

THE FRESHLYMADE PRESENTS



HEALTHY LIFE

Clean Eating · Nourish Your Body

HIGH PROTEIN

LOW CARB

WHOLE GRAINS

NO JUNK

FUEL WELL · FEEL BETTER · LIVE CLEAN

 FRESH & FIT SALADS

 **Greek Salad**

Cucumber, cherry tomatoes, onion, olives, lettuce & feta cheese

₹345

 **Mexican Fiesta Salad**

Lettuce, corn, capsicum, cherry tomatoes, cucumber, olives & ranch

₹355

 **Veg Caesar Salad**

Crunchy romaine, creamy dressing, parmesan & garlic bread

₹345

 **Smoky BBQ Chicken Salad**

BBQ chicken, lettuce, chickpeas, olives, jalapeños & ranch dressing

₹365

 **Basil Pesto Chicken Salad**

Pesto chicken, lettuce, olives, corn & peppers with ranch dressing

₹365

 **Cobb Salad Chicken**

Roasted chicken, cherry tomatoes, olives, boiled egg & mozzarella

₹385

 **Chicken French Salad**

Light and elegant — grilled chicken, greens & vinaigrette

₹365

 **Classic Chicken Caesar Salad**

Roasted chicken, lettuce, broccoli, olives, Caesar dressing & garlic bread

₹365

 SOULFUL SOUPS

 **Minestrone Soup Veg**

Hearty Italian vegetable soup — fiber-rich & slow-cooked

₹289

 **Minestrone Chicken Soup**

Protein-rich Italian chicken soup with fresh veggies & herbs

₹349

 **French Split Green Peas Soup**

Creamy French-style — rich in plant protein & antioxidants

₹329

 **Carrot & Chicken Soup**

Velvety carrot with tender chicken — vitamins & lean protein

₹349

 PROTEIN & GRAIN BOWLS

 **Grilled Chicken Quinoa Power Bowl**

Herb-marinated chicken, quinoa, roasted bell peppers, cucumber, cherry tomatoes, lemon-tahini

₹440

 **Paneer Tikka Brown Rice Bowl**

Smoky tandoor paneer, brown rice, sautéed spinach, caramelised onions, mint chutney

₹399

 **Falafel & Hummus Quinoa Bowl**

Crispy chickpea falafel, quinoa, red cabbage, cucumber, roasted chickpeas, hummus

₹365

 **Tofu Teriyaki Brown Rice Bowl**

Glazed teriyaki tofu, brown rice, edamame, shredded carrots, sesame seeds, spring onion

₹399

 HEALTHY WRAPS

 **Grilled Chicken Caesar Multigrain Wrap**

Herb-grilled chicken, romaine, parmesan shavings & Caesar dressing in multigrain wrap

₹250

 **Paneer & Roasted Veggie Wrap**

Tandoor paneer, roasted zucchini, bell peppers & hummus in multigrain wrap

₹230

 WHOLESOME NON-VEG MAINS

 **Bodyfuel Pro Combo**

Grilled chicken, scrambled eggs, protein salad & citrus wedges

₹545

 **Herb Crusted Chicken With Mushroom Sauce**

Herb-marinated chicken, wild mushroom sauce, mash potato & sautéed veg

₹545

 **Cilantro Chicken Steak**

Juicy grilled steak with fresh cilantro & chimichurri-style glaze

₹545

 **Chicken Coq Vin Steak**

French-style steak slow-cooked in herbs and wine reduction

₹545

 **Chicken Francize Steak**

Lightly grilled chicken in a lemon-butter herb sauce

₹545

 **Chicken Bourgeon Steak**

Succulent steak simmered in rich tomato-wine sauce

₹545

 WHOLESOME VEG MAINS **Cajun Roasted Paneer With Cream Sauce**

Cajun-spiced paneer, creamy herb sauce & sautéed veg

₹549

 **Tofu Florentine**

Grilled tofu over sautéed spinach in a creamy sauce — low-carb & vegan-friendly

₹499

 **Muscle Meal Veg Combo**

High-protein salad, orange wedges, fiber-rich veggies & grilled cottage cheese steak


₹449

 POWER COMBOS**DETOX BALANCE BOWL**

₹449

 Greek salad + sautéed veggies + ABC juice**CAJUN VITAL COMBO**

₹479

 Cajun paneer + herb rice + lemon mint juice**LEAN LUXE COMBO**

₹469

 Chicken Caesar salad + mashed potatoes + watermelon juice**POWERCORE COMBO**

₹499

 Herb-crusted chicken + protein salad + beetroot juice SMOOTHIES **Peanut Butter Banana Smoothie**

₹220

Banana, natural peanut butter, oats, low-fat milk, honey

 **Mango Spinach Glow Smoothie**

₹220

Alphonso mango, baby spinach, coconut water, chia seeds, lime

 **Mixed Berry Protein Smoothie**

₹220

Mixed berries, Greek yogurt, oats, honey, almond milk

 DETOX & GLOW JUICES **Watermelon Juice**

Chilled, refreshing & naturally sweetened

₹169

 **ABC Juice**

₹210

Apple, Beetroot & Carrot — packed with vitamins

THE FRESHLYMADE

RA PURAM · VELACHERY

All prices exclusive of taxes · Estd. 2021