

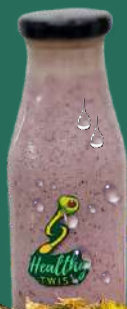


Healthy TWIST



The first wealth is health.

G-53 Green Park Main Market Shop No.2
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healthytwist9@gmail.com





MENU

Veg Salads

FRESH FRUIT NUT FETA CHEESE – 325

This fantastic fruit salad is a combination of Green apple, red apple, mixed lettuce, orange, beetroot, cherry tomato, pomegranate, mixed nuts & Feta cheese. (Dressing-Honey, mix berries, mustard and vinegar) (Kcal - 277)

AVOCADO GREEK SALAD -349

This perfect healthy Greek salad is made with Mixed lettuce, bell pepper, tomato, cucumber, onion, cherry tomato, avocado, olive & feta cheese. (Dressing- vinegar, olive oil, oregano & parsley) (Kcal-216)

NACHOS AVOCADO MEXICAN SALAD 349

Here is a brilliant Mexican salad made with Iceberg lettuce, bell pepper, onion, tomato salsa sweet corn, black bean, kidney bean, avocado, jalapeno, nachos chips & cheddar cheese. (Dressing- cumin, garlic, olive oil & paprika) (Kcal - 330)

GRILLED VEGETABLES BLUEBERRY SALAD 349

An amazing mix of Broccoli, bell pepper, cucumber, tomato, zucchini, mix lettuce, cherry tomato, beetroot, orange French beans, mix seeds, nuts & feta cheese. (Dressing- honey, blueberry, mustard & vinegar) (Kcal - 370)

ASIAN GRILLED VEGETABLE SALAD 325

This salad is a combination of Broccoli, bell pepper, cucumber, tomato, zucchini, mixed lettuce, cherry tomato tofu & edamame beans. (Dressing- soya, vinegar & brown sugar) (Kcal - 216)

CLASSIC CAESAR SALAD 299

This classic Cesar salad is dressed up by Romaine iceberg, cherry tomato, black olive, bread crouton, parmesan cheese & parsley. (Dressing- Mayo, Garlic mustard & parmesan) (Kcal-300)

GRILLED VEGETABLES COTTAGE CHEESE SALAD 325

Perfectly made with Romaine green, onion, tomato, cucumber, broccoli, bell pepper, zucchini, grilled cottage cheese, olive & mix seeds. (Dressing- chipotle, maple, cumin, garlic & olive oil) (Kcal-354)



Non-Veg Salads

GRILLED CHICKEN AVOCADO HERB SALAD 375

This healthy chicken avocado salad includes original grilled chicken, romaine green, cucumber tomato, onion, olive, parsley & avocado. (Dressing- apple cider, garlic, basil, thyme & olive oil) (Kcal-263)

GRILLED VEGETABLE TERIYAKI CHICKEN SALAD 375

This grilled chicken teriyaki salad is a medley of green romaine, broccoli, bell pepper, tomato, zucchini, cucumber, teriyaki chicken, mixed seeds & sesame seeds. (Dressing- rosemary, garlic, balsamic & olive oil) (Kcal-364)

CHIPOTLE CHICKEN SALAD 350

This salad is bursting with a taste of Mix lettuce, onion, tomato, cucumber, red kidney beans, bell pepper, sweet corn, chipotle chicken & Cheddar cheese. (Dressing- chipotle, maple syrup, garlic & olive oil) (Kcal-420)

COBB SALAD 375

This American-style salad is made with Mix lettuce, mushroom, bacon, grilled chicken, cherry tomato, boiled eggs, avocado, cheddar cheese, roasted Almond & chopped shallot. (Dressing- mayo, chives, dill & garlic) (Kcal-480)

GRILLED CHICKEN CAESAR SALAD 350

This classic salad is dressed with grilled chicken, Romaine iceberg, cherry tomato, black olive, bread crouton, parmesan cheese & parsley (Dressing- mayo, garlic, mustard & parmesan) (Kcal-366)

GRILLED FISH WITH HONEY MUSTARD SALAD 399

Spinach, iceberg lettuce, cherry tomato, chopped shallots, mushroom, mixed nuts, parmesan cheese boiled Eggs & grilled fish. (Dressing- honey, mustard & vinegar) (Kcal-250)

