

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 COROMANDEL

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 3.00 PM**

Innergise Menu One — ③

INR 1500 PLUS TAXES (SERVES TWO)

- **KADALA SUNDAL**
Infused black Chana & coconut
- **DOSAKAYA, TULSI PACHADI**
Yellow cucumber & holy basil chutney
- **GUMMADI KAYA PULUSU**
Red Pumpkin Stew
- **KEERAI PORICHA KOOTU**
Snake guard with greens
- **RAGI DOSA**
Ragi pancakes
- **SAUNT HALWA**
Dry ginger halwa



Innergise Menu Two — ③

INR 1500 PLUS TAXES (SERVES TWO)

- **KACHE AAM AUR ANAARDANE KI CHAAT**
Raw mango & pomegranate salad
- **KHAJUR AUR SULTANE KI CHUTNEY**
Date - raisins chutney
- **PALAK KI KICHADI**
Lentils, spinach & rice
- **SAFED MOLEE KI SUBZI**
Sautéed white radish
- **BHAJRE KI ROTI**
Millet flat bread
- **GOND KA LADDU**
Edible gums laddu



Innergise Menu Three — ③

INR 1500 PLUS TAXES (SERVES TWO)

- **ANANNAS AUR MIRCH PUDHINE KI CHAAT**
Pineapple & mint salad
- **AMLA AUR NEEM PHOOL KI CHUTNEY**
Indian gooseberry, neem chutney
- **TRIDOSHIK VEGETABLE CURRY**
String beans, Carrot, potato, yoghurt & turmeric curry
- **MORINGA KEERAI DAL**
Drumstick leaf Dal
- **BARLEY CHAPATHI**
Barley flat Bread
- **METHI LADDU**
Fenugreek Laddu



Innergise Subscription Menu — ③

INR 4000 PLUS TAXES (SERVES TWO)

Day One

- **ANANNAS AUR MIRCH PUDHINE KI CHAAT**
Pineapple & mint salad
- **AMLA AUR NEEM PHOOL KI CHUTNEY**
Indian gooseberry, neem chutney
- **TRIDOSHIK VEGETABLE CURRY**
String beans, Carrot, potato, yoghurt & turmeric curry
- **MORINGA KEERAI DAL**
Drumstick leaf Dal
- **BARLEY CHAPATHI**
Barley flat Bread
- **METHI LADDU**
Fenugreek Laddu

Day Two

- **KACHE AAM AUR ANAARDANE KI CHAAT**
Raw mango & pomegranate salad
- **KHAJUR AUR SULTANE KI CHUTNEY**
Date - raisins chutney
- **PALAK KI KICHADI**
Lentils, spinach & rice
- **SAFED MOLEE KI SUBZI**
Sautéed white radish
- **BHAJRE KI ROTI**
Millet flat bread
- **GOND KA LADDU**
Edible gums laddu

Day Three

- **ANANNAS AUR MIRCH PUDHINE KI CHAAT**
Pineapple & mint salad
- **AMLA AUR NEEM PHOOL KI CHUTNEY**
Indian gooseberry, neem chutney
- **TRIDOSHIK VEGETABLE CURRY**
String beans, Carrot, potato, yoghurt & turmeric curry
- **MORINGA KEERAI DAL**
Drumstick leaf Dal
- **BARLEY CHAPATHI**
Barley flat Bread
- **METHI LADDU**
Fenugreek Laddu



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OR

DOWNLOAD THE QMIN APP



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