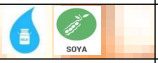
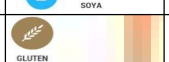
NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
	VEGETARIAN														
1	TANDOORI 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	319.12	17.67	20.80	8.92	0.01	15.35	11.50	0.12	0.53	433.83	324.19	1.14
14	PERIPERI MUSHROOM		100 G	117.41	4.54	8.19	1.38	0.01	6.17	1.66	0.11	3.03	42.72	300.40	0.59
15	HOT GARLIC PANEER	SOYA	100 G	275.80	15.05	17.79	7.95	0.01	13.91	10.72	0.11	0.43	370.66	362.77	0.79
16	HOT GARLIC MUSHROOM	SOYA	100 G	108.04	3.79	7.52	1.26	0.01	6.11	1.98	0.11	2.80	22.57	354.91	0.41
17	THAI PANEER	SOYA	100 G	304.43	16.21	20.06	8.96	0.01	14.84	11.26	0.10	0.61	400.26	330.98	0.92
18	THAI MUSHROOM	SOYA	100 G	119.62	3.79	8.70	1.86	0.01	6.29	2.04	0.11	3.15	26.71	338.35	0.42
19	HONEY CHILLI PINEAPPLE	N/A	100 G	127.01	1.34	1.62	0.27	-	26.59	17.11	10.00	4.95	26.80	950.13	0.76
20	CAJUN SAUTE POTATO		100 G	269.30	1.52	21.16	3.45	0.01	18.93	1.66	-	1.58	16.56	145.21	0.43
21	CAJUN SPICE POTATO		100 G	269.30	1.52	21.16	3.45	0.01	18.93	1.66	-	1.58	16.56	145.21	0.43
22	CRISPY CORN	GLUTEN	100 G	283.36	2.89	18.15	0.24	-	29.27	5.04	-	2.04	12.40	416.47	0.61
23	DAL MAKHANI	SOYA	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
24	KADHAI PANEER	SOYA	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
25	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
26	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
27	MINT CHUTNEY		20 G	10.88	0.58	0.64	-	-	0.72	0.02	-	-	23.84	79.92	0.03
28	CHEESE BHUTTA		100 G	132.19	3.52	4.66	-	-	17.64	1.07	-	-	-	333.63	-
29	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
30	BARBEQUE PINEAPPLE	N/A	100 G	81.90	0.85	1.12	0.12	-	17.08	1.87	-	3.44	26.10	429.47	2.97
31	VEGGIE FINGER		100 G	361.21	3.06	27.01	3.27	0.20	26.47	-	-	-	-	-	-
32	CHEESE TRIANGLE		100 G	455.00	8.34	32.16	6.82	0.10	33.08	2.73	-	-	-	-	-
33	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
34	VEG KEBAB	N/A	100 G	232.63	3.15	10.88	2.06	0.04	28.46	1.88	-	-	-	722.62	-
35	ALOO BHINDI KE ZAIKE		100 G	181.10	3.03	10.34	1.94	-	18.85	1.30	0.04	3.67	52.17	490.21	0.60
36	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
37	ALOO GOBHI KA TUK		100 G	191.17	2.98	14.64	3.51	0.00	11.70	1.54	-	2.30	46.73	207.19	0.64
38	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
39	VEGETABLE ACHARI		100 G	193.14	3.91	13.90	4.77	0.01	7.36	3.29	0.06	1.95	86.77	219.11	0.31
40	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
41	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
42	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
43	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
44	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
45	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
46	MUSHROOM SATAY		100 G	170.61	5.04	12.96	0.30	-	7.60	0.59	-	0.73	13.02	12.92	1.69
47	PANEER SINGORI TIKKA		100 G	293.78	18.92	17.72	8.58	-	14.75	10.89	0.12	0.43	477.33	140.74	1.23
48	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
49	ALOO METHI TAMATAR		100 G	199.54	2.06	13.68	3.19	0.00	15.99	0.83	0.03	1.52	41.63	404.70	0.36

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
50	PANEER DO PYAZA	SOYA	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
51	ALOO CAPSICUM DRY	SOYA	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
52	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
53	CORN KOFTA CURRY	SOYA	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
54	GARLIC FRIED NOODLE	GLUTEN SOYA	100 G	214.46	4.84	7.37	1.24	-	32.41	2.42	-	1.46	14.93	574.15	0.70
55	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
56	HARE MATAR KI TIKKI	N/A	100 G	234.73	4.57	12.48	2.28	0.03	26.52	1.44	-	2.56	6.75	555.05	0.49
57	EXOTIC VEG IN BASIL SAUCE	N/A	100 G	90.79	1.43	5.17	0.76	-	4.75	0.93	0.11	0.40	52.82	734.87	3.20
58	PANEER MIRCH KA SALAN	SOYA	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
59	VEGETABLE GULBAHAR	SOYA	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
60	VEG KHADA MASALA	SOYA	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
61	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
62	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
63	DINGREE MATAR	SOYA	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
64	VEG BALL IN SCHEZWAN	GLUTEN	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
65	VEG BALL MANCHURIAN	GLUTEN	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
66	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
67	PANEER KHADA MASALA		100 G	267.40	16.93	15.55	7.41	-	14.64	9.43	0.10	0.50	412.54	124.21	1.06
68	ACHARI ALOO		100 G	147.81	3.21	3.97	0.03	-	24.92	-	-	2.12	62.36	82.94	0.67
69	PANEER NASHEMAN TIKKA	SOYA	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
70	PANEER POSHIDA		100 G	254.59	15.32	16.13	6.67	-	12.06	8.32	-	1.07	397.77	156.07	1.77
71	SHABNAM KE MOTI	SOYA	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
72	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
73	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
74	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

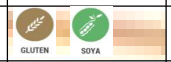
NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
75	CURD RICE		100 G	142.66	2.87	6.37	1.81	0.01	18.28	1.31	-	1.14	66.21	324.79	0.32
76	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
77	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
78	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
79	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
80	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
81	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
82	VEGETABLE RAITA		100 G	57.36	2.70	3.09	-	-	4.73	-	-	1.24	132.47	875.29	0.49
83	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
84	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
85	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
86	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
87	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
88	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
89	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
90	MASALA CORN	N/A	100 grams	94.82	3.62	1.73	0.25	-	19.55	5.79	-	1.88	10.76	15.18	0.67
91	MASALA CORN WITH BUTTER	N/A	100 grams	143.59	3.42	7.29	5.04	-	19.48	5.89	-	1.72	1.72	12.93	0.43
92	CAJUN POTATO WEDGES		100 grams	282.57	2.4	22.64	4.35	0	18.01	1.49	-	-	-	238.88	-
93	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
94	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
95	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
96	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
97	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
98	HARA BHARA 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
99	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
100	KADHAI VEG		100 G	122.00	2.66	7.00	3.49	0.00	4.57	3.00	0.08	0.99	44.24	234.43	0.21
101	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
102	CHEESE BROCCOLI		100 G	105.23	6.17	4.65	-	-	9.61	0.76	-	-	626.00	316.95	40.00
103	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
104	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
105	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
106	PUNJABI CHHOLE	N/A	100 G	101.28	3.72	4.79	1.33	-	10.82	0.69	-	0.03	1.42	0.45	0.01
107	PLAIN CURD		100 G	60.00	3.10	4.00	-	-	3.00	-	-	-	149.00	32.00	0.20
108	NAAN		80 G	225.73	6.04	4.42	0.67	-	40.57	-	-	-	12.63	157.10	1.48
109	TANDOORI ROTI		60 G	179.64	5.24	4.35	0.62	-	30.07	-	-	-	20.79	288.51	2.12
110	LACHHA PARANTHA		80 G	240.00	6.99	6.00	0.82	-	40.90	-	-	-	27.73	384.67	2.83
111	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
112	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
113	SWEET N SPICY SMOKED FRUIT CHAAT	N/A	100 G	75.00	0.88	2.00	0.04	_	14.05	11.25	1.28	3.61	11.59	196.00	0.31
114	SWEET N SPICY SMOKED PINEAPPLE	N/A	100 G	84.53	0.65	1.59	0.05	-	16.62	12.39	1.27	3.02	12.05	194.83	0.36
115	EXOTIC VEG IN ORIENTAL STYLE		100 G	56.97	0.80	2.71	0.03	-	2.57	0.26	0.03	1.31	9.92	3.12	0.70
116	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
117	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
118	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
119	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
120	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
121	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
122	VINEGAR DRESSING	N/A	100 G	12.18	0.26	0.05	-	-	0.68	0.18	-	-	5.91	2.27	0.49
123	COASTAL BBQ MUSHROOM	N/A	100 G	103.49	3.99	3.93	2.42	-	11.68	0.74	0.06	3.78	31.98	496.54	4.51
124	AFGHANI MALAI PANEER		100 G	237.57	12.11	15.53	7.04	0.01	12.39	9.30	0.04	0.56	303.15	667.84	0.73

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
125	COCKTAIL DRESSING		100 G	292.54	1.22	24.89	3.18	0.03	15.83	13.32	-	0.88	2.83	701.44	0.16
126	THOUSAND ISLAND		100 G	292.59	1.51	24.33	3.10	0.03	16.81	13.45	-	0.63	2.35	574.80	0.11
127	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
128	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
129	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
130	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
131	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
132	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
133	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
134	AMBI VEG		100 G	239.62	0.84	21.54	4.79	-	4.74	0.59	-	1.15	7.26	618.75	0.44
135	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
136	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
137	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
138	PANIYARAM		100 G	206.36	6.39	6.91	1.54	-	30.00	-	-	0.92	18.83	675.30	0.37
139	COCONUT CHUTNEY	N/A	20 G	61.53	1.41	4.60	0.14	-	3.67	-	-	1.20	6.02	258.39	0.64
140	DOSA	N/A	1 DOSA (80 G)	185.00	4.40	9.00	1.93	-	21.25	-	-	-	-	544.14	-
141	BEETROOT KEBAB		100 G	229.94	3.31	15.81	1.80	-	16.87	0.08	-	2.70	39.06	509.79	1.89
142	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
143	PATTIES	N/A	100 G	126.76	2.07	1.46	0.17	-	26.55	-	-	2.50	33.70	595.79	1.47
144	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
145	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
146	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
147	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
148	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
149	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
150	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
151	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
152	CHILLI GOBHI SIZZLER	GLUTEN SOYA	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
153	LUCHI	GLUTEN	100 G	364.60	7.59	14.41	2.36	-	51.66	-	0.69	-	15.86	407.37	1.86
154	BEGUN BHAJA	N/A	100 G	63.01	1.95	3.03	0.43	-	7.17	-	-	8.50	27.19	391.33	2.59
155	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
156	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
157	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
158	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
159	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
160	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
161	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
162	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
163	FLAVOURED RICE	SOYA	100 G	108.37	1.98	1.60	0.24	-	21.53	0.06	-	0.49	7.88	134.71	0.66
164	SALAN	SOYA	100 G	299.00	4.99	24.00	5.61	-	10.60	2.92	0.14	1.82	81.19	347.41	0.15
165	BUTTER NAAN	GLUTEN	80 G	245.59	5.70	7.77	3.72	-	38.32	-	-	-	11.93	205.79	1.40
166	FRIED RICE	SOYA	100 G	157.76	2.47	4.63	0.66	0.09	26.48	0.29	-	0.74	14.65	177.14	0.88
167	CREAM OF SWEET CORN VEG SOUP		300 ML	119.00	3.59	3.00	0.09	_	20.39	3.37	2.11	8.47	127.00	396.00	1.91
168	HOT AND SOUR SOUP	SOYA	100 G	46.71	0.22	3.19	0.43	-	3.34	0.25	0.08	-	-	357.83	-
169	TOMATO SOUP	GLUTEN SOYA	100 G	68.69	0.28	4.92	2.34	0.00	5.91	0.98	0.08	-	0.20	413.97	-
170	MINESTRONE SOUP	GLUTEN SOYA	100 G	56.33	0.26	3.27	0.99	0.00	5.52	0.80	0.07	-	0.15	397.00	-
171	TOMATO DHANIYA SHORBA	GLUTEN	100 G	54.33	0.75	2.64	0.40	-	6.96	0.23	0.07	0.66	28.46	389.58	0.23
172	MANCHOW SOUP	GLUTEN SOYA	100 G	61.32	0.67	3.20	0.43	-	6.54	0.25	0.08	-	-	357.83	-
173	CAJUN SAUCE/DIPS		20 G	54.08	0.22	4.94	0.71	0.01	2.18	1.46	-	-	-	120.52	-
174	VEG MOMOS	GLUTEN	100 G	156.00	2.60	3.60	-	0.01	29.00	-	-	-	-	-	-

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
175	MAKAI MALAI SEEKH KEBAB		100 G	217.56	9.14	5.72	2.59	-	34.60	6.61	-	2.86	159.21	552.01	1.76
176	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
177	SABUDANA KHICHADI		100 G	229.08	2.87	9.83	-	-	32.33	1.18	1.18	2.52	41.91	4.85	1.21
178	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
179	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
180	KUTTU KI PURI	N/A	100 G	345.00	6.00	18.37	11.84	-	35.45	-	-	2.15	-	-	-
181	JEERA ALOO	N/A	100 G	147.42	1.75	6.34	0.00	-	20.98	0.00	-	2.02	26.18	595.77	0.64
182	SABUDANA KEBAB	N/A	100 G	358.84	0.72	20.10	14.19	-	43.84	-	-	0.68	7.99	43.11	0.71
183	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
184	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
185	DAHI KEBAB		100 G	249.75	8.60	17.25	5.77	-	15.42	2.52	-	0.25	301.48	71.86	0.42
186	POTATO TWISTER		100 G	259.51	2.81	16.49	2.74	0.00	25.60	5.54	-	1.99	9.75	294.15	0.68
187	FRUIT SKEWERS		100 G	70.12	0.53	0.15	0.04	-	16.37	11.41	1.68	2.14	7.58	208.16	0.22
188	ACHARI PUDINA PANEER TIKKA		100 G	203.65	11.67	12.99	4.94	-	10.00	6.47	0.03	0.78	285.98	66.87	0.77
189	TANDOORI PUDINA PANEER TIKKA		100 G	198.92	11.41	12.72	4.87	-	9.68	6.26	0.03	0.90	280.96	86.16	1.07
190	BEETROOT CUTLET		100 G	229.94	3.31	15.81	1.80	-	16.87	0.08	-	2.70	39.06	509.79	1.89
191	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
192	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
193	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
194	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
195	GREEN CHUTNEY		20 G	10.88	0.58	0.64	-	-	0.72	0.02	-	-	23.84	79.92	0.03
196	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
197	FIVE SPICE POTATO CHIPS		30 G	66.00	1.21	2.00	0.27	-	11.64	-	-	0.61	6.51	178.19	0.29
198	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
199	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
200	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
201	RASAM		100 G	40.68	1.56	1.84	0.25	-	4.43	0.27	-	1.27	23.68	530.82	0.96
202	JEERA ALOO DRY	N/A	100 G	145.29	2.03	6.89	3.00	0.07	18.81	0.13	-	2.13	34.04	1391.18	0.81
203	PINEAPPLE SWISS ROLL		100 G	306.00	4.87	8.00	4.98	0.01	54.25	32.09	4.11	0.01	0.20	176.36	_
204	KIWI SWISS ROLL		100 G	217.87	4.22	5.46	3.00	0.01	38.20	20.72	3.71	0.01	2.37	176.67	0.01
205	PEANUT CRUSTED BEETROOT TIKKI		100 G	216.45	5.69	14.46	2.69	-	15.93	2.52	0.07	4.95	52.86	854.21	1.88
206	HARYALI GRILLED VEG	N/A	100 G	255.16	5.45	4.62	0.97	-	47.58	0.31	0.05	0.67	13.73	649.98	0.28
207	STIR FRIED BROCCOLI		100 G	59.11	3.43	1.20	0.23	-	10.93	1.73	0.17	5.11	69.36	1298.07	1.30
208	BEETROOT PORIYAL	N/A	100 G	236.27	4.09	17.05	1.03	-	16.78	0.15	-	8.13	46.66	526.91	2.97
209	CHILLI GARLIC NOODLES		100 G	214.00	4.84	7.00	1.24	-	32.41	2.42	-	1.46	14.93	574.15	0.70
210	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
211	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
212	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
213	GRILL TOFU WITH HOT GARLIC SAUCE		100 G	79.04	6.15	4.78	0.69	0.01	3.98	0.54	0.67	0.60	4.19	539.82	0.20
214	STUFFED RESHMI MUSHROOM		100 G	151.65	4.99	12.61	1.26	-	4.22	1.34	0.01	1.99	95.73	232.63	0.56
215	BASANTI PULAO		100 G	241.00	2.90	12.00	0.96	_	30.76	11.25	9.09	1.60	21.19	947.00	1.98
216	VEG LOLLIPOP		100 G	223.18	4.70	5.80	0.15	-	35.60	1.15	1.03	1.19	27.35	1205.30	0.34
217	WOK TOSSED CRISPY CORN		100 G	245.90	2.43	17.09	0.20	0.00	22.48	7.66	0.10	1.84	11.37	48.86	1.11
218	DUM KA PANEER KORMA		100 G	278.53	10.56	20.69	10.26	0.01	11.29	8.10	0.30	0.32	251.75	255.16	0.54
219	MAKHMALI KOFTA IN WHITE GRAVY		100 G	416.75	10.32	28.27	4.87	0.00	29.71	13.44	-	4.40	140.81	634.52	0.63
220	TANDURI PANEER TIKKA		100 G	264.85	15.05	16.37	7.95	-	14.35	9.25	0.03	0.23	350.17	1015.46	0.72
221	KALMI SOYA CHAAP KABAB		100 G	315.87	10.30	16.19	1.73	-	12.60	0.58	0.03	1.01	36.64	823.39	0.37
222	CRISPY LOTUS STEM		100 G	323.54	3.06	16.42	0.01	-	40.82	4.85	-	0.64	223.16	232.73	31.65
223	CHEESY NAAN		100 G	202.55	7.79	3.72	0.05	-	33.68	0.87	-	1.60	119.07	218.22	1.15
224	TADKA E DAL MAKHANI		100 G	240.24	7.08	16.59	7.58	0.07	11.29	2.66	0.06	0.28	49.26	312.78	0.10

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
225	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
226	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
227	SOYA CHAAP TAKATAK		100 G	228.12	12.89	2.70	0.38	-	11.02	0.31	-	0.20	1.00	300.55	0.12
228	CHILLI GARLIC CHAAP		100 G	265.17	13.01	6.84	1.04	-	11.00	0.40	-	-	-	442.74	-
229	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
230	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
231	TAWA VEG		100 G	233.00	3.94	17.00	4.73	-	12.43	3.00	-	2.65	59.80	329.45	0.40
232	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
233	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
234	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
235	PAO BHAJI		160 G	311.00	5.49	10.00	3.29	-	42.38	2.91	0.07	2.33	8.39	995.18	0.12
236	CHAAP TAKATAK WITH GRAVY		100 G	201.98	9.15	6.36	1.75	0.00	10.35	2.40	0.06	1.24	12.69	657.51	0.20
237	TANDOORI ALOO		100 G	133.05	2.81	5.00	0.73	-	20.41	0.72	0.10	1.68	47.15	116.18	0.70
238	MIX VEG		100 grams	123.84	1.69	7.57	2.49	0	5.23	2.01	-	-	0.16	616.16	-
239	ROASTED HOT CHILLY POTATO	N/A	100 grams	115.52	1.78	3.14	0.45	-	20.21	0.47	-	1.45	8.38	485.79	0.41
240	PESHAWARI CHAAP		100 grams	46.27	2.3	1.22	0.53	0	2.28	0.07	-	0.08	12.71	75.02	0.05
241	KADHI		100 G	91.80	2.41	6.00	0.78	-	6.87	0.01	0.00	1.72	44.81	296.09	0.70
242	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
243	ALOO GOBHI KE LACHHE	N/A	100 G	181.37	2.22	12.20	2.02	-	16.07	0.76	0.02	3.11	20.40	503.09	0.83
244	HARE CHHOLE MASALA		100 G	203.83	6.08	13.78	4.93	0.00	12.59	3.25	-	3.67	75.47	374.57	0.56
245	LAL MIRCH KA PANEER TIKKA		100 G	267.49	17.27	15.79	8.15	-	14.08	10.00	0.11	1.06	435.90	131.20	1.18
246	CHILLI GARLIC PINEAPPLE	N/A	100 G	101.10	1.46	5.63	0.97	-	10.81	7.23	0.04	3.44	24.29	105.83	0.51
247	PUDINA MUSHROOM TIKKA		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
248	PANEER ANGAR TIKKA		100 G	267.49	17.27	15.79	8.15	-	14.08	10.00	0.11	1.06	435.90	131.20	1.18
249	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	-