HUMMUS WITH MINCED LAMB MEAT SALAD 350

This Arabic-flavoured salad includes hummus, baby spinach, arugula, purple cabbage, carrot, chickpeas, cherry tomato, asparagus, beetroot & minced lamb meat. (Dressing- tahini, maple syrup, lemon, garlic, ginger, cumin & olive oil) (Kcal-380)

GRILLED CHICKEN BLUEBERRY SALAD 375

Red lettuce, green lettuce, grilled chicken, mixed berries, oranges, mixed nuts, mixed seeds, asparagus, beetroot & feta cheese. (Dressing- honey, blueberry, mustard & vinegar) (Kcal-430)

CRISPY BACON SALAD 399

A nice crispy salad made with Iceberg lettuce, cherry tomato, bacon, chickpeas, avocado, tomato cucumber, boiled eggs, onion & nuts. (Dressing- cumin, garlic, olive oil & paprika) (Kcal-495)





Veg Meals



BLACK RICE WITH BEANS 399

A yummy mix of Black rice, bell pepper, sweet corn, chickpeas, red kidney beans, parsley, green beans, red lentil & edamame beans (Dressing- ginger, coriander, sesame oil & olive oil) (Kcal-420)

COUS COUS WITH GRILLED VEGE 399

Delicious and wholesome dish made with Cous cous, broccoli, bell pepper, cucumber, tomato, zucchini, mixed lettuce, onion, avocado & fajita seasoning (Dressing- rosemary, garlic, balsamic & olive oil) (Kcal-407)

GRILLED VEGETABLES WITH MEXICAN RICE BOWL 399

Spicy Mexican rice with exotic vegetables like bell pepper, onions, broccoli, cucumber, tomato, zucchini, mixed lettuce, tomato salsa, sweet corn, mixed beans, avocado, jalapenos, nachos chip & cheddar cheese (Dressing- cumin, garlic, paprika & olive oil) (Kcal-475)

TOFU QUINOA BEANS BOWL 399

Tofu, bell pepper, mixed lettuce, green beans, sweet corn, parsley, chickpeas, nuts, cherry tomato & pomegranate (Dressing- honey, sriracha, garlic & olive oil) (Kcal-343)

ASIAN SOBA NOODLE BOWL 399

Buckwheat noodles, bell pepper, edamame beans, green beans, cucumber, purple cabbage, tofu, onion, carrot, sesame seeds, broccoli (Dressing- sesame oil, soya sauce, olive oil & vinegar) (Kcal-303)

GRILLED COTTAGE CHEESE WITH SWEET POTATO QUINOA 399

Grilled cottage cheese, baked sweet potato, quinoa, baby spinach, broccoli, onions, bell pepper, feta Cheese & mixed nuts (Dressing- garlic, paprika, maple syrup & olive oil) (Kcal-416)

QUINOA AVOCADO & FETA CHEESE 399

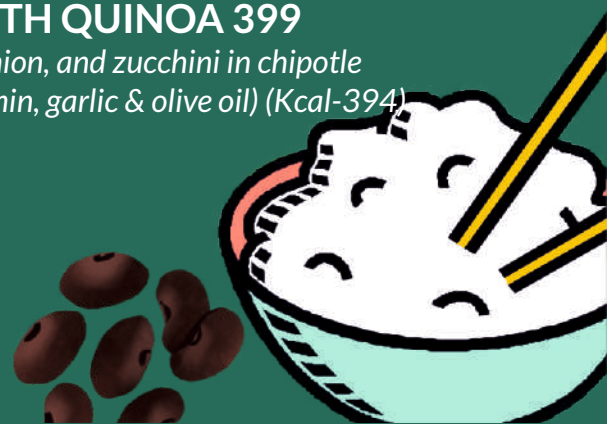
Mind bowling healthy bowl with kale, Quinoa, avocado, cherry tomato, asparagus, beetroot, sweet corn, French beans, mixed seed, feta Cheese & sundried tomato (Dressing- chipotle, maple syrup, garlic & olive oil) (Kcal-403)

GRILLED PESTO VEGETABLES WITH COUS COUS 399

A simple yet amazing meal made with a combination of Cous Cous, bell pepper, parsley, broccoli, cucumber, tomato, onion, zucchini in pesto sauce, a mix of Lettuce, pomegranate, sundried tomato & feta cheese (Dressing- basil, olive oil & garlic) (Kcal-469)

CHIPOTLE GRILLED VEGETABLES WITH QUINOA 399

Red quinoa, parsley, bell pepper, broccoli, cucumber, tomato, onion, and zucchini in chipotle sauce, mix Lettuce & olive (Dressing- chipotle, maple syrup, cumin, garlic & olive oil) (Kcal-394)



