

Qmin

guaranteed quality cuisine

INNERgize



SPECIAL IMMUNITY BOOSTER MENU



#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.

TAJ PALACE, NEW DELHI

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)

- **DETOX**
Bel, lemon, mint
- **AMCHOORI ANKHUAE KALE CHANE**
Sprouted black chickpea, raw mango powder
- **KACHEY KELE KI SUBZI**
Raw banana, ginger, chillies
- **KULTH DAL KA PARATHA**
- **JHANGORA CURD RICE**
Barnyard millet, yoghurt, mustard seeds
- **RAGI UTTAPAM**
Finger millet pancake
- **AMARANTH AUR TIL KE PINNI**
Amaranth, sesame, jaggery



Innergise Menu Two — 3

INR 1500 PLUS TAXES (SERVES TWO)

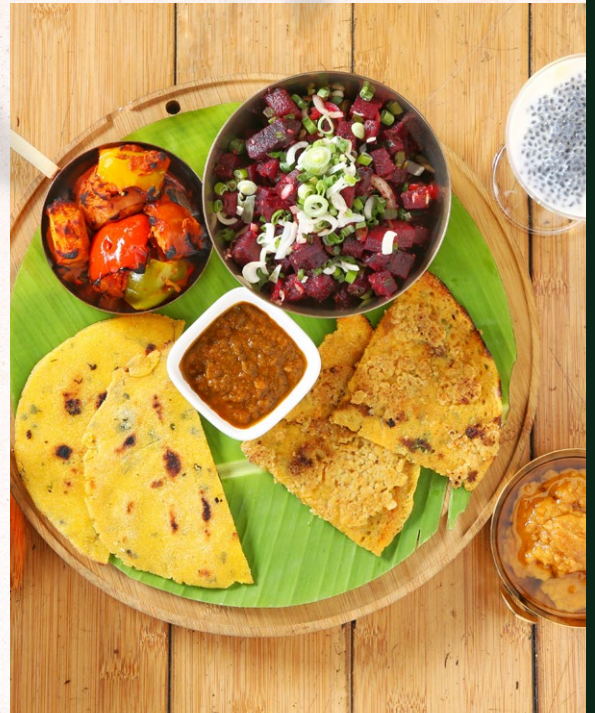
- **DETOX**
Giloy, sweet lime
- **QUINOA METHI KI TIKKI**
Quinoa, fenugreek galettes
- **CHOWKEY ANKOORIT MOONG**
Green moong sprouts, cumin, asafoetida
- **PAPITA KI SABZI**
Raw papaya stew
- **SATTU CHILLA**
Roasted gram flour pancake
- **BHANGJEERE KI CHUTNEY**
Himalayan spice, lime, mint
- **GUDH KE LADDOO**
Wheat flour, jaggery, clarified butter



Innergise Menu Three — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **KADHA BOOSTER**
Kali tulsi, black pepper, ginger, cinnamon, honey
- **BHUNE PHALON KI CHAAT**
Apple, pineapple, guava, yoghurt
- **CHAKUNDER AUR HARE PYAAZ KI SUBZI**
Beetroot, green onions, green garlic
- **DALIYE KA CHILLA**
Broken wheat, fenugreek, spices
- **MAKAI KA ROTI, GHEE GUDH**
Maize flour, melted jaggery, clarified butter
- **BURAS AUR KACCHE AAM KI CHUTNEY**
Laligurans flowers, raw mango
- **RABDI AUR SABJA**
Reduced milk, basil seeds



Innergise Subscription Menu - ③

INR 4000 PLUS TAXES (SERVES TWO)

Day One

- **DETOX**
Bel, lemon, mint
- **AMCHOORI ANKHUAE KALE CHANE**
Sprouted black chickpea, raw mango powder
- **KACHEY KELE KI SUBZI**
Raw banana, ginger, chillies
- **KULTH DAL KA PARATHA**
- **JHANGORA CURD RICE**
Barnyard millet, yoghurt, mustard seeds
- **RAGI UTTAPAM**
Finger millet pancake
- **AMARANTH AUR TIL KE PINNI**
Amaranth, sesame, jaggery

Day Two

- **DETOX**
Giloy, sweet lime
- **QUINOA METHI KI TIKKI**
Quinoa, fenugreek galettes
- **CHOWKEY ANKOORIT MOONG**
Green moong sprouts, cumin, asafoetida
- **PAPITA KI SABZI**
Raw papaya stew
- **SATTU CHILLA**
Roasted gram flour pancake
- **BHANGJEERE KI CHUTNEY**
Himalayan spice, lime, mint
- **GUDH KE LADDOO**
Wheat flour, jaggery, clarified butter

Day Three

- **KADHA BOOSTER**
Kali tulsi, black pepper, ginger, cinnamon, honey
- **BHUNE PHALON KI CHAAT**
Apple, pineapple, guava, yoghurt
- **CHAKUNDER AUR HARE PYAAZ KI SUBZI**
Beetroot, green onions, green garlic
- **DALIYE KA CHILLA**
Broken wheat, fenugreek, spices
- **MAKAI KA ROTI, GHEE GUDH**
Maize flour, melted jaggery, clarified butter
- **BURAS AUR KACCHE AAM KI CHUTNEY**
Laligurans flowers, raw mango
- **RABDI AUR SABJA**
Reduced milk, basil seeds

TO PLACE YOUR ORDER, CALL: 1800 266 7646

OR

DOWNLOAD THE QMIN APP



Tajness

A COMMITMENT RESTRENGTHENED



IHCL

TAJ

SELEQTIONS

VIVANTA

GINGER

EXPRESSIONS

TAJ sats