


## NUTRITIONAL INFORMATION

| <br>fresh   healthy   authentic   flavors |                  | Serving Size | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) |
|--|------------------|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|-----------|-------------|
| Choose Your Start  | Salad            | 4 oz         | 12       | 0             | 0                 | 0             | 0                | 12          | 4                 | 0                 | 4         | 0           |
|  | Rice             | 6 oz         | 266      | 3             | 0                 | 0             | 0                | 126         | 53                | 0                 | 0         | 5           |
|  | White Naan       | 1 pc         | 240      | 3             | 1                 | 0             | 0                | 480         | 44                | 2                 | 6         | 8           |
|  | Wheat Naan       | 1 pc         | 240      | 3             | 0                 | 0             | 0                | 540         | 46                | 8                 | 2         | 12          |
| Choose Your Protein  | Tandoori Chicken | 4 oz         | 198      | 8             | 2                 | 0             | 144              | 479         | 1                 | 0                 | 0         | 34          |
|  | Braised Lamb     | 4 oz         | 204      | 8             | 3                 | 0             | 97               | 120         | 0                 | 0                 | 0         | 30          |
|  | Kadai Paneer     | 4 oz         | 344      | 29            | 15                | 0             | 76               | 693         | 8                 | 0                 | 5         | 20          |
|  | Curried Tofu V   | 4 oz         | 109      | 7             | 1                 | 0             | 0                | 535         | 6                 | 0                 | 1         | 11          |
|  | Channa Masala V  | 4 oz         | 85       | 2             | 0                 | 0             | 0                | 336         | 13                | 5                 | 2         | 4           |
| Choose Your Curry  | Saag             | 4 oz         | 80       | 6             | 3                 | 0             | 19               | 439         | 3                 | 1                 | 1         | 1           |
|  | Korma V          | 4 oz         | 103      | 9             | 3                 | 0             | 3                | 385         | 5                 | 1                 | 1         | 2           |
|  | Tikka Masala     | 4 oz         | 66       | 5             | 2                 | 0             | 10               | 318         | 5                 | 1                 | 2         | 1           |
|  | Dal Tadka V      | 4 oz         | 61       | 1             | 0                 | 0             | 0                | 233         | 9                 | 3                 | 0         | 3           |
|  | Zaikka           | 4 oz         | 43       | 3             | 0                 | 0             | 0                | 296         | 4                 | 1                 | 2         | 1           |
| Choose Your Toppings   | Kachumber Mix    | 1.2 oz       | 9        | 0             | 0                 | 0             | 0                | 0           | 2                 | 0                 | 0         | 0           |
|  | Red Onions       | <1 oz        | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0                 | 0         | 0           |
|  | Cilantro         | <1 oz        | 1        | 0             | 0                 | 0             | 0                | 2           | 0                 | 0                 | 0         | 0           |
|  | Pickle           | <1 oz        | 32       | 1             | 0                 | 0             | 0                | 31          | 5                 | 2                 | 0         | 3           |
|  | Jalepeno         | <1 oz        | 1        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0                 | 0         | 0           |
|  | Boondi           | <1 oz        | 57       | 4             | 0                 | 0             | 0                | 87          | 4                 | 0                 | 0         | 2           |
|  | Masala Chickpeas | <1 oz        | 18       | 0             | 0                 | 0             | 0                | 30          | 3                 | 1                 | 1         | 1           |
|  | Cilantro Chutney | <1 oz        | 16       | 1             | 0                 | 0             | 0                | 112         | 2                 | 1                 | 0         | 1           |
|  | Tomato Garlic    | <1 oz        | 6        | 0             | 0                 | 0             | 0                | 93          | 1                 | 0                 | 0         | 0           |
|  | Chilly Chutney   | <1 oz        | 15       | 1             | 0                 | 0             | 0                | 314         | 1                 | 0                 | 1         | 0           |
| Sides  | Samosa V         | 1 pc         | 190      | 10            | 4                 | 0             | 0                | 397         | 21                | 2                 | 1         | 4           |
|  | Aloo Tikki       | 1 pc         | 90       | 4             | 3                 | 0             | 10               | 420         | 12                | 1                 | 1         | 4           |
|  | Raita            | 3.5 oz       | 39       | 1             | 1                 | 0             | 4                | 240         | 5                 | 0                 | 5         | 3           |
|  | Papadum V        | 1 pc         | 41       | 0             | 0                 | 0             | 0                | 174         | 7                 | 0                 | 0         | 3           |
| Drinks   | Mango Lassi      | 12 oz        | 230      | 2             | 1                 | 0             | 8                | 89          | 47                | 3                 | 45        | 7           |
|  | Masala Chai      | 11 oz        | 152      | 8             | 5                 | 0             | 35               | 125         | 13                | 0                 | 12        | 8           |
| Desserts   | Gulab Jamun      | 1 pc         | 100      | 2             | 1                 | 0             | 5                | 10          | 18                | 0                 | 17        | 1           |
|  | Rasmalai         | 1 pc         | 200      | 12            | 8                 | 0             | 38               | 33          | 16                | 0                 | 16        | 10          |

Our Nutritional Information is based on daily 2,000 calorie diet.

All serving sizes are approximate