-	15.86	407.37	1.86
144	BEGUN BHAJA	N/A	100 G	63.01	1.95	3.03	0.43	-	7.17	-	-	8.50	27.19	391.33	2.59
145	ALOO MATAR PANEER	 	100 G	211.61	11.41	3.72	1.62	-	33.14	2.60	0.84	0.58	86.69	476.53	3.18
146	MIX VEG SIZZLER	N/A	100 G	123.51	3.55	8.81	6.95	-	7.50	0.06	-	2.06	272.63	205.53	16.61

NUTRITIVE VALUE OF SERVED FOOD ITEMS














S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
147	RAJMA MASALA	N/A	100 G	99.62	3.97	4.34	0.83	0.08	11.32	1.79	0.08	0.02	0.94	328.02	0.04
148	BARBEQUE VEG DUM BIRYANI		100 G	171.83	3.25	8.31	1.83	0.02	18.27	2.43	0.01	1.08	39.81	558.07	0.36
149	PANEER DUM BIRYANI		100 G	213.80	6.32	11.41	3.26	0.02	21.43	4.31	0.02	1.16	114.36	582.04	0.56
150	MUSHROOM DUM BIRYANI		100 G	163.93	3.52	8.14	1.62	0.02	19.05	2.17	-	1.77	27.03	556.62	0.40
151	PANEER DUM BIRYANI OVERLOADED		100 G	240.11	8.22	13.54	4.24	0.02	21.31	5.58	0.04	1.12	165.88	615.29	0.68
152	MUSHROOM DUM BIRYANI OVERLOADED		100 G	142.49	3.46	7.47	1.49	0.02	15.24	2.00	-	1.87	26.62	509.43	0.38
153	FLAVOURED RICE		100 G	108.37	1.98	1.60	0.24	-	21.53	0.06	-	0.49	7.88	134.71	0.66
154	SALAN		100 G	299.00	4.99	24.00	5.61	-	10.60	2.92	0.14	1.82	81.19	347.41	0.15
155	BUTTER NAAN		80 G	245.59	5.70	7.77	3.72	-	38.32	-	-	-	11.93	205.79	1.40
156	FRIED RICE	N/A	100 G	157.76	2.47	4.63	0.66	0.09	26.48	0.29	-	0.74	14.65	177.14	0.88
157	HOT AND SOUR SOUP		100 G	46.71	0.22	3.19	0.43	-	3.34	0.25	0.08	-	-	357.83	-
158	TOMATO SOUP		100 G	68.69	0.28	4.92	2.34	0.00	5.91	0.98	0.08	-	0.20	413.97	-
159	MINISTRONE SOUP		100 G	56.33	0.26	3.27	0.99	0.00	5.52	0.80	0.07	-	0.15	397.00	-
160	TOMATO DHANIYA SHORBA		100 G	54.33	0.75	2.64	0.40	-	6.96	0.23	0.07	0.66	28.46	389.58	0.23
161	MANCHOW SOUP		100 G	61.32	0.67	3.20	0.43	-	6.54	0.25	0.08	-	-	357.83	-
162	CAJUN SAUCE/DIPS		20 G	68.48	0.27	6.29	0.91	0.01	2.69	1.82	-	-	-	139.06	-
163	VEG MOMOS		100 G	156.00	2.60	3.60	-	0.01	29.00	-	-	-	-	-	-
164	MAKAI MALAI SEEKH KABAB		100 G	217.56	9.14	5.72	2.59	-	34.60	6.61	-	2.86	159.21	552.01	1.76
165	SABUDANA VADA		100 G	249.43	3.58	10.28	1.01	-	35.97	1.97	1.97	2.49	43.76	390.48	1.16
166	SABUDANA KHICHADI		100 G	229.08	2.87	9.83	-	-	32.33	1.18	1.18	2.52	41.91	4.85	1.21
167	WATER CHESTNUT AND MUSHROOM STIR FRY		100 G	139.71	4.07	4.03	0.67	-	21.63	5.29	3.53	4.18	52.20	742.68	1.73

NUTRITIVE VALUE OF SERVED FOOD ITEMS






S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
168	METHI PAPAD KI SUBJI	N/A	100 G	115.00	6.53	4.00	0.53	-	13.14	0.34	-	5.40	354.95	666.03	3.11
169	SABZ E BAHAR		100 G	109.90	4.08	3.54	0.43	-	14.31	0.76	0.10	0.65	40.78	228.72	0.35
170	CORN COB WITH GRILL VEG		100 G	109.90	4.08	3.54	0.43	-	14.31	0.76	0.10	0.65	40.78	228.72	0.35
171	DAHI KEBAB		100 G	249.75	8.60	17.25	5.77	-	15.42	2.52	-	0.25	301.48	71.86	0.42
172	BEETROOT CUTLET		100 G	229.94	3.31	15.81	1.80	-	16.87	0.08	-	2.70	39.06	509.79	1.89
173	GOBHI MANCHURIAN		100 G	107.57	1.46	7.31	1.29	0.00	9.62	1.66	0.68	1.49	13.79	338.88	0.54
174	ALOO GOBHI TAMATAR	 	100 G	202.42	3.16	15.50	3.71	0.00	12.39	1.63	-	2.43	49.48	219.38	0.68
175	PANEER SUBJ DUM BIRYANI	 	100 G	213.80	6.32	11.41	3.26	0.02	21.43	4.31	0.02	1.16	114.36	582.04	0.56
176	MALAI KOFTA CURRY	 	100 G	294.48	7.12	22.66	6.78	0.00	15.73	5.05	-	0.88	183.75	86.50	0.55
177	GREEN CHUTNEY		20 G	10.88	0.58	0.64	-	-	0.72	0.02	-	-	23.84	79.92	0.03
178	CAJUN MUSHROOM TIKKA		100 G	91.00	3.84	6.00	0.80	0.01	6.02	2.27	0.12	3.49	20.70	302.26	0.43
179	FIVE SPICE POTATO CHIPS		30 G	66.00	1.21	2.00	0.27	-	11.64	-	-	0.61	6.51	178.19	0.29
180	SPICED SMOKY PANEER TIKKA GRUB & SUB	 	1 SUB (400 G)	946.83	31.57	52.16	26.47	0.02	88.40	23.79	3.33	2.88	570.95	894.67	4.03
181	ACHARI PANEER TIKKA GRUB & SUB	 	1 SUB (400 G)	943.14	31.41	51.89	26.34	0.09	88.16	23.61	3.31	2.86	566.70	888.01	4.00
182	GRILLED MALAI CHAAP GRUB & SUB	 	1 SUB (400 G)	920.02	27.36	37.78	17.84	0.10	86.25	12.81	3.33	2.62	91.58	938.09	2.94
183	RASAM		100 G	40.68	1.56	1.84	0.25	-	4.43	0.27	-	1.27	23.68	530.82	0.96
184	BEETROOT PORIYAL	N/A	100 G	236.27	4.09	17.05	1.03	-	16.78	0.15	-	8.13	46.66	1224.55	2.97
185	CHILLI GARLIC NOODLES	 	100 G	272.95	6.16	9.38	1.58	-	41.25	3.08	-	1.86	19.00	730.74	0.89
186	VEG KEEMA DOSA	N/A	1 DOSA (140 G)	256.00	6.00	12.00	2.33	-	29.41	0.44	0.06	1.29	19.39	955.97	1.00
187	KOLHAPURI VEG	 	100 G	183.00	3.37	14.00	5.18	-	8.52	1.98	0.51	1.18	96.50	398.19	0.85
188	TANDOORI CHAAP	 	100 G	237.39	12.79	4.49	1.47	0.01	11.03	0.12	-	0.24	32.98	4.48	0.23






NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
189	MALAI CHAAP		100 G	267.00	12.55	7.33	0.91	0.01	12.22	1.12	-	0.22	3.73	423.01	0.09
190	CHILLI CHAAP		100 G	236.88	13.01	2.04	0.29	0.00	14.61	0.46	0.13	0.54	4.90	61.15	0.47
191	CHAAP TAKATAK		100 G	228.12	12.89	2.70	0.38	-	11.02	0.31	-	0.20	1.00	300.55	0.12
192	CHILLI GARLIC CHAAP		100 G	265.17	13.01	6.84	1.04	-	11.00	0.40	-	-	-	442.74	-
193	MALAI CHAAP TAKATAK		100 G	276.40	13.43	6.54	0.66	0.00	14.64	2.54	-	1.15	1.60	308.29	0.07
194	CHILLI PANEER DRY		100 G	260.18	10.83	18.09	6.50	-	13.80	7.69	0.04	0.52	266.74	462.18	0.99
195	TAWA VEG		100 G	233.00	3.94	17.00	4.73	-	12.43	3.00	-	2.65	59.80	329.45	0.40
196	PASTA IN TOMATO SAUCE		100 G	177.50	4.10	8.07	4.67	0.01	21.82	3.87	-	0.91	42.26	737.25	0.77
197	PASTA WITH CHEESE SAUCE		100 G	201.72	5.65	9.67	6.04	0.02	22.74	2.97	0.15	1.19	82.06	510.17	0.94
198	HAKKA NOODLES		100 G	205.92	4.22	8.00	1.37	0.00	29.13	1.99	0.00	1.15	12.68	714.98	0.71
199	PAO BHAJI		160 G	311	5.49	10	3.29	-	42.38	2.91	0.07	2.33	8.39	995.18	0.12
200	CHAAP TAKATAK WITH GRAVY		100 G	201.98	9.15	6.36	1.75	0	10.35	2.4	0.06	1.24	12.69	657.51	0.2
201	TANDOORI ALOO		100 G	133.05	2.81	5	0.73	-	20.41	0.72	0.1	1.68	47.15	116.18	0.7
202	KADHI		100 G	91.8	2.41	6	0.78	-	6.87	0.01	0	1.72	44.81	296.09	0.7
203	GARLIC CHUTNEY RECIPE	N/A	20 G	28.57	0.54	1.19	0.20	-	4.01	3.01	0.93	0.04	-	379.48	-
204	BBQ PANEER TIKKA KULCHA		250 G	623.09	20.24	35.94	14.34	0.02	55.02	11.10	2.37	1.55	401.77	487.83	2.43
CHAAT															
205	TANDOORI FRUIT CHAT	N/A	100 G	80.09	1.15	2.96	0.70	-	12.24	0.52	0.13	3.11	38.64	147.08	0.88
206	BHUNI HUI CHAAT	N/A	100 G	112.80	1.39	5.15	0.80	-	15.78	2.34	0.07	3.64	10.99	604.38	0.84
207	PALAK PATTA CHAAT		100 G	164.00	4.13	11.00	1.81	-	13.73	3.66	-	3.48	64.14	328.72	1.34
208	FRUIT CHAAT	N/A	100 G	63.00	0.51	0.32	-	-	14.49	1.60	-	1.93	15.50	448.30	0.98

NUTRITIVE VALUE OF SERVED FOOD ITEMS




S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
209	DAHI KI TIKKI		100 G	184.00	6.33	13.00	4.25	-	11.36	1.85	-	0.18	222.14	256.94	0.31
210	KABULI CHANA CHHAT	N/A	100 G	183.54	8.74	6.14	0.71	-	23.50	2.67	-	0.73	25.20	562.98	0.32
211	SWEET WATER PANIPURI		1 Piece (37 G)	44.00	0.85	1.00	0.48	-	7.44	2.41	1.97	0.47	2.73	127.42	0.11
212	SOUR WATER PANIPURI		1 Piece (37 G)	35.00	0.81	1.00	0.48	-	5.34	0.18	0.00	0.37	1.74	145.74	0.10
213	DAHI PURI	 	1 Piece (57 G)	83.00	2.09	3.00	0.48	-	13.27	6.11	6.00	0.92	52.66	111.24	0.17
214	PAPDI CHAAT	 	1 Piece (60 G)	94.00	2.15	4.00	0.72	-	13.30	6.04	6.00	1.01	52.97	833.96	0.18
215	CHOCOLATE PURI	 	1 Piece (20 G)	80.00	0.90	3.00	1.03	-	11.49	2.44	-	-	1.02	1.98	0.20
216	CHILLED CRISPY PURI	 	1 Piece (27 G)	48.00	0.63	2.00	0.81	-	7.71	4.00	-	-	-	-	-
217	PALAK CHAAT		100 G	151.75	4.03	10.09	1.62	-	11.65	1.88	-	3.48	64.14	100.52	1.34
218	PEANUT POTATO CHAAT		100 G	175.82	4.54	7.98	0.52	-	21.82	2.91	-	1.52	26.87	372.59	0.85
SALAD															
219	FALAFAL	N/A	100 G	207.37	6.29	13.45	2.15	-	15.16	0.36	-	8.46	71.72	248.74	3.04
220	THREE BEANS SALAD	N/A	100 G	274.03	15.37	6.31	-	-	38.97	-	-	5.02	108.49	12.00	3.02
221	TOSSED SALAD	N/A	100 G	41.43	2.10	0.49	0.04	-	6.95	0.10	-	3.58	54.50	29.46	1.11
222	ALOO CORN SALAD	N/A	100 G	123.03	1.88	4.38	0.07	-	19.90	2.10	-	1.76	8.63	33.11	0.46
223	GARDEN GREEN SALAD	N/A	100 G	29.00	0.74	0.13	-	-	6.08	-	-	2.66	32.14	476.26	0.65
224	PASTA SALAD	 	100 G	179.64	5.31	3.05	0.50	0.00	32.24	4.20	-	1.78	13.64	59.60	1.39
225	PAPAD ROASTED	N/A	100 G	322.24	22.63	0.36	0.22	-	57.12	1.98	-	-	-	1498.71	5.18
226	ALOO PEANUT SALAD		100 G	190.00	4.62	7.00	0.38	-	27.60	1.78	-	1.76	23.62	669.48	0.97
227	WALDORF SALAD		100 G	97.00	0.45	4.00	0.60	0.01	14.24	0.87	-	2.06	14.21	401.65	0.57
228	MIX FRUIT SALAD	N/A	100 G	68.62	0.46	2.00	0.29	-	12.36	2.67	-	2.63	18.05	499.05	0.91

