

Qmin

guaranteed quality cuisine

# INNERgize



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**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.

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**TAJ KRISHNA, HYDERABAD**



# DELIVERY GUIDELINES

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WITHIN CITY  
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



# Immunity Booster — (3)

## MENU 1 : INR 1500 + TAXES

- **MUSHROOM, GUAVA, FRESH GREENS & TURMERIC SALAD**
- **BANANA STEM VARUVAL**  
A semi dry preparation of banana stem
- **TURAI METHI**  
Ridge gourd & fresh fenugreek leaves
- **RAGI UTTAPAM**  
Flat ragi pan cake
- **TURMERIC AND RAW MANGO CHUTNEY**
- **BAJRA KA KHICHIDI**  
Rajasthani millet & vegetable casserole
- **DINK KI LADDU**  
Edible gum laddoo





# Immunity Booster — (3)

## MENU 2: INR 1500 + TAXES

- **KOSHAMBARI SALAD**  
Split moong lentil, grated carrot & coconut
- **LAUKI KALONJI**  
Bottle gourd homestyle
- **BEETROOT PORIAL**  
Tempered beetroot with grated coconut
- **PAPITA KI SUBZI**  
Raw papaya stew
- **DATES AND TOMATO CHUTNEY**
- **BROKEN WHEAT CHILA**  
Chickpea flour & broken wheat flat bread
- **RAAGI LADDO**  
Sweet dish made of ragi flour





# Immunity Booster — (3)

## MENU 3: INR 1500 + TAXES

- **BELL PEPPER, BROCCOLI & TOMATO SALAD**
- **MUNAGA VEPDU**  
Stir fry drumstick , shallots & grated coconut
- **AJAWANI LASSON PALAK**  
Tempered braised spinach
- **AMBADA MUSHROOMS**  
Button mushroom tossed in sour roselle leaves
- **SABUDANA KHICHIDI**  
Sago pearls kedgerree
- **MAKAI KA ROTI**  
Corn flat bread
- **CHIA PUDDING**  
Sweet dish made of chia seed and reduced milk





# Immunity Booster — (3)

SUBSCRIPTION MENU: INR 4000 + TAXES

## DAY 1

- **MUSHROOM, GUAVA, FRESH GREENS & TURMERIC SALAD**
- **BANANA STEM VARUVAL**  
A semi dry preparation of banana stem
- **TURAI METHI**  
Ridge gourd & fresh fenugreek leaves
- **RAGI UTTAPAM**  
Flat ragi pan cake
- **TURMERIC AND RAW MANGO CHUTNEY**
- **BAJRA KA KHICHIDI**  
Rajasthani millet & vegetable casserole
- **DINK KI LADDU**  
Edible gum laddoo





# Immunity Booster — ③

SUBSCRIPTION MENU: INR 4000 + TAXES

## DAY 2

- **KOSHAMBARI SALAD**  
Split moong lentil, grated carrot & coconut
- **LAUKI KALONJI**  
Bottle gourd homestyle
- **BEETROOT PORIAL**  
Tempered beetroot with grated coconut
- **PAPITA KI SUBZI**  
Raw papaya stew
- **DATES AND TOMATO CHUTNEY**
- **BROKEN WHEAT CHILA**  
Chickpea flour & broken wheat flat bread
- **RAAGI LADDU**  
Sweet dish made of ragi flour





# Immunity Booster — (3)

SUBSCRIPTION MENU: INR 4000 + TAXES

## DAY 3

- **BELL PEPPER, BROCCOLI & TOMATO SALAD**
- **MUNAGA VEPDU**  
Stir fry drumstick , shallots & grated coconut
- **AJAWANI LASSON PALAK**  
Tempered braised spinach
- **AMBADA MUSHROOMS**  
Button mushroom tossed in sour roselle leaves
- **SABUDANA KHICHIDI**  
Sago pearls kedgerree
- **MAKAI KA ROTI**  
Corn flat bread
- **CHIA PUDDING**  
Sweet dish made of chia seed and reduced milk





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OR

DOWNLOAD THE QMIN APP



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SELEQIONS

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