

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 MALABAR RESORT & SPA, COCHIN

DELIVERY GUIDELINES



WITHIN 8K
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

Innergise Menu One — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **GREEN MANGO & TOASTED ALMOND SALAD**
In-house grown mango, dash of lemon
- **GREEN MOONG SPROUTS THORAN**
Tempered green lentil sprouts
- **KAALAN**
Raw banana & yoghurt curry
- **RAGI APPAMS**
Fermented hoppers
- **BEET PACHADI**
Beet & yoghurt, tempered
- **BROKEN WHEAT & PALM JAGGERY KHEER**
Coconut milk
- **SULAIMANI**
Tulsi



Innergise Menu Two — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **SPINACH AND GREEN PEAS PATTIES**
Tempered tomato chutney
- **CHEERAI KOOTU**
Amarantha mash
- **AVIAL**
Local vegetables & yoghurt curry
- **POTHI CHORU**
Red rice, stir fried green beans, moru curry wrapped in banana leaves, steamed
- **GREEN MANGO, SHALLOT & BIRDS EYE CHILLI**
Stone pounded chutney
- **TENDER COCONUT SOUFFLÉ**
Jaggery, coconut
- **CHUKKU KAAPI**
Dry ginger, jaggery, local coffee



Innergise Menu Three — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **CUCUMBER KOSHAMBARI**
Citrus & chilli dressing
- **BROCCOLI AND CARROT PORIYA**
Tempered broccoli and carrots
- **PUMPKIN MOILEE**
Red matta rice
- **MULTI GRAIN CHAPPATTI**
- **INJI PULI**
Ginger relish
- **PAZHAM PRADHAMAN**
Malabar plantain, jaggery, coconut
- **JEERAKA VELLAM**
Cumin infused water



Innergise Subscription Menu - ③

INR 4000 PLUS TAXES (SERVES TWO)

Day One

- **SPINACH AND GREEN PEAS PATTIES**
Tempered tomato chutney
- **CHEERAI KOOTU**
Amarantha mash
- **AVIAL**
Local vegetables & yoghurt curry
- **POTHI CHORU**
Red rice, stir fried green beans, moru curry wrapped in banana leaves, steamed
- **GREEN MANGO, SHALLOT & BIRDS EYE CHILLI**
Stone pounded chutney
- **TENDER COCONUT SOUFFLÉ**
Jaggery, coconut
- **CHUKKU KAAPI**
Dry ginger, jaggery, local coffee

Day Two

- **SPINACH AND GREEN PEAS PATTIES**
Tempered tomato chutney
- **CHEERAI KOOTU**
Amarantha mash
- **AVIAL**
Local vegetables & yoghurt curry
- **POTHI CHORU**
Red rice, stir fried green beans, moru curry wrapped in banana leaves, steamed
- **GREEN MANGO, SHALLOT & BIRDS EYE CHILLI**
Stone pounded chutney
- **TENDER COCONUT SOUFFLÉ**
Jaggery, coconut
- **CHUKKU KAAPI**
Dry ginger, jaggery, local coffee

Day Three

- **CUCUMBER KOSHAMBARI**
Citrus & chilli dressing
- **BROCCOLI AND CARROT PORIYA**
Tempered broccoli and carrots
- **PUMPKIN MOILEE**
Red matta rice

- **MULTI GRAIN CHAPPATTI**
- **INJI PULI**
Ginger relish
- **PAZHAM PRADHAMAN**
Malabar plantain, jaggery, coconut
- **JEERAKA VELLAM**
Cumin infused water

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OR

DOWNLOAD THE QMIN APP



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