

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.

THE TAJ MAHAL PALACE, MUMBAI

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

Innergise Menu One — 3

₹ 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
- **ADRABI GIBHI**
Ginger tempered cauliflower
- **GEHUN CHAPATI**
Whole wheat flat bread
- **MILLET KHICHI**
Moong bean and pearl millet
- **AMARANTH LADOO**
Healthy dessert



● Vegetarian ● Non-Vegetarian

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

Innergise Menu Two — 3

₹ 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



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Innergise Menu Three — 3

₹ 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**
- **KHAJJOOR BADAM KI BARFI**
Sugar free dates and nuts



● Vegetarian ● Non-Vegetarian

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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
- **ADRABI 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**
- **KHAJJOOR BADAM KI BARFI**
Sugar free dates and nuts

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OR

DOWNLOAD THE QMIN APP



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