NUTRITIVE VALUE OF SERVED FOOD ITEMS


















S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
229	CHANA SPROUT	N/A	100 G	157.97	6.54	3.85	0.31	-	24.32	-	-	10.67	88.18	438.10	1.88
230	FRIED GARLIC	N/A	100 G	212.21	6.92	10.16	1.74	-	21.93	5.97	-	5.22	20.08	784.58	1.05
231	FRIED GREEN CHILLI	N/A	100 G	130.70	2.36	10.72	1.84	-	5.86	0.67	-	4.77	18.45	777.66	1.20
232	FRY PAPAD	N/A	100 G	499.04	22.63	20.36	3.64	-	57.12	1.98	-	-	-	1498.71	5.18
233	PICKLED ONION	N/A	100 G	83.06	1.2	0.1	-	-	19.19	8.04	8	2.5	47.6	198.37	0.62
234	MANGO PINEAPPLE SALAD	N/A	100 G	81.91	0.92	1.21	0.17	-	17.18	7.55	1.14	2.58	16.01	717.28	1.11
235	KACHUMBER SALAD	N/A	100 G	27.97	1.13	0.29	-	-	5.16	-	-	2.24	54.23	399.95	1.01
236	GREEN SALAD	N/A	100 G	31.44	0.82	0.13	-	-	6.67	-	-	2.96	35.41	12.39	0.72
237	LEAFY VEG SALAD	N/A	100 G	34.00	2.23	1.00	0.18	-	3.20	0.00	-	0.33	56.15	445.82	2.53
BEVERAGES															
238	KESAR PISTA KULFI SHAKE (With vanilla ice cream)		1 GLASS (250 ml)	484.49	11.08	30.34	3.60	0.82	42.07	14.87	11.57	0.00	298.21	13.15	0.10
239	CHOCOLATE KULFI SHAKE (With vanilla ice cream)		1 GLASS (250 ml)	496.96	10.76	29.00	3.45	0.78	48.51	19.58	11.02	-	284.01	12.44	0.10
240	STRAWBERRY KULFI SHAKE (With strawberry ice cream)		1 GLASS (250 ml)	492.50	11.09	29.59	3.50	0.82	46.14	13.46	16.90	-	298.21	13.06	0.10
241	AAM PANNA	N/A	1 GLASS (250 ml)	147.93	0.55	0.15	-	-	35.40	25.31	-	2.25	9.30	2424.11	0.70
242	MASALA CHAI		100 ml	62.83	1.68	0.76	0.00	-	12.60	10.00	10.00	0.09	68.10	0.31	0.03
243	MANGO SHAKE (With vanilla ice cream)		1 GLASS (250 ml)	695.00	12.40	27.50	6.75	-	99.35	53.15	14.18	-	335.00	0.08	-
244	MOJITO (COCKTAIL)	N/A	280-300 ml	297.00	0.17	0.14	-	-	27.84	25.53	-	0.03	11.50	3.64	0.12
245	MANGO DAIQUIRI (COCKTAIL)	N/A	240 ml	259.79	0.23	0.15	-	-	19.30	19.30	13.46	-	20.70	7.21	0.05
246	MAI TAI (COCKTAIL)	N/A	280-300 ml	277.72	0.26	0.15	-	-	23.23	21.35	11.01	-	15.90	2.97	0.08
247	MINT JULEP (COCKTAIL)	N/A	280-300 ml	208.29	0.00	0.00	-	-	7.15	7.14	7.14	0.01	0.20	0.07	0.02
248	WHISKY SOUR (COCKTAIL)	N/A	280-300 ml	230.94	0.18	0.10	-	-	12.43	11.34	9.54	-	11.40	0.37	0.06

NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
249	CAIPIROSKA (COCKTAIL)	N/A	280-300 ml	239.16	0.30	0.27	-	-	14.04	-	10.71	-	21.00	0.11	0.08
250	GREEN APPLE MARTINI (COCKTAIL)	N/A	180-200 ml	259.85	0.23	0.15	-	-	19.27	16.86	-	0.00	13.50	2.68	0.05
251	MARGARITA (COCKTAIL)	N/A	180-200 ml	230.69	0.23	0.15	-	-	14.60	12.97	12.91	-	13.50	195.63	0.05
252	SANGRIA (COCKTAIL)	N/A	280-300 ml	215.00	0.55	0.37	-	-	20.79	13.54	-	0.38	29.10	8.16	0.95
253	LONG ISLAND ICED TEA (COCKTAIL)	N/A	280-300 ml	270.74	0.23	0.15	-	-	21.14	19.33	19.27	-	13.50	6.94	0.05
254	CUCUMBER COLLINS (COCKTAIL)	N/A	280-300 ml	270.19	0.29	0.16	-	-	17.43	-	15.52	0.29	15.50	1.02	0.18
255	VIRGIN PINA COLADA (MOCKTAIL)		280-300 ml	303.51	1.35	15.00	-	0.60	40.23	40.23	12.00	-	12.00	3.96	0.15
256	SPICED TANGO (MOCKTAIL)	N/A	280-300 ml	102.17	0.45	0.30	-	-	23.63	23.63	12.96	0.00	34.20	1118.21	0.09
257	FRUIT PUNCH (MOCKTAILS)		280-300 ml	314.30	1.41	15.00	-	0.60	44.68	44.68	32.12	-	10.80	28.35	0.09
258	OREO BLAST (MOCKTAIL)		380-400 ml	671.25	7.59	35.20	20.17	0.03	80.86	68.74	10.45	-	2.85	144.26	-
259	MANGO JULEP (MOCKTAIL)	N/A	280-300 ml	169.20	0.16	0.10	-	-	42.50	41.40	27.00	0.01	18.40	303.00	0.06
260	SHARBAT E MOHABBAT (MOCKTAIL)		280-300 ml	235.00	4.84	5.00	-	-	43.76	36.05	36.05	0.12	192.70	5.51	1.58
261	VIRGIN MOJITO (MOCKTAIL)	N/A	280-300 ml	167.07	0.89	0.51	-	-	39.13	32.73	-	0.32	51.00	3.64	0.92
262	CUCUMBER COOLER (MOCKTAIL)	N/A	280-300 ml	120.15	0.38	0.18	-	-	21.99	19.60	18.70	0.78	16.95	3.36	0.26
263	ITALIAN SMOOCH (MOCKTAIL)	N/A	280-300 ml	127.00	0.59	0.42	-	-	30.42	25.35	25.35	0.33	0.32	0.11	0.36
264	BOMBAY COLLINS (MOCKTAIL)	N/A	280-300 ml	114.69	0.26	0.14	-	-	27.71	25.81	11.70	0.03	11.50	3.68	0.21
265	SPICY GUAVA (MOCKTAIL)	N/A	280-300 ml	16.50	0.03	-	-	-	4.14	4.14	3.39	-	2.10	4.50	0.03
266	GLEE CHEE (MOCKTAIL)	N/A	280-300 ml	217.68	0.32	0.15	-	-	32.82	30.94	19.44	-	14.85	2.34	0.14
267	LADY IN RED (MOCKTAIL)	N/A	280-300 ml	149.01	0.23	0.15	-	-	37.13	35.00	-	-	13.50	2.89	0.05
268	PACIFIC BLUE (MOCKTAIL)		280-300 ml	91.29	0.25	0.15	-	-	22.91	21.36	-	0.12	9.40	-	0.10
269	JALJEERA (MOCKTAIL)	N/A	280-300 ml	122.81	0.01	0.01	0.00	-	31.19	28.63	10.63	0.02	-	339.15	-