Non -Veg Meals

BLACK RICE BEANS WITH BBQ CHICKEN 399

Black rice, bell peppers, sweet corn, chickpeas, red kidney beans, parsley, green beans, red lentil edamame beans, grilled BBQ chicken (Dressing- ginger, coriander, sesame oil & olive oil) (Kcal-425)

ORIGINAL GRILLED CHICKEN HERB WITH COUS COUS 399

Simple yet tasty grilled chicken in the herb, cous cous, bell pepper, parsley, mixed lettuce, onion, tomato, cucumber, olive & feta cheese (Dressing- apple cider, garlic, basil, thyme & olive oil) (Kcal-485)

THE MEXICAN RICE BOWL 399

An amazing Mexican flavoured bowl with spicy Mexican rice, chipotle chicken, bell pepper, onion, tomato salsa, sweet corn, Kidney bean, avocado, jalapenos, nachos chips & cheddar cheese (Dressing- cumin, garlic, paprika & Olive oil) (Kcal-525)

CHIPOTLE CHICKEN QUINOA BOWL 399

A mind-blowing healthy bowl with barley, quinoa, chipotle chicken, mixed lettuce, tomato, onion, cucumber, sweet corn, olive, red lentil, Bell pepper & parsley (Dressing- chipotle, maple syrup, garlic & olive oil) (Kcal-470)

ASIAN SOBA NOODLE NON VEG MEALS 399

An edgy flavour bowl with boiled noodles, bell pepper, edamame beans, green beans, cucumber, purple cabbage, green onions, broccoli, carrot, sesame seeds, teriyaki chicken (Dressing- sesame oil, soya sauce, olive oil & vinegar) (Kcal-385)

GRILLED FISH STEAK WITH COUS COUS 425

A meal for seafood lovers with grilled herb fish steak, mixed lettuce, cherry tomato, onion, sweet potato wedges, lemon, bell pepper & parsley (Dressing- honey, mustard & vinegar) (Kcal-450)





Veg Wraps

Choice of dips - chipotle/ mayo/ sour cream /spicy salsa/ mint mayo

SPICY AVACADO WRAP-299

This flavour-packed wrap is made with whole wheat tortilla bread, mixed lettuce, bell pepper, broccoli, zucchini, tomato, onion, cheddar cheese, avocado, spicy salsa, corn & jalapenos (Kcal-280)

THREE BEANS WITH QUINOA -299

Whole wheat tortillas bread filled with exotic quinoa, lettuce, tomato, kidney beans, chickpeas, black beans, onion & feta cheese. (Kcal-380)

CHIPOTLE COTTAGE CHEESE-299

Whole wheat tortillas bread with bell pepper, lettuce, cottage cheese, avocado, onion, tomato & cheddar cheese (Kcal-250)

GRILLED VEGETABLE PESTO -299

Lettuce, broccoli, zucchini, bell peppers, tomato, onion & feta cheese wrapped in whole wheat tortilla bread. (Kcal-200)

HUMMUS FALAFEL WRAP -299

This is an Arabic-flavoured wrap with whole wheat tortillas bread, lettuce, bell pepper, hummus falafel & onion olive (Kcal-250)

THE MEXICAN BURRITO-299

Mexican-inspired salsa with Mexican rice, lettuce, onion, tomato, bell pepper, sweet corn, broccoli, kidney bean, avocado, jalapenos & cheddar cheese wrapped in whole wheat tortilla bread. (Kcal-415)





Non-Veg Wraps

Choice of dips- chipotle/ mayo sour/ cream spicy/ salsa/ mint mayo

SPICY GRILLED CHICKEN AVOCADO WRAP-325

Whole wheat tortilla bread, lettuce, tomato, onion, avocado, feta cheese, grilled chicken, bell pepper, spicy salsa, corn & jalapenos (Kcal-370)

ORIGINAL GRILLED CHICKEN WRAP-325

Whole wheat tortillas bread, lettuce, original grilled chicken, bell pepper, onion, tomato, sundried tomato & feta cheese (Kcal-320)



THREE BEANS QUINOA WITH BBQ CHICKEN-325

A twist of healthy yet tasty wrap made with whole wheat tortillas bread, Quinoa, lettuce, tomato, kidney beans, chickpeas, black beans, onion, feta cheese & grilled BBQ chicken (Kcal-530)

