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| Sr.No | Product Name             |  | Category        | Per_Serve_Size | Energy (Kcal) |           | Carbohydrates |           | Protein (g) |           | Fats   |           | Fibers |           |
|-------|--------------------------|--|-----------------|----------------|---------------|-----------|---------------|-----------|-------------|-----------|--------|-----------|--------|-----------|
|       |                          |  |                 | gm             | 100gms        | Per Serve | 100gms        | Per Serve | 100gms      | Per Serve | 100gms | Per Serve | 100gms | Per Serve |
| 1     | ALOO FRY ROLL            |  | POCKET FRIENDLY | 215            | 246.73        | 530.46    | 34.17         | 73.47     | 4.43        | 9.52      | 11.82  | 25.41     | 2.49   | 5.36      |
| 2     | ALOO CHILLY ROLL         |  |                 | 245            | 235.62        | 577.26    | 34.4          | 84.27     | 4.22        | 10.33     | 10.38  | 25.44     | 2.19   | 5.36      |
| 3     | MIX VEG ROLL             |  |                 | 215            | 213.68        | 459.41    | 27.8          | 57.78     | 4.24        | 9.12      | 9.8    | 21.08     | 2.51   | 5.4       |
| 4     | EGG ROLL                 |  |                 | 175            | 259.36        | 453.88    | 27.37         | 47.89     | 7.32        | 12.81     | 13.72  | 24.06     | 1.18   | 2.07      |
| 5     | DOUBLE EGG OMELLETE ROLL |  |                 | 210            | 232.8         | 488.88    | 21.57         | 45.29     | 8.58        | 18.02     | 12.78  | 26.83     | 0.93   | 1.96      |
| 6     | PANEER MASALA ROLL       |  | ALL DAY BITES   | 245            | 293.31        | 718.61    | 28.05         | 68.73     | 10.16       | 24.88     | 15.84  | 38.8      | 0.9    | 2.2       |
| 7     | SOYA CHAP MASALA ROLL    |  |                 | 235            | 358.9         | 843.41    | 40.44         | 95.04     | 13.8        | 32.42     | 16.19  | 38.04     | 3.56   | 8.36      |
| 8     | MUSHROOM MASALA ROLL     |  |                 | 255            | 194.44        | 495.81    | 2272          | 57.93     | 3.91        | 9.98      | 10.19  | 25.98     | 1.45   | 3.69      |
| 9     | CHEESE MASALA ROLL       |  |                 | 220            | 281.61        | 619.55    | 25.61         | 56.35     | 8.09        | 17.79     | 16.4   | 36.07     | 1.35   | 2.97      |
| 10    | PANEER HOT GARLIC ROLL   |  |                 | 285            | 272.14        | 775.59    | 27.06         | 77.11     | 8.95        | 25.5      | 14.43  | 41.13     | 0.77   | 2.2       |
| 11    | PANEER HARIYALI ROLL     |  |                 | 275            | 274.23        | 754.12    | 25.55         | 70.27     | 9.71        | 26.71     | 14.98  | 41.2      | 1.24   | 3.42      |
| 12    | CHICKEN FRY ROLL         |  |                 | 215            | 260.93        | 561.01    | 24.31         | 52.26     | 9.93        | 21.36     | 13.86  | 29.8      | 1.36   | 2.92      |
| 13    | CHICKEN KHEEMA ROLL      |  |                 | 215            | 283.45        | 609.41    | 24.49         | 52.66     | 8.96        | 19.27     | 16.88  | 36.3      | 1.25   | 2.68      |