NUTRITIVE VALUE OF SERVED FOOD ITEMS




















S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
270	KAALA KHATTA (MOCKTAIL)	N/A	280-300 ml	123.88	0.01	0.01	0.00	-	30.76	30.76	11.55	0.02	-	447.23	-
271	SMOKED PINEAPPLE PRIDE (MOCKTAIL)	N/A	280-300 ml	163.73	2.53	2.59	0.00	-	26.10	17.53	8.59	8.58	15.04	1.38	0.14
272	GRILLY CHILLY (MOCKTAIL)	N/A	280-300 ml	148.80	1.78	1.25	0.01	-	32.08	21.96	-	2.65	104.80	5.85	1.08
273	IMLI CHILLY (MOCKTAIL)	N/A	280-300 ml	104.86	0.54	0.27	-	-	25.38	23.78	19.71	0.71	13.70	214.96	0.66
274	KESAR E ADRAKI(MOCKTAIL)	N/A	280-300 ml	137.50	0.46	0.13	-	-	34.06	32.38	12.81	0.29	14.10	45.07	0.20
275	STRAWBERRY BASIL COOLER (MOCKTAIL)	 SULPHITES	280-300 ml	120.51	0.53	0.30	-	-	29.67	25.89	15.96	0.00	27.18	1.22	0.09
276	GUAVA MARY (MOCKTAIL)	N/A	280-300 ml	99.07	0.72	0.42	-	-	23.31	20.71	16.95	1.41	33.40	810.87	0.66
277	LEMON ICED TEA (MOCKTAIL)	N/A	280-300 ml	106.00	0.12	0.01	-	-	26.00	24.78	24.69	0.03	-	4.90	-
278	PEACH ICED TEA (MOCKTAIL)	N/A	280-300 ml	89.40	0.12	-	-	-	21.75	21.00	21.00	-	-	18.00	-
279	ELDER FLOWER ICED TEA (MOCKTAIL)	N/A	280-300 ml	104.00	0.08	0.01	-	-	25.00	24.19	16.46	0.02	-	3.26	-
280	MANGO ICED TEA (MOCKTAIL)	 SULPHITES	280-300 ml	100.30	0.09	0.01	-	-	24.66	19.73	16.46	0.02	-	3.26	-
281	PASSION FRUIT ICED TEA (MOCKTAIL)	N/A	280-300 ml	105.25	0.10	0.02	-	-	25.84	24.98	24.71	0.03	-	3.50	-
DESSERT															
282	PHIRNI		100 G	120.00	2.30	5.44	0.84	0.02	15.40	16.17	7.67	-	53.60	-	-
283	MOONG DAL HALWA		50 G	238.54	3.81	17.12	5.84	0.24	17.31	19.16	8.64	-	2.07	2.08	0.18
284	ANGOORI GULAB JAMUN		100 G	310.80	4.76	6.76	2.80	0.50	57.73	39.85	-	0.12	-	26.30	-
285	BROWNIE		100 G	449.10	6.78	17.16	0.48	0.01	66.87	47.70	-	-	-	-	-
286	WALNUT AMERICAN BROWNIE		100 G	479.22	6.88	21.83	3.75	0.01	64.55	45.86	-	-	2.31	-	0.06
287	PLUM CAKE		100 G	553.77	8.91	25.56	9.55	0.02	71.44	29.12	-	1.62	17.12	576.58	1.15
288	CHOCOLATE PASTRY		100 G	367.38	5.90	15.50	3.46	0.01	51.05	21.79	-	0.84	1.75	397.63	0.28
289	KIWI PASTRY		100 G	368.70	7.19	11.46	4.90	0.01	59.48	36.19	0.29	0.01	0.68	308.49	-






















NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
290	RED VELVET PASTRY		100 G	349.00	4.72	13.00	6.89	0.07	53.22	26.35	0.67	0.67	0.63	6.87	-
291	FRUIT CUSTARD		100 G	199.46	3.75	9.80	2.53	-	24.53	12.21	7.14	0.41	109.04	2.79	0.86
292	FRESH FRUIT TART		100 G	422.13	6.13	17.91	13.04	0.09	59.64	18.49	17.86	0.28	13.38	9.01	1.53
293	COCONUT CHOCOLATE BALL		100 G	498.71	6.67	25.22	3.25	0.01	61.91	39.75	-	-	40.73	-	0.95
294	BUTTER SCOTCH PASTRY		100 G	377.00	6.71	14.47	7.81	0.01	55.22	33.49	-	0.01	0.63	287.93	-
295	KESAR PISTA KULFI		1 STICK (40 G)	111.11	3.17	6.84	0.07	0.25	9.34	5.24	3.57	0.00	92.83	4.05	0.15
296	MANGO KULFI		1 STICK (40 G)	99.83	2.74	5.68	0.06	0.24	9.57	5.80	4.24	-	84.77	3.77	0.04
297	STRAWBERRY KULFI		1 STICK (40 G)	99.51	2.80	5.87	0.07	0.25	8.98	5.06	3.45	0.05	88.32	3.89	0.08
298	CHOCOLATE KULFI		1 STICK (40 G)	111.40	2.93	6.43	0.07	0.25	10.58	5.06	3.45	-	88.00	3.89	0.11
299	PAAN KULFI		1 STICK (40 G)	105.11	2.81	5.87	0.07	0.25	10.37	5.06	3.45	-	89.28	3.89	0.11
300	RASOGOLLA		100 G	276.00	8.56	7.05	-	-	44.52	30.98	-	0.16	-	16.90	-
301	STRAWBERRY PASTRY		100 G	328.50	6.30	10.03	4.29	0.01	53.61	33.20	1.66	0.01	0.59	269.93	-
302	PINEAPPLE PASTRY		100 G	331.15	6.31	10.03	4.29	0.01	54.16	32.27	-	0.01	0.59	269.93	-
303	CHEESE CHOCOLATE BROWNIE		100 G	210.88	0.91	16.93	2.69	0.00	14.33	8.25	7.50	0.02	0.69	-	0.16
304	FRUIT PASTRY		100 G	303.04	5.78	9.19	3.92	0.01	49.52	29.94	-	0.18	1.31	247.76	0.03
305	RASBHARI		100 G	207.29	4.76	10.46	-	0.20	23.74	16.29	7.00	0.06	72.44	5.14	0.00
306	RABRI		100 G	275.06	6.58	17.73	0.18	0.66	22.61	13.58	9.26	-	204.37	10.45	0.04
307	SHAHI TUKDA		100 G	322.30	6.78	20.78	1.19	0.48	27.50	9.91	6.76	0.02	156.90	7.62	1.14
308	VANILLA ICE CREAM		100 G	116.00	1.80	6.30	3.60	-	12.90	10.10	-	-	-	-	-
309	STRAWBERRY ICE CREAM		100 G	101.00	1.80	5.50	3.50	-	11.00	8.10	-	-	-	-	-
310	TRUFFLE CUSTARD PUDDING		100 G	225.13	4.30	11.38	2.95	-	26.90	14.25	8.33	-	124.96	0.42	0.90





















NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
311	PLAIN KULFI		1 STICK (40 G)	110.02	2.63	7.09	0.07	0.26	9.05	1.73	3.70	-	81.75	4.18	0.02
312	PAYASAM		100 G	99.32	2.22	3.14	0.10	-	15.58	19.10	8.69	-	46.12	1.97	0.07
313	ADA PRADHAMAN		100 G	97.92	2.27	3.36	0.11	-	14.66	18.54	8.65	-	46.12	1.53	0.07
314	MANGO MOUSSE	N/A	100 G	207.32	1.05	12.24	11.16	-	23.37	18.83	8.27	0.30	32.40	43.98	0.20
315	AAM PHIRNI		100 G	169.11	3.59	9.00	0.63	0.02	18.33	13.71	7.34	0.30	104.90	3.91	0.25
316	MANGO PASTRY		100 G	301.81	4.01	9.58	5.77	0.01	50.19	31.57	6.00	0.21	2.59	177.67	0.13
317	GHEWAR		100 G	402.16	4.87	20.41	1.69	0.20	51.01	28.98	27.66	-	68.20	5.85	0.72
318	MALPUA		100 G	391.53	4.99	17.46	2.38	-	54.91	-	22.22	0.09	29.38	39.36	1.00
319	JALEBI		100 G	323.78	4.11	15.19	2.53	-	43.80	16.30	16.30	0.00	10.17	43.22	1.00
320	SABUDANA KHEER		100 G	208.11	2.64	3.27	-	-	42.83	24.10	24.10	0.28	80.58	0.24	0.65
321	CHOCOLATE BROWNIE		100 G	449.10	6.78	17.16	0.48	0.01	66.87	47.70	-	-	-	-	-
322	CRISPY TART		100 G	422.13	6.13	17.91	13.04	0.09	59.64	18.49	17.86	0.28	13.38	9.01	1.53
323	COLOR FULL JELLY BELLY	N/A	100 G	396.00	0.40	0.10	-	-	98.50	91.80	-	-	-	-	-
324	GULAB JAMUN		100 G	310.80	4.76	6.76	2.80	0.50	57.73	39.85	-	0.12	-	26.30	-
325	KESARIYA PHIRNI		100 G	120.00	2.30	5.44	0.84	0.02	15.40	16.17	7.67	-	53.60	-	-
326	GHEWAR MALAI		100 G	402.16	4.87	20.41	1.69	0.20	51.01	28.98	27.66	-	68.20	5.85	0.72
327	MALPUA WITH RABRI		100 G	333.29	5.79	17.59	1.28	0.33	38.76	17.90	15.74	0.04	116.87	24.90	0.52
328	JALEBI WITH RABRI		100 G	299.42	5.35	16.46	1.36	0.33	33.21	14.94	12.78	0.00	107.27	26.84	0.52
329	MALAI KULFI		1 STICK (40 G)	110.02	2.63	7.09	0.07	0.26	9.05	1.73	3.70	-	81.75	4.18	0.02
330	CASSATA PASTRY		100 G	273.87	4.33	10.13	3.87	0.01	41.77	25.92	2.36	0.01	0.53	185.89	-
331	BALUSHAHI		1 PIECE (32 G)	134.00	1.35	9.00	0.84	-	12.82	3.69	3.69	0.00	2.83	14.23	0.33






















NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
DESSERT															
332	MAWA SLICE CAKE		100 G	430.64	7.24	24.96	17.35	-	44.73	25.84	25.00	-	26.00	2.58	1.38
NON VEGETARIAN															
333	TANDOORI CHICKEN TIKKA		100 G	248.00	19.02	18.00	1.71	-	3.08	0.52	0.13	0.20	66.53	192.20	1.40
334	TANDOORI FISH TIKKA		100 G	172.00	24.14	7.00	1.53	-	3.26	0.55	0.14	0.21	57.61	174.74	1.09
335	TANDOORI TANGDI		100 G	422.00	20.21	16.00	1.79	-	3.08	0.52	0.13	0.20	68.56	192.66	1.55
336	TANDOORI PRAWNS		100 G	143.00	19.85	5.00	0.69	-	3.59	0.35	0.08	0.20	354.23	142.76	5.35
337	TANDOORI WINGS		100 G	242.00	18.30	18.00	1.87	-	3.08	0.52	0.13	0.20	75.75	199.94	1.65
338	CHEESE CHICKEN TIKKA		100 G	235.11	17.56	17.17	1.02	-	2.83	1.26	0.13	-	17.35	540.10	1.05
339	CHEESE FISH TIKKA		100 G	179.00	25.60	7.00	0.90	-	3.40	1.51	0.15	-	6.28	615.52	0.82
340	CHEESE PRAWNS		100 G	135.00	15.24	5.00	0.23	-	3.11	1.31	0.09	-	77.06	602.06	0.99
341	CHEESE CHICKEN WINGS		100 G	257.00	19.94	19.00	1.32	-	3.19	1.42	0.14	-	29.89	616.32	1.47
342	ACHARI CHICKEN TIKKA		100 G	246.00	19.00	17.79	1.05	-	2.68	0.01	-	0.49	77.60	141.31	1.26
343	ACHARI FISH TIKKA		100 G	162.13	19.02	8.41	0.04	-	2.68	0.01	-	0.49	225.52	80.31	0.21
344	ACHARI TANGDI		100 G	418.65	20.19	16.19	1.13	-	2.68	0.01	-	0.49	79.63	141.76	1.41
345	ACHARI PRAWNS		100 G	124.33	14.18	5.09	0.22	-	2.68	0.01	-	0.49	124.46	153.70	1.03
346	ACHARI WINGS		100 G	239.45	18.29	17.40	1.21	-	2.68	0.01	-	0.49	86.81	149.04	1.51
347	RESHMI CHICKEN TIKKA		100 G	224.84	17.12	16.35	1.52	-	2.50	0.50	0.12	0.15	60.17	356.73	1.21
348	RESHMI FISH TIKKA		100 G	147.64	20.52	6.06	1.28	-	2.50	0.50	0.12	0.15	49.27	332.28	0.88
349	RESHMI CHICKEN TANGDI		100 G	380.22	18.19	14.90	1.59	-	2.50	0.50	0.12	0.15	62.00	357.14	1.35
350	RESHMI PRAWNS		100 G	114.32	12.74	4.91	0.77	-	2.28	0.35	0.07	0.15	102.35	322.19	1.01

NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
351	RESHMI CHICKEN WINGS		100 G	218.10	16.47	15.90	1.66	-	2.50	0.50	0.12	0.15	68.47	363.69	1.44
352	KALMI CHICKEN TIKKA		100 G	222.20	17.12	15.92	1.34	-	2.83	0.44	0.12	0.18	61.37	337.68	1.20
353	KALMI FISH TIKKA		100 G	145.84	20.52	5.73	1.10	-	2.83	0.44	0.12	0.18	50.47	313.23	0.87
354	KALMI CHICKEN TANGDI		100 G	378.42	18.19	14.57	1.41	-	2.83	0.44	0.12	0.18	63.20	338.09	1.34
355	KALMI PRAWNS		100 G	112.70	12.77	4.49	0.59	-	2.83	0.44	0.12	0.18	103.55	348.83	1.00
356	KALMI CHICKEN WINGS		100 G	216.30	16.47	15.57	1.48	-	2.83	0.44	0.12	0.18	69.67	344.64	1.43
357	GARLIC MUSTARD CHICKEN TIKKA		100 G	223.94	17.12	16.11	1.34	-	2.83	0.65	0.12	0.18	61.37	348.33	1.28
358	GARLIC MUSTARD FISH TIKKA		100 G	167.47	21.24	8.00	1.14	-	2.48	0.38	0.00	0.25	236.61	253.71	0.21
359	GARLIC MUSTARD CHICKEN TANGDI		100 G	380.16	18.19	14.76	1.41	-	2.83	0.65	0.12	0.18	63.20	348.74	1.41
360	GARLIC MUSTARD PRAWNS		100 G	114.44	12.77	4.68	0.59	-	2.83	0.65	0.12	0.18	103.55	359.48	1.07
361	GARLIC MUSTARD CHICKEN WINGS		100 G	218.04	16.47	15.75	1.48	-	2.83	0.65	0.12	0.18	69.67	355.29	1.51
362	PERIPERI CHICKEN TIKKA		100 G	280.00	17.87	21.00	2.42	0.01	4.37	1.71	0.12	0.32	43.96	382.60	1.33
363	PERIPERI FISH TIKKA		100 G	210.00	22.64	11.00	2.30	0.01	4.61	1.81	0.13	0.34	34.29	376.68	1.04
364	PERIPERI CHICKEN TANGDI		100 G	445.00	18.99	20.00	2.25	0.01	4.37	1.71	0.12	0.32	45.89	383.03	1.47
365	PERIPERI PRAWNS		100 G	185.00	14.86	10.00	1.84	0.01	4.88	1.91	0.14	0.36	98.75	440.46	1.25
366	PERIPERI CHICKEN WINGS		100 G	290.00	18.14	22.00	2.72	0.01	4.61	1.80	0.13	0.34	55.62	411.59	1.66
367	HOT GARLIC CHICKEN TIKKA		100 G	234.68	15.74	18.27	1.70	0.01	2.04	1.20	-	-	15.61	232.00	0.94
368	HOT GARLIC FISH TIKKA		100 G	173.59	22.09	8.03	1.68	0.01	2.96	1.82	0.13	-	5.41	369.87	0.70
369	HOT GARLIC CHICKEN TANGDI		100 G	447.50	19.30	19.13	2.18	0.01	3.00	1.76	0.12	-	19.90	440.66	1.23
370	HOT GARLIC PRAWNS		100 G	131.91	12.75	6.49	1.06	0.01	2.86	1.76	0.13	-	64.21	397.10	0.82
371	HOT GARLIC CHICKEN WINGS		100 G	262.53	17.34	20.26	2.26	0.01	3.00	1.76	0.12	-	27.28	448.14	1.34