HUMMUS WITH MINCED LAMB MEAT-325

Whole wheat tortillas bread lettuce, tomato, onion, hummus, garlic, minced lamb & bell pepper (Kcal-400)

THE MEXICANCHIPOTLE CHICKEN BURRITO-325

For Mexican lovers whole wheat tortillas bread with Mexican rice, chipotle chicken, lettuce, onion, tomato, bell pepper, salsa, sweet corn, kidney bean, avocado & cheddar cheese. (Kcal-400)



CABANA AVOCADO CHEESE -325

A soft whole wheat tortilla bread filled with grilled chicken, bacon, eggs, lettuce, avocado, cheddar cheese, bell pepper & onion. (Kcal-480)





Veg Sandwiches

Choice of dips- chipotle/ mayo/ sour cream/ spicy salsa/ mint mayo

AVOCADO FETA CHEESE-299

Try this tasty recipe of whole wheat bread, spinach, sprouts, avocado, feta cheese, onion & mushroom (Kcal-225)

GRILLED VEGETABLE PESTO-299

Whole wheat bread, lettuce, broccoli, zucchini, bell peppers, tomato, onion, pesto & parmesan cheese (Kcal-200)

CHIPOTLE COTTAGE CHEESE-299

Mouth-watering sandwich with whole wheat bread, lettuce, tomato, onion, cucumber, chipotle cottage cheese & cheddar cheese (Kcal-200)

HUMMUS FALAFEL SANDWICH-299

Arabic flavoured sandwich made with Whole wheat bread, lettuce, hummus falafel, olive, garlic, onion & tomato (Kcal-235)

SPINACH MUSHROOM CORN CHEESE-299

A healthy twist of spinach, corn, mushroom, onion, tomato & feta cheese on a whole wheat bread (Kcal-160)

DESI PANEER SANDWICH -299

Bell pepper, onion, coriander, paneer. (Kcal-215)





Non-Veg Sandwiches

Choice of dips- chipotle/ sour cream/ spicy salsa/ mint mayo

CABANA SANDWICH-325

Try this different recipe of grilled chicken, bacon, eggs, lettuce, avocado, cheddar cheese, bell pepper & onion on whole wheat bread. (Kcal-550)

TERIYAKI GRILLED CHICKEN-325

Whole wheat bread, lettuce, tomato, teriyaki grilled chicken, onion, sesame seeds & green onion (Kcal-280)

GRILLED CHICKEN AVOCADO-325

A healthy meal with perfectly grilled chicken, avocado, lettuce, tomato, onion, feta cheese & bell pepper on a toasted whole wheat bread (Kcal-330)

HUMMUS & CHICKEN-325

Great choice of toasted Whole wheat bread with lettuce, bell pepper, onion, tomato, grilled chicken, hummus & olives (Kcal-370)

BBQ CHICKEN SANDWICH- 325

It is a real flavour of BBQ grilled chicken on toasted Whole wheat bread with lettuce, bell pepper, onions & tomato. (Kcal-400)

BECON EGG SANDWICH 325

Start your day with a sandwich made with Whole wheat bread, bacon, boiled eggs, lettuce, bell pepper, onion, tomato, corn & cheddar chase. (Kcal-300)





All Day Breakfast

(Served with a choice of 3 eggs/scrambled/fried & whole wheat toast)

ENGLISH BREAKFAST -350

Rich and fresh breakfast with baked Beans, grilled chicken, grilled vegetables, coffee (Kcal-808)

HERCULES BREAKFAST – 399

Start your day King sized with Chicken Sausage, Salami, Bacon, Baked Beans, Grilled Veggies (Kcal-925)

MONSTER OMELETTE -249

BOO! Get ready for the monster omelette with cheese, salami, sausage, onion, bell pepper, tomatoes and mushrooms (Kcal-700)

VEGETARIAN BREAKFAST -325

Packed with vitamins and minerals is the vegetarian breakfast with Scrambled paneer, spinach, corn, grilled vegetables, baked beans, whole wheat toast and coffee (Kcal-695)

VEGAN BREAKFAST -325

Want to save the animals? get the vegan breakfast with scrambled tofu, spinach, baked beans, grilled vegetables whole wheat toast and carrot beetroot juice (Kcal-700)

MASALA OMELETTE - 199

A perfect desi start to your day with onion, green chilli, tomatoes and coriander (Kcal-555)