| 14    | CHICKEN HOT GARLIC ROLL  |  |                 | 255            | 242.35        | 617.99    | 23.78         | 60.64     | 8.62        | 21.98     | 12.6   | 32.13     | 1.15   | 2.92      |
| 15    | CHICKEN HARIYALI ROLL    |  |                 | 245            | 243.48        | 596.52    | 21.96         | 53.8      | 9.47        | 23.19     | 13.14  | 32.2      | 1.69   | 4.14      |
| 16    | ALOO CHEESE ROLL         |  |                 | 255            | 259.98        | 662.95    | 27.15         | 69.22     | 7.1         | 18.1      | 14.44  | 36.83     | 1.86   | 4.75      |
| 17    | VEG CHEESE ROLL          |  |                 | 255            | 242.56        | 618.54    | 23.79         | 60.67     | 7           | 17.84     | 13.38  | 34.13     | 1.87   | 4.77      |
| 18    | VEG PANEER ROLL          |  |                 | 265            | 250.15        | 662.91    | 26.31         | 69.71     | 8.02        | 21.25     | 12.77  | 33.85     | 1.58   | 4.2       |
| 19    | CHEESY CORN ROLL         |  |                 | 250            | 249.85        | 624.62    | 28.72         | 71.81     | 6.62        | 16.54     | 12.07  | 30.18     | 6.09   | 15.23     |
| 20    | PANEER MAYONNAISE ROLL   |  |                 | 285            | 321.5         | 803.75    | 25.24         | 63.09     | 8.76        | 21.91     | 20.81  | 52.03     | 0.77   | 1.92      |
| 21    | PANEER MUGHLAI ROLL      |  |                 | 265            | 275.65        | 730.48    | 24.09         | 63.84     | 9.55        | 25.32     | 15.83  | 41.94     | 0.85   | 2.25      |

|    |                             |   |                      |        |        |        |       |       |       |       |       |       |      |      |
|----|-----------------------------|---|----------------------|--------|--------|--------|-------|-------|-------|-------|-------|-------|------|------|
| 22 | SOYA CHAAP MUGHLAI ROLL     |    | POPULAR FUSION BITES | 235    | 329.91 | 775.28 | 37.79 | 88.81 | 13.7  | 32.2  | 14.12 | 33.18 | 3.58 | 8.41 |
| 23 | PANEER MAKHANI ROLL         |    |                      | 245    | 260.93 | 639.28 | 20.74 | 50.82 | 8.74  | 21.42 | 16.09 | 39.42 | 1.17 | 2.86 |
| 24 | CHEESY BBQ PANEER ROLL      |    |                      | 245    | 314.24 | 785.59 | 24.81 | 62.03 | 8.62  | 21.54 | 20.06 | 50.15 | 0.87 | 2.17 |
| 25 | SOYA CHAAP MAKHANI ROLL     |    |                      | 235    | 325.48 | 764.88 | 37.97 | 89.24 | 13.59 | 31.93 | 13.62 | 32.01 | 3.47 | 8.79 |
| 26 | CHEESY BBQ SOYA CHAAP ROLL  |    |                      | 255    | 349.28 | 890.66 | 39.01 | 99.47 | 13.03 | 33.23 | 15.92 | 40.6  | 3.27 | 8.33 |
| 27 | CHICKEN MAYONNAISE ROLL     |    |                      | 255    | 295.45 | 753.4  | 21.88 | 55.79 | 8.76  | 22.35 | 19.28 | 49.17 | 1.15 | 2.92 |
| 28 | CHICKEN MUGHLAI ROLL        |    |                      | 235    | 243.78 | 572.88 | 20.16 | 47.37 | 9.27  | 21.79 | 14.02 | 32.94 | 1.26 | 2.97 |
