

Qmin

guaranteed quality cuisine

INNERgize



SPECIAL IMMUNITY BOOSTER MENU

A hand holding a green leaf against a background of a geometric pattern. The hand is positioned in the upper left, holding a large green leaf. The background is a light beige color with a subtle, repeating geometric pattern of small, interconnected triangles or stars. The overall aesthetic is clean and natural.

#NourishAndRelish

Strengthen your immune system
with our special menu featuring fresh
& home grown ingredients packed with
antioxidants and immunity-boosting
superfoods, delivered to your doorstep.

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DELIVERY GUIDELINES



WITHIN 8KM
RADIUS



CONTACTLESS
DELIVERY



ONLINE PAYMENT
VIA UPI



SUSTAINABLE
PACKAGING



SAFETY &
HYGIENE ASSURED

**TO PLACE YOUR ORDER, PLEASE CALL:
1800 266 7646**

ORDER 03 DAY SUBSCRIPTION MEALS AT INR 4000
ORDER INDIVIDUAL MEALS AT INR 1500 PER MEAL
AVAILABLE FROM 12:00 PM TO 9:00 PM

Innergise Menu One — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **CHAKOTREY KI CHAAT**
Grapefruit salad, ala desi
- **PAPITA KI SUBZI**
Raw papaya stew
- **NEEM BEGUN**
Neem and eggplant saute
- **RAGI UTTAPAM**
Flat Ragi pancake
- **TURMERIC AND RAW MANGO CHUTNEY**
- **BAJRA KI KHICHIDI**
Rajasthani millet and vegetable casserole
- **DINK LADDU**
Edible gum laddu



Innergise Menu Two — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **AVOCADO, WATERMELON AND YOUNG SPINACH**
- **CHOU LAI SAAG**
Infused amaranth stir-fry
- **BANANA STEM VARUVAL**
A semi dry preparation of banana stem
- **PAPITA KI SUBZI**
Raw papaya stew
- **TURMERIC AND COCONUT CHUTNEY**
- **BROKEN WHEAT CHILA**
Chickpea flour and broken wheat flat bread
- **RAAGI LADDU**
Sweet dish made of ragi flour



Innergise Menu Three — ③

INR 1500 PLUS TAXES (SERVES TWO)

- **MUSHROOM, GUAVA, FRESH GREENS AND TURMERIC SALAD**
- **MORINGA THORAN**
Stir fry drumstick leaves, shallots and grated coconut
- **AJAWANI LASSON PALAK**
Tempered braised spinach
- **NEEM JHOL**
Seasonal vegetables and young neem leaf stew, a perfect booster
- **SABUDANA KHICHADI**
Sago pearls kedgeree
- **MAKAI KI ROTI**
Corn flat bread
- **CHIA PUDDING**
Sweet dish made of chia seeds and reduced milk



Innergise Subscription Menu - ③

INR 4000 PLUS TAXES (SERVES TWO)

Day One

- **CHAKOTREY KI CHAAT**
Grapefruit salad, ala desi
- **PAPITA KI SUBZI**
Raw papaya stew
- **NEEM BEGUN**
Neem and eggplant saute
- **RAGI UTTAPAM**
Flat Ragi pancake
- **TURMERIC AND RAW MANGO CHUTNEY**
- **BAJRA KI KHICHIDI**
Rajasthani millet and vegetable casserole
- **DINK LADDU**
Edible gum laddu

Day Two

- **AVOCADO, WATERMELON AND YOUNG SPINACH**
- **CHOULAI SAAG**
Infused amaranth stir-fry
- **BANANA STEM VARUVAL**
A semi dry preparation of banana stem
- **PAPITA KI SUBZI**
Raw papaya stew
- **TURMERIC AND COCONUT CHUTNEY**
- **BROKEN WHEAT CHILA**
Chickpea flour and broken wheat flat bread
- **RAAGI LADDU**
Sweet dish made of ragi flour

Day Three

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OR

DOWNLOAD THE QMIN APP



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