



### **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

# Annergise Menu One — 3

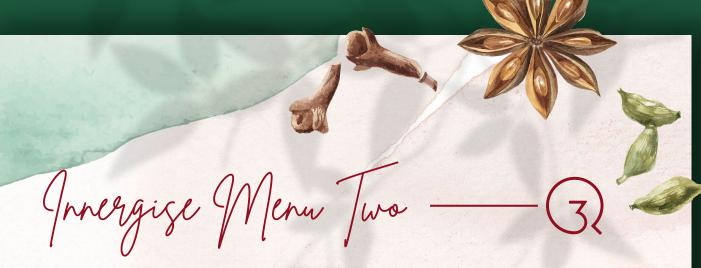
#### **INR 1500 PLUS TAXES (SERVES TWO)**

- 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







#### **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





# Annergize 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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A COMMITMENT RESTRENGTHENED