NUTRITIVE VALUE OF SERVED FOOD ITEMS















S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
372	THAI CHICKEN TIKKA		100 G	261.53	17.70	19.88	2.44	0.01	3.16	1.74	0.13	0.17	22.52	382.27	1.12
373	THAI FISH TIKKA		100 G	181.81	22.22	8.74	2.25	0.01	3.27	1.80	0.13	0.17	10.76	367.34	0.78
374	THAI CHICKEN TANGDI		100 G	474.81	19.51	21.66	3.15	0.01	3.90	2.12	0.12	0.22	26.58	437.50	1.33
375	THAI PRAWNS		100 G	139.86	12.87	7.17	1.62	0.01	3.16	1.74	0.13	0.17	69.38	394.66	0.90
376	THAI CHICKEN WINGS		100 G	289.84	17.55	22.79	3.24	0.01	3.90	2.12	0.12	0.22	33.96	444.98	1.43
377	CHICKEN BUTTER MASALA		100 G	265.06	9.80	21.08	5.62	0.00	7.61	3.73	0.09	0.92	80.05	658.57	0.34
378	KADHAI CHICKEN		100 G	232.84	8.25	18.22	4.69	0.00	8.38	3.12	0.08	1.47	82.86	602.41	0.46
379	MUTTON ROGAN JOSH		100 G	214.18	10.16	13.22	0.00	-	13.61	2.02	0.04	0.08	76.56	426.05	1.27
380	FISH MASALA		100 G	197.00	8.32	15.00	4.82	0.00	5.51	3.59	0.08	1.04	60.42	660.98	0.05
381	EGG MASALA		100 G	250.88	7.04	20.14	5.38	0.00	8.62	3.66	0.07	1.44	82.26	696.44	0.58
382	CHILLI GARLIC PRAWNS		100 G	170.12	13.74	10.24	3.02	0.01	2.76	1.73	-	-	69.63	257.39	0.89
383	CHICKEN BIRYANI		100 G	197.59	7.34	8.66	1.26	0.01	22.22	0.64	-	0.93	22.27	526.16	0.59
384	MUTTON BIRYANI		100 G	175.31	6.63	7.04	0.80	0.01	20.96	0.53	-	1.07	55.86	163.13	0.79
385	DUM KA MURGH		100 G	294.32	9.09	23.07	5.81	0.01	8.15	2.02	0.04	1.00	86.76	234.22	0.37
386	CRUMB FRIED FISH FINGER		100 G	293.34	15.12	18.16	0.49	-	16.78	0.13	-	0.65	8.23	23.74	0.83
387	CHICKEN FRIED RICE		100 G	182.26	5.69	10.00	1.32	-	17.23	0.44	-	1.23	14.92	192.87	0.85
388	BANO TANGDI		100 G	422.40	18.95	18.82	1.08	-	1.36	0.01	-	0.06	64.27	81.02	1.36
389	CHICKEN SHISH TAWOOK		100 G	250.83	17.56	19.07	1.94	0.01	2.47	1.60	0.13	0.03	22.98	227.54	1.12
390	KEEMA KALEJI	N/A	100 G	165.12	13.49	11.04	0.81	-	2.85	0.65	0.06	0.78	63.18	304.87	3.24
391	JHEENGA NISHA		100 G	144.00	14.93	6.00	1.89	0.01	3.73	1.56	0.12	0.17	114.48	382.63	1.18
392	BURRANI GOSHT		100 G	168.64	10.92	12.04	0.29	-	4.16	0.67	0.04	0.21	78.89	586.27	1.35

NUTRITIVE VALUE OF SERVED FOOD ITEMS





















S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
393	ZAFRANI MACHHI		100 G	182.00	19.24	10.00	1.48	0.00	3.75	1.33	0.13	0.17	216.69	337.82	0.34
394	EGG CURRY		100 G	166.00	6.04	13.00	4.99	0.00	8.49	3.35	0.08	1.44	88.67	324.56	0.67
395	PESHAWARI TANGDI		100 G	436.57	18.21	20.78	2.31	0.00	3.33	1.20	0.12	0.17	62.34	359.20	1.41
396	PARSLEY FISH		100 G	182.51	18.03	11.15	1.17	-	2.77	0.32	0.07	0.15	235.96	693.48	0.55
397	CHEMOULA PRAWNS		100 G	132.96	18.79	4.46	0.54	0.00	4.55	0.94	0.08	0.02	312.83	142.42	5.13
398	MAHI SURKH KORMA		100 G	241.36	9.90	17.77	5.27	0.00	7.95	2.81	0.06	1.01	134.39	298.21	0.07
399	MURGH BAGMATI		100 G	264.63	8.78	20.53	4.67	0.00	7.64	1.69	0.05	1.67	82.49	207.94	0.99
400	MURGH PATIALA		100 G	259.59	9.08	20.12	4.89	0.00	7.30	2.00	0.05	1.02	76.38	219.20	0.43
401	MURGH JEERA		100 G	251.22	10.02	19.75	5.03	0.00	7.29	3.24	0.05	1.18	83.03	230.03	0.50
402	MURGH METHI		100 G	264.15	8.96	20.59	5.19	0.00	7.34	1.67	0.05	1.44	104.57	212.87	0.60
403	ANDHRA CHICKEN CURRY		100 G	278.47	9.59	22.34	4.29	-	6.79	1.30	0.05	1.09	81.48	224.69	0.44
404	MURGH LABABDAR		100 G	282.42	11.12	22.06	5.96	0.00	8.71	3.85	0.07	1.16	82.27	354.96	0.47
405	MURGH BANJARA		100 G	264.25	8.95	20.61	5.19	0.00	7.34	1.67	0.05	1.45	96.27	214.24	0.61
406	MURGH MASALA JODHPURI		100 G	252.20	9.86	19.74	5.24	0.00	7.84	3.38	0.06	1.04	73.76	311.17	0.43
407	KADHAI GOSHT		100 G	162.33	10.81	11.37	0.15	-	4.16	0.80	0.04	0.36	80.70	632.42	1.31
408	MUTTON SAHA PASANDA		100 G	205.36	10.55	13.49	1.68	-	5.72	2.01	0.04	1.52	75.47	277.69	1.25
409	DUM KI MACHHI		100 G	235.83	9.18	17.26	4.98	0.00	7.18	1.75	0.03	1.08	132.33	514.62	0.04
410	FISH CURRY		100 G	241.22	9.91	18.22	5.19	0.00	8.42	3.48	0.08	1.44	132.60	338.22	0.17
411	PRAWNS KHADA MASALA		100 G	109.78	13.88	3.66	0.93	-	2.47	0.55	0.14	0.21	97.14	216.63	1.05
412	ZAFRANI TANGDI		100 G	391.06	18.20	15.78	2.48	0.00	3.27	1.20	0.12	0.15	62.19	359.20	1.35
413	ANGARA TANGDI		100 G	379.70	18.19	14.76	1.61	-	2.77	0.47	0.12	0.18	61.70	173.39	1.39