THE FARMER OMELETTE - 249

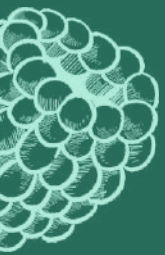
A combination of wholesome items like onion, tomato, bell pepper, mushroom, zucchini, broccoli, corn, jalapeno and olive (Kcal-538)

GRILLED CHICKEN OMELETTE -249

(Kcal-656)

SPINACH EGG WHITE OMELETTE - 249

(Kcal-283)





Soups

for Adding-on vegetables rs 40 and to add chicken rs 60

BROCCOLI SPINACH SOUP-225

Fresh broccoli and spinach for a calming evening (Kcal-29)

ROASTED TOMATO BASIL SOUP-225

Straight from Italy to our kitchen especially for you! (Kcal-41)

ASSORTED VEGETABLE CLEAR SOUP-225

Flavours of all your favourite veggies in one (Kcal-89)

BROCCOLI KALE SOUP-225

Perfect for a healthy detox (Kcal-37)

MUSHROOM SOUP-225

The comfort of your home all in one bowl (Kcal-25)

ROSEMARY CHICKEN QUINOA SOUP-225

Aromatic and mouth-watering both at the same time (Kcal-177)

NOODLE MUSHROOM CLEAR SOUP -225

Perfectly cooked noodles with a light mushroom broth (Kcal-53)





Smoothies

MIXED BERRIES-300ml-225

Nothing better than a blend of Strawberry, blueberry, yoghurt and honey (Kcal-228)

BANANA BERRIES –300ml-225

You really can't go wrong with a mix of Banana, strawberry, blueberry, yoghurt and honey (Kcal-290)

BERRIES OATS GRANOLA–300ml-225

Filling and healthy at the same time with strawberry, blueberry, granola, yoghurt and honey (Kcal-350)

BERRIES PINEAPPLE–300ml-225

Now enjoy the best smoothie with Fresh pineapple, mixed berries, yoghurt and honey (Kcal-230)

SPINACH BANANA KALE–300ml-225

A perfect combo of Spinach, banana, kale, yoghurt and honey (Kcal-270)

MIX SEEDS WITH BERRIES–300ml-225

Straight from the beach with Strawberry, blueberry, sunflower, pumpkin flax seeds, yoghurt and honey (Kcal-360)

BANANA STRAWBERRY CHIA BASIL–300ml-225

Did somebody call for a super yummy smoothie with Banana strawberry chia seeds basil yoghurt honey?(Kcal-440)

CUCUMBER APPLE MINT–300ml-225

The perfect wave of freshness with Cucumber, green apple, fresh mint, yoghurt and honey (Kcal-277)

Smoothies Bowl (ACAI Bowl)

FRESH FRUIT NUTS BOWL-325

The perfect wave of freshness with Hang curd, honey, apple, pineapple, kiwi, and flax seed (Kcal-340)

STRAWBERRIES BANANA CHIA-325

Now enjoy yumminess with Hang curd, honey, strawberries, banana, and chia seeds (Kcal-440)

BLUEBERRY COCONUT KIWI-325

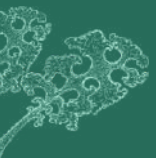
Filling and healthy at the same time with Hang curd, honey, blueberry, dry coconut and fresh kiwi (Kcal-375)

GRANOLA MIX BERRIES-325

Did somebody call for a super yummy smoothie bowl with Hang curd, honey, granola, strawberry and blueberry (Kcal-390)

AVOCADO BANANA MIX SEEDS-325

Yummy in my tummy including Hang curd, honey, avocado, banana, flax seed, sunflower seeds and pumpkin seeds (Kcal-440)



Shakes

BANANA BERRIES – 300ml 225

Banana strawberry blueberry milk and ice cream (Kcal-430)

OREO COOKIE SHAKE – 300ml 225

Crunchy shake with the world-famous Oreo cookie blended with ice cream and milk (Kcal-535)

CHOCO-MONSTER SHAKE – 300ml 225

Our famous chocolate chip cookie blended with ice cream and milk (Kcal-545)

FERRERO ROCHER NUTELLA SHAKE – 300ml 225

Vanilla ice cream blended with Crunchy bites of Ferro Rocher and Nutella with creamy chocolate (Kcal-400)

COFFEE SHAKE – 300ml 225

Coffee blended with ice cream and milk (Kcal-439)

