

**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 LANDS END - MUMBAI**

# DELIVERY GUIDELINES

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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

# Innergize Menu One — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **Salad**  
Ubla Singhdana, Arjun ki Chaal, Taazi Mirch aur Shahad
- **Main**  
Kashiphal ki Subzi, Imli aur Rye
- **Dal**  
Chana Dal, Singhdana aur Palak
- **Power Bowl**  
Gobindobhog Rice, Sona Moong Dal, Bajra, Jowar, Cauliflower and Corn & Ragi Power Bowl
- **Roti**  
Nachni Roti
- **Dessert**  
Amle ka Murabba



# Innergise Menu Two — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **Salad**  
Kashyam Kachumbhar
- **Main**  
Doodhi ki Subzi, Taazi Haldi
- **Dal**  
Toor Dal, Pahadi Jakhiya aur Mirch
- **Power Bowl**  
Palak, Makai, Basmati Chawal aur sonamoong dal  
Power Bowl
- **Roti**  
Besan ki Roti
- **Dessert**  
Anjeer, Assorted Seeds, Dry fruits



# Innergise Menu Three — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **Salad**  
Chakotra, Badaam, Himalayan Salt, Lime & Giloy
- **Main**  
Adraki Palak aur Akhrot ka Shaak
- **Dal**  
Chownki Hari Moong Dal, Ajwain, Kashmiri Lehsun aur Rye
- **Power Bowl**  
Jeera sar Rice, Green chilka moong, Bajra, jowar and Ragi Power Bowl
- **Roti**  
Jowar ki Roti
- **Dessert**  
Rajgira Laddoo



# Innergise Subscription Menu - 3

INR 4000 PLUS TAXES (SERVES TWO)

## Day One

- **Salad**  
Ubla Singhdana, Arjun ki Chaal, Taazi  
Mirch aur Shahad
- **Main**  
Kashiphal ki Subzi, Imli aur Rye
- **Dal**  
Chana Dal, Singhdana aur Palak
- **Power Bowl**  
Gobindobhog Rice, Sona Moong Dal, Bajra, Jowar,  
Cauliflower and Corn & Ragi Power Bowl
- **Roti**  
Nachni Roti
- **Dessert**  
Amle ka Murabba

## Day Two

- **Salad**  
Kashyam Kachumbhar
- **Main**  
Doodhi ki Subzi, Taazi Haldi
- **Dal**  
Toor Dal, PahadiJakhiya aur Mirch
- **Power Bowl**  
Palak, Makai, Basmati Chawal aur  
sonamoong dal Power Bowl
- **Roti**  
Besan ki Roti
- **Dessert**  
Anjeer, Assorted Seeds, Dry fruits

## Day Three

- **Salad**  
Chakotra, Badaam, Himalayan Salt, Lime & Giloy
- **Main**  
Adraki Palak aur Akhrot ka Shaak
- **Dal**  
Chownki Hari Moong Dal, Ajwain,  
Kashmiri Lehsun aur Rye
- **Power Bowl**  
Jeera sar Rice, Green chilka moong,  
Bajra, jowar and Ragi Power Bowl
- **Roti**  
Jowar ki Roti
- **Dessert**  
Rajgira Laddoo

TO PLACE YOUR ORDER, CALL: 1800 266 7646

OR

DOWNLOAD THE QMIN APP



*Tajness*

A COMMITMENT RESTRENGTHENED



IHCL

TAJ

SELEQIONS

VIVANTA

GINGER

EXPRESSIONS

TAJ sats