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
250	MATAR KA KOFTA		100 G	256.29	6.12	18.78	6.70	0.00	11.41	3.58	0.02	1.66	152.05	939.35	0.30
251	GAJAR DHANIYA KA SHORBA	GLUTEN	100 ML	27.00	0.35	0.42	0.03	-	5.45	0.06	0.01	0.43	9.08	801.09	0.11
252	ALOO CHHOLE KA JHOL		100 G	82.23	1.12	4.50	0.74	0.01	9.36	0.74	0.26	0.80	10.47	612.70	0.24
253	ARBI MASALEDAR		100 G	130.08	2.93	5.16	0.80	0.01	18.04	0.89	0.26	0.63	38.69	343.52	0.46
254	ALOO GULAT		100 G	194.08	2.46	14.14	3.63	0.04	14.35	2.69	1.02	1.04	15.34	509.90	0.30
255	KASHMIRI KOFTA		100 G	114.21	2.76	8.03	3.21	0.00	7.78	1.46	-	1.10	88.82	153.73	0.43
256	MAKHMALI KOFTA		100 G	341.26	7.90	22.03	2.19	0.00	27.59	8.45	0.41	4.12	150.67	948.01	0.33
257	SOFIYANI KOFTA		100 G	195.67	5.06	13.43	3.21	0.03	13.75	3.79	1.02	0.59	101.51	270.31	0.31
258	PESTO MUSHROOM		100 G	128.72	7.61	9.03	0.48	-	4.33	0.22	-	2.61	160.86	121.88	1.37
259	LEBANESE GRILL VEG	N/A	100 G	79.93	2.17	4.24	0.63	-	7.91	0.68	-	3.45	33.87	527.79	1.12
260	BABY POTATO WITH LEMON OLIVE		100 G	129.68	2.73	3.53	0.61	-	21.78	0.37	-	2.58	19.75	237.79	0.56
261	RAW MANGO AND MINT SCENTED PANEER		100 G	241.00	11.80	15.00	5.70	-	14.96	6.07	0.50	1.98	290.00	710.00	1.88
262	PANEER LABARDADR		100 grams	239.45	8.8	17.65	6.92	0	10.42	6.36	0.05	0.9	199.67	260.57	0.3
263	MARWADI PANEER TIKKA	Nuts	100 G	259.96	16.28	16.16	10.21	0.01	12.38	10.24	0.01	0.23	414.94	306.82	0.96
264	PEANUT SEEKH KEBAB	Nuts	100 G	287.50	11.54	14.09	2.64	-	28.34	3.50	-	2.81	172.55	692.81	1.07
265	GULNAR KE KEBAB	N/A	100 G	156.29	3.58	4.18	0.40	-	27.23	6.04	-	5.36	153.62	554.07	1.73
266	PUNJABI PANEER TIKKA		100 G	273.65	17.34	15.98	7.32	-	14.84	9.65	-	2.53	433.64	571.42	1.36
267	PASTA IN ARRABIATA SAUCE		100 G	260.84	5.90	12.08	7.00	0.01	31.67	5.69	-	1.17	63.22	1103.22	1.11
268	CORN SEEKH KEBAB	GLUTEN	100 G	158.88	7.94	4.79	2.31	-	22.03	5.03	-	2.86	139.54	368.72	1.18
269	SESAME POTATO		100 G	177.00	4.88	7.00	1.20	-	25.29	0.68	0.11	3.57	17.31	478.21	0.87
270	TANDOORI CHHARRA ALOO		100 G	125.52	3.16	2.56	0.29	-	22.58	0.05	-	2.17	45.16	223.18	0.98
271	COASTAL BBQ POTATO	N/A	100 G	152.89	3.29	3.90	2.63	-	26.13	0.83	0.07	6.01	36.58	557.75	4.43
272	DHANIYARI KHUMBH		100 G	77.21	4.91	4.28	0.31	0.00	4.42	0.50	0.02	3.38	74.39	131.01	0.64
273	CARAMELIZED MUSHROOM	N/A	100 G	97.13	2.81	3.07	0.06	-	20.16	14.85	14.57	2.59	14.85	344.55	0.38
274	CURRY PATTA KALAN MUSHROOM		100 G	76.98	4.77	4.18	0.84	-	4.87	0.26	0.01	3.85	65.93	263.36	0.59

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
275	KAI CURRY PARTAL	N/A	100 G	117.25	1.21	9.37	4.48	-	3.83	0.04	-	2.71	21.58	391.40	0.46
276	VENDAKKAI THAI CURRY		100 G	155.83	2.95	12.84	1.43	-	7.48	0.03	-	2.66	101.64	503.38	0.80
277	PUMPKIN KUZHAMBU		100 G	98.84	1.18	6.27	1.03	-	9.46	1.01	-	2.38	45.21	483.57	0.94
278	RAWA KESARI PINEAPPLE	SULPHITES	100 G	208.00	2.12	7.58	0.00	-	33.13	14.16	11.11	0.29	7.65	0.27	0.95
279	PARAPU VADAI	GLUTEN	20 G	41.60	0.42	1.52	0.00	-	6.63	2.83	-	0.06	1.53	0.05	0.19
280	PURAN POLI	GLUTEN	80 G	392.71	8.92	14.33	-	-	57.00	-	-	4.18	30.21	107.17	2.61
281	HING MATAR KEBAB	N/A	50 G	234.73	4.57	12.48	2.28	0.03	26.52	1.44	-	2.56	6.75	555.05	0.49
282	PUDINA ANANAS KE TIKKA	N/A	100 G	152.91	1.50	2.21	0.41	-	31.44	10.94	10.00	6.13	27.29	326.33	1.26
283	CHAWRI BAZAR KE CHHOLE KULCHE	GLUTEN	170 G	301.46	9.26	8.75	1.53	0.07	46.64	2.29	2.08	0.16	45.30	776.32	1.18
284	MULI AKHROT KI CHUTNEY	SOYA	20 G	23.27	0.55	1.74	0.66	0.00	1.35	0.64	-	0.03	19.98	42.62	0.08
285	MANGO MINT	N/A	20 G	21.32	0.29	0.03	-	-	4.99	-	4.11	0.11	3.62	35.09	0.28
286	LAHSUN TOMATO KI CHUTNEY	N/A	20 G	28.57	0.54	1.19	0.20	-	4.01	2.08	0.93	0.04	-	379.48	-
287	SUBZ NIZAMI KA MELA	SOYA	100 G	220.11	3.76	15.72	4.96	0.00	8.05	2.50	0.04	0.83	97.47	508.77	0.07
288	NAWABI KOFTA	GLUTEN	100 G	341.26	7.90	22.03	2.19	0.00	27.59	8.04	0.41	4.12	150.67	948.01	0.33
289	DEHLVI ALOO GOBHI ADRAKI		100 G	181.77	2.16	12.52	2.07	-	15.61	0.64	0.08	2.56	25.88	751.57	0.80
290	GREEN GARLIC KUMBH		100 G	53.33	3.85	2.10	0.57	-	4.52	0.55	0.06	3.00	42.62	223.66	0.43
291	TAMARIND CHUTNEY	N/A	20 G	20.29	0.11	0.06	-	-	4.77	4.43	-	0.20	5.06	100.00	-
292	VADA PAO	GLUTEN	170 G	429.82	10.05	14.82	2.94	-	64.44	3.71	-	5.13	71.31	795.46	1.16
293	KAKKAD DE CHAAP	GLUTEN SOYA	100 G	237.39	12.79	4.49	1.47	0.01	11.03	0.12	-	0.24	32.98	4.48	0.23
294	DHANIYARI PANEER TIKKA	SOYA	100 G	234.34	16.10	13.47	7.20		12.18	9.30	-	0.92	411.42	194.22	1.24
295	PUNJABI CHICKEN SEEKH	GLUTEN SOYA	100 G	209.50	14.90	13.16	6.85	-	7.08	0.38	-	0.49	10.90	189.78	0.18
296	NANDRU KE KEBAB		100 G	234.05	7.13	10.49	0.88	-	27.96	0.20	-	4.03	47.73	480.29	2.56
297	KOFTA WITH KORMA GRAVY		100 G	248.38	4.02	17.43	2.85	-	12.46	3.80	1.20	1.04	94.91	469.97	1.88
298	NILGIRI MIX VEG	SOYA	100 G	163.41	3.17	10.40	2.70	0.01	7.82	1.07	-	2.50	118.37	483.36	2.65
299	PANI PURI KABAB		40 G	116.00	1.25	7.00	1.29	-	13.05	1.04	0.60	0.44	14.35	118.39	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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
300	MIRCHI BHAJIYA	N/A	100 G	225.44	3.74	17.69	2.99	-	12.93	0.60	-	3.37	13.65	228.74	0.82
301	BANANA BHAJIYA	N/A	100 G	255.91	2.90	17.41	2.97	-	24.36	8.15	-	1.93	4.68	227.74	0.02
302	ONION RING BHAJIYA	N/A	100 G	230.58	2.97	17.28	2.90	-	16.43	0.15	-	1.86	32.62	229.74	0.42
303	CHINESE BHEL	GLUTEN	100 G	284.45	4.37	15.55	4.05	-	32.43	3.57	-	0.90	19.83	225.92	0.42
304	CHHOLEY KULCHE	GLUTEN	170 G	301.46	9.26	8.75	1.53	0.07	46.64	4.38	2.08	0.16	45.30	776.32	1.18
305	PANEER ROLL	GLUTEN	100 G	224.02	6.08	12.95	8.28	0.00	20.77	2.26	0.02	1.21	102.60	211.36	1.53
306	BACHPAN KI YAADEIN	N/A	100 G	45.19	0.73	0.12	0.00	-	10.26	0.01	-	3.04	10.14	447.48	0.34
307	GHUGNI	N/A	100 G	200.12	9.04	5.26	0.46	-	29.04	0.33	-	1.51	56.68	643.60	3.56
308	JHAL MURI		100 G	241.94	6.23	5.47	0.88	0.01	41.20	0.63	-	3.10	33.19	471.44	0.72
309	TALI BHAJI	N/A	100 G	262.21	4.87	17.86	2.94	-	20.64	0.22	-	4.60	39.80	529.62	1.57
310	VEGETABLE CHOP	GLUTEN	100 G	256.96	2.87	19.00	3.11	-	19.40	-	-	2.44	30.93	732.73	0.95
311	CHOWMEIN	GLUTEN SOYA	100 G	212.62	5.05	6.54	1.11	-	33.73	0.57	0.15	0.38	4.78	56.40	0.10
312	LITTI CHOKHA	GLUTEN	100 G	210.00	7.43	6.00	0.02	-	32.45	0.60	-	4.20	45.54	541.88	2.50
313	MANGO KOFTA CURRY	SOYA	100 G	274.16	6.93	21.54	5.75	0.01	13.51	5.86	0.03	0.71	141.17	800.79	0.63
314	AAMBI VEG		100 G	241.19	0.87	21.56	4.79	-	4.99	0.60	-	1.20	7.15	634.88	0.41
315	AAM KI CHUTNEY	SULPHITES	20 G	13.51	0.71	0.11	0.00	-	2.37	0.42	-	0.98	27.47	316.95	0.85
316	AAMCHURI PANEER	lk	100 G	262.04	17.01	15.22	8.16	-	14.33	10.31	0.12	0.41	433.96	298.41	0.92
317	KACHE AAM KI BHEL	GLUTEN SULPHITES	50 G	218.00	5.85	16.00	0.00	-	13.36	5.66	-	0.60	7.08	266.38	0.19
318	HAKUNA MATATA SOYA	SOYA GLUTEN	100 G	256.32	12.46	5.76	0.87	-	13.19	2.86	1.04	0.85	8.03	47.50	0.16
319	CORN ZULU SAUCE	N/A	100 G	92.87	3.63	2.37	0.43	-	17.34	5.23	0.11	2.67	35.96	410.04	0.75
320	GARLIC BUTTER MUSHROOM	NA	100 G	70.05	3.65	4.50	3.55	-	3.33	0.64	-	3.43	21.08	84.76	0.45
321	PASTA IN WHITE SAUCE	GLUTEN	100 G	235	9.31	6	0.14	-	36.27	1.33	-	1.51	129.57	49.19	1.72
322	PASTA IN RED SAUCE	GLUTEN	100 G	253	8.73	5	0.43	-	41.8	3.92	-	1.51	89.37	504.3	1.72
323	BAIGAN MASALA	SOYA	100 G	249.85	4.57	20.33	7.20	0.00	9.85	-	-	4.86	31.09	361.64	0.53
324	BHINDI MASALA	SOYA	100 G	256.13	4.84	20.25	7.15	0.00	11.72	-	-	4.62	63.21	363.82	0.52

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
325	POTATO MASALA	SOYA	100 G	296.43	4.65	20.18	7.15	0.00	22.25	-	-	3.38	26.81	366.48	0.60
326	KARELA MASALA	SOYA	100 G	249.63	4.65	20.25	7.15	0.00	10.29	-	-	5.07	33.31	370.90	0.69
327	GOBHI MASALA	SOYA	100 G	252.88	5.30	20.38	7.15	0.00	10.16	-	-	4.68	41.76	393.78	1.09
328	MARGRITA PIZZA	GLUTEN	100 G	356.13	13.66	13.36	1.08	0.00	45.23	2.49	0.67	-	259.52	590.27	2.02
329	CHEESE AND CORN PIZZA	GLUTEN	100 G	328.51	12.60	12.07	1.00	0.00	42.84	3.09	0.59	0.28	230.96	526.77	1.87
330	PANEER TIKKA PIZZA	GLUTEN	100 G	366.00	14.99	15.00	2.61	0.00	43.04	3.90	0.59	0.17	303.18	527.19	2.05
331	FRESH VEGGIES PIZZA	GLUTEN	100 G	323.97	12.61	12.02	0.98	0.00	41.39	2.53	0.59	0.25	256.46	525.40	3.41
332	RED YELLOW PEPPER TOSSED WITH SEASONING	NA	100 G	106.33	1.72	9.48	4.42	-	3.30	-	-	2.56	20.75	467.27	0.65
333	VEG JALFREZI	SOYA	100 G	247.24	1.28	22.37	5.13	-	3.90	-	-	1.00	5.29	624.68	0.27
334	TANDOORI BAGICHA	N/A	100 G	100.73	2.73	5.22	1.91	-	10.12	1.35-6	0.08	2.33	37.99	204.88	0.89
335	RAJSTHANI PANEER TIKKA	NUTS	100 G	228.87	12.60	14.01	6.11	-	13.16	6.4-85	0.09	0.87	339.54	494.89	1.11
336	ALOO TIKKI WITH CHHOLE	N/A	100 G	228.53	4.92	11.95	1.96	-	25.78	-	-	1.65	37.80	381.61	2.15
337	GOBHI 65	N/A	100 G	247.12	6.38	14.56	2.34	-	22.50	-	-	5.96	48.95	468.19	2.06
338	ASSORTED VIETNAMESE GRILLED VEG	SOYA	100 G	157.13	4.68	9.76	3.29	0.01	12.36	-	-	4.01	221.05	314.73	7.98
339	LAHORI PANEER TIKKA	NUTS SOYA	100 G	206.33	10.27	12.71	5.40	0.00	12.80	-	-	2.04	311.96	848.40	1.20
340	MATI MOHAR DAL	N/A	100 G	86.19	4.99	2.21	0.17	-	10.90	0.20	-	2.77	17.61	464.18	1.31
341	BIHALIR TOK	N/A	100 G	64.60	0.83	2.59	0.15	-	9.32	6.44	-	1.40	39.46	385.06	1.11
342	DHEKIA ALOO SHAK	N/A	100 G	95.17	4.73	4.76	0.24	-	11.69	0.06	-	2.71	3.42	391.25	1.71
343	SWEET POTATO KHEER	NUTS	100 G	131.48	2.46	4.90	0.08	-	19.70	0.63	7.82	1.26	85.17	45.73	0.36
344	TILL PITHA	N/A	100 G	262.18	5.88	12.61	1.76	-	33.24	16.91	-	0.05	21.62	10.31	0.93
345	CHOLAR DAL	N/A	100 G	120.12	5.63	2.37	0.24	-	19.98	4.10	0.43	5.74	50.53	741.46	1.47
346	BURANI RAITA		100 G	157.00	5.27	9.00	2.26	0.02	13.74	-	-	4.17	109.79	332.07	1.94
347	CHATPATA CHAAP	GLUTEN NUTS SOYA	100 G	233.46	13.08	4.01	0.57	-	11.68	0.46	0.10	0.37	43.04	107.61	0.33
348	PANEER MAKHANI	SOYA	100 G	306.31	11.79	22.36	10.46	0.01	12.96	8.88	0.12	1.00	257.64	331.03	0.36
349	VEG MUSKAN	NUTS SOYA	100 G	138.00	3.03	8.29	3.14	0.00	5.39	2.37	-	0.91	68.54	497.64	0.19

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
350	BHARWA SHIMLA MIRCH		100 G	163.68	3.76	10.92	3.17	0.00	7.38	2.37	-	2.08	77.47	353.69	0.55
351	BUTTER POPCORN	N/A	30 G	112.00	2.00	2.00	1.19	-	22.00	-	-	-	-	110.74	-
352	ALOO LACHILA		100 G	235.79	3.25	14.46	3.56	0.16	22.96	3.10	1.24	1.80	16.06	438.74	0.50
353	GHEE RICE	N/A	100 G	203.24	2.53	10.17	0.21	-	24.89	0.22	-	0.89	2.38	0.74	0.21
354	JODHPURI BHINDI	N/A	100 G	188.86	6.56	9.72	1.50	-	18.02	0.26	-	7.70	109.52	600.91	1.70
355	MANGO PINEAPPLE SALSA	N/A	100 G	55.42	1.05	0.34	0.02	-	11.98	5.76	-	3.34	31.98	686.80	0.51
356	BABY POTATO WITH SWEET CHILLY SAUCE	N/A	100 G	133.68	1.43	0.10	-	-	31.95	9.52	2.20	1.42	8.33	280.37	0.40
357	SWEET AND SOUR BABY POTATO	N/A	100 G	133.68	1.43	0.10	-	-	31.95	9.52	2.20	1.42	8.33	280.37	0.40
358	CREAM OF TOMATO SOUP		100 G	68.69	0.28	4.92	2.34	0.00	5.91	0.98	0.08	-	0.20	413.97	-
359	MAKKI KI ROTI NEW		100 G	253.23	5.58	2.41	0.31	-	53.32	0.63	-	5.93	5.14	110.47	0.68
360	DHOKAR DALNA	N/A	100 G	217.00	8.57	9.00	0.14	_	25.40	0.18	0.04	7.40	43.19	820.00	2.84
361	SUKTO		100 G	165.00	3.60	12.00	_	_	10.61	0.63	0.63	4.16	163.44	491.04	1.43
362	MISSI ROTI		80 G	256.00	9.20	7.48	0.94	-	37.90	0.00	-	6.28	63.67	440.97	5.24
363	GREEN GARLIC MUSHROOM		100 G	76.77	4.64	4.27	0.68	-	4.77	0.56	0.11	2.88	59.54	267.56	0.55
364	PUNJABI MASALA CHAAP		100 G	302.95	13.12	10.93	6.64	0.01	13.42	2.06	0.10	0.37	43.47	112.29	0.33
365	DAHI PANEER KI TIKKI		100 G	232.87	5.59	16.91	3.39	-	15.38	4.72	2.67	1.27	145.68	138.03	0.46
366	COCKTAIL PASTA		100 G	223.80	5.29	7.89	1.00	0.01	32.54	5.46	-	2.80	23.82	1709.51	0.53
367	CHILLI GOBHI		100 G	168.37	2.72	10.38	1.70	0.01	16.34	1.82	0.42	2.95	29.01	307.53	1.12
368	CILANTRO GRILLED VEG		100 G	92.44	3.13	4.27	0.61	-	9.64	0.47	-	0.99	37.81	112.32	0.40
369	CHILLA		50 G	210.83	8.56	8.54	1.75	-	25.08	1.20	-	11.12	131.26	211.40	1.94
370	CHILLI PANEER		100 G	284.81	9.15	14.07	4.47	-	30.49	10.22	2.42	3.46	190.80	589.89	1.59
371	VEG IN LEMON BUTTER GARLIC SAUCE	NA	100 G	119.76	2.08	7.99	5.96	-	9.68	3.09	2.50	2.15	57.45	652.54	2.51
372	VEG TALUMEIN SOUP		100 G	92.29	2.02	3.92	0.68	0.00	12.24	2.41	1.23	1.60	58.16	1025.30	2.30
373	DARSAAN		100 G	400.05	3.24	18.03	8.22	-	57.55	25.00	25.00	-	10.05	305.64	0.82
374	THAI GRILLED VEG		100 G	119.11	2.42	8.18	1.86	0.01	8.76	2.04	-	1.87	24.27	348.57	0.49

