



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 ₹4000 ORDER INDIVIDUAL MEALS AT ₹1500 PER MEAL AVAILABLE FROM 12:00 PM TO 9:00 PM

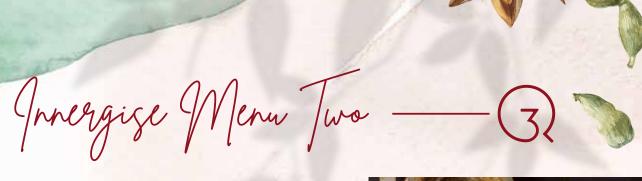


₹ 1500 PLUS TAXES (SERVES TWO)

- JIMIKAND AUR SINGHADE KA KEBAB Yam, water chestnut skewered kebab
- GREEN SALAD
 Sliced vegetable salad
- KAD DHANYA CHI USSAL Sprouts curry
- VANGYACHE KAAP
 Aubergine, semolina, tamarind, pan seared
- ADRAKI GOBHI
 Ginger tempered cauliflower
- GEHUN CHAPATI
 Whole wheat flat bread
- MILLET KHICHDI
 Moong bean and pearl millet
- AMARANTH LADOO Healthy dessert







₹ 1500 PLUS TAXES (SERVES TWO)

- KHAMAN DHOKLA
 Steamed gram flour cakes
- GREEN SALAD
 Sliced vegetable salad
- KACCHI HALDI KI SUBZI Sautéed fresh turmeric
- SHENGA PALAK MASALA Drumstick, spinach, Indian spices
- CHAAS AUR TULSI KI KADHI Buttermilk, holy basil, thin curry
- NACHNI CHAPATI
 Millet flat bread
- STEAMED BROWN RICE
- GHEE AATEY KA HALWA
 Whole wheat dessert







₹ 1500 PLUS TAXES (SERVES TWO)

- SARSON KE PHOOL Broccoli, pickling spices, chargrilled
- GREEN SALAD
 Sliced vegetable salad
- KACCHE KELE KI BHAJI
 Mashed spiced raw banana
- TURAI KI SUBZI Sautéed ridge gourd
- KUNNI DAL
 Black urad and chana lentil curry
- WHOLE WHEAT BREAD
- STEAMED BROWN RICE
- KHAJOOR BADAM KI BARFI
 Sugar free dates and nuts





Innergise Subscription Menu — 3

₹ 4000 PLUS TAXES (SERVES TWO)

DAY 1

- JIMIKAND AUR SINGHADE KA KEBAB Yam, water chestnut skewered kebab
- GREEN SALAD
 Sliced vegetable salad
- KAD DHANYA CHI USSAL Sprouts curry
- VANGYACHE KAAP
 Aubergine, semolina, tamarind, pan seared
- ADRAKI GOBHI
 Ginger tempered cauliflower
- GEHUN CHAPATI
 Whole wheat flat bread
- MILLET KHICHDI
 Moong bean and pearl millet
- AMARANTH LADOO Healthy dessert

DAY 2

- KHAMAN DHOKLA
 Steamed gram flour cakes
- GREEN SALAD
 Sliced vegetable salad
- KACCHI HALDI KI SUBZI Sautéed fresh turmeric
- SHENGA PALAK MASALA
 Drumstick, spinach, Indian spices
- CHAAS AUR TULSI KI KADHI
 Buttermilk, holy basil, thin curry
- NACHNI CHAPATI
 Millet flat bread
- STEAMED BROWN RICE
- GHEE AATEY KA HALWA Whole wheat dessert

DAY 3

- SARSON KE PHOOL Broccoli, pickling spices, chargrilled
- GREEN SALAD
 Sliced vegetable salad
- KACCHE KELE KI BHAJI
 Mashed spiced raw banana

- TURAI KI SUBZI
 Sautéed ridge gourd
- KUNNI DAL
 Black urad and chana lentil curry
- WHOLE WHEAT BREAD
- STEAMED BROWN RICE
- KHAJOOR BADAM KI BARFI Sugar free dates and nuts

Vegetarian

Non-Vegetarian

Allergies or food intolerance should be mentioned to the order taker on call.

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A COMMITMENT RESTRENGTHENED