PEANUT BUTTER SHAKE – 300ml 225

Peanut butter and chocolate blended with ice cream milk (Kcal-529)

Cold Beverages

COLD COFFEE-300ml-225

(Kcal-225)

MOCHA COLD COFFEE-300ml- 225

(Kcal-300)

CARAMEL COLD COFFE-300ml- 225

(Kcal-325)

ICED AMERICANO -300ML- 225

Regular black coffee top with ice (Kcal-10)

MINERAL WATER- 55

DIET COKE- 105

LEMON NANA (refreshing)-300ml- 225

Fresh mint leaves lemon juice sugar blended ice (Kcal-78)

MIX BERRY ICE TEA- 175

(Kcal-70)

LEMON MINT ICE TEA- 175

(Kcal-70)





Healthy Toast



HUMMUS FETA TOAST- 215

Whole wheat bread toast with hummus, sundried tomato, cucumber & feta cheese
(Kcal-280)

AVOCADO CORN TOAST- 225

Whole wheat bread toast with Avocado, onion, corn, parsley & salsa (Kcal-250)

GRILLED CHICKEN AVOCADO TOAST - 275

Whole wheat bread toast with grilled chicken, avocado, cherry tomato & feta cheese
(Kcal - 190)

GRILLED FISH AVOCADO TOAST - 299

Whole wheat bread toast with grilled fish, avocado & mix seeds (Kcal-200)



Desserts

NUTELLA GRANOLA BANANA TOAST- 269

Whole wheat bread toast with Nutella, granola, banana & mixed nuts (Kcal-400)

OAT PANCAKE WITH MAPLE SYRUP - 269

(Kcal-453)

BERRY PARFAIT-249

(Kcal-367)

STRAWBERRY PARFAIT-249

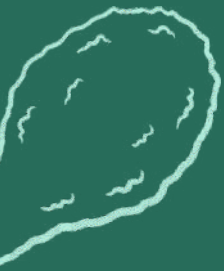
(Kcal-397)

MIX FRUIT PARFAIT-249

(Kcal-394)

KIWI PARFAIT 249

(Kcal-378)





Hot Coffee

CAPPUCCINO -199

Coffee-based drink prepared with hot milk and milk foam (Kcal-88)

CAFÉ LATTE -199

Espresso shot with extra milk and very little milk foam, if you like that, is (Kcal-110)

AFFOGATO - 225

A two-scoop of vanilla ice cream drowned with a shot of hot espresso (Kcal-274)

CARAMEL MOCHA-225

A single shot of espresso caramel sauce and hot milk foam (Kcal-214)

CAFÉ MOCHA -199

A single shot of espresso chocolate sauce and hot milk foam (Kcal-249)

AMERICANO -125

Double shot of espresso with hot water it's regular black coffee (Kcal-10)



Teas

YOUR FAVOURITE FLAVOURS - 150

Assam / Earl Grey / lemon / Green Tea (Kcal-0)

Sides

BAKED BBQ CHICKEN WINGS -275 (8pcs.)

(Kcal-350)

NACHOS SALSA -215

(Kcal-389)

BAKED SWEET POTATO -275

(Kcal-172)





Juices 100% Fresh Fruit To Make Your Skin Glow !!

APPLE BEETROOT CARROT MINT-300ml 199
The perfect cure for a not-so-perfect day (Kcal-105)

TENDER COCONUT WATER CHIA LEMONGRASS-300ml 225
Want to feel "vibes" straight from Goa? Try this (Kcal-116)

POMEGRANATE PINEAPPLE BEETROOT-300ml 225
Sweet and Sour to charge your power (Kcal-128)

CARROT BEETROOT AMLA GINGER-300ml 225
Super healthy and super yummy? Yes, please (Kcal-105)

KALE ORANGE BERRIES COCONUT WATER -300ml 225
When you look good you feel good so you better drink this juice (Kcal-135)

ROSEMARY CHIA COCONUT WATER-300ml 225
Nothing but a beautiful blend of flavours (Kcal-110)

ORANGE APPLE PINEAPPLE GINGER -300ml 225
It's addictive in the best way possible (Kcal-139)

SPINACH KALE CELERY CARROT BROCCOLI-300ml 225
Perfectly blended to produce the best juice (Kcal-101)

CARROT APPLE SPINACH BEETROOT-300ml 225
Now this is what I call YUMMY (Kcal-95)

MIX FRUIT-300ml 225
Combination of all your favourite fruits all together (Kcal-110)