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
375	PANEER CHUTNEYWALA		100 G	222.98	16.09	12.85	7.30	-	10.80	9.55	-	-	417.12	41.89	0.78
376	ROASTED SCHEZWAN ALOO	N/A	100 G	125.15	1.74	4.43	0.22	0.02	19.71	0.81	0.45	1.32	7.79	209.70	0.37
377	PANEER MAKHNI	SOYA	100 G	341.35	12.65	22.56	6.42	0.00	21.89	6.22	-	2.41	190.97	610.24	0.36
378	METHI PALAK MUTTER	N/A	100 G	122.47	4.76	6.13	0.42	-	12.08	0.91	-	5.19	154.42	940.27	1.53
379	BURNT GARLIC NOODLES	GLUTEN	100 G	186.11	4.73	5.08	0.07	0.00	30.34	0.46	0.13	2.23	20.93	389.79	1.04
380	CREAM OF BROCCOLI SOUP	GLUTEN SOYA	100 G	48.03	1.08	2.97	1.31	0.00	4.45	1.59	0.26	0.52	5.78	240.12	0.11
381	KADHI PAKODA		100 G	89.77	2.94	5.73	0.78	-	6.69	1.02	-	1.32	43.97	295.37	0.66
382	CHEFS VEG SIZZLER	N/A	100 G	301.86	0.87	22.54	3.82	0.01	19.28	9.73	0.2	0.3	1.95	472.22	0.2
383	TANDOORI PANEER TIKKA NEW		100 G	208.72	13.89	12.01	6.48	-	11.27	8.35	0.05	0.53	348.63	527.03	0.76
384	HARIYALI PANEER TIKKA NEW		100 G	207.05	13.87	11.95	6.71	-	11.03	8.34	0.05	0.48	356.89	513.49	0.83
385	FRIED VEG KEBAB	GLUTEN	100 G	174	4.05	1.28	0.07	-	25.82	0.42	0.41	1.34	32.35	484.65	0.61
386	ORIENTAL GRILL VEG	N/A	100 G	78.99	2.26	2.19	0.4	-	11.82	1.34	0.45	0.97	10.24	4.16	0.24
387	DAHI KE SHOLEY NEW	GLUTEN	100 G	316.84	7.64	18.17	3.3	-	31.36	1.24	1.39	0.23	68.24	2.61	2.87
388	MALAI BROCCOLI NEW	SOYA	100 G	98.47	3.03	4.88	2.97	0.01	11.29	3.95	-	3.83	50	678.97	1.2
389	CAJUN SPICE POTATO NEW	GLUTEN SOYA	100 G	229.66	1.68	11.96	1.96	0	28.92	11.29	0.12	0.8	4.54	351.71	0.32
390	LEBANESE MUSHROOM	N/A	100 G	73.01	3.08	3.71	0.74	-	5.71	0.97	0.45	0.32	7.73	219.07	1.15
391	ACHARI SOYA CHAAP	SOYA	100 G	179.12	10.56	1.5	0.08	-	10.33	0.27	0.06	1.16	42.07	458.89	0.17
392	CRISPY CORN NEW	GLUTEN SOYA	100 G	271.09	3.06	16.65	2.85	-	30.28	11.63	0.07	1.41	2.5	15.28	0.42
393	CHURRASCO PINEAPPLE NEW	N/A	100 G	77.49	0.5	0.15	0.04	-	18.19	12.88	1.75	3.26	8.99	216.35	0.23
394	PEANUT KEBAB		100 G	276	8.79	15	2.87	0	26.44	1.32	0	4.33	60.22	251.24	1.51
395	PASTA IN PINK SAUCE	GLUTEN	100 G	199.49	4.1	12.17	3.12	-	18.19	3.63	-	1.66	41.83	1021.23	0.65
	CHAAT														
396	TANDOORI FRUIT CHAAT	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
397	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
398	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
399	FRUIT CHAAT	N/A	100 G	63.00	0.51	0.32	-	-	14.49	1.60	-	1.93	15.50	448.30	0.98
400	RAGI PURI WITH IMLI PAANI	GLUTEN	100 G	247.00	5.18	3.00	1.22	-	49.58	0.75	-	0.43	6.46	196.00	0.17
401	RAGI PURI WITH PUDINA PAANI	GLUTEN	100 G	246.00	5.16	3.00	1.21	-	49.21	0.71	-	0.41	7.25	160.00	0.17
402	DAHI KI TIKKI	MILK	100 G	184.00	6.33	13.00	4.25	-	11.36	1.85	-	0.18	222.14	256.94	0.31
403	KABULI CHANA CHAAT	N/A	100 G	183.54	8.74	6.14	0.71	-	23.50	2.67	-	0.73	25.20	562.98	0.32
404	SWEET WATER PANIPURI	GLUTEN	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
405	SOUR WATER PANIPURI	GLUTEN	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
406	DAHI POORI	MILK, GLUTEN	100 G (4 Nos)	169.37	3.57	4.46	1.52	-	28.69	3.61	3.21	1.19	39.60	143.38	0.22
407	PAPADI CHAAT	MILK, GLUTEN	100 G (4 Nos)	259.90	4.13	15.20	4.06	-	29.07	3.01	2.45	0.81	34.71	323.24	0.21
408	CHOCOLATE PURI	MILK, GLUTEN, SOYA	1 Piece (20 G)	80.00	0.90	3.00	1.03	-	11.49	2.44	-	-	1.02	1.98	0.20
409	CHILLED CRISPY PURI	MILK, GLUTEN	1 Piece (27 G)	48.00	0.63	2.00	0.81	-	7.71	4.00	-	-	-	-	-
410	BHEL PURI	N/A	100 G	281.99	6.67	0.14	0.00	-	63.57	0.09	-	0.38	30.10	67.87	5.94
411	PALAK CHAAT	MILK	100 G	151.75	4.03	10.09	1.62	-	11.65	1.88	-	3.48	64.14	100.52	1.34
412	PEANUT POTATO CHAAT	NUTS	100 G	175.82	4.54	7.98	0.52	-	21.82	2.91	-	1.52	26.87	372.59	0.85
413	DAHI BHALLE	MILK	100 G	283.98	12.84	9.68	1.43	-	36.69	2.48	2.78	5.94	99.80	632.07	2.14
414	ALOO TIKKI CHAAT	MILK	100 G	323.69	2.07	23.78	4.41	-	26.14	1.46	1.56	1.79	28.65	435.90	0.56
415	MUMBAI KI SEV WAALI CHAAT	MILK	100 G	271.08	4.93	10.49	2.19	-	39.63	1.49	1.92	2.39	32.86	417.55	0.79
416	CHAAT SANDWICH	MILK, GLUTEN	100 G	254.95	5.95	9.22	3.28	-	37.00	1.95	-	1.12	34.14	192.05	2.29
417	SEV POORI	MILK, GLUTEN	100 G (4 Nos)	169.37	3.57	4.46	1.52	-	28.69	3.61	3.21	1.19	39.60	143.38	0.22
418	BBQ CHANNA CHAAT	N/A	100 G	281.36	15.80	6.73	0.53	0.07	39.25	3.76	0.14	0.59	8.68	171.96	0.21
419	GHUGNI CHAAT	N/A	100 G	169.03	10.00	1.18	0.13	-	28.47	4.74	-	8.54	59.27	82.07	2.70
420	ALOO ANARI CHAAT	N/A	100 G	154.17	2.81	5.81	2.66	-	22.53	0.20	-	1.81	13.48	595.67	0.67
421	ALOO KACHALU CHAAT	N/A	100 G	135.48	2.33	3.28	1.10	0.03	24.46	3.06	-	2.32	34.63	453.27	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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
422	SOYA KEEMA PAV		100 G	168.45	4.05	6.88	0.88	0.00	19.42	1.57	0.04	0.84	38.99	438.35	0.85
423	GHUGNI CHAAT WITH KULCHA		100 G	142.99	5.63	1.51	0.33	-	26.53	1.41	-	3.62	70.12	450.91	4.21
424	ALOO BHUJIYA	N/A	100 G	148.10	1.93	4.52	0.21	-	25.05	0.51	-	1.90	10.72	689.53	0.52
	SALAD														
425	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
426	THREE BEANS SALAD	N/A	100 G	274.03	15.37	6.31	-	-	38.97	-	-	5.02	108.49	12.00	3.02
427	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
428	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
429	GARDEN GREEN SALAD	N/A	100 G	29.00	0.74	0.13	-	-	6.08	-	-	2.66	32.14	476.26	0.65
430	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
431	PAPAD ROASTED	N/A	20 G	64.45	4.53	0.07	0.04	-	11.42	0.40	-	-	-	299.74	1.04
432	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
433	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
434	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
435	CHANA SPROUT	N/A	100 G	157.97	6.54	3.85	0.31	-	24.32	-	-	10.67	88.18	438.10	1.88
436	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
437	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
438	FRY PAPAD	N/A	20 G	99.81	4.53	4.07	0.73	-	11.42	0.40	-	-	-	299.74	1.04
439	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
440	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
441	KACHUMBER SALAD	N/A	100 G	27.97	1.13	0.29	-	-	5.16	-	-	2.24	54.23	399.95	1.01
442	GREEN SALAD	N/A	100 G	31.44	0.82	0.13	-	-	6.67	-	-	2.96	35.41	12.39	0.72
443	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
444	RAMZANI FRUIT SALAD	N/A	100 G	68.6	0.5	2.0	0.3	-	12.4	2.7	-	2.6	18.1	499.0	0.9
445	MIX DAL KA SALAD	N/A	100 G	149.7	8.9	1.3	0.0	-	25.6	0.0	-	9.2	75.8	14.8	2.0

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
446	BROCCOLI SALAD		100 G	79.96	5.43	3.33	0.19	-	6.98	0.18	-	0.61	511.15	194.18	32.27
447	COTTAGE CHEESE SALAD	ilk	100 G	216.34	11.72	15.06	6.32	-	8.92	7.08	-	0.95	304.01	202.85	0.72
448	ZESTY BELL PEPPER SALAD	N/A	100 G	70.49	1.28	5.33	0.92	-	4.26	0.69	-	2.24	24.17	157.33	0.54
449	RUSSIAN SALAD	oya	100 G	155.88	3.40	9.95	1.93	0.01	13.01	2.94	-	2.77	38.59	174.99	0.96
450	BABY CORN SALAD	N/A	100 G	132.88	2.13	9.98	1.70	-	8.26	0.59	-	4.71	55.17	117.82	1.12
451	ALOO CHAAT SALAD	N/A	100 G	86.58	1.62	0.16	-	-	19.84	2.88	-	1.86	25.14	200.74	0.73
452	BASIL PASTA SALAD	GLUTEN	100 G	188.00	7.02	2.00	0.29	-	35.23	1.63	-	2.76	47.44	219.58	1.88
453	KIMCHI SALAD	N/A	100 G	70.30	2.68	3.91	0.52	0.02	6.53	0.99	0.35	2.22	34.50	234.97	0.66
454	CARROT RAISIN SALAD	N/A	100 G	151.00	1.04	5.00	0.90	-	24.36	-	-	3.24	77.26	192.04	2.38
455	CORN CHAAT SALAD	N/A	100 G	80.14	2.60	0.94	0.19	-	17.70	6.72	-	2.25	17.81	202.68	0.57
456	FATTOUSH SALAD	GLUTEN	100 G	91.74	3.53	2.55	0.38	-	13.49	-	-	4.42	96.16	722.47	2.24
457	CORN MATAR SALAD	N/A	100 G	108.56	4.65	3.87	0.68	-	15.52	2.74	-	4.80	15.76	843.26	0.99
458	CORN CAPSICUM SALAD	N/A	100 G	110.69	2.33	6.77	1.07	0.12	11.92	3.36	-	2.50	19.38	768.70	0.67
459	SPROUT SALAD	N/A	100 G	196.81	12.16	2.09	0.44	0.01	31.8	4.45	-	7.33	17.89	321.08	1.13
	BEVERAGES1														
460	KESAR PISTA KULFI SHAKE (With vanilla ice cream)		1 GLASS (250 ml)	457.53	14.66	25.28	5.89	-	42.66	25.71	6.58	0.00	194.74	80.68	1.01
461	CHOCOLATE KULFI SHAKE (With vanilla ice cream)		1 GLASS (250 ml)	454.13	12.53	18.47	5.95	-	59.29	37.68	6.58	-	176.32	80.68	-
462	STRAWBERRY KULFI SHAKE (With strawberry ice cream)		1 GLASS (250 ml)	433.75	12.12	18.24	5.89	-	56.03	40.95	20.58	-	176.32	80.68	-
463	AAM PANNA	N/A	1 GLASS (250 ml)	147.93	0.55	0.15	-	-	35.40	25.31	-	2.25	9.30	1442.18	0.70
464	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
465	MANGO SHAKE (With vanilla ice cream)	SULPHITES	1 GLASS (250 ml)	695.00	12.40	27.50	6.75	-	99.35	53.15	14.18	-	335.00	0.08	-
466	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
467	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
468	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
469	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
470	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
471	CAIPIROSKA (COCKTAIL)	N/A	280-300 ml	239.16	0.30	0.27	-	-	14.04	-	10.71	-	21.00	0.11	0.08
472	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
473	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
474	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
475	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
476	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
477	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
478	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
479	FRUIT PUNCH (MOCKTAILS)	SULPHITES	280-300 ml	314.30	1.41	15.00	-	0.60	44.68	44.68	32.12	-	10.80	28.35	0.09
480	OREO BLAST (MOCKTAIL)	SOYA GLUTEN SULPHITES	380-400 ml	671.25	7.59	35.20	20.17	0.03	80.86	68.74	10.45	-	2.85	144.26	-
481	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
482	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
483	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
484	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
485	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
486	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
487	SPICY GUAVA (MOCKTAIL)	N/A	280-300 ml	16.50	0.03	-	-	-	4.14	4.14	3.39	-	2.10	4.50	0.03
488	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
489	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
490	PACIFIC BLUE (MOCKTAIL)	SULPHITES	280-300 ml	91.29	0.25	0.15	-	-	22.91	21.36	-	0.12	9.40	-	0.10
491	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	-
492	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	-
493	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
494	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

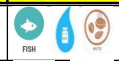
NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
495	IMLI CHILLY (MOCKTAIL)	N/A	280-300 ml	104.86	0.54	0.27	-	-	25.38	23.78	19.71	0.71	13.70	214.96	0.66
496	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
497	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
498	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
499	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	-
500	PEACH ICED TEA (MOCKTAIL)	N/A	280-300 ml	89.40	0.12	-	-	-	21.75	21.00	21.00	-	-	18.00	-
501	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	-
502	MANGO ICED TEA (MOCKTAIL)	SULPHITES	280-300 ml	100.30	0.09	0.01	-	-	24.66	19.73	16.46	0.02	-	3.26	-
503	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	-
504	SATTU DRINKS	N/A	100 G	123.06	6.40	1.95	0.16	-	21.30	0.63	-	3.09	7.46	246.29	0.09
	DESSERT														
505	PHIRNI	NUTS	100 G	159.9	3.5	9.5	0.7	0.0	15.02	6.94	6.26	-	109.39	-	-
506	MOONG DAL HALWA	N/A	50 G	238.54	3.81	17.12	5.84	0.24	17.31	19.16	8.64	-	2.07	2.08	0.18
507	ANGOORI GULAB JAMUN	GLUTEN	100 G	310.80	4.76	6.76	2.80	0.50	57.73	39.85	-	0.12	-	26.30	-
508	BROWNIE	GLUTEN	50 G	215.15	3.53	6.85	0.25	0.00	34.83	24.84	-	-	-	-	-
509	WALNUT AMERICAN BROWNIE	GLUTEN	50 G	239.61	3.44	10.92	1.88	0.00	32.28	22.93	-	-	1.15	-	0.03
510	PLUM CAKE	GLUTEN	100 G	553.77	8.91	25.56	9.55	0.02	71.44	29.12	-	1.62	17.12	576.58	1.15
511	CHOCOLATE PASTRY	GLUTEN SOYA	50 G	183.69	2.95	7.75	1.73	0.01	25.53	10.90	-	0.42	0.88	198.81	0.14
512	KIWI PASTRY	SULPHITES GLUTEN SOYA	50 G	184.35	3.60	5.73	2.45	0.01	29.74	18.09	0.14	0.01	0.34	154.25	-
513	RED VELVET PASTRY	GLUTEN SOYA	50 G	174.36	2.36	6.47	3.45	0.03	26.61	13.17	0.33	0.33	0.32	3.43	-
514	FRUIT CUSTARD	GLUTEN	100 G	199.46	3.75	9.80	2.53	-	24.53	12.21	7.14	0.41	109.04	2.79	0.86
515	FRESH FRUIT TART	GLUTEN SOYA	100 G	396.03	6.14	16.64	13.40	-	56.15	21.39	16.67	1.16	81.94	17.22	1.60
516	COCONUT CHOCOLATE BALL	GLUTEN	100 G	498.71	6.67	25.22	3.25	0.01	61.91	39.75	-	-	40.73	-	0.95
517	BUTTER SCOTCH PASTRY	GLUTEN SOYA SULPHITES uts,	50 G	160.00	2.20	4.44	3.14	0.00	28.02	20.79	7.51	0.00	0.80	98.14	0.01
518	KESAR PISTA KULFI	NUTS	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

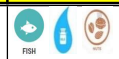
NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
519	MANGO KULFI		1 STICK (40 G)	99.83	2.74	5.68	0.06	0.24	9.57	5.80	4.24	-	84.77	3.77	0.04
520	MANGO PISTA PASTRY	GLUTEN SOYA SULPHITES	50 G	249.46	8.27	10.24	2.66	0.03	22.69	15.48	-	0.04	0.43	3.66	0.00
521	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
522	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
523	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
524	RASOGOLLA		100 G	276.00	8.56	7.05	-	-	44.52	30.98	-	0.16	-	16.90	-
525	STRAWBERRY PASTRY	SULPHITES GLUTEN SOYA	50 G	164.25	3.15	5.01	2.14	0.01	26.81	16.60	0.83	0.01	0.30	134.97	-
526	PINEAPPLE PASTRY	SULPHITES GLUTEN SOYA	50 G	165.57	3.15	5.01	2.14	0.01	27.08	16.13	-	0.01	0.30	134.97	-
527	CHEESE CHOCOLATE BROWNIE	GLUTEN	50 G	105.44	0.46	8.47	1.35	0.00	7.16	4.12	3.75	0.01	0.34	-	0.08
528	MISHTI DOI		100 G	166.00	3.90	6.00	3.90	0.20	24.20	_	18.00	_	_	_	_
529	FRUIT PASTRY	GLUTEN SOYA	50 G	151.52	2.89	4.59	1.96	0.01	24.76	14.97	-	0.09	0.66	123.88	0.02
530	RASBHARI	SOYA	100 G	315.64	9.06	11.49	3.86	0.15	44.09	30.43	4.17	0.16	114.23	26.69	0.07
531	RABRI		100 G	182.28	4.25	12.18	0.11	0.46	14.11	8.24	5.62	-	128.65	6.34	0.03
532	BAKED SHAHI JAMUN	GLUTEN	100 G	217.72	7.95	7.29	0.04	-	30.04	6.54	-	0.11	12.92	0.07	2.18
533	CHOCOLATE MOUSSE	SOYA	100 G	321.20	3.09	19.16	5.59	0.17	34.06	5.42	-	-	27.73	15.85	1.03
534	BAKED CHEESE CAKE	GLUTEN	100 G	306.91	4.57	14.16	4.13	0.30	40.37	1.76	20.59	0.04	42.79	1.40	0.40
535	MILKY SWEET PASTRY	GLUTEN SOYA	100 G	267.64	4.92	12.00	7.10	0.01	35.04	24.48	6.00	0.01	55.76	167.02	0.27
536	SHAHI TUKDA	GLUTEN	100 G	318.21	6.48	15.92	0.98	0.29	37.79	12.38	10.71	0.03	95.76	4.10	2.18
537	VANILLA ICE CREAM		100 G	116.00	1.80	6.30	3.60	-	12.90	10.10	-	-	-	-	-
538	STRAWBERRY ICE CREAM		100 G	101.00	1.80	5.50	3.50	-	11.00	8.10	-	-	-	-	-
539	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
540	PLAIN KULFI	GLUTEN	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
541	PAYASAM	GLUTEN	100 G	201.42	5.26	8.91	0.13	-	25.10	26.05	11.85	-	129.76	2.68	0.41
542	ADA PRADHAMAN	GLUTEN	100 G	199.51	5.33	9.21	0.15	-	23.84	25.28	11.80	-	129.76	2.09	0.41
543	MANGO MOUSSE	SOYA	100 G	207.32	1.05	12.24	11.16	-	23.37	18.83	8.27	0.30	32.40	43.98	0.20