| 29 | CHICKEN CHEESE ROLL         |    |                      | 285    | 295.21 | 841.34 | 23.88 | 68.07 | 12.13 | 34.56 | 16.76 | 47.78 | 1.02 | 2.92 |
| 30 | CHEESY BBQ CHICKEN ROLL     |    |                      | 255    | 283.92 | 723.99 | 23.62 | 60.24 | 8.61  | 21.95 | 17.08 | 43.55 | 1.13 | 2.89 |
| 31 | BUTTER CHICKEN ROLL         |    |                      | 235    | 236.02 | 554.64 | 21.77 | 51.15 | 5.67  | 13.33 | 14.2  | 33.38 | 2    | 4.71 |
| 32 | PANEER CHEESE MASALA ROLL   |    | KING SIZE BITES      | 300    | 307.94 | 923.82 | 24.57 | 73.72 | 12.52 | 37.55 | 17.75 | 53.26 | 0.72 | 2.17 |
| 33 | DOUBLE OM CHICKEN ROLL      |    |                      | 295    | 232.75 | 686.61 | 17.91 | 52.82 | 10.12 | 29.84 | 13.36 | 39.4  | 0.99 | 2.92 |
| 34 | DOUBLE CHICKEN ROLL         |    |                      | 285    | 241.55 | 688.41 | 18.75 | 53.45 | 11.91 | 33.95 | 13.16 | 37.5  | 1.25 | 3.55 |
| 35 | DOUBLE CHICKEN OM ROLL      |    |                      | 325    | 231.99 | 753.96 | 16.4  | 53.29 | 12.45 | 40.45 | 12.93 | 42.01 | 1.09 | 3.54 |
| 36 | DBL OM DBL CHI ROLL         |    |                      | 370    | 226.15 | 836.76 | 15.09 | 55.85 | 11.78 | 43.57 | 13.05 | 48.28 | 1.02 | 3.76 |
| 37 | RAJMA MASALA ROLL           |    | NEW ARRIVAL          | 215    | 222.93 | 479.3  | 26.49 | 56.95 | 4.14  | 8.95  | 11.36 | 24.42 | 2.03 | 4.37 |
| 38 | AMRITSARI CHOLE ROLL        |    |                      | 215    | 242.58 | 521.55 | 29.32 | 63.03 | 4.94  | 10.62 | 12.08 | 25.98 | 2.74 | 5.9  |
| 39 | MUTTON SHAMMI ROLL          |   |                      | 245    | 287.6  | 704.62 | 21.57 | 52.85 | 11.11 | 27.21 | 17.33 | 42.45 | 2.46 | 6.02 |
| 40 | MUTTON KHEEMA ROLL          |  |                      | 205    | 257.53 | 527.93 | 23.03 | 47.21 | 7.58  | 12.54 | 15.04 | 30.83 | 2.01 | 4.13 |
| 41 | TANDOORI CHICKEN TIKKA ROLL |  |                      | 235    | 252.39 | 593.12 | 21.51 | 50.54 | 9.48  | 22.28 | 14.31 | 33.63 | 1.2  | 2.81 |
| 42 | CHICKEN TIKKA MASALA ROLL   |  |                      | 236.5  | 224.95 | 532.01 | 20.06 | 47.45 | 9.23  | 21.82 | 12.03 | 28.44 | 1.22 | 2.88 |
| 43 | MUTTON SEEKH ROLL           |  |                      | 215    | 281.65 | 605.55 | 23.46 | 50.43 | 8.51  | 18.3  | 17.03 | 36.62 | 1.59 | 3.41 |
| 44 | HARABARA KEBAB ROLL         |  |                      | 215    | 256.2  | 550.83 | 28.72 | 61.74 | 5.12  | 11.01 | 13.17 | 28.32 | 2.2  | 4.72 |
| 45 | MUSHROOM CHILLY ROLL        |  |                      | 255    | 216.08 | 551.01 | 31.02 | 79.09 | 4.04  | 10.3  | 8.6   | 21.93 | 1.84 | 4.69 |
| 46 | CHEESE CHILLY MANCHURIAN    |  |                      | 235    | 269.96 | 634.41 | 38.43 | 90.3  | 3.87  | 9.09  | 11.48 | 26.97 | 1.4  | 3.28 |
| 47 | PANEER CHILLY ROLL          |  | 245                  | 300.66 | 736.61 | 32.92  | 80.65 | 8.72  | 21.36 | 15.1  | 37    | 0.9   | 2.2  |      |

|    |                              |   |               |     |        |         |       |        |       |       |       |       |      |       |
|----|------------------------------|---|---------------|-----|--------|---------|-------|--------|-------|-------|-------|-------|------|-------|