NUTRITIVE VALUE OF SERVED FOOD ITEMS



S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
414	FISH ADRAKI TIKKA		100 G	158.64	18.06	8.42	0.82	-	2.76	0.52	0.12	0.22	203.69	317.72	0.32
415	LEMON CORIANDER CHICKEN SOUP		100 G	77.98	3.43	5.07	0.64	-	4.80	0.05	0.02	0.92	45.27	39.11	0.63
416	MURGH TOMATO DHANIYA SHORBA		100 G	71.07	3.30	4.00	0.46	-	5.28	0.22	0.07	0.61	28.95	647.39	0.37
417	CRISPY CHICKEN STRIPS		100 G	421.00	21.10	29.00	4.28	-	20.27	0.74	-	-	16.51	82.10	1.37
418	HARIYALI CHICKEN TIKKA		100 G	241.55	17.26	18.10	2.13	-	2.72	0.32	0.07	0.15	64.40	751.86	1.33
419	CHICKEN DO PYAZA		100 G	259.66	8.20	19.62	5.22	0.00	8.84	1.94	0.07	1.46	92.42	296.27	0.52
420	PATIALA SHAHI GOSHT		100 G	207.08	10.08	13.49	1.52	-	5.72	1.38	0.04	1.52	75.47	266.75	1.25
421	CHICKEN IN BASIL PEPPER SAUCE		100 G	178.99	6.34	15.12	2.10	-	4.85	2.00	0.04	0.45	10.52	472.48	0.46
422	FISH MANGALOREAN		100 G	258.31	10.28	19.75	4.62	0.00	8.80	3.02	0.04	1.17	125.11	251.41	0.42
423	HARIYALI FISH		100 G	175.75	17.28	10.75	1.40	-	2.72	0.32	0.07	0.15	197.54	696.96	0.39
424	BHATTI DA MURGH		100 G	242.77	17.80	17.52	1.53	-	3.73	0.24	0.05	0.35	65.56	105.22	1.48
425	GHOST ELAICHI PASANDA		100 G	219.00	11.26	14.00	1.79	-	6.13	2.14	0.04	1.64	80.58	451.23	1.33
426	CAJUN CHICKEN KEBAB		100 G	221.00	15.95	16.00	1.53	0.01	2.78	1.61	0.12	0.62	17.61	709.95	1.07
427	TAWA FISH MOZAMBIQUE		100 G	114.70	19.82	3.00	0.39	-	2.91	1.08	0.17	0.33	10.00	1124.20	0.07
428	HARIYALI MURGH TIKKA		100 G	224.02	17.21	16.09	1.79	-	2.85	0.47	0.12	0.15	63.50	332.46	1.20
429	KERALA STYLE FISH CURRY		100 G	118.00	8.85	6.00	1.48	0.00	4.94	1.96	0.04	1.17	9.55	633.64	0.37
430	CHICKEN SEEKH KEBAB		100 G	212.00	18.00	13.00	8.00	-	5.00	-	-	-	-	-	-
431	MUTTON SEEKH KEBAB		100 G	225.00	13.00	17.00	7.00	-	6.00	-	-	-	-	-	-
432	CHICKEN SEEKH MASALA		100 G	227.37	13.76	15.47	6.97	-	6.82	2.23	0.03	0.70	1.23	498.30	0.01
433	WOK TOSSED SEEKH KEBAB		100 G	236.04	10.43	18.14	6.31	-	7.49	2.23	0.03	0.70	1.23	498.30	0.01
434	KERALA STYLE MOZAMBIQUE FISH		100 G	229.19	10.87	16.78	5.03	0.00	7.33	2.88	0.03	1.09	69.00	303.66	0.13








NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
435	EGG KHADA MASALA		100 G	251.88	7.07	20.31	5.36	0.00	8.62	3.39	0.08	2.98	92.20	382.84	0.68
436	CHILLI CHICKEN DRY		100 G	229.00	10.46	18.00	2.25	-	7.03	1.37	0.04	0.52	17.13	487.57	1.11
437	CHEESE TANGDI		100 G	490.00	22.50	19.00	1.32	-	3.40	1.51	0.15	-	23.26	648.67	1.44
438	LAAL MAAS	N/A	100 G	161.38	10.62	11.64	0.29	-	3.57	0.53	0.04	0.08	76.56	586.05	1.27
439	KACHI AMBI FISH TIKKA		100 G	143.68	17.31	6.54	0.64	-	4.02	0.12	-	0.81	192.87	221.89	0.23
440	AMBI FISH CURRY		100 G	274.62	6.16	26.15	6.12	-	4.26	0.28	-	1.28	63.96	683.64	0.39
441	CHICKEN TIKKI		100 G	221.49	17.22	13.02	0.25	-	8.77	0.22	-	3.35	89.47	681.52	4.54
442	CHICKEN KEBAB		100 G	202.31	18.87	10.02	0.34	-	9.04	0.28	-	3.63	90.68	482.33	4.41
443	EGG SAUSAGE		100 G	162.95	6.75	13.00	1.21	-	4.41	2.81	-	0.75	49.09	469.88	1.28
444	CHICKEN PAKODA	N/A	100 G	395.88	18.08	29.42	3.75	-	15.59	0.33	0.10	2.39	33.95	646.52	2.08
445	RAWA FISH		100 G	303.93	12.09	18.16	2.57	-	23.66	0.05	0.01	0.38	101.20	226.27	0.69
446	MUTTON KOSHA	N/A	100 G	189.74	8.52	14.03	0.01	-	7.32	0.07	0.01	1.58	85.17	27.37	1.56
447	FISH KALIA		100 G	206.68	9.15	16.79	0.00	-	4.71	0.57	0.54	0.52	359.95	578.00	0.75
448	MUTTON SEEKH SIZZLER		100 G	237.00	12.21	18.00	7.20	-	7.95	0.40	-	0.82	18.94	215.33	0.20
449	CHICKEN SEEKH SIZZLER		100 G	226.00	16.71	14.00	8.10	-	7.04	0.40	-	0.82	18.94	215.33	0.20
450	ANCHOVY FRY		100 G	426.57	19.21	31.79	3.96	-	16.15	0.05	-	3.76	131.96	919.24	3.12
451	CHICKEN DUM BIRYANI		100 G	199.93	9.31	8.59	1.14	0.01	21.31	1.70	0.01	0.53	25.51	441.51	0.60
452	CHICKEN DUM BIRYANI, BONELESS		100 G	209.61	8.21	10.17	1.22	0.01	21.33	1.70	0.01	1.37	27.34	449.95	0.69
453	CHICKEN SEEKH DUM BIRYANI		100 G	220.13	8.60	10.43	3.49	0.02	22.68	2.05	0.01	0.66	27.59	393.31	0.50
454	MUTTON SEEKH DUM BIRYANI		100 G	232.85	6.17	12.43	2.70	0.02	24.26	2.07	0.01	0.81	31.07	432.81	0.53
455	GOLDEN FRIED PRAWNS		100 G	193.37	11.78	5.91	0.99	-	21.41	-	-	0.71	66.59	638.20	1.20