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
544	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
545	MANGO PASTRY	SULPHITES GLUTEN SOYA	50 G	150.91	2.01	4.79	2.89	0.00	25.09	15.79	3.00	0.10	1.29	88.84	0.07
546	GHEWAR	GLUTEN	100 G	402.16	4.87	20.41	1.69	0.20	51.01	28.98	27.66	-	68.20	5.85	0.72
547	MALPUA	GLUTEN	100 G	391.53	4.99	17.46	2.38	-	54.91	-	22.22	0.09	29.38	39.36	1.00
548	JALEBI	GLUTEN	100 G	323.78	4.11	15.19	2.53	-	43.80	16.30	16.30	0.00	10.17	43.22	1.00
549	SABUDANA KHEER		100 G	208.11	2.64	3.27	-	-	42.83	24.10	24.10	0.28	80.58	0.24	0.65
550	SABUDANA KI KHEER		100 G	148.92	2.77	4.03	0.07	-	25.76	0.03	9.26	0.04	92.81	54.25	0.44
551	BHUNA MAKHANA	N/A	100 G	531.33	6.47	33.40	23.67	-	51.27	-	-	-	13.33	-	0.93
552	CHOCOLATE BROWNIE	GLUTEN	50 G	250.00	3.28	12.00	3.78	0.00	33.32	20.56	-	-	0.76	-	0.17
553	CRISPY TART	GLUTEN SOYA	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
554	COLOURFUL JELLY BELLY	N/A	20 G	32.00	0.03	0.01	-	-	7.88	7.34	-	-	-	-	-
555	GULAB JAMUN	GLUTEN	100 G	310.80	4.76	6.76	2.80	0.50	57.73	39.85	-	0.12	-	26.30	-
556	KESARIYA PHIRNI		100 G	196.0	4.3	12.0	0.8	0.0	18.40	16.17	7.67	-	134.00	-	-
557	GHEWAR MALAI	GLUTEN	100 G	402.16	4.87	20.41	1.69	0.20	51.01	28.98	27.66	-	68.20	5.85	0.72
558	MALPUA WITH RABRI	GLUTEN	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
559	JALEBI WITH RABRI	GLUTEN	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
560	FRIED ICE CREAM	GLUTEN	100 G	365.42	5.51	22.43	3.47	0.11	35.32	4.11	8.27	0.18	17.98	2.99	0.65
561	BALUSHAHI NEW	GLUTEN	100 G	317.86	4.83	12.01	4.56	-	47.58	0.70	17.85	1.16	19.86	38.10	0.93
562	BAKED MAHI		100 G	345.80	4.49	23.43	0.10	0.17	29.84	1.91	21.10	0.93	60.71	8.05	0.74
563	MALAI KULFI	GLUTEN	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
564	CASSATA PASTRY	GLUTEN SOYA SULPHITES	50 G	136.94	2.16	5.07	1.93	0.00	20.88	12.96	1.18	0.00	0.26	92.94	-
565	BALUSHAHI	GLUTEN	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
566	WHITE CHOCOLATE CHEESE CAKE	GLUTEN	100 G	497.46	6.38	29.82	16.36	-	51.31	18.25	16.63	-	26.02	440.47	0.75
567	FRUIT CAKE	GLUTEN FISH	100 G	452.93	9.11	14.26	6.94	-	69.93	16.70	10.00	0.00	33.59	90.48	2.60
568	TIRAMISU	SOYA	50 G	136.58	1.02	9.60	8.63	-	11.49	8.38	-	-	2.26	24.50	-

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
569	OREO MOUSSE	GLUTEN SOYA SULPHITES	50 G	156.15	0.70	10.17	8.56	0.01	15.46	15.41	4.03	-	1.98	65.18	-
570	DOUBLE KA MEETHA	GLUTEN	100 G	318.2	6.5	15.9	1.0	0.3	37.79	1.67	10.71	0.03	95.76	4.10	2.18
571	GALIYON KI PHIRNI		100 G	159.9	3.5	9.5	0.7	0.0	15.02	6.94	6.26	-	109.39	-	-
572	SHEER KHURMA	GLUTEN	100 G	167.9	4.4	7.4	0.1	-	20.91	11.83	9.88	-	108.14	2.23	0.34
573	MIRCH KA HALWA		100 G	317.62	7.42	20.83	0.92	-	25.51	15.69	15.00	1.69	289.96	1.62	0.45
574	GOND BESAN K LADDU		50 G	317.91	8.05	19.01	1.56	-	29.39	4.55	4.55	8.13	21.84	26.68	2.07
575	PAPAYA	N/A	100 G	32.00	0.60	0.10	_	_	7.20	_	_	2.60	17.00	6.00	0.50
576	WATER MELON	N/A	100 G	17.00	0.59	0.16	0.05	_	3.02	3.00	_	0.78	4.35	1.62	0.16
577	MUSK MELON	N/A	100 G	23.00	0.42	0.35	0.09	_	4.24	2.99	_	1.51	9.80	14.94	0.18
578	PINEAPPLE	N/A	100 G	43.00	0.52	0.16	0.05	_	9.42	8.56	_	3.46	10.88	1.43	0.28
579	LAL MAHAL SALAD	N/A	100 G	59.78	1.67	0.30	0.02	-	12.56	-	-	3.34	61.60	7.30	0.81
580	FRUIT INDRANI		100 G	231.74	7.42	8.15	0.00	-	32.14	-	-	0.11	51.78	11.40	0.12
581	GALAXY CHOCOLATE	GLUTEN SOYA	100 G	367.38	5.90	15.50	3.46	0.01	51.05	21.79	-	0.84	1.75	397.63	0.28
582	JELLY BELLY	N/A	20 G	32.00	0.03	0.01	-	-	7.88	7.34	-	-	-	-	-
583	DARK CHEESE BROWNIE	GLUTEN	50 G	193.60	3.64	6.61	1.56	0.02	30.12	18.51	4.62	0.01	-	157.02	-
584	GUR KE CHAWAL		100 G	238.79	2.59	11.52	0.00	-	31.14	0.01	-	1.09	29.31	0.03	0.63
585	SAKKARAI PONGAL		100 G	185.15	4.14	5.41	-	-	30.17	6.25	6.25	1.17	50.15	2.26	0.90
586	TILL GUR KE LADDU		50 G	237.24	5.69	14.02	1.21	-	23.88	0.05	-	-	125.86	1.90	1.46
587	MYSORE PAK	N/A	50 G	280.0	2.1	18.0	-	-	26.59	21.55	-	-	-	-	-
588	SHRIKHAND		50 G	119.0	3.1	3.0	1.5	-	21.00	21.00	20.50	-	20.00	10.00	-
589	PEANUT JAGGERY CANDY		20 G	97.47	2.90	5.67	0.21	-	9.01	0.01	-	0.65	48.24	0.32	0.64
590	GUJIYA	GLUTEN	30 G	159.60	2.73	10.00	1.18	-	15.08	4.62	4.62	-	73.45	1.12	0.40
591	NARKEL LADDU	N/A	30 G	193.71	1.63	14.95	-	-	13.42	9.00	9.00	-	96.00	0.09	1.87
592	BESAN GUR KI BURFI		30 G	177.98	2.41	11.54	-	-	16.12	-	-	1.58	16.45	7.57	0.87
593	MANGO SHRIKHAND		50 G	68.98	1.52	1.77	0.05	0.08	12.06	10.02	8.81	0.08	62.67	17.41	0.14

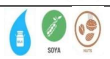
NUTRITIVE VALUE OF SERVED FOOD ITEMS															
S.No.	FOOD ITEMS*	ALLERGENS	SERVING SIZE	ENERGY [kcal]**	PROTEIN [g]	FAT [g]	SATURATED FAT[g]	TRANS FAT [g]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
594	AFRICAN THIAKRY CUPS		100 G	296.73	6.01	16.38	-	-	31.96	-	20.00	-	182.55	0.20	1.61
595	OREO KULFI	GLUTEN SULPHITES	40 G	115.62	1.88	5.73	0.26	0.24	14.41	11.74	8.36	-	51.05	12.34	-
596	SEVIYAN KHEER	GLUTEN	100 G	201.42	5.26	8.91	0.13	-	25.10	26.-477	11.85	-	129.76	2.68	0.41
597	LYCHEE KULFI	SULPHITES	40 G	82.05	2.30	2.61	-	-	12.70	11.5-67	3.70	-	0.37	4.66	0.03
598	ZEBRA PASTRY	GLUTEN	50 G	183.69	2.95	7.75	1.73	0.01	25.53	10.90	-	0.42	0.88	198.81	0.14
599	GREEN MANGO PASTRY	GLUTEN SOYA SULPHITES	50 G	249.46	8.27	10.24	2.66	0.03	22.69	15.48	-	0.04	0.43	3.66	0.00
600	RAS BHARE MOTI		50 G	131.26	4.31	4.24	-	-	18.94	13.26	-	0.06	1.64	6.60	0.09
601	BLACK FOREST PASTRY	SOYA	50 G	189.45	3.72	5.89	2.39	0.03	30.53	17.25	-	-	0.50	173.53	0.04
602	GULAB E KHEER	GLUTEN	50 G	71.06	1.82	2.85	0.05	-	9.55	10.24	5.12	-	54.92	0.97	-
603	COCONUT KULFI		40 G	75.56	2.77	3.24	-	-	8.94	7.95	3.64	-	0.36	0.04	0.03
604	CHOCOLATE TRUFFLE		50 G	170.72	2.25	7.94	0.12	-	22.57	-	-	-	26.00	-	0.83
605	CELEBRATION CAKE 1	GLUTEN SOYA	50 G	147.61	2.20	5.70	2.55	0.01	22.03	11.86	2.97	0.02	5.81	87.27	0.17
606	CELEBRATION CAKE 2	GLUTEN SOYA	50 G	160.30	2.24	6.13	3.96	0.00	24.23	16.80	3.57	0.03	1.19	100.10	0.01
607	COCONUT PUDDING	GLUTEN	30 G	76.89	1.35	3.66	0.13	0.00	9.73	5.78	4.09	0.05	38.87	19.45	0.22
608	ROSE PUDDING	GLUTEN	100 grams	217.39	3.12	4.82	0.45	0.01	40.91	5.7	28.26	-	68.54	66.41	-
609	CARROT RAISINS PUDDING	GLUTEN	30 G	63.69	1.31	2.32	0.13	0.00	9.47	5.78	4.09	0.10	31.66	20.23	0.11
610	FRUITS CHOCOLATE GATEAU	GLUTEN SOYA	50 G	115.01	1.61	4.47	1.83	0.01	17.18	7.64	1.66	0.22	8.07	53.49	0.23
611	TRUFFLE PUDDING	GLUTEN	100 G	181.70	3.54	4.96	0.46	0.00	31.22	23.05	13.64	2.87	77.32	59.81	0.32
612	JALEBI WITH RABDI	GLUTEN	100 G (4 pieces jalebi and	270.88	4.82	10.69	2.61	0.15	39.38	0.99	16.71	0.67	0.75	0.33	0.00
613	ORANGE VELVET PASTRY	GLUTEN SOYA	100 G (3 pieces)	376.90	4.32	15.42	9.70	0.06	54.71	24.73	5.93	-	4.68	13.89	-
	NON VEGETARIAN DESSERT														
614	MAWA SLICE CAKE	EGGS GLUTEN	100 G	430.64	7.24	24.96	17.35	-	44.73	25.84	25.00	-	26.00	2.58	1.38
615	MELKTERT	EGGS GLUTEN	50 G	130.00	2.82	6.00	1.99	-	16.43	10.00	10.00	0.48	71.21	11.68	0.20
	NON VEGETARIAN														
616	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
617	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
618	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
619	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
620	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
621	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
622	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
623	CHEESE PRAWNS		100 G	135.00	15.24	5.00	0.23	-	3.11	1.31	0.09	-	77.06	602.06	0.99
624	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
625	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
626	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
627	ACHARI TANGDI		100 G	418.65	20.19	16.19	1.13	-	2.68	0.01	-	0.49	79.63	141.76	1.41
628	ACHARI PRAWNS		100 G	124.33	14.18	5.09	0.22	-	2.68	0.01	-	0.49	124.46	153.70	1.03
629	ACHARI WINGS		100 G	239.45	18.29	17.40	1.21	-	2.68	0.01	-	0.49	86.81	149.04	1.51
630	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
631	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
632	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
633	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
634	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
635	MUTTON MARAG		100 G	253.62	19.08	17.27	6.47	0.00	4.65	0.19	0.03	1.88	44.99	361.61	2.40
636	HONEY CHILLI VINEGAR	N/A	100 G	189.39	2.79	1.47	0.18	-	40.47	0.89	32.26	7.30	48.04	5006.10	1.87
635	KALMI MANGO CHICKEN TIKKA		100 G	217.00	18.97	12.00	1.73	-	7.90	0.95	0.59	1.81	92.00	392.00	2.06
638	MUTTON RAAN		100 G	152.85	11.30	8.72	2.39	-	6.91	1.20	0.29	1.83	76.89	1131.96	0.90
	KAIRI MUTTON DO PYAZA	N/A	100 G	181.00	8.92	14.00	4.10	-	5.00	0.25	-	1.35	26.00	711.00	1.36
640	NIHARI KOFTA GRAVY		100 G	152.90	6.65	11.14	4.45	-	6.26	1.66	-	0.10	0.82	263.79	0.09
641	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
642	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
643	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
644	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
645	COASTAL BBQ PRAWNS		100 G	158.37	18.36	4.58	2.78	-	9.65	0.74	0.06	3.78	93.35	1180.30	3.64
646	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
647	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
648	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
649	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
650	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
651	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
652	BUTTER GARLIC PRAWNS		100 G	183.53	18.55	9.20	3.77	0.00	5.56	1.15	0.03	0.94	76.25	1025.92	0.48
653	LEMON BUTTER GRILL FISH		100 G	146.58	16.52	8.20	6.22	-	1.92	0.21	0.03	0.79	54.95	387.55	0.55
654	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
655	PERI PERI CHICKEN TIKKA		100 G	280.47	17.87	21.38	2.42	0.01	4.37	1.70	0.12	0.32	43.96	382.60	1.33
656	PERI PERI FISH TIKKA		100 G	210.27	22.64	11.14	2.30	0.01	4.61	1.80	0.13	0.34	34.29	376.68	1.04
657	MALAI CHICKEN TIKKA		100 G	182.49	19.53	9.74	4.33	0.09	3.54	2.30	0.06	0.26	8.77	720.00	0.80
658	PERI PERI CHICKEN TANGDI		100 G	444.92	18.99	19.96	2.50	0.01	4.37	1.70	0.12	0.32	45.89	383.03	1.47
659	PERI PERI PRAWNS		100 G	184.64	14.86	10.45	1.84	0.01	4.88	1.90	0.14	0.36	98.75	440.73	1.25
660	PERI PERI CHICKEN WINGS		100 G	289.50	18.14	22.18	2.72	0.01	4.61	1.80	0.13	0.34	55.62	411.59	1.66
661	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
662	MASALA CHICKEN BALLS	N/A	100 G	199.11	11.21	13.38	5.37	-	7.91	1.43	0.35	0.98	13.04	446.88	0.34
663	MUTTON RARA	N/A	100 G	214.06	12.46	16.76	3.56	-	2.93	0.68	0.32	0.55	17.24	63.81	0.82
664	FISH IN CHILLI GARLIC SAUCE		100 G	306.19	6.82	23.31	0.64	0.03	16.61	9.49	0.10	0.35	4.54	407.10	0.23
665	HOT GARLIC FISH TIKKA		100 G	163.38	19.28	8.23	1.66	0.01	2.84	1.65	0.12	-	4.71	395.57	0.61
666	HOT GARLIC 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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
667	SPICED CHICKEN MEAT BALL	N/A	100 G	190.09	11.54	12.00	5.30	-	8.60	0.98	0.07	0.29	2.26	207.59	0.13
668	HOT GARLIC PRAWNS		100 G	145.64	12.82	7.87	1.29	0.01	3.16	1.83	0.13	-	64.21	479.09	0.82
669	HOT GARLIC CHICKEN WINGS		100 G	265.68	16.98	20.51	2.45	0.01	3.59	1.96	0.12	-	29.02	429.53	1.37
670	THAI CHICKEN TIKKA		100 G	305.78	18.86	23.92	3.17	0.01	4.02	2.19	0.13	0.22	25.26	450.63	1.21
671	THAI FISH TIKKA		100 G	191.97	22.22	9.89	2.45	0.01	3.27	1.80	0.13	0.17	10.76	367.34	0.78
672	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
673	THAI PRAWNS		100 G	176.96	13.75	10.47	2.29	0.01	4.02	2.19	0.13	0.22	74.88	463.75	0.97
674	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
675	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
676	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
677	MUTTON ROGAN JOSH	N/A	100 G	184.52	9.98	11.33	0.00	-	10.62	1.61	0.06	0.13	77.35	352.32	1.28
678	FISH MASALA		100 G	197.02	8.32	15.17	4.82	0.00	5.51	3.59	0.08	1.04	60.42	660.98	0.05
679	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
680	CHILLI GARLIC PRAWNS		100 G	113.03	12.42	4.98	0.87	-	2.15	0.24	0.01	1.01	87.84	103.41	1.14
681	CHICKEN BIRYANI		100 G	195.11	7.18	8.69	1.27	0.01	21.72	0.63	-	0.91	21.77	514.20	0.58
682	MUTTON BIRYANI		100 G	214.16	8.99	9.61	1.03	0.01	22.87	1.59	0.02	0.12	69.77	385.22	1.14
683	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
684	CRUMB FRIED FISH FINGER		100 G	373.11	18.81	21.73	0.57	-	25.26	0.24	0.06	0.31	8.28	85.10	0.94
685	CHICKEN FRIED RICE		100 G	217.00	6.85	12.00	1.57	-	20.51	0.58	0.06	1.46	17.63	275.31	1.01
686	BANO TANGDI		100 G	422.40	18.95	18.82	1.08	-	1.36	0.01	-	0.06	64.27	81.02	1.36
687	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
688	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
689	JHEENGA NISHA		100 G	144.39	14.93	6.44	1.89	0.01	3.73	1.55	0.12	0.17	114.49	382.63	1.18
690	CHINGRI MALAI CURRY		100 G	256.00	7.11	21.00	1.17	-	8.69	1.95	1.05	1.62	82.50	850.42	1.66
691	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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
692	ZAFRANI MACHHI		100 G	181.79	19.24	10.02	1.48	0.00	3.75	1.33	0.13	0.17	216.69	337.82	0.34
693	EGG CURRY		100 G	165.50	6.04	12.56	1.72	-	6.14	3.05	0.09	1.67	27.87	372.11	0.78
694	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
695	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
696	CHERMOULA 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
697	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
698	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
699	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
700	RABBIT WITH INDIAN SAUCE		100 grams	233.41	14.88	15.32	5.04	-	7.75	3.05	-	2.38	36.3	618.69	1.85
701	TANDOORI QUAIL HOT GARLIC SAUCE	N/A	100 grams	227.99	14.61	15.46	3.73	0.01	7.77	2.47	0.29	0.29	14.76	1184.98	1.41
702	ROASTED DUCK WITH PEPPER SAUCE		100 grams	213.95	10.56	13.44	1.92	0	13.02	6.17	0.06	1.22	23.63	407.28	2.63
703	TURKEY WITH ROSEMERY SAUCE		100 grams	181.33	13.85	11	1.57	0	7.06	2.44	0.07	1.61	22.54	578.75	0.97
704	HOT AND SOUR CHICKEN SOUP		100 mL	84.02	5.09	3.97	0.75	0.02	5.46	1.51	0.87	-	2.27	650.21	0.15
705	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
706	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
707	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
708	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
709	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
710	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
711	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
712	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
713	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
714	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
715	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
716	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
717	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
718	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
719	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
720	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
721	CRISPY CHICKEN STRIPS		100 G	421.00	21.10	29.00	4.28	-	20.27	0.74	-	-	16.51	82.10	1.37
722	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
723	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
724	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
725	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
726	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
727	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
728	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
729	GOSHT ELAICHI PASANDA		100 G	219.21	11.26	14.40	1.79	-	6.13	2.14	0.04	1.64	80.58	451.23	1.33
730	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
731	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
732	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
733	KERALA STYLE FISH CURRY		100 G	117.72	8.85	5.86	1.48	-	4.94	1.96	0.04	1.17	9.55	633.64	0.37
734	ACHARI ANDA MASALA		100 G	168.68	8.12	11.68	3.09	-	7.71	0.8	-	1.43	75.58	688.12	0.82
735	CHICKEN SEEKH KEBAB	N/A	100 G	212.00	18.00	13.00	8.00	-	5.00	-	-	-	-	-	-
736	MUTTON SEEKH KEBAB		100 G	225.00	13.00	17.00	7.00	-	6.00	-	-	-	-	-	-
737	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
738	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
739	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
740	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
741	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
742	CHEESE TANGDI		100 G	490.00	22.50	19.00	1.32	-	3.40	1.51	0.15	-	23.26	648.67	1.44
743	LAAL MAAS	N/A	100 G	138.82	8.47	10.32	0.43	-	3.09	0.49	0.06	0.13	62.35	469.02	1.03
744	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
745	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
746	CHICKEN TIKKI		100 G	221.49	17.22	13.02	0.25	-	8.77	0.22	-	3.35	89.47	681.52	4.54
747	TANDOORI FISH TIKKA		100 G	172.09	24.14	6.85	1.53	-	3.26	0.41	0.14	0.21	57.61	174.74	1.09
748	BURANI GOSHT	N/A	100 G	320.79	17.57	21.06	5.87	-	14.43	2.01	-	0.40	15.61	419.95	1.40
749	TANDOORI CHICKEN TANGDI	N/A	100 G	191.85	15.80	11.26	3.47	-	5.54	0.97	0.06	0.25	0.80	1196.25	0.05
750	KALMI CHICKEN WING SKEWER	N/A	100 G	233.38	15.55	16.01	3.30	-	7.03	0.41	0.04	0.98	68.68	1151.24	1.53
751	CHICKEN BALL MANCHURIAN		100 G	176.32	8.71	11.57	3.54	0.01	9.14	3.16	0.23	1.32	14.78	300.81	0.50
752	STIR FRY CHICKEN MEAT BALL		100 G	176.32	8.71	11.57	3.54	0.01	9.14	3.16	0.23	1.32	14.78	300.81	0.50
753	SEER FISH CURRY WITH BONE		100 G	153.44	7.23	11.45	1.53	-	5.34	0.89	-	0.09	0.38	506.82	0.09
754	CHICKEN SHIKAMPRI KEBAB		100 G	187.01	15.11	11.02	5.62	-	6.14	0.20	-	0.87	16.84	205.16	0.40
755	COASTAL TAWA SEER FISH		100 G	147.35	16.05	5.92	1.86	-	7.45	0.97	0.06	-	-	507.43	-
756	MUTTON DUM BIRIYANI		100 G	170.57	8.63	11.00	3.63	0.01	8.84	0.63	0.01	0.31	18.84	428.32	0.71
757	CHICKEN KEBAB		100 G	202.31	18.87	10.02	0.34	-	9.04	0.28	-	3.63	90.68	482.33	4.41
758	EGG SAUSAGE		100 G	162.95	6.75	13.00	1.21	-	4.41	2.81	-	0.75	49.09	469.88	1.28
759	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
760	MALAI CHICKEN BALL		100 G	151.00	12.28	8.00	5.36	0.01	7.44	2.12	_	1.01	10.67	6.84	0.38
761	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
762	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
763	FISH KALIA		100 G	206.68	9.15	16.79	0.00	-	4.71	0.57	0.54	0.52	359.95	578.47	0.75
764	MUTTON SEEKH SIZZLER		100 G	237.47	12.21	17.83	7.20	-	7.95	0.40	-	0.82	18.94	215.33	0.20
765	CHICKEN SEEKH SIZZLER		100 G	225.77	16.71	14.23	8.10	-	7.05	0.40	-	0.82	18.94	215.33	0.20
766	ANCHOVY FRY		100 G	426.57	19.21	31.79	3.96	-	16.15	0.05	-	3.76	131.96	919.24	3.12

