

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 WEST END, BENGALURU

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)

- **KAIRI PAPITEY KI CHAAT**
Green mango, raw papaya, mustard seeds, turmeric
- **CABBAGE PORIYAL**
Coconut, mustard seeds
- **HULLI THOVE**
Karnataka style dal
- **JOWAR ROTI**
Sorghum millet
- **UNPOLISHED RICE**
- **CUCUMBER AND MINT PACHADI**
Yoghurt, curry leaves
- **BOTTLE GOURD AND JAGGERY HALWA**
Cardamom



Innergise Menu Two — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **SPROUTED MOONG BEANS AND CABBAGE SALAD**
- **VENDAKKAI PLAYA**
Stir fried okra & coconut
- **PALAKURA PAPPU**
Spinach & yellow lentils
- **UNPOLISHED RICE**
- **RAGI DOSA**
- **TOMATO & FENUGREEK CHUTNEY**
- **SAFFRON & ALMOND VERMICELLI**



Innergise Menu Three — 3

INR 1500 PLUS TAXES (SERVES TWO)

- **CARROT, RAISIN & SESAME SALAD**
- **KALONJI KE BAINGAN**
Onion seeds
- **LAHSUNI PALAK**
Spinach with garlic
- **UNPOLISHED RICE**
- **BAJRA ROTI**
Pearl millet
- **BEETROOT PACHADI**
Yoghurt, curry leaves
- **LAPSI**
Cracked wheat pudding



Innergise Subscription Menu - ③

INR 4000 PLUS TAXES (SERVES TWO)

Day One

- **KAIRI PAPITEY KI CHAAT**
Green mango, raw papaya, mustard seeds, turmeric
- **CABBAGE PORIYAL**
Coconut, mustard seeds
- **HULLI THOVE**
Karnataka style dal
- **JOWAR ROTI**
Sorghum millet
- **UNPOLISHED RICE**
- **CUCUMBER AND MINT PACHADI**
Yoghurt, curry leaves
- **BOTTLE GOURD AND JAGGERY HALWA**
Cardamom

Day Two

- **SPROUTED MOONG BEANS AND CABBAGE SALAD**
- **VENDAKKAI PLAYA**
Stir fried okra & coconut
- **PALAKURA PAPPU**
Spinach & yellow lentils
- **UNPOLISHED RICE**
- **RAGI DOSA**
- **TOMATO & FENUGREEK CHUTNEY**
- **SAFFRON & ALMOND VERMICELLI**

Day Three

- **CARROT, RAISIN & SESAME SALAD**
- **KALONJI KE BAINGAN**
Onion seeds
- **LAHSUNI PALAK**
Spinach with garlic
- **UNPOLISHED RICE**
- **BAJRA ROTI**
Pearl millet
- **BEETROOT PACHADI**
Yoghurt, curry leaves
- **LAPSI**
Cracked wheat pudding

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OR

DOWNLOAD THE QMIN APP



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