NUTRITIVE VALUE OF SERVED FOOD ITEMS

S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
456	MUTTON SEEKH MASALA		100 G	268.88	18.55	20.02	0.05	-	3.41	0.32	-	1.85	150.03	644.11	2.98
457	MUTTON DUM BIRYANI		100 G	216.92	8.93	9.99	0.97	0.01	22.75	1.52	0.01	1.32	68.93	397.51	1.18
458	PRAWNS DUM BIRYANI		100 G	185.79	6.22	6.97	1.19	0.02	23.80	2.38	0.01	0.67	43.87	466.13	0.62
459	FISH BIRYANI		100 G	207.78	7.36	9.62	1.11	0.02	22.92	2.06	0.01	0.84	71.33	433.42	0.55
460	EGG MASALA DUM BIRYANI		100 G	221.03	6.24	11.59	1.11	0.02	22.90	2.07	0.01	0.81	44.70	432.81	1.01
461	CHICKEN SEEKH DUM BIRYANI OVERLOADED		100 G	219.81	11.03	11.27	4.60	0.02	18.17	1.65	0.01	0.53	21.56	286.97	0.42
462	CHICKEN DUM BIRYANI OVERLOADED		100 G	198.06	11.96	9.53	1.16	0.01	16.08	1.62	0.01	1.10	26.57	423.14	0.68
463	CHICKEN DUM BIRYANI BONELESS OVERLOADED		100 G	200.97	9.69	11.28	1.27	0.01	15.26	1.55	0.01	1.03	27.07	421.44	0.75
464	MUTTON DUM BIRYANI OVERLOADED		100 G	208.06	10.62	11.18	0.89	0.01	16.16	1.40	0.01	1.03	86.15	371.56	1.42
465	MUTTON SEEKH DUM BIRYANI OVERLOADED		100 G	235.91	7.34	13.59	3.40	0.02	21.38	1.78	0.01	0.72	26.88	361.28	0.47
466	PRAWNS DUM BIRYANI OVERLOADED		100 G	163.62	7.66	5.82	0.98	0.02	18.97	2.06	0.01	0.46	48.27	382.17	0.67
467	BBQ CHICKEN WINGS		100 G	217.58	16.47	15.75	1.68	-	2.77	0.47	0.12	0.18	68.17	179.94	1.49
468	EGG BOILED		45 G	66.00	6.04	5.00	1.56	-	-	-	-	-	24.80	54.45	0.84
469	PUNJABI TANGDI		100 G	379.70	18.19	14.76	1.61	-	2.77	0.35	-	0.18	61.70	59.15	1.39
470	AMERICAN FRIED CHICKEN		100 G	340.00	16.93	23.00	3.44	0.00	16.42	0.65	-	-	13.21	124.71	1.09
471	ANGARA CHICKEN TIKKA		100 G	223.48	17.12	16.11	1.54	-	2.77	0.47	0.12	0.18	59.87	172.98	1.26
472	HARIYALI FISH TIKKA		100 G	175.75	17.28	10.75	1.40	-	2.72	0.32	0.07	0.15	197.54	696.96	0.39
473	MIRCH MASALA TANGDI		100 G	379.70	18.19	14.76	1.61	-	2.77	0.47	0.12	0.18	61.70	173.39	1.39
474	CHILLI CHICKEN		100 G	186.19	8.52	14.50	1.84	-	5.73	1.12	0.03	0.43	13.95	397.28	0.90
475	BUTTER CHICKEN		100 G	265.06	9.80	21.08	5.62	0.00	7.61	3.73	0.09	0.92	80.05	658.57	0.34
476	MASALA MUTTON SEEKH		100 G	268.88	18.55	20.02	0.05	-	3.41	0.32	-	1.85	150.03	644.11	2.98

NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
477	MURGH PUDINA SHORBA	N/A	100 G	66.72	3.75	4.73	0.58	-	2.30	0.24	0.07	1.14	43.29	84.26	1.66
478	FISH IN LEMON BUTTER SAUCE	 	100 G	280.00	10.31	22.00	8.35	0.01	10.87	1.41	0.10	-	101.27	612.50	0.09
479	TANDOORI CHICKEN TIKKA GRUB & SUB	 	1 SUB (400 G)	888.75	30.89	51.61	18.69	0.02	75.99	12.22	3.33	2.88	113.32	941.22	4.24
480	HOT N SPICY CHICKEN SEEKH GRUB & SUB	 	1 SUB (385 G)	891.94	30.25	49.78	25.62	0.02	80.54	12.22	3.33	2.88	72.60	871.83	3.10
481	SUCCULENT GRILLED MUTTON SEEKH GRUB & SUB	 	1 SUB (380 G)	885.88	24.88	52.55	24.04	0.01	79.92	12.07	3.32	2.68	65.35	867.26	2.95
482	RABBIT MASALA	N/A	100 G	165.47	12.59	10.59	2.26	-	5.04	0.23	-	2.63	50.54	415.93	2.27
483	DUCK MASALA	N/A	100 G	162.95	12.08	10.55	1.31	-	5.09	0.23	-	2.63	39.80	392.01	1.06
484	CHICKEN KEEMA DOSA	N/A	1 DOSA (140 G)	304.00	10.20	17.00	2.93	-	27.81	0.65	0.11	1.27	23.21	1032.65	1.24
485	MUTTON KEEMA DOSA	 	1 DOSA (140 G)	310.00	8.99	18.00	4.31	-	29.21	0.65	0.11	1.27	18.92	1017.58	0.98
486	EGG DOSA		1 DOSA (120 G)	239.00	10.53	14.00	1.49	-	19.13	-	-	-	29.45	489.72	1.03
487	BUTTER CHICKEN DOSA	N/A	1 DOSA (140 G)	291.00	10.20	16.00	7.32	-	27.81	0.65	0.11	1.27	23.21	1032.65	1.24
488	PATIALA EGG CURRY	  	100 G	278.00	8.27	20.00	7.51	-	7.49	3.52	-	0.90	99.79	259.43	0.68
489	QUAIL MASALA	 	100 G	250.00	8.51	19.00	6.58	-	9.64	3.83	-	1.34	89.85	387.78	0.62
490	CHEESE CHILLI GARLIC PRAWNS	 	100 G	147.81	12.82	8.07	1.99	0.00	3.21	1.28	-	-	64.21	589.54	0.82
491	CHICKEN FRIED NOODLES	  	100 G	202.61	8.80	9.00	1.12	-	20.81	1.42	0.00	0.82	20.53	627.73	0.98
492	MUTTON KEEMA KULCHA		175 G	445	15.39	23	7.99	-	45.12	3.01	2.18	1.48	50.61	1097.61	1.45
493	CHICKEN KEEMA PAO		160 G	392	18.82	16	3.8	-	44.23	3.18	0.07	2.33	16.34	988.33	0.63
494	CHICKEN BAIDA PARANTHA	 	100 G	237.22	10.97	5.88	0.62	-	34.45	0.83	-	1.66	24.97	362.58	1.59

NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYDRATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
495	BBQ CHICKEN TIKKA KULCHA		250 G	594.05	19.90	35.66	10.45	0.02	48.81	5.32	2.37	1.55	172.96	511.10	2.54
496	BBQ KEEMA KULCHA		250 G	611.43	21.16	36.93	10.32	0.02	49.06	5.63	2.37	1.37	145.54	725.93	2.49
*Allergy Advice: These dishes are prepared in a facility that also handles allergy based material and may contain allergens such as Cereal containing gluten, Crustacean and products of these, Egg and egg products, Fish and Fish products, Sulphite in concentrations 10mg/Kg or more, Tree nuts and nut products, Milk and milk products and Peanuts, soyabean and its products (For specific requirements please ask the waiter).															
**An average active adult requires 2,000 Kcal energy per day. However, calorie needs may vary.															
Disclaimer:-The data provided here is approximate and indicative. The data is being provided with the intent to help customers make informed choices at Barbeque-Nation Hospitality Limited ('the Company') restaurants. The nutrition analysis is done by NABL accredited ISO/ICE 17025:2017 certified laboratory; Diet Soft Software which is based on NIN and IFCT database and information provided by the Company's suppliers. It is based on standard product formulations per serving. Variations in portion size, use of condiments, seasoning etc. as well as changes in farming conditions, preparation process, modification or substitutions in formulations by different manufacturers, sources of supply including seasonal changes/geographical/ weather conditions may impact nutritional values of the menu food items and the Company disclaims any such variance due to events beyond its control. While allergen information herein covers the common allergens, the list is non-exhaustive and the specific allergens and effect thereof on an individual varies from an individual to another and the Company disclaims responsibility.															
This information is effective from 10th -Nov- 2022 and is subject to change from time to time without prior notice.															

S No	Allergen Types	Symbols
1	Cereal containing gluten	
2	Crustacean and products of these	
3	Egg and egg products	
4	Fish and Fish products	
5	Tree nuts and nut products	
6	Milk and milk products	
7	Soyabean and its products	
8	Sulphite in concentrations 10mg/Kg or more	