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
767	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
768	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
769	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
770	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
771	GOLDEN FRIED PRAWNS		100 G	193.37	11.78	5.91	0.99	-	21.41	-	-	0.71	66.59	638.20	1.20
772	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
773	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
774	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
775	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
776	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
777	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
778	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
779	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
780	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
781	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
782	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
783	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
784	EGG BOILED		45 G	66.00	6.04	5.00	1.56	-	-	-	-	-	24.80	54.45	0.84
785	PUNJABI TANGDI		100 G	379.70	18.19	14.76	1.61	-	2.77	0.35	-	0.18	61.70	59.15	1.39
786	AMERICAN FRIED CHICKEN		100 G	339.62	16.93	23.19	3.44	0.00	16.42	0.65	-	-	13.21	124.71	1.09
787	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
788	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
789	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
790	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
791	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

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
792	MASALA MUTTON SEEKH	SOYA, GLUTEN	100 G	268.88	18.55	20.02	0.05	-	3.41	0.32	-	1.85	150.03	644.11	2.98
793	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
794	FISH IN LEMON BUTTER SAUCE	FISH	100 G	280.00	10.31	22.00	8.35	0.01	10.87	1.41	0.10	-	101.27	612.50	0.09
795	TANDOORI CHICKEN TIKKA GRUB & SUB	GLUTEN	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
796	HOT N SPICY CHICKEN SEEKH GRUB & SUB	SOYA, GLUTEN	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
797	SUCCULENT GRILLED MUTTON SEEKH GRUB & SUB	SOYA, GLUTEN	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
798	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
799	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
800	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
801	MUTTON KEEMA DOSA	GLUTEN, SOYA	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
802	EGG DOSA	EGGS	1 DOSA (120 G)	239.00	10.53	14.00	1.49	-	19.13	-	-	-	29.45	489.72	1.03
803	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
804	PATIALA EGG CURRY	EGGS, SOYA	100 G	278.00	8.27	20.00	7.51	-	7.49	3.52	-	0.90	99.79	259.43	0.68
805	QUAIL MASALA	SOYA	100 G	250.00	8.51	19.00	6.58	-	9.64	3.83	-	1.34	89.85	387.78	0.62
806	CHEESE CHILLI GARLIC PRAWNS	CRUSTACEANS	100 G	147.81	12.82	8.07	1.99	0.00	3.21	1.28	-	-	64.21	589.54	0.82
807	CHICKEN FRIED NOODLES	EGGS, GLUTEN, SOYA	100 G	202.61	8.80	9.00	1.12	-	20.81	1.42	0.00	0.82	20.53	627.73	0.98
808	MUTTON KEEMA KULCHA	GLUTEN	175 G	445	15.39	23	7.99	-	45.12	3.01	2.18	1.48	50.61	1097.61	1.45
809	CHICKEN KEEMA PAO	GLUTEN	160 G	392	18.82	16	3.8	-	44.23	3.18	0.07	2.33	16.34	988.33	0.63
810	CHICKEN BAIDA PARANTHA	GLUTEN, EGGS	100 G	237.22	10.97	5.88	0.62	-	34.45	0.83	-	1.66	24.97	362.58	1.59
811	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
812	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
813	KADHAI MURGH	SOYA	100 G	239.24	8.93	18.39	5.28	0.00	8.31	3.45	0.06	1.66	87.29	562.80	0.52
814	CHICKEN MANCHOW SOUP	SOYA	100 G	38.70	1.22	1.42	0.19	0.02	5.28	1.71	0.63	0.05	1.21	757.78	0.08
815	LAL MIRCH KA DRUMSTICK	NUTS	100 G	379.44	18.14	14.72	1.77	-	2.83	0.53	0.12	0.26	61.38	173.57	1.40
816	SARSON WALA MACHHI	FISH	100 G	164.64	16.16	10.19	0.43	-	2.16	0.65	0.12	0.18	175.03	293.43	0.18

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
817	TEEKHA JHINGA	CRUSTACEANS	100 G	133.56	12.21	6.86	1.14	0.02	3.16	2.08	0.61	-	60.83	471.75	0.78
818	SOFIYANI CHICKEN TIKKA	SOYA, NUTS	100 G	223.62	15.70	16.12	2.77	0.01	4.21	1.65	0.10	0.14	55.03	332.54	1.16
819	MURGH KASOORI	MILK	100 G	173.78	6.60	13.43	1.83	0.03	6.74	2.72	1.03	0.64	18.89	362.74	0.57
820	SEA FOOD THAI CURRY	CRUSTACEANS, FISH, Fish	100 G	87.22	7.29	4.70	1.44	-	5.14	1.45	0.38	2.14	53.54	283.96	0.66
821	VALENCIAN MARINADE	FISH	100 G	144.88	17.94	5.96	0.01	-	4.86	2.49	0.77	0.45	301.26	156.09	0.14
822	CLASSICAL APRICOT AND CHEESE STEAK	CRUSTACEANS, FISH, MILK, Milk,	100 G	64.03	5.17	2.52	0.20	0.01	4.74	1.11	-	1.77	59.58	532.75	0.39
823	SEAFOOD LEMON CORIANDER SOUP	GLUTEN	100 G	173.25	5.57	3.25	0.27	0.03	27.88	1.47	-	-	81.00	563.64	0.43
824	TUNA FISH WITH HOT GARLIC SAUCE	FISH	100 G	132.90	20.17	4.62	1.03	-	2.45	0.68	0.05	0.08	8.61	1143.46	1.39
825	RED SNAPPER WITH SCHEZWAN SAUCE	FISH	100 G	124.62	18.80	4.33	0.88	0.02	2.43	1.45	0.51	0.08	7.18	765.56	0.34
826	PRAWNS BUTTER WITH GARLIC SAUCE	CRUSTACEANS, ans	100 G	133.68	11.63	7.31	5.73	-	2.82	0.49	-	1.31	83.93	451.15	1.16
827	SQUID BUTTER WITH GARLIC SAUCE	FISH	100 G	144.39	15.10	7.60	5.82	-	2.82	0.49	-	1.31	58.71	512.18	0.77
828	BASA FISH WITH SCHEZWAN SAUCE	FISH	100 G	130.66	15.13	6.77	0.49	0.02	2.43	1.45	0.51	0.08	140.47	717.64	0.05
829	ROHU FISH WITH HOT GARLIC SAUCE	FISH	100 G	120.40	13.86	4.59	0.50	-	5.88	0.69	0.05	0.08	520.47	1182.14	0.85
830	OCTOPUS WITH SCHEZWAN SAUCE	FISH	100 G	105.15	12.32	4.15	0.75	0.02	2.51	1.45	0.51	0.08	18.43	901.45	0.98
831	VIETNAMESE GRILLED PRAWNS	CRUSTACEANS, SOYA	100 G	106.67	11.47	3.60	0.30	-	4.59	2.27	1.29	1.91	68.14	302.08	1.37
832	KOTHMIRI CHICKEN	NUTS	100 G	248.59	19.62	17.63	2.01	-	3.09	0.25	0.01	0.84	66.85	373.65	1.47
833	GHEE ROAST PRAWNS	NUTS, CRUSTACEANS	100 G	169.50	20.97	6.65	1.46	-	6.35	1.20	0.01	1.09	369.99	325.19	5.67
834	CHETTINAD EGG CURRY	EGGS	100 G	191.96	6.34	15.01	7.29	-	7.65	0.31	-	6.19	119.43	506.15	2.21
835	DILLI KA DHABA MURGH TIKKA	NUTS	100 G	248.3	19.0	17.9	1.7	-	3.08	0.39	0.13	0.20	66.53	192.20	1.40
836	SURKH FISH TIKKA	FISH	100 G	150.3	19.0	7.2	0.5	-	2.54	0.38	0.14	0.21	205.92	332.68	0.12
837	TANDOORI MURGH AKBARI	NUTS	100 G	421.9	20.2	16.4	1.8	-	3.08	0.39	0.13	0.20	68.56	192.66	1.55
838	NIMODA TANDOORI JHINGA	NUTS, CRUSTACEANS	100 G	142.5	19.9	5.4	0.7	-	3.59	0.27	0.08	0.20	354.23	142.76	5.35
839	DARYAGANJ KA CHICKEN MASALA SEEKH	GLUTEN, SOYA	100 G	227.4	13.8	15.5	7.0	-	6.82	2.20	0.03	0.70	1.23	498.30	0.01
840	FATEHPURI CHICKEN WINGS	N/A	100 G	395.9	18.1	29.4	3.8	-	15.59	0.24	0.10	2.39	33.95	646.52	2.08
841	GOSHT JAHANGIRI SHORBA	N/A	100 G	50.6	4.2	1.7	0.2	-	4.65	0.20	0.08	0.13	4.64	1142.56	0.08

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
842	SARAI KI MUGLAI DUM BIRYANI		100 G	199.9	9.3	8.6	1.1	0.0	21.31	1.68	0.01	0.53	25.51	441.51	0.60
843	BALLIMARAN KA EGG MASALA	EGGS SOYA	100 G	165.5	6.0	12.6	1.7	-	6.14	2.96	0.09	1.67	27.87	372.11	0.78
844	GALI KABABIYAAN KI NIHARI	N/A	100 G	105.3	11.5	3.7	0.3	-	2.54	0.09	0.04	0.59	9.43	40.65	0.20
845	MURGH SURKH KADHA	SOYA	100 G	265.1	9.8	21.1	5.6	0.0	7.61	3.65	0.09	0.92	80.05	658.57	0.34
846	ZAIKEDAAR FISH CURRY	FISH SOYA	100 G	241.2	9.9	18.2	5.2	0.0	8.42	3.41	0.08	1.44	132.60	338.22	0.17
847	KUTTI MIRCH KA JHINGA	CRUSTACEANS	100 G	99.6	11.8	3.5	0.6	-	2.86	0.10	-	1.13	105.89	332.63	1.09
848	COASTAL BBQ FISH	FISH	100 G	192.0	15.8	13.5	2.7	-	6.15	1.55	-	2.29	177.91	195.33	0.79
849	CHICKEN SHIKAMPURI	EGGS	100 G	361.3	22.5	24.5	1.7	-	12.94	0.19	-	4.47	100.47	528.94	3.43
850	TABAK MAAZ	N/A	100 G	394.3	27.5	30.0	0.0	-	3.24	0.10	-	1.69	42.97	564.43	0.74
851	CHICKEN KOTHU PARATHA	EGGS GLUTEN	100 G	364.9	12.2	12.3	1.5	-	51.80	0.00	-	0.80	53.79	953.13	3.92
852	KONKANI FISH CURRY	FISH	100 G	258.7	14.8	18.5	4.1	-	8.27	0.65	0.07	4.65	200.71	75.87	2.26
853	CHETTINADU FISH CURRY	FISH	100 G	233.0	12.2	17.0	3.5	0.1	6.24	0.09	_	1.54	104.00	71.47	1.80
854	CHICKEN CHETTINAD	N/A	100 G	333.3	15.4	26.7	3.9	-	8.05	0.11	-	2.77	144.79	50.24	2.91
855	BAIDA CURRY MASALA	EGGS	100 G	189.9	7.1	14.4	3.2	0.1	8.06	0.80	0.48	3.35	118.19	679.47	1.57
856	BHUNA GOSHT	SOYA	100 G	219.2	11.3	14.4	1.8	-	6.13	2.14	0.04	1.64	80.58	451.23	1.33
857	BHATTI DA MURGH WITH GRAVY	SOYA	100 G	221.2	8.1	18.0	5.1	0.0	6.90	1.94	0.54	-	77.09	678.28	0.33
858	MANGALOREAN FISH CURRY	FISH SOYA	100 G	142.6	7.9	8.7	1.7	-	5.91	1.96	0.04	1.37	80.36	322.10	0.40
859	MAHI FISH TIKKA	FISH	100 G	170.2	18.7	8.6	0.8	-	4.51	0.24	0.05	0.82	223.48	349.91	0.47
860	EGG PAKODA	EGGS	50 G	161.8	5.7	13.2	1.5	-	5.31	0.08	-	0.15	26.27	113.90	0.74
861	HONEY CHILLI WINGS	N/A	100 G	318.3	10.0	26.2	3.8	0.0	11.71	1.58	0.72	0.90	20.75	469.44	1.19
862	CHICKEN ROLL	GLUTEN	100 G	223.5	6.6	13.5	7.2	0.0	18.97	0.54	0.02	1.18	37.97	224.65	1.60
863	FRY CHICKEN KEBAB	EGGS	100 G	267.78	19.43	16.94	2.17	-	9.75	0.22	0.04	3.63	44.20	503.96	1.72
864	CHICKEN SATAY	s	100 G	264.61	22.42	17.66	1.70	-	4.36	0.19	-	1.96	46.22	464.37	1.98
865	AJWAIN CHICKEN TIKKA		100 G	180.27	21.78	8.22	2.09	-	3.22	0.37	0.09	0.78	54.06	156.01	1.26
866	AJWAIN FISH TIKKA	FISH	100 G	147.60	13.98	8.09	1.75	0.07	3.22	0.37	0.09	0.78	49.92	178.53	0.64