| 48 | PANEER BHUNA ROLL            |    | SPICY DELIGHT | 225 | 286.98 | 645.7   | 22.56 | 50.75  | 9.47  | 21.3  | 17.82 | 40.1  | 1.58 | 3.56  |
| 49 | SOYA CHAAP BHUNA ROLL        |    |               | 235 | 334.33 | 785.68  | 39.1  | 91.89  | 13.73 | 32.27 | 14    | 32.9  | 3.54 | 8.33  |
| 50 | CHICKEN CHILLY ROLL          |    |               | 255 | 259.61 | 662.01  | 30.5  | 77.78  | 9.75  | 24.86 | 11.17 | 28.49 | 0.86 | 2.2   |
| 51 | CHICKEN BHUNA                |    |               | 245 | 239.95 | 587.88  | 21.51 | 52.69  | 10.28 | 25.19 | 12.68 | 31.07 | 0.89 | 2.17  |
| 52 | PANEER MUGHLAI MEAL BOX      |    | RM MEAL BOX   | 420 | 230.98 | 970.1   | 21.46 | 90.12  | 7.41  | 31.14 | 12.95 | 54.4  | 0.99 | 4.16  |
| 53 | PANEER BHUNA MEAL BOX        |    |               | 420 | 241.87 | 1015.86 | 24.71 | 103.77 | 6.91  | 29.01 | 12.93 | 54.32 | 1.76 | 7.39  |
| 54 | PANEER MAKHANI MEAL BOX      |    |               | 420 | 224.9  | 944.56  | 21.7  | 91.16  | 7.26  | 30.49 | 12.27 | 51.53 | 1.21 | 5.1   |
| 55 | AMRITSARI CHOLE MEAL BOX     |    |               | 390 | 208.57 | 813.43  | 23.81 | 92.84  | 4.36  | 17.01 | 11.04 | 43.04 | 2.91 | 11.34 |
| 56 | RAJMA MASALA MEAL BOX        |    |               | 390 | 177.74 | 693.19  | 20.27 | 79.07  | 3.69  | 14.39 | 9.15  | 35.68 | 2.34 | 9.13  |
| 57 | BUTTER CHICKEN MEAL BOX      |    |               | 380 | 189.91 | 759.66  | 19.2  | 76.81  | 6.55  | 26.19 | 9.76  | 39.05 | 1.53 | 6.13  |
| 58 | CHICKEN MUGHLAI MEAL BOX     |    |               | 400 | 224.9  | 994.56  | 21.7  | 91.16  | 7.26  | 30.49 | 12.27 | 51.53 | 1.28 | 5.11  |
| 59 | CHICKEN BHUNA MEAL BOX       |    |               | 400 | 212.55 | 850.19  | 18.8  | 75.2   | 7.34  | 29.37 | 11.99 | 47.96 | 2.09 | 8.37  |
| 60 | CHICKEN KHEEMA MEAL BOX      |    |               | 400 | 227.58 | 910.31  | 18.92 | 75.69  | 6.69  | 26.77 | 14.01 | 56.05 | 2.02 | 8.07  |
| 61 | MUTTON SHAMMI MEAL BOX       |    |               | 400 | 253.48 | 1013.91 | 17.14 | 76.55  | 11.18 | 44.73 | 14.54 | 58.17 | 2.1  | 8.41  |
| 62 | PANEER MAKHANI RICE BOX      |    | RM RICE BOX   | 440 | 143.85 | 632.96  | 15.44 | 67.95  | 5.38  | 23.67 | 6.68  | 29.39 | 0.62 | 2.74  |
| 63 | PANEER BHUNA RICE BOX        |    |               | 430 | 162.01 | 696.66  | 16.92 | 72.77  | 5.66  | 24.35 | 7.84  | 33.7  | 1.46 | 6.27  |
| 64 | AMRITSARI CHOLE RICE BOX     |    |               | 400 | 207.55 | 830.21  | 40.6  | 162.39 | 5.72  | 22.9  | 2.38  | 9.54  | 0.43 | 1.73  |
| 65 | RAJMA MASALA RICE BOX        |   |               | 400 | 105.32 | 421.29  | 17.91 | 71.62  | 2.65  | 10.58 | 2.29  | 9.17  | 1.62 | 6.47  |
| 66 | DAL MAKHANI RICE BOX         |  |               | 410 | 147.5  | 604.77  | 17.73 | 72.69  | 3.1   | 12.69 | 7.05  | 28.91 | 1.88 | 7.72  |
| 67 | CHICKEN BHUNA RICE BOX       |  |               | 430 | 140.06 | 602.26  | 16.62 | 71.46  | 5.29  | 22.75 | 5.54  | 23.83 | 1.63 | 6.99  |
| 68 | BUTTER CHICKEN RICE BOX      |  |               | 440 | 114.58 | 504.15  | 15.36 | 67.58  | 5.1   | 22.42 | 3.46  | 15.21 | 0.78 | 3.41  |