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
867	CHILLI GARLIC FISH TIKKA		100 G	183.26	16.50	11.21	2.16	0.08	2.70	0.23	0.01	0.96	35.98	132.22	0.63
868	GRILLED FISH		100 G	181.69	15.89	12.34	1.45	-	2.11	0.19	-	1.21	159.95	0.37	0.42
869	FISH CHOP		100 G	278.63	10.75	21.14	3.11	-	12.14	-	-	0.85	111.36	708.98	0.80
870	CHICKEN CUTLET		100 G	318.36	16.27	24.94	3.63	-	7.91	0.01	-	0.63	46.37	730.38	0.91
871	PAHADI CHICKEN TIKKA		100 G	125.68	8.62	8.60	1.32	-	3.56	0.26	0.03	1.40	60.23	766.50	1.10
872	SHIKARI GOSHT	N/A	100 G	126.99	11.93	6.97	0.67	-	4.26	0.59	0.04	0.43	10.84	717.58	0.09
873	KADHAI EGG		100 G	205.05	9.95	15.71	3.11	0.00	5.29	2.39	0.08	1.06	82.14	249.89	1.36
874	EGG FRIED RICE		100 G	208.55	4.58	10.85	1.51	-	22.86	0.98	0.07	1.60	18.72	289.92	0.99
875	AMRITSARI FRIED FISH		100 G	244.27	14.18	15.96	2.20	-	11.26	0.16	-	2.12	117.56	368.32	0.87
876	GRILLED MANGO FISH		100 G	223.65	15.30	11.16	1.33	-	15.56	5.90	-	1.31	139.59	450.83	0.27
877	CAPE MALAY PICKLED CHICKEN	N/A	100 G	197.10	15.15	13.55	1.21	-	3.86	0.63	0.50	1.32	33.66	55.97	1.59
878	CRAB WITH HARISSA SAUCE		100 G	181.58	10.82	9.72	0.30	-	12.85	2.13	0.11	3.65	1331.54	243.77	1.62
879	GREEN HARRISA FISH		100 G	115.80	11.86	4.56	0.57	-	6.72	0.37	-	3.31	452.92	468.46	1.57
880	CHICKEN TIKKA PIZZA		100 G	357.65	14.89	14.74	1.53	0.00	41.31	2.30	0.59	0.17	239.62	533.66	2.07
881	FISH TIKKA PIZZA		100 G	348.04	14.47	13.71	1.45	0.00	41.65	2.50	0.66	0.18	256.58	624.36	1.93
882	CHICKEN SEEKH PIZZA		100 G	348.89	14.66	13.88	2.10	0.00	41.16	2.27	0.59	-	230.68	554.29	1.80
883	EGG OMELETTE		100 G	213.46	7.12	18.86	4.90	-	4.08	-	-	2.05	84.23	784.83	1.64
884	EGG BHURJI		100 G	213.46	7.12	18.86	4.90	-	4.08	-	-	2.05	84.23	784.83	1.64
885	EGG HALF FRY		100 G	239.00	12.48	20.00	6.97	-	1.81	-	-	1.66	74.25	776.36	2.49
886	CHICKEN POTA MASALA		100 G	363.26	15.42	29.37	7.85	0.00	7.56	-	-	2.28	32.25	401.32	1.01
887	PESHAWARI CHICKEN TIKKA		100 G	249.00	14.74	18.00	2.35	-	8.32	0.57	0.10	0.86	130.46	970.23	1.45
888	FISH IN SCHEZWAN SAUCE		100 G	198.39	5.99	17.12	2.66	0.01	5.63	1.12	0.38	0.43	55.01	432.48	0.20
889	EGG KOSHA		100 G	182.56	5.78	15.06	1.74	-	6.20	-	-	3.66	81.16	473.92	2.15
890	MURGH KORMA		100 G	283.73	15.36	22.70	6.25	0.02	4.53	1.84	0.37	1.08	28.70	216.08	0.83
891	VEG DUMPLINGS WITH MANCHURIAN SAUCE		100 G	89.11	3.27	0.56	0.29	0.01	18.88	5.73	2.32	2.78	43.34	1102.37	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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
892	BHUNA MUTTON		100 G	219.21	11.26	14.40	1.79	-	6.13	2.14-6	0.04	1.64	80.58	451.23	1.33
893	MUTTON KEEMA WITH PAO		160 G	427.31	13.40	20.61	7.60	-	47.93	3.18	0.07	2.33	8.39	965.64	0.12
894	MASOR TENGA		100 G	188.74	7.91	16.10	1.64	-	2.80	0.22	0.02	1.17	33.66	316.83	0.99
895	GONDHORAJ CHICKEN CURRY		100 G	266.89	17.29	20.07	0.82	-	3.54	0.27	0.07	0.72	21.70	508.23	0.56
896	CHICKEN DAK BUNGLOW		100 G	163.00	11.16	10.00	0.49	_	7.19	0.32	0.20	1.75	33.38	300.26	0.84
897	DUCK CURRY	N/A	100 G	84.66	8.88	3.46	0.10	-	4.35	0.26	-	2.77	52.24	418.19	1.25
898	DOI KATLA		100 G	169.00	12.89	9.00	1.01	_	8.89	4.23	4.10	0.88	337..17	487.76	1.30
899	ROASTED TURKEY		100 G	228.69	15.33	14.67	2.43	-	9.15	3.89	3.33	2.02	64.77	589.53	1.78
900	ANDA HARA PYAZA		100 G	223.50	6.84	19.34	4.97	0.01	5.64	1.67	0.18	1.23	63.71	276.17	1.84
901	WINGS IN SCHEZWAN SAUCE	N/A	100 G	235.30	6.10	21.06	3.21	0.02	5.96	1.18	0.41	0.45	13.04	481.50	0.63
902	MUTTON GURDA	N/A	100 G	154.00	11.70	10.00	0.90	_	3.95	0.41	_	1.31	18.08	853.00	4.37
903	GURDA KEEMA KALEJI	N/A	100 G	175.17	15.52	10.69	1.46	-	4.22	0.82	0.05	0.18	51.62	366.74	4.45
904	LEBANESE BBQ PRAWNS		100 G	130.19	12.96	6.48	1.08	-	2.84	0.25	0.01	1.01	87.84	103.74	1.14
905	HONEY CHILLI CHICKEN		100 G	307.25	12.48	17.79	1.92	0.17	24.38	6.72	1.57	0.79	25.00	670.92	1.42
906	CHILLI FISH		100 G	147.16	8.53	10.13	1.36	-	5.73	1.12	0.03	0.43	83.57	368.57	0.41
907	MUTTON TAWA SEEKH		100 G	261.27	8.27	20.77	5.34	0.17	10.38	0.00	-	2.19	30.55	816.41	0.54
908	CHICKEN MANCHURIAN		100 G	270.02	12.47	18.44	2.33	0.00	14.18	1.07	0.36	0.75	20.77	214.19	1.08
909	SMOKED CHICKEN TIKKI KEBAB		100 G	231.90	19.41	13.34	1.30	-	8.52	0.29	-	6.42	107.24	535.50	3.55
910	TAWA MASALA BUTTER CHICKEN		100 G	241.86	11.93	18.97	4.02	0.00	6.03	1.07	0.06	0.40	69.39	243.83	0.77
911	TAWA MUTTON SEEKH MASALA		100 G	246.04	8.98	19.65	6.84	0.00	8.87	1.02	0.06	0.38	50.93	192.69	-
912	KUNG PAO CHICKEN (Contain MSG)		100 G	255.71	6.76	12.28	1.68	-	29.73	12.33	8.73	1.96	21.59	994.83	1.06
913	CHICKEN LUNG FUNG SOUP		100 G	87.43	2.59	2.69	0.28	-	13.18	5.38	3.93	0.96	20.90	926.38	0.43
914	CHICKEN CHOP		100 G	231.41	11.36	19.36	1.83	-	3.39	0.43	0.40	0.34	55.34	633.31	1.19
915	KOLKATTA CHICKEN BIRYANI		100 G	193.56	6.35	8.87	1.04	-	21.93	0.21	-	1.29	15.63	448.08	0.58
916	SOYA CHILLI PRAWNS		100 G	122.19	17.85	3.11	0.60	-	4.59	1.68	-	0.20	68.49	1417.18	0.28

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
917	SINGHORI CHICKEN TIKKA		100 G	243.85	21.71	13.91	4.15	0.08	8.21	0.46	-	0.92	49.00	136.15	1.68
918	TANDOORI JHINGA	CRUSTACEANS	100 G	141.00	11.91	7.00	1.83	_	5.52	1.02	0.06	0.25	55.19	1337.00	0.75
919	DHANARI FISH TIKKA	FISH SOYA	100 G	169.46	16.60	9.61	2.69	0.09	58.23	0.14	-	0.43	47.38	280.28	0.54
920	GOSHT SEKHAWATI SEEKH	SOYA	100 G	262.00	11.67	19.00	6.50	_	8.67	_	_	1.00	_	833.00	_
921	TANDOORI CHICKEN TIKKA NEW		100 G	182.04	24.36	7.79	2.10	-	1.90	0.32	0.06	-	30.20	665.42	1.02
922	CHICKEN MALAI TIKKA NEW	SOYA	100 G	191.89	22.51	8.71	3.70	0.01	3.46	2.02	0.05	0.38	20.15	592.52	1.12
923	COASTAL FISH TIKKA	FISH	100 G	146.76	15.10	7.85	1.88	0.08	2.23	0.58	0.06	0.25	8.08	658.65	0.29
924	MUTTON SEEKH KEBAB NEW	SOYA	100 G	269.42	10.87	22.54	13.13	0.01	6.59	1.47	-	-	0.40	4.29	-
925	LEBANESE PRAWNS	CRUSTACEANS	100 G	144.14	19.96	5.02	1.27	-	3.62	1.02	0.52	-	75.83	1044.37	0.25
926	HOT AND SWEET CHILLI CHICKEN WINGS	GLUTEN SOYA EGGS	100 G	278.15	10.40	17.57	2.52	-	20.13	8.20	1.15	0.54	21.35	402.57	1.08
927	CHICKEN KEEMA SAMOSA	GLUTEN SOYA	100 G	269.00	11.00	11.00	4.20	-	31.10	4.10	-	549.00	-	-	-
928	TANDOORI CHICKEN TANGDI NEW		100 G	337.39	16.39	12.19	1.35	-	2.11	0.36	0.06	0.25	35.09	648.51	1.09
929	COASTAL FISH	FISH	100 G	176.93	17.80	8.60	2.00	0.09	64.80	0.55	0.04	2.89	57.21	267.27	1.26
	UBQ														
	VEG STARTER														
930	DAHI KEBAB - UBQ		100 G	249.75	8.60	17.25	5.77	-	15.42	2.52	-	0.25	301.48	71.86	0.42
931	VEG FRIED SPRING ROLL	SOYA GLUTEN	100 grams(5 pieces)	536.65	3.26	40.83	8.3	1.6	39.06			1.4	30.4	599.44	1.9
932	TANDOORI RESHMI MUSHROOM		100 grams	80.8	4.65	5.09	0.84	0.04	3.91	0.35	-	2.53	51.8	195.25	0.49
933	PANEER TIKKA	SOYA	100 grams(4 pieces)	252.6	16.22	15.62	8.5	0.03	11.81	9.81	-	0.01	410.31	205.86	0.78
934	CHEESY BROCCOLI		100 G	105.23	6.17	4.65	-	-	9.61	0.76	-	-	626.00	316.95	40.00
935	ASSORTED VEG PLATTER	GLUTEN SOYA	200 G	536.09	17.20	36.95	11.28	0.67	33.88	6.67	-	1.47	538.94	507.79	9.55
	MAIN COURSE														
936	TANDOORI PANEER BUTTER MASALA	SOYA	100 G	311.8	12.6	19.93	9.09	0.08	13.77	6.54	-	0.91	320.08	393.24	0.56
937	SUBJ E BAHAR	SOYA	100 G	179.96	2.03	11.08	5.48	0.12	6.48	1.88	-	1.12	41.27	352.44	0.21
938	DAL MAKHNI	SOYA	100 G	318.14	10.79	20.42	12.13	0.12	15.94	3.96	0.1	0.01	76.9	499.74	0.01

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
939	UBQ DAL TADKA	N/A	100 G	249.31	17.07	3.38	0.12	-	35.65	1.26	-	13.94	78.2	1173.28	6.25
940	KADAI PANEER		100 G	259.19	10.01	18.45	8.26	0.17	11.13	6.1	-	1.17	244.02	590.75	0.82
941	CHILLI PANEER - UBQ		100 G	284.81	9.15	14.07	4.47	-	30.49	10.22	2.42	3.46	190.80	589.89	1.59
	STARTERS														
942	TANDOORI PRAWNS		100 G (6 pieces)	138.59	19.62	4.88	1.65	0.03	2.85	0.32	-	0.01	94.26	968.43	0.29
943	TANDOORI CHICKEN TIKKA		100 G (3 pieces)	175.53	20.44	9.8	3.21	0.11	1.62	0.32	-	0.01	27.77	336.34	0.86
944	TANDOORI FISH TIKKA - UBQ		100 G (3 pieces)	162.24	15.19	9.67	2.74	0.12	53.64	0.38	-	0.01	30.55	322.07	0.29
945	ANGARA TANGDI		100 G (1 piece)	350.34	16.16	14.1	2.39	0.04	1.94	0.38	-	0.01	39.53	279.7	1.05
946	CHICKEN SEEKH KEBAB		100 G	222.84	18.11	13.71	8.11	-	6.01	0.2	-	0.04	1.84	107.17	0.01
947	MUTTON SEEKH KEBAB		100 G	235.84	13.11	17.71	7.11	-	7.01	0.2	-	0.04	1.84	107.17	0.01
948	FRIED CHICKEN STRIPS		100 G (3 pieces)	233.42	25.88	8.45	2.73	0.13	11.59	3.88	-	0.63	27.51	581.87	1.17
949	FRIED JHINGA (PRAWN)		100 G (6 pieces)	239.2	24.99	8.64	2.9	0.16	13.97	0.4	-	0.7	109.5	1594	0.7
950	ASSORTED NON VEG PLATTER		420 G (2-3 serving)	1100.9	72.27	50.94	14.52	0.22	42.11	1.41	-	0.07	143.61	1320	2.89
	MAIN COURSE														
951	TANDOORI BUTTER CHICKEN MASALA		100 G	208.64	12.96	12.72	4.79	0.08	5.73	0.61	-	0.47	64.97	308.82	0.46
952	CHICKEN TIKKA MASALA		100 G	384.46	17.34	25.82	5.2	0.09	20.73	1.83	-	2.73	4.79	1189.86	0.46
953	KADAI MURGH		100 G	278.9	17.74	18.04	4.22	0.09	7.35	2.09	-	2.36	20.52	670.7	0.82
954	EGG CURRY		100 G	233.64	8.4	15.13	3.6	0.04	9.61	2.01	-	3.03	58.56	855.15	1.28
955	MUTTON ROGAN JOSH	N/A	100 G	336.75	18.55	21.83	6.53	0.07	15.66	2.16	-	0.52	17.15	441.08	1.45
956	BHUNA GOSHT	N/A	100 G	336.75	18.55	21.83	6.53	0.07	15.66	2.16	-	0.52	17.15	441.08	1.45
957	CHILLI CHICKEN - UBQ		100 G	186.19	8.52	14.50	1.84	-	5.73	1.12	0.03	0.43	13.95	397.28	0.90
	BIRYANI														
958	PANEER TIKKA BIRYANI - UBQ		100 G	180.86	7.58	10.63	3.99	0.04	13.64	4.14	-	0.36	170.35	488.02	0.49
959	VEG BIRYANI - UBQ		100 G	103.41	1.47	5.07	1.2	0.04	9.04	0.6	-	0.37	14.39	366.23	0.19

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
	BIRYANI														
960	CHICKEN BONELESS DUM BIRYANI - UBQ		100 G	137.31	8.67	7.38	1.92	0.07	9.04	0.6	-	0.37	17.39	419.33	0.49
961	CHICKEN DUM BIRYANI - UBQ		100 G	180.05	8.51	9.08	1.36	0.04	9.04	0.6	-	0.37	17.26	388.46	0.37
962	CHICKEN TIKKA BIRYANI - UBQ		100 G	138.27	8.68	7.45	1.95	0.07	9.12	0.6	-	0.38	17.85	419.33	0.5
963	PRAWNS BIRYANI - UBQ	CRUSTACEANS	100 G	123.81	8.37	5.58	1.35	0.04	9.49	0.6	-	0.37	41.69	650.33	0.28
964	MUTTON BIRYANI - UBQ		100 G	205.79	11.35	13.55	4.72	0.04	9.04	0.6	-	0.37	20.99	394.95	0.95
965	EGG BIRYANI - UBQ	EGGS	100 G	138.59	5.41	8.97	2.34	0.04	9.04	0.6	-	0.37	29.43	413.33	0.69
966	MUTTON SEEKH BIRYANI - UBQ	SOYA, GLUTEN	100 G	141.6	4.61	9.07	2.89	0.03	10.53	0.65	0.01	0.33	14.35	419.9	0.18
	BREADS & RICE														
967	TANDOORI BUTTER ROTI	GLUTEN	65 grams	140.12	4.12	2.29	0.83	0.04	25.02	0.7	-	4.43	12.06	302.99	1.6
968	TANDOORI BUTTER NAAN	GLUTEN	120 grams	236.95	5.89	4.55	1.89	0.1	42.2	1.02	-	1.57	11.59	734.87	1.01
969	GARLIC NAAN	GLUTEN	120 grams	230.4	6.05	4.23	1.75	0.1	41.03	1.37	-	1.93	12.29	682.05	1.01
970	KALONJI NAAN	GLUTEN	120 grams	289.11	8.09	4.73	1.48	0.07	53.44	1.35	-	2.47	65.16	542.65	1.22
971	TANDOORI ROTI PLAIN	GLUTEN	65 grams	136.07	4.17	1.68	0.3	0.04	25.32	0.71	-	4.48	12.21	306.67	1.62
972	TANDOORI NAAN PLAIN	GLUTEN	120 grams	274.18	7.55	2.54	0.47	0.08	54.1	1.3	-	2.01	14.86	565.8	1.29
973	STEAM 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
	ROLLS														
974	PANEER TIKKA ROLL	SOYA, GLUTEN	300 G	686.24	25.19	39.52	23.08	0.04	56.9	12.36	0.11	2.59	451.11	762.54	1.4
	ROLLS														
975	CHICKEN SEEKH ROLL	GLUTEN, EGGS	350 G	701.14	30.59	41.31	23.11	0.01	50.61	2.75	0.12	3.42	72.22	642.53	1.66
976	MUTTON SEEKH ROLL	GLUTEN, EGGS, SOYA	350 G	698.11	25.95	44	15.05	0.41	49.96	2.61	0.11	2.58	68.46	636.41	1.44
977	CHICKEN TIKKA ROLL	GLUTEN, EGGS, SOYA	350 G	693.9	35.94	40.25	12.67	0.52	46.82	2.93	0.11	2.59	96.1	971.06	2.3
	CHAATS														

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
978	PANI PURI	GLUTEN	100 G (6 pieces)	254.04	4.29	5.62	1.36	0.18	46.62	1.61	-	0.74	2.32	701.42	0.09
979	ALOO TIKKI CHAAT - UBQ		100 G	323.6894	2.0681	23.7753	4.4122	-	26.1431	1.4637	1.5625	1.792	28.6525	435.9049	0.5603
980	DAHI BHALLE - UBQ		100 G	283.9764	12.8372	9.6769	1.4291	-	36.6942	2.4825	2.7778	5.9424	99.8022	632.0746	2.1377
981	PAPADI CHAAT - UBQ	GLUTEN	100 G (4 Nos)	259.9	4.13	15.2	4.06	-	29.07	3.01	2.45	0.81	34.71	323.24	0.21
982	KACHORI CHAAT	GLUTEN	100 grams	220.79	4.6	13.67	2.51	-	19.89	0.31	0.88	1.05	79.41	171.04	1.6
	SALADS														
983	KACHUMBER SALAD	N/A	100 G	81	1.34	2.86	0.55	0.11	12.49	-	-	2.75	53.34	585.77	0.67
984	RAITA		100 G	65.97	3.04	3.54	-	-	5.35	-	-	1.37	152.93	620.79	0.58
985	GREEN SALAD - UBQ	N/A	100 G	31.4444	0.8222	0.1333	-	-	6.6667	-	-	2.9556	35.4111	12.3889	0.7189
	DESSERTS														
986	MOONG DAL HALWA	(Garnishing)	100 G	439.01	7.1	32.09	10.95	0.45	30.46	19.72	16.21	-	1.55	3.89	0.14
987	SHAHI TUKDA	GLUTEN	100 grams	420.07	8.18	14.97	2.01	0.36	63.08	2.37	20	0	28.44	2.75	3.85
988	UBQ SPECIAL DESSERT - GULAB JAMUN AND RABDI	GLUTEN	144 G (8 jamun & 80 g rabdi)	344.74	6.44	14.07	1.88	0.68	48.23	27.6	4.49	0.08	102.92	21.9	0.03
989	ANGOORI GULAB JAMUN - UBQ	GLUTEN	100 G	310.8	4.76	6.76	2.8	0.5	57.73	39.85	-	0.12	-	26.3	-
990	PAAN KULFI - UBQ		1 STICK (40 G)	105.11036	2.80896	5.87312	0.0662	0.24552	10.37448	5.05656	3.44828	-	89.28276	3.89104	0.11172
991	KESAR PISTA KULFI - UBQ		1 STICK (40 G)	111.10856	3.17156	6.84228	0.0688	0.25428	9.335	5.23716	3.57144	0.00056	92.82856	4.05116	0.15
992	MALAI KULFI - UBQ	GLUTEN	1 STICK (40 G)	110.0222	2.6326	7.0904	0.0711	0.2637	9.0459	1.7274	3.7037	-	81.7481	4.1793	0.0178
	BEVERAGES														
993	LADY IN RED - UBQ (MOCKTAIL)	N/A	280-300 ml	149.01	0.23	0.15	-	-	37.13	35.00	-	-	13.50	2.89	0.05
994	VIRGIN MOJITO - UBQ (MOCKTAIL)	N/A	280-300 ml	167.07	0.89	0.51	-	-	39.13	32.73	-	0.32	51.00	3.64	0.92
995	MANGO JULEP - UBQ (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
996	BLUE LAGOON (MOCKTAIL)	SULPHITES	280-300 ml	91.29	0.25	0.15	-	-	22.91	21.36	-	0.12	9.40	-	0.10
997	CHOCOLATE MILK SHAKE		250 mL	605.27	15.89	32.58	0.19	0.72	63.15	4.73	31.15	-	554.41	11.65	0.32
998	STRAWBERRY MILK SHAKE		250 mL	570.30	15.52	30.95	0.19	0.72	58.46	4.73	31.15	0.14	555.34	11.65	0.22