| 69 | MUTTON SHAMMI RICE BOX       |  |               | 430 | 146.39 | 629.47  | 14.52 | 62.43  | 10.2  | 43.86 | 4.86  | 20.9  | 0.5  | 2.17  |
| 70 | French Fries                 |  | FRIES MANIA   | 120 | 316    | 379.2   | 39    | 46.8   | 3.8   | 4.46  | 16.1  | 19.32 | 4.2  | 5.04  |
| 71 | PERI PERI FRIES              |  |               | 130 | 313.1  | 407.03  | 39.98 | 51.97  | 4.08  | 5.31  | 15.18 | 19.74 | 4.47 | 5.81  |
| 72 | CHEESE BBQ FRIES             |  |               | 220 | 288.65 | 635.02  | 33.2  | 73.05  | 2.4   | 5.27  | 15.97 | 35.14 | 2.29 | 5.04  |
| 73 | CHILLY GARLIC JALAPENO FRIES |  |               | 220 | 293.97 | 646.73  | 34.91 | 76.81  | 2.51  | 5.52  | 16    | 35.2  | 2.38 | 5.24  |

|    |                        |  |         |                   |        |        |         |        |        |        |       |       |       |       |
|----|------------------------|--|---------|-------------------|--------|--------|---------|--------|--------|--------|-------|-------|-------|-------|
| 74 | BUTTER CHICKEN FRIES   |  | SIDES   | 260               | 220    | 572    | 20.91   | 54.37  | 7.59   | 19.73  | 11.79 | 30.65 | 2.6   | 6.75  |
| 75 | PUNJABI FRIES          |  |         | 260               | 237.54 | 617.6  | 20.93   | 54.43  | 6.81   | 17.71  | 14.13 | 36.74 | 2.3   | 5.97  |
| 76 | CHILLI GARLIC POPPERS  |  |         | 120               | 197    | 236.4  | 19      | 22.8   | 3      | 3.6    | 11    | 13.2  | 0     | 0     |
| 77 | CHEESE POPPERS         |  |         | 135               | 235.9  | 318.47 | 23.58   | 31.83  | 6.03   | 8.14   | 10.5  | 14.18 | 0     | 0     |
| 78 | CHICKEN CHEESE NUGGETS |  |         | 115               | 297    | 341.55 | 16.32   | 18.77  | 15.59  | 17.93  | 18.82 | 21.64 | 0.9   | 1.03  |
| 79 | NACHOS                 |  |         | 80                | 500    | 400    | 67.86   | 54.29  | 7.14   | 5.71   | 25    | 20    | 3.57  | 2.86  |
| 80 | NEW CHICKEN POPCORN    |  |         | 110               | 265.15 | 291.67 | 6.09    | 6.7    | 26.8   | 29.48  | 14.05 | 15.46 | 0     | 0     |
| 81 | PUNJABI NACHOS         |  |         | 215               | 284.46 | 611.58 | 25.1    | 53.97  | 8.35   | 17.95  | 17.73 | 38.12 | 1.67  | 3.58  |
| 82 | NACHOS WITH SALSA      |  |         | 195               | 251.54 | 490.51 | 31.67   | 61.75  | 5.32   | 10.37  | 12.63 | 24.63 | 2.12  | 4.14  |
| 83 | BUTTER CHICKEN NACHOS  |  |         | 190               | 244.39 | 464.35 | 28.05   | 53.29  | 7.14   | 13.57  | 12.55 | 23.84 | 2.09  | 3.98  |
| 84 | LEMON ICE TEA          |  | BEVVIES | 300               | 46.26  | 138.77 | 11.56   | 34.67  | 0      | 0.01   | 0     | 0.1   | 0     | 0     |
| 85 | PEACH ICE TEA          |  |         | 300               | 54.84  | 164.53 | 13.66   | 40.99  | 0      | 0      | 0     | 0     | 0     | 0     |
| 86 | BLUE LAGOON            |  |         | 300               | 57.52  | 172.57 | 14.59   | 43.78  | 0.13   | 0.39   | 0.01  | 0.04  | 0     | 0     |
| 87 | MINT MOJITO            |  |         | 300               | 57.17  | 171.5  | 14.42   | 43.27  | 0.13   | 0.39   | 0.01  | 0.04  | 0     | 0     |