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
999	KESAR PISTA MILKSHAKE		250 mL	604.42	16.61	33.80	0.20	0.75	59.49	4.90	31.51	0.00	568.61	12.13	0.44
1000	REFRESHER LIME	N/A	300 mL	37.36	0.14	0.03	0.01	-	9.12	3.31	5.55	0.31	86.21	33.01	0.05
1001	BOMBAY SMASH (MOCKTAIL)	N/A	300 mL	283.36	0.43	0.05	0.02	-	69.23	37.70	30.52	0.54	187.25	80.86	0.26
1002	SHIRLEY TEMPLE (MOCKTAIL)	N/A	300 mL	147.10	0.10	0.03	0.01	-	36.26	25.42	9.59	0.20	87.62	37.82	0.01
	Delivery														
	VEG														
1003	PANEER MALAI TIKKA		100 G	226.29	13.51	13.27	8.16	0.01	12.48	10.02	0.05	0.53	335.47	506.93	0.70
1004	AACHARI PANEER TIKKA		100 G	229.31	16.78	12.44	7.13	-	12.65	9.42	0.06	0.84	402.03	469.84	0.79
1005	HARIYALI PANEER TIKKA		100 G	236.22	16.74	13.46	7.79	-	12.24	9.58	0.06	0.20	392.54	592.07	0.85
	Non Veg														
1006	CHICKEN MALAI TIKKA		100 G	182.49	19.53	9.74	4.33	0.09	3.54	2.30	0.06	0.26	8.77	720.00	0.80
1007	CHICKEN SEKHAWATI KEBAB		100 G	248.84	13.64	17.32	11.84	0.02	8.06	3.07	-	0.28	1.01	238.22	0.00
1008	MUTTON SEKHAWATI KEBAB		100 G	258.47	9.93	20.28	11.10	0.02	8.80	3.07	-	0.28	1.01	238.22	0.00
1009	TANDOORI EGG		100 G	208.63	10.42	16.96	2.07	-	4.28	0.34	-	0.16	21.61	431.38	0.63
1010	ACHAARI CHICKEN		100 G	154.20	20.89	6.77	1.97	0.08	2.72	0.16	0.06	0.84	29.23	597.00	0.87
1011	FRIED CHICKEN WINGS		100 G	397.78	8.96	35.19	4.59	-	11.33	-	-	-	-	657.04	-
1012	PERI PERI FRIED CHICKEN WINGS		100 G	355.84	9.65	29.62	4.90	-	12.68	-	0.22	-	-	698.43	-
1013	HARIYALI CHICKEN TIKKA NEW		100 G	160.50	20.88	7.75	2.58	0.08	2.24	0.25	0.06	0.20	16.73	720.26	0.94
1014	ACHARI FISH TIKKA NEW		450 G	419.28	76.19	7.00	1.73	-	12.25	0.73	0.25	3.80	265.74	2317.77	1.51
1015	CAJUN FRIED CHICKEN WINGS		100 G	386.89	8.91	32.64	4.18	-	14.39	0.60	-	-	-	597.31	-
1016	BUTTER GARLIC PRAWNS		100 G	183.53	18.55	9.20	3.77	0.00	5.56	1.15	0.03	0.94	76.25	1025.92	0.48
1017	LEMON BUTTER GRILL FISH		100 G	146.58	16.52	8.20	6.22	-	1.92	0.21	0.03	0.79	54.95	387.55	0.55
1018	EGG KORMA		410 G	789.25	22.33	68.62	21.29	0.02	20.84	10.60	1.82	0.64	124.08	1552.09	2.70
1019	CHICKEN KORMA		410 G	826.73	47.82	60.20	18.84	0.01	20.10	10.23	1.76	0.61	74.06	1448.63	2.34
1020	KADHAI CHICKEN NEW		410 G	811.19	48.20	53.67	21.17	0.01	30.43	13.71	-	2.06	64.58	1269.58	2.63

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1021	MUTTON SEEKH CURRY	SOYA	410 G	935.61	26.16	63.31	11.79	-	66.89	8.27	-	0.60	10.58	1564.97	0.40
1022	COASTAL FISH CURRY	FISH	410 G	656.71	24.66	54.20	5.94	-	17.27	4.08	0.10	0.39	59.49	2435.85	0.91
1023	COASTAL PRAWNS CURRY	CRUSTACEANS	410 G	367.72	23.13	21.42	5.76	-	16.26	3.84	-	0.16	107.25	1949.04	1.34
1024	MUTTON KORMA	SOYA	410 G	656.41	28.48	51.66	15.11	0.01	19.27	9.81	1.68	0.59	63.29	1267.78	0.55
1025	CHICKEN LABABDAR	NUTS SOYA	410 G	1078.07	51.23	72.71	19.14	0.02	51.62	6.55	-	7.95	55.34	1877.42	2.29
1026	CHICKEN LABABDAR MINI MEALS	NUTS SOYA	100 G	166.83	6.29	7.52	1.77	0.00	17.94	0.68	-	1.40	34.96	280.99	0.41
1027	MUTON SEEKH CURRY MINI BOWL	SOYA	100 G	154.46	4.11	6.71	1.13	-	19.27	0.83	-	0.76	31.07	253.85	0.25
1028	CHICKEN LABABDAR RICE BOWL	NUTS SOYA	600 G	1189.53	45.82	56.75	14.71	0.01	119.92	5.52	-	8.77	48.36	1376.18	2.36
1029	EGG KORMA RICE BOWL	SOYA	600 G	978.19	24.67	53.76	16.29	0.01	97.40	8.48	1.33	3.42	98.65	1138.13	2.66
1030	KADHAI CHICKEN RICE BOWL	SOYA	600 G	994.25	43.61	42.82	16.20	0.01	104.42	10.75	-	4.46	55.11	931.42	2.61
1031	MUTTON SEEKH CURRY RICE BOWL	SOYA	600 G	1085.29	27.48	49.87	9.33	-	131.09	6.78	-	3.39	15.60	1147.56	0.98
1032	CHICKEN KORMA RICE BOWL	SOYA	600 G	1005.62	43.33	47.59	14.49	0.01	96.86	8.21	1.29	3.40	62.05	1062.43	2.39
1033	MUTTON KORMA RICE BOWL	SOYA	600 G	881.00	29.17	41.34	11.76	0.01	96.25	7.90	1.23	3.38	54.18	930.10	1.09
1034	FISH CURRY RICE BOWL	SOYA FISH	600 G	881.22	26.38	43.20	5.05	-	94.79	3.71	0.07	3.24	51.39	1784.78	1.35
1035	PRAWNS CURRY RICE BOWL	CRUSTACEANS SOYA	600 G	669.76	25.26	19.22	4.92	-	94.05	3.54	-	3.07	86.34	1428.58	1.66
1036	MUTTON SEEKH CURRY MINI MEAL	SOYA	660 G	1019.42	27.13	44.26	7.46	-	127.18	5.47	-	5.01	205.09	1675.44	1.64
1037	KADHAI CHICKEN MINI MEAL	SOYA	660 G	948.11	39.77	38.73	12.84	0.01	106.28	8.58	-	5.85	236.04	1506.13	2.92
1038	FISH CURRY MINI MEAL	FISH	660 G	859.56	26.27	39.04	4.11	-	98.73	3.06	0.06	4.89	233.12	2174.60	1.93
1039	CHICKEN LABABDAR MEAL	NUTS SOYA GLUTEN	795 G	1918.39	66.75	97.97	40.95	0.39	175.24	24.50	0.20	7.47	194.36	2291.78	2.00
1040	KADAI CHICKEN MEAL	GLUTEN SOYA	795 G	1755.66	64.91	86.36	42.20	0.39	162.32	28.86	0.20	3.88	199.99	1921.14	2.21
1041	MUTTON SEEKH MEAL	GLUTEN SOYA	795 G	1831.53	51.47	92.24	36.47	0.38	184.55	25.55	0.20	2.99	167.06	2101.26	0.85
1042	CHICKEN KORMA MEAL	GLUTEN SOYA	795 G	1765.14	64.68	90.34	40.77	0.39	156.02	26.74	1.27	3.00	205.77	2030.32	2.03
1043	MUTTON KORMA MEAL	GLUTEN SOYA	795 G	1661.29	52.88	85.14	38.50	0.39	155.52	26.48	1.23	2.98	199.20	1920.04	0.94
1044	FISH CURRY MEAL	GLUTEN SOYA FISH	795 G	1661.47	50.55	86.68	32.91	0.38	154.30	22.99	0.26	2.86	196.88	2632.28	1.16
1045	PRAWNS CURRY MEAL	GLUTEN SOYA CRUSTACEANS	795 G	1485.25	49.62	66.70	32.80	0.38	153.68	22.85	0.20	2.72	226.01	2335.45	1.42

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1046	EGG KORMA MEAL		795 G	1742.28	49.13	95.48	42.27	0.39	156.48	26.97	1.31	3.01	236.27	2093.40	2.25
1047	CHICKEN KORMA MINI MEAL		660 G	957.01	39.55	42.47	11.50	0.01	100.36	6.59	1.01	5.02	241.47	1608.75	2.75
1048	EGG KORMA MINI BOWL		660 G	935.53	24.93	47.30	12.91	0.01	100.78	6.80	1.04	5.03	270.14	1668.05	2.96
1049	PRAWNS CURRY MINI MEAL		660 G	693.92	25.39	20.25	4.01	-	98.16	2.93	-	4.76	260.50	1895.57	2.18
1050	PANEER MALAI TIKKA		450 G	1018.32	60.78	59.73	36.73	0.05	56.15	45.08	0.22	2.38	1509.60	2281.16	3.16
1051	AACHARI PANEER TIKKA		450 G	1031.90	75.51	55.96	32.10	-	56.92	42.38	0.25	3.80	1809.14	2114.26	3.56
1052	TANDOORI SOYA CHAP		100 G	207.77	11.06	5.00	0.59	-	9.29	0.23	-	0.42	10.90	426.72	0.27
1053	MALAI SOYA CHAAP		100 G	220.52	9.89	6.28	2.35	0.01	10.50	1.79	0.04	0.74	10.76	445.65	0.16
1054	HARIYALI PANEER TIKKA		450 G	1062.98	75.33	60.55	35.03	-	55.10	43.10	0.25	0.91	1766.43	2664.30	3.85
1055	JEERA RICE	N/A	300 G	507.46	8.17	17.60	0.67	-	77.49	0.68	-	3.31	26.63	331.72	0.95
1056	DAL TADKA NEW	N/A	410 G	650.90	26.44	30.64	14.12	-	67.01	1.76	-	11.97	94.79	2129.98	8.65
1057	ALOO GOBHI MASALA		410 G	913.73	12.07	72.83	2.04	0.03	52.39	3.16	0.81	10.43	155.89	1651.21	3.22
1058	PANEER KORMA NEW		410 G	814.25	25.62	64.21	25.04	0.01	33.43	22.76	1.68	0.60	585.60	1288.36	1.50
1059	PANEER DO PYAZA NEW		410 G	996.24	34.73	74.22	42.78	0.02	42.49	22.20	-	4.87	899.11	644.81	2.96
1060	MIX VEG CURRY		410 G	702.12	7.92	53.21	30.20	0.02	24.85	5.75	-	4.87	222.41	619.16	1.68
1061	MUSHROOM MASALA NEW		410 G	729.08	12.30	58.15	32.45	0.02	31.96	6.18	-	5.24	246.32	665.30	3.63
1062	MUTTOR PANEER		410 G	949.36	31.42	70.05	40.26	0.02	43.48	18.91	-	7.32	769.46	641.90	3.13
1063	CHOLE MASALAA	N/A	410 G	815.96	17.49	60.10	21.79	1.04	50.23	2.74	0.29	5.24	79.86	1869.25	2.38
1064	RAJMA MASALA NEW		410 G	631.33	12.38	46.05	22.31	0.25	41.62	9.56	0.23	0.57	2.92	979.27	0.09
1065	KADHAI PANEER NEW		410 G	847.02	28.23	61.17	28.68	0.01	45.55	27.51	-	2.69	595.96	1184.10	1.86
1066	PANEER LABABDAR NEW		410 G	1159.32	38.20	81.99	27.40	0.02	66.81	20.71	-	7.95	619.43	1793.76	1.92
1067	PHIRNEE		300 G	349.45	10.31	16.77	1.76	0.04	39.38	17.77	16.03	-	309.82	188.47	0.52
1068	PANEER LABABDAR MINI MEALS		660 G	1147.64	34.03	54.96	16.41	0.01	127.13	12.60	-	9.22	554.06	1806.57	2.51
1069	ALOO GOBHI MINI MEAL		660 G	1006.88	19.06	49.72	1.88	0.02	118.87	2.54	0.46	10.65	288.38	1724.87	3.25
1070	MUSHROOM MASALA MINI BOWL		660 G	901.04	19.19	41.30	19.30	0.01	107.15	4.27	-	7.67	340.21	1159.77	3.49

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1071	PANEER KORMA MINI MEAL	SOYA	660 G	949.86	26.82	44.78	15.06	0.01	108.00	13.77	0.97	5.01	534.67	1516.89	2.27
1072	RAJMA MASALA MINI MEAL	SOYA	660 G	845.02	19.24	34.36	13.49	0.14	112.69	6.20	0.13	5.00	200.70	1339.73	1.46
1073	CHOLE MASALA MINI MEAL	N/A	660 G	950.84	22.16	42.42	13.20	0.59	117.63	2.30	0.17	7.67	244.80	1849.84	2.77
1074	PANEER LABABDAR MEAL	MILK, NUTS, SOYA, GLUTEN	795 G	1967.94	58.81	103.63	45.99	0.39	184.51	33.13	0.20	7.47	538.31	2240.76	1.78
1075	PANEER KORMA MEAL	MILK, GLUTEN, SOYA	795 G	1757.53	51.14	92.79	44.56	0.39	164.15	34.38	1.23	2.98	517.68	1932.59	1.52
1076	ALOO GOBHI MEAL	MILK, GLUTEN, SOYA	795 G	1818.19	42.88	98.05	30.53	0.40	175.71	22.43	0.69	8.98	255.67	2153.84	2.56
1077	MUSHROOM MASALA MEAL	MILK, GLUTEN, SOYA	795 G	1705.59	43.02	89.10	49.07	0.39	163.25	24.27	0.20	5.81	310.80	1552.68	2.82
1078	RAJMA MASALA MEAL	MILK, GLUTEN, SOYA	795 G	1645.99	43.07	81.71	42.89	0.53	169.15	26.33	0.34	2.97	162.39	1744.12	0.66
1079	CHOLE MASALA MEAL	MILK, GLUTEN, SOYA	795 G	1758.57	46.18	90.28	42.57	1.01	174.39	22.17	0.38	5.82	209.31	2286.79	2.05
1080	PANEER LABABDAR RICE BOWL	MILK, NUTS, SOYA	600 G	1248.98	36.29	63.54	20.75	0.01	131.04	15.88	-	8.77	461.11	1314.96	2.09
1081	PANEER KORMA RICE BOWL	SOYA	600 G	996.49	27.08	50.53	19.03	0.01	106.61	17.38	1.23	3.39	436.35	945.16	1.78
1082	ALOO GOBHI MASALA RICE BOWL	SOYA	600 G	1069.28	17.17	56.84	2.20	0.02	120.48	3.04	0.59	10.58	121.93	1210.66	3.04
1083	MUSHROOM MASALA RICE BOWL	SOYA	600 G	934.17	17.34	46.10	24.45	0.02	105.53	5.25	-	6.78	188.10	489.26	3.34
1084	RAJMA MASALA RICE BOWL	SOYA	600 G	862.65	17.40	37.24	17.03	0.18	112.61	7.72	0.17	3.37	10.00	719.00	0.75
1085	CHOLE MASALA RICE BOWL	N/A	600 G	997.74	21.13	47.52	16.65	0.76	118.90	2.73	0.21	6.79	66.30	1370.20	2.42
1086	DAL TADKA RICE BOWL	N/A	600 G	876.96	27.68	25.97	11.04	-	131.19	2.01	-	11.71	77.22	1560.98	7.01
	FOOD ACTIVATION (Monthly)														
1087	TUNDEY KEBAB	GLUTEN, SOYA	100 G	237.19	11.70	18.11	7.20	-	10.61	0.88	-	1.04	2.92	17.00	0.20
1088	NAWABI PARATHA CHICKEN	GLUTEN	100 G	209.46	9.90	6.02	0.58	-	28.33	0.77	0.04	1.41	35.25	94.82	1.16
1089	BHAIYA JI WALE KEBAB	GLUTEN, NUTS	100 G	225.97	4.68	6.19	0.15	-	35.44	1.14	1.03	1.18	27.16	1200.24	0.33
1090	SATTU KE SHARABAT	N/A	100 G	45.95	2.68	0.70	0.00	-	7.24	0.01	-	0.47	19.67	337.87	1.17
1091	BHUJA	NUTS	100 G	290.33	8.73	18.19	8.73	-	22.29	1.12	-	5.07	39.54	308.56	2.58
1092	DUM KE MURGH	MILK, NUTS, SOYA	100 G	292.05	14.98	23.65	5.16	0.01	4.12	2.32	0.32	0.26	1.17	281.56	0.06
1093	GOBHI MUSSALAM	MILK, NUTS, SOYA	100 G	211.28	3.34	17.27	5.36	0.01	10.56	3.93	0.33	1.84	5.76	254.48	0.51
1094	AAM PANNA	N/A	100 ML	284.74	0.97	0.32	0.03	-	63.82	2.36	29.27	3.38	43.85	4424.72	0.57

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1095	KACHE AAM KI CHUTNEY	N/A	100 G	53.37	1.29	0.17	0.02	-	10.87	2.08	-	3.02	38.28	275.82	0.77
1096	MANGO SALSA	N/A	100 G	45.65	1.06	0.23	0.03	-	9.49	2.59	-	2.29	30.32	274.38	0.60
1097	MANGO CHILLI DIP	N/A	100 G	116.42	1.49	0.62	0.10	-	27.09	0.31	21.35	0.92	8.51	417.16	0.40
1098	AAM KI LAUNGI	N/A	100 G	132.73	0.77	7.00	1.20	-	16.48	1.88	7.43	2.74	25.00	337.84	0.39
1099	AAM PANNA WALI PANIPURI		100 G	256.79	3.55	4.77	1.82	-	47.44	1.40	12.54	3.25	29.28	2195.74	0.65
1100	SOM TUM SALAD	N/A	100 G	52.45	0.79	0.18	0.04	-	11.40	6.12	0.52	2.75	18.56	457.52	0.52
1101	MANGO MINT WATERMELON SALAD	N/A	100 G	50.28	0.44	0.30	0.00	-	11.37	0.00	-	1.31	14.49	25.91	4.54
1102	MANGO PHIRNI		100 G	135.87	2.50	5.94	0.42	0.01	18.07	4.27	9.09	0.31	69.47	4.02	0.20
1103	MANGO MOUSSE		100 G	351.84	2.61	13.64	12.09	0.01	54.93	30.49	20.67	-	2.11	84.26	-
1104	MANGO CHEESE CAKE		100 G	351.98	3.69	20.31	17.61	-	39.40	20.38	21.70	1.09	2.47	70.76	-
1105	CUT MANGO	N/A	100 G	74.00	0.60	0.40	-	-	16.90	-	-	2.00	14.00	26.00	1.30
1106	MANGO KULFI		100 G	156.33	6.47	7.32	-	-	16.13	9.88	3.78	-	-	0.02	-
1107	GRILLED BHUTTE	N/A	100 G	100.33	3.62	1.34	0.03	-	16.95	0.38	-	0.71	5.45	954.99	0.15
1108	MASALA PEANUT		100 G	450.88	15.68	37.32	7.23	-	13.44	2.84	-	7.27	56.83	197.86	2.56
1109	CHANNA CHAAT	N/A	100 G	219.62	9.84	3.31	-	-	35.73	1.53	-	11.71	31.71	327.45	0.60
1110	POP CORN	N/A	30 grams	132.06	2.12	3.32	0.52	-	23.25	0.00	-	0.06	0.37	232.62	0.14
1111	MIX PAKODA		100 G	265.04	5.98	16.85	2.92	-	22.61	0.30	-	0.94	13.26	699.85	0.14
1112	CHICKEN PAKODA		100 G	390.68	21.60	30.62	3.31	-	6.69	2.57	0.12	0.80	27.51	634.84	0.22
1113	EGG PAKODA		100 G	281.21	11.21	19.43	4.08	-	15.75	-	-	0.25	28.89	599.50	0.86
1114	FISH AMRITSARI		100 G	276.74	13.73	20.11	3.61	0.06	9.06	2.70	-	1.48	28.21	658.11	0.89
1115	CHANA DAL PAKODA	N/A	100 G	220.93	5.00	16.36	2.61	-	14.06	1.84	-	4.93	99.75	1392.13	1.49
1116	NELLIKAI MALLI RASAM	N/A	100 mL	27.15	1.08	0.74	0.01	-	3.99	0.49	0.09	1.45	34.39	518.84	0.52
1117	PODI TOSSED IDLI	N/A	100 G	150.39	2.90	8.94	1.45	-	14.89	12.63	-	0.58	14.96	307.77	0.15
1118	COCONUT CHUTNEY NEW	N/A	100 G	347.09	7.09	27.16	0.86	-	18.80	0.02	-	7.31	30.60	385.75	2.93
1119	PANEER 65 NEW		100 G	340.48	12.75	25.52	8.28	-	15.32	9.42	0.09	0.83	327.00	478.57	0.84

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1120	VEG KOTHU PAROTHA	GLUTEN	100 G	236.81	6.42	12.72	4.24	-	22.50	2.26	0.38	0.47	50.64	451.12	0.24
1121	CHICKEN KOTHU PAROTHA	GLUTEN, EGGS	100 G	259.58	8.79	14.28	4.37	-	24.15	1.53	0.43	0.53	19.61	519.58	0.38
1122	CHICKEN 65 NEW	GLUTEN	100 G	329.59	17.91	25.04	2.71	-	7.65	2.14	0.09	0.77	24.47	518.07	0.26
1123	CHICKPEA SUNDAL	N/A	100 G	299.81	12.71	15.05	1.71	-	28.57	0.01	-	0.96	10.05	193.83	0.23
1124	BANANA CHIPS	N/A	100 G	442.00	2.55	26.00	10.92	-	48.03	-	-	2.84	-	617.00	-
1125	COCONUT KULFI NEW		100 G	206.83	6.56	11.36	1.43	-	22.27	11.05	8.70	-	-	0.09	-
1126	MIX FRUIT PAAL PAYSAM	GLUTEN	100 G	142.44	3.71	5.03	0.25	-	20.66	3.56	2.90	0.44	109.96	65.11	0.69
1127	CHETTINAD VEG GRAVY WITH IDIYAPPAM		100 G	223.81	4.28	14.89	3.06	-	16.32	3.63	0.82	0.18	41.04	597.14	0.18
1128	CHETTINAD CHICKEN CURRY WITH IDIYAPPAM	N/A	100 G	225.49	9.06	14.67	1.93	-	12.47	2.22	0.66	0.15	3.48	504.26	0.09
1129	BOILED PEANUT SALAD		100 G	311.39	13.58	23.83	4.57	-	10.70	2.48	-	6.49	37.31	142.84	2.08
1130	TANDOORI Pal katti square		100 G	250.96	16.20	15.09	7.41	-	12.63	9.67	0.10	0.37	409.68	121.62	1.02
1131	BOONDI CHAAS		100 mL	56.02	2.07	3.65	0.61	0.00	3.78	0.10	-	0.51	76.50	774.80	0.20
1132	JODHPURI MIRCH WADA	N/A	100 G	271.66	7.92	14.46	2.15	-	27.41	3.27	-	5.55	30.64	239.54	2.33
1133	SAHI DAHI WADA		100 G	183.60	5.70	8.09	1.00	-	22.57	-	10.22	2.78	70.14	301.76	0.25
1134	LEHSUN KI CHUTNEY	N/A	100 G	136.49	2.95	7.51	1.24	-	14.29	2.51	5.91	-	-	2101.15	-
1135	RED CHILLI PICKLES	N/A	100 G	117.00	2.00	5.00	-	-	9.00	-	-	-	-	-	-
1136	SHIRKE WALI PYAZA	N/A	100 G	46.22	0.99	0.08	-	-	8.44	0.18	2.60	0.45	20.49	10.06	0.92
1137	KALA CHANNA CHAT	N/A	100 G	177.13	7.90	2.51	-	-	29.14	1.20	-	9.51	30.19	419.59	0.66
1138	LAL MASS		100 G	179.07	10.05	13.54	3.65	-	3.67	0.96	0.30	2.30	27.66	86.84	1.17
1139	JAIPURI DUM ALOO		100 G	317.34	4.00	21.11	5.90	0.00	18.35	2.19	-	3.21	68.33	453.59	0.75
1140	MARWADI LEHSUNI KADHI		100 G	96.57	4.10	4.70	0.23	-	8.97	1.12	-	7.27	116.43	275.19	1.61
1141	DAL KA BAATI	GLUTEN	100 G	294.69	6.35	12.01	0.12	-	39.58	1.06	-	6.86	21.63	520.82	2.42
1142	BAATI KA DAL	N/A	100 G	296.25	13.02	12.90	0.42	-	30.91	1.21	-	5.81	37.79	672.97	2.70
1143	SEKHAWATI CHICKEN	SOYA	100 G	259.36	15.71	16.47	7.67	-	8.08	0.05	-	1.11	12.06	797.13	0.17
1144	METHI PURI	GLUTEN	100 G	273.87	5.85	11.80	1.99	-	35.42	1.00	-	6.51	20.83	107.39	2.46

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1145	JEERA PEAS PULAO	N/A	100 G	128.34	3.18	2.55	0.18	-	22.74	0.19	-	2.14	34.43	155.56	0.59
1146	MOONG DAL KICHDI	N/A	100 G	272.31	11.17	10.47	0.28	-	33.17	0.61	-	4.37	42.79	543.40	2.26
1147	GULABI KHEER	GLUTEN	100 G	102.35	3.41	4.24	0.05	-	12.68	3.87	5.35	0.06	103.40	62.66	0.24
1148	MALPUVA WITH RABDI	GLUTEN	100 G	250.56	3.74	11.29	2.23	-	34.45	1.41	19.80	0.40	4.79	0.98	0.10
1149	CHURMA	GLUTEN	100 G	349.74	4.28	10.82	0.07	-	59.52	0.65	35.50	4.19	19.41	308.62	1.63
1150	VEGETABLE GALOUTI KEBAB	SOYA	100 G	306.73	21.62	9.53	1.18	0.00	31.49	1.75	-	15.50	134.87	702.02	6.30
1151	CHICKEN TARIWALA		100 G	151.66	11.78	8.10	0.31	-	7.41	0.13	-	3.60	76.87	325.64	1.15
1152	MUTTON DAK BANGALOW	EGGS	100 G	183.00	10.43	12.35	3.52	-	7.09	0.27	0.20	1.76	35.63	296.38	1.43
1153	CHICKEN TIKKA SANDWITCH	GLUTEN SOYA	100 G	273.29	9.16	11.42	5.72	0.01	33.15	1.33	-	0.58	38.87	482.17	3.37
1154	CANTONESE CHICKEN NOODLES	GLUTEN CRUSTACEANS SOYA	100 G	194.73	10.90	1.96	0.52	-	32.89	4.96	0.01	1.23	15.60	299.40	0.68
1155	VEG THAI RED CURRY	N/A	100 G	161.45	0.75	18.47	7.00	-	9.67	4.57	-	1.49	5.84	537.30	0.31
1156	CHICKEN MEAT BALL IN ORIENTAL SAUCE	CRUSTACEANS SOYA	100 G	165.81	8.11	5.26	3.11	-	21.09	9.43	0.08	1.74	18.69	585.74	0.69
1157	THAI BASIC CHICKEN RICE	FISH	100 G	265.41	5.00	12.97	0.32	-	31.76	0.81	-	1.38	29.29	518.89	1.02
1158	KOLKATA CHICKEN BIRYANI		100 G	193.56	6.35	8.87	1.04	-	21.93	0.21	-	1.29	15.63	448.08	0.58
1159	GHUGNI CHAAT (Bengali Festival)	N/A	100 G	169.03	10.00	1.18	0.13	-	28.47	4.74	-	8.54	59.27	82.07	2.70
1160	DAHI MAACH	FISH	100 G	196.20	9.78	13.84	1.76	-	8.49	0.31	3.57	0.43	355.12	136.64	0.90
1161	GHUGNI PUCHKA	GLUTEN	100 G	165.42	4.34	6.49	1.25	0.24	22.22	1.03	-	4.38	34.91	364.34	0.91
1162	VEGETABLE BEETROOT CHOP	GLUTEN	100 G	259.85	4.30	16.18	2.64	0.37	24.16	0.35	0.49	2.57	28.63	316.10	0.89
1163	LUCHII	GLUTEN	100 G	415.80	5.64	25.41	0.05	-	40.27	0.96	0.40	1.77	11.38	155.90	1.00
1164	ALOO DUM		100 G	138.08	2.42	9.17	0.68	-	11.41	0.66	0.31	2.74	75.31	509.14	2.52
1165	FISH FINGER	GLUTEN EGGS FISH SOYA	100 G	292.87	12.06	18.79	1.71	0.05	17.80	1.20	0.02	0.94	14.81	273.19	0.68
1166	DIMER DEVIL	EGGS	100 G	289.78	12.93	24.73	4.56	-	3.67	0.92	-	0.28	29.21	55.63	0.93
1167	MISHTI PULAO		100 G	83.60	1.01	3.74	0.13	-	11.36	0.53	2.27	0.40	1.70	0.42	0.23
1168	KOSHA POTOL		100 G	101.04	2.39	7.13	0.68	-	6.60	0.74	0.29	2.91	80.45	484.74	1.27
1169	JHINGA ALOO POSTO		100 G	169.73	3.30	11.33	1.04	-	13.73	0.18	-	3.74	112.40	151.58	1.80

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1170	CHICKEN CHAP		100 G	276.52	13.88	22.15	1.74	0.00	5.35	1.48	0.05	1.57	62.01	120.30	0.77
1171	FISH BUTTER KI TIKKI		100 G	296.90	9.03	19.96	6.50	0.03	19.50	2.23	0.02	1.02	27.90	75.37	0.76
1172	PRAWNS COCKTAIL		100 G	166.78	11.92	10.16	1.68	0.01	6.33	4.29	-	0.05	53.88	908.88	0.61
1173	ANCHOVI RAWA FRY		100 G	326.08	11.46	19.87	0.03	-	24.94	4.47	-	2.31	74.73	174.10	1.44
1174	THAI MANGO FISH		100 G	213.43	14.37	13.39	1.05	0.06	7.81	2.93	0.04	0.86	33.78	467.88	1.21
1175	LOBSTER DISH		100 G	419.86	7.89	40.85	0.02	-	5.03	1.58	0.04	0.77	12.57	419.29	0.29
1176	SEER FISH FRY		100 G	286.71	12.09	21.99	0.52	-	9.95	2.17	0.07	1.77	26.61	105.56	0.61
1177	BANGRA FRY		100 G	277.57	12.17	21.99	0.04	-	7.60	2.16	0.07	1.35	272.16	70.28	3.03
1178	FISH PATURI		100 G	170.03	15.03	9.85	1.42	0.07	3.80	0.07	-	0.48	20.06	358.53	0.50
1179	SALT N PEPPER OCTOPUS	Molluscs	100 G	108.22	9.69	5.72	4.35	-	3.03	0.46	-	1.36	29.54	143.65	1.09
1180	FISH FINGER NEW		100 G	315.06	10.76	18.43	0.70	0.04	25.56	4.14	0.05	0.33	8.81	272.85	0.31
1181	CHETTINADU SHRIMP CURRY		100 G	63.74	1.37	3.74	0.43	-	6.12	1.09	0.31	0.71	17.74	219.15	0.50
1182	SRILANKAN CRAB CURRY		100 G	112.22	4.37	7.06	2.57	-	5.59	0.84	-	0.90	56.71	513.50	0.86
1183	GOLDEN FRIED CALAMARI RINGS		100 G	310.68	10.77	18.27	0.15	-	25.01	4.57	-	1.95	36.17	309.65	0.99
1184	MUTTON TUNDAY KEBAB		100 G	313.52	11.76	23.99	4.87	-	14.10	0.13	-	1.29	20.58	291.54	0.99
1185	MUTTON SEKHAWATI SEEKH		100 G	285.12	5.33	20.45	11.49	0.05	15.59	8.20	-	1.32	2.88	1111.10	0.02
1186	MUTTON KEEMA KALEJI		100 G	285.03	11.72	17.92	3.77	-	14.04	1.88	-	2.99	23.28	831.76	0.43
1187	MUTTON KEEMA PAV		100 G	317.92	8.92	20.09	5.31	-	21.43	1.43	-	2.35	37.35	649.01	0.78
1188	MUTTON MARAG NEW		100 mL	76.12	3.93	5.09	1.12	-	3.44	0.88	0.26	0.40	10.35	365.31	0.45
1189	NIHAARI GOSHT	N/A	100 G	198.13	10.58	15.45	4.92	-	3.70	1.32	0.04	0.16	10.29	266.93	0.84
1190	GOSHT KORMA		100 G	224.23	11.99	17.52	6.34	0.00	4.10	2.19	0.36	0.07	8.04	307.72	0.91
1191	MUTTON HALEEM NEW		100 G	293.53	9.23	22.79	2.54	-	12.57	4.50	0.53	0.17	24.92	309.44	0.76
1192	GOSH E KHAS		100 G	103.89	8.23	6.46	0.07	-	2.91	0.36	0.15	1.95	25.82	243.26	0.48
1193	HYDERABADI JAFFRANI DUM BIRIYANI		100 G	170.57	8.63	11.00	3.63	0.01	8.84	0.63	0.01	0.31	18.84	428.32	0.71
1194	MANGO LASSI		350 mL	429.85	7.76	9.91	0.14	-	78.73	0.07	66.72	0.41	244.31	50.52	0.70

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1195	CREAMY MANGO		100 G	131.53	0.60	5.98	5.33	-	18.74	5.18	2.67	1.18	9.63	30.44	0.76
1196	MANGO CUSTARD		100 G	132.98	2.42	4.15	1.54	0.01	21.97	4.06	13.68	0.18	75.80	47.96	0.46
1197	MANGO CHILLI KULFI		40 G	60.39	2.21	2.44	0.03	-	7.61	3.18	2.97	0.21	1.18	0.25	0.06
1198	CRISPY CHICKEN STRIPS FEST		100 G	410.03	12.04	29.87	5.22	0.00	23.24	1.37	0.02	0.88	10.43	41.45	0.81
1199	CHICKEN MARAG SOUP		100 G	68.89	4.22	4.19	0.22	-	3.40	0.88	0.26	0.40	7.92	366.52	0.24
1200	BHUNA RASEELA KUKKAD		100 G	355.59	19.15	27.53	14.34	0.01	6.56	2.63	0.05	0.64	41.47	463.79	0.26
1201	CHICKEN HAWAIN SALAD		100 G	188.17	15.95	11.29	1.98	0.01	4.45	2.29	-	0.74	15.21	326.32	0.78
1202	HARA TAWA MURGH KEBAB	N/A	100 G	232.14	22.59	13.51	2.46	-	3.47	0.14	-	1.89	66.14	542.84	1.44
1203	STUFFED CHICKEN CHEESE TIKKI		100 G	344.11	15.28	19.62	5.74	-	26.40	1.11	-	1.23	103.15	196.78	1.11
1204	TANDOORI GHEE ROAST CHICKEN BIRYANI		100 G	244.34	11.23	12.99	1.20	0.01	19.93	0.78	0.08	0.71	15.16	332.73	0.23
1205	CHICKEN HALEEM		100 G	213.46	8.25	17.09	2.18	-	6.49	1.03	0.46	0.27	21.18	283.34	0.47
1206	HONEY CHILLI WINGS NEW		100 G	340.89	11.84	22.70	3.36	-	23.35	9.28	1.25	1.03	26.01	198.99	1.34
1207	CHICKEN KEEMA PAV		100 G	260.64	10.25	11.96	4.49	0.01	27.70	1.91	0.23	2.13	15.47	566.01	0.32
1208	DUM KA MURGH NEW		100 G	241.52	13.68	17.48	2.77	0.00	6.80	3.14	0.52	0.28	24.53	431.62	0.20
1209	MURGH CHANGEZI		100 G	322.40	16.28	22.42	2.90	0.00	13.33	2.58	0.26	1.71	21.77	612.01	0.20
1210	CHICKEN KHEEMA SAMOSA		100 G	269.00	11.00	11.20	4.20	-	31.10	4.10	-	-	-	549.00	-
1211	PAO BHAJI		100 G	194.09	3.43	6.16	2.06	-	26.49	1.77	0.04	1.46	5.25	621.99	0.07
1212	HOT JALEBI		100 G	298.35	2.59	11.99	2.13	-	46.46	0.01	34.93	0.39	6.24	0.71	0.11
1213	CHICKEN KEEMA PAV STREET FOOD		100 G	260.64	10.25	11.96	4.49	0.01	27.70	1.91	0.23	2.13	15.47	566.01	0.32
1214	CHOLE KULCHA		100 G	195.08	5.41	8.65	1.29	0.15	24.30	0.89	1.82	1.78	22.68	555.54	0.86
1215	MAGGIE CHOWMEIN		100 G	154.76	4.62	4.39	1.82	0.03	23.93	2.20	1.00	2.40	75.01	2865.38	1.02
1216	EGG BENZO		100 G	271.04	8.48	16.21	10.57	-	22.50	1.59	-	6.23	49.05	453.75	2.49
1217	SINGLE KA MEETHA		100 G	238.33	7.94	7.37	-	-	35.44	-	11.85	-	207.06	29.79	1.69
1218	SHRIKHAND NEW		100 G	180.57	10.50	4.15	1.31	-	26.11	-	18.03	-	149.02	54.10	0.08
1219	TANDOORI CHICKEN MOMO		100 G	252.05	9.31	13.84	3.06	-	22.63	0.75	0.06	0.01	0.49	814.86	0.01

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]
1220	TANDOORI VEG MOMO	GLUTEN SOYA	100 G	204.72	5.25	9.49	0.71	-	24.02	0.23	-	0.01	0.49	557.61	0.01
1221	DAHI BHALLA	GLUTEN	100 G	147.41	3.81	7.03	1.39	-	17.58	2.04	5.12	2.14	65.00	618.71	0.64
1222	FISH CUTLET	GLUTEN FISH	100 G	307.56	9.01	15.09	2.58	0.02	33.49	3.29	-	1.64	26.61	337.69	0.87
1223	KULLAD FALUDA		100 G	263.97	12.40	5.66	0.77	-	48.64	4.76	18.12	13.35	789.00	26.69	31.80
1224	TANDOORI BUTTER CHICKEN TIKKA	SOYA	100 G	355.59	19.15	27.53	14.34	0.01	6.56	2.63	0.05	0.64	41.47	463.79	0.26
1225	GHUGNI ALOO TIKKI CHAAT		100 G	115.00	2.91	5.00	0.80	0.00	15.33	5.87	3.28	1.18	55.21	1924.00	0.43
1226	SAMOSA CHAAT	GLUTEN	100 G	172.00	2.88	10.00	0.98	_	18.36	7.45	4.44	1.71	79.48	716.00	0.80
1227	RASMALAI	GLUTEN	100 G	194.00	3.93	4.00	0.21	_	32.71	17.21		0.00	73.76	264.00	0.25
1228	ELANEER PAYASAM		100 G	202.60	2.93	16.04	3.72	-	12.00	0.86	6.19	1.41	49.58	24.61	0.64
1229	PAZHAM PRADAMAN		100 G	323.44		22.25	0.33	-	27.78	7.45	-	1.51	20.66	1.06	1.53
1230	PARIPPUPRADAMAN		100 G	332.60	8.58	17.47	0.30	-	34.68	2.12	-	3.29	27.39	3.47	2.29

BARBEQUE NATION

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]	CARBOHYD RATE [g]	TOTAL SUGAR [g]	ADDED SUGAR [g]	TOTAL DIETARY FIBRE [g]	CALCIUM [mg]	SODIUM [mg]	IRON [mg]

**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 restaurants. The nutrition analysis is done by 'Diet Soft' Software which is based on NIN and IFCT database and information provided by Barbeque-Nation Hospitality Limited ('the Company') suppliers. It is based on standard product formulations per serving and test checked at a NABL accredited ISO/ICE 17025:2017 certified laboratory. 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 30th August, 2025 and is subject to change from time to time without prior notice.

S No	Allergen Types	Symbols
1	Cereal containing gluten	
2	Crustaceans 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	