| 88 | PINK TANGO             |  |         | 200               | 69.72  | 209.17 | 17.51   | 52.53  | 0.14   | 0.43   | 0.03  | 0.08  | 0     | 0     |
| 89 | COLD COFFEE            |  |         | 220               | 84.9   | 186.78 | 12.77   | 28.09  | 2.1    | 4.61   | 2.84  | 6.25  | 0     | 0     |
| 90 | STRAWBERRY FRAPPE      |  |         | 220               | 100.97 | 222.13 | 17.68   | 38.9   | 1.95   | 4.3    | 2.66  | 5.86  | 0     | 0     |
| 91 | BUTTER SCOTCH FRAPPE   |  |         | 220               | 97.51  | 214.52 | 16.63   | 36.58  | 1.95   | 4.3    | 2.65  | 5.82  | 0     | 0     |
| 92 | CHOCOLATE FRAPPE       |  |         | 220               | 100.85 | 221.88 | 17.95   | 39.49  | 1.83   | 4.03   | 2.48  | 5.46  | 0     | 0     |
| 93 | WHEAT PARATHA          |  |         | UPGRADE YOUR ROLL | 90     | 274.69 | 247.221 | 41.51  | 37.359 | 4.78   | 4.302 | 7.76  | 6.984 | 4.4   |
| 94 | EGG (For Add on)       |  | 45      |                   | 204.35 | 112.39 | 0       | 0      | 12.07  | 6.64   | 17.4  | 9.57  | 0     | 0     |
| 95 | CHICKEN                |  | 40      |                   | 119    | 47.6   | 0       | 0      | 21.4   | 8.56   | 3.1   | 1.24  | 0     | 0     |
| 96 | PANEER                 |  | 40      |                   | 296    | 118.4  | 4.5     | 1.8    | 20     | 8      | 22    | 8.8   | 0     | 0     |
| 97 | TANG SAUCE             |  | 15      |                   | 49.52  | 7.428  | 10.63   | 1.5945 | 1.89   | 0.2835 | 0.34  | 0.051 | 0     | 0     |
| 98 | HOT GARLIC DIP         |  | 40      |                   | 118.7  | 47.48  | 13.22   | 5.288  | 2.64   | 1.056  | 6.14  | 2.456 | 0     | 0     |
| 99 | SALSA DIP              |  | 40      |                   | 112    | 44.8   | 26      | 10.4   | 2      | 0.8    | 1     | 0.4   | 0.63  | 0.252 |

|     |            |   |    |        |         |       |        |      |      |       |        |   |   |
|-----|------------|---|----|--------|---------|-------|--------|------|------|-------|--------|---|---|
| 100 | CHEESE DIP |  | 40 | 523    | 209.2   | 6     | 2.4    | 1    | 0.4  | 55    | 22     | 0 | 0 |
| 101 | MAYYONAISE |  | 40 | 418.72 | 167.488 | 35.19 | 14.076 | 0.55 | 0.22 | 30.64 | 12.256 | 0 | 0 |
| 102 | PERI PERI  |  | 0  | 0      | 0       | 0     | 0      | 0    | 0    | 0     | 0      | 0 | 0 |
| 103 | CHEESE     |  | 40 | 320    | 128     | 1.5   | 0.6    | 20   | 8    | 26    | 10.4   | 0 | 0 |

**“An average active adult requires 2,000 kcal energy per day, however,calorie needs may vary”.**

Disclaimer: This nutrition information is calculated by accredited laboratories ( Equinox Labs ) using Nutripedia Software. It is based on standard product formulations; serve sizes; and average values derived from ingredients . Variation in serve sizes; preparation techniques; product testing method; & sources of supply, including regional, seasonal changes, geographical, weather and ambient conditions, may impact nutritional value of the menu items. Nutritional Value of all Rolls is calculated with Maida Base. Nutrition value may change as per the selection of base, information of which is given in the upgrade your roll section