

Kale & Co.

IT'S NOT DIET. IT'S YOUR LIFE.

01



ORDER NOW

179

(Multi Grain Bread, Roasted Plantain, Mixed Cuts Fruits, Boil Egg)

SUNRISE SANDWICH PLATTER

02



ORDER NOW

169

(Spanish Omelet, Multi Grain Bread, Steam Broccoli, Mixed Cuts Fruits)

MEDITERRANEAN MORNING PLATTER

03



ORDER NOW

169

(Scrambled Eggs Wrap, Steam Broccoli, Mixed Cuts Fruits, Steamed Vegetables)

GOLDEN MORNING PLATTER

04



ORDER NOW

189

(Roll oats, fresh milk, banana peanut butter, almond slice walnut chia seed, honey)

THE POWER BREAKFAST BOWL

05



ORDER NOW

239

(greek yogurt, fresh mango, banana, chia seed, honey)

CREAMY MANGO GREEK YOGURT BOWL

06



ORDER NOW

219

(sweet potato, quinoa, avocado, two boil egg, pumpkin seeds, sunflower seeds, white sesame seeds)

SWEET POTATO POWER BOWL

07



ORDER NOW

199

CHEESE OMELETTE WITH CUTS FRUITS

08



ORDER NOW

209

THE POWER-START BREAKFAST SCRAMBLE

09



ORDER NOW

219

THE ULTIMATE HEALTHY BREAKFAST FOLD

IT'S NOT DIET. IT'S YOUR LIFE.

10



ORDER NOW

209

CLASSIC AVOCADO
TOAST

11



ORDER NOW

209

PEANUT BUTTER &
BANANA TOAST

12



ORDER NOW

219

HONEY APPLE
TOAST

13



ORDER NOW

219

DATE & NUT
CRUNCH TOAST

14



ORDER NOW

219

NUTRICRUNCH
TOAST

15



ORDER NOW

219

TROPICAL FRUIT
TOAST

16



ORDER NOW

129

MIXED
FRUIT CUT BOWLS

17



ORDER NOW

189

TROPICAL
GLOW BOWL



18 STANDARD BOX

Boiled Egg, Dry Fruits, Cut Fruits, Veg, Fresh Juice

129

ORDER NOW

19 PREMIUM BOX

Boiled Egg, Dry Fruits, Cut Fruits, Veg, Fresh Juice, Broccoli And Barries

199

ORDER NOW



FRESHNESS TAKES TIME.
PLEASE ORDER BY 8 PM FOR NEXT-DAY SCHOOL DELIVERY.

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20



ORDER NOW

229

Apple,Walnut,Lettuce,Anar,Raisin,Cheese,
With Special Dressing

WALNUT APPLE
SALAD

21



ORDER NOW

229

Breast Grilled Chicken, Black Olives, Cherry Tomatoes,
Egg,Cucumber, Sunflower Seeds, Feta Cheese, Lettuce,
Capsicum Red,Yellow,Green,With Special Dressing

MEDITERRANEAN
CHICKEN SALAD

22



ORDER NOW

239

Grilled Chicken Breast Pieces,Beans,Sweet Corn
Nacho chips ,Fresh Iceberg Lettuce,Tomatoes,Jalapeno
Chopped Onions,With Special Dressing

NACHO CHIKEN
& CORN SALAD

23



ORDER NOW

229

Fresh Iceberg Lettuce,Mango,Beetroot
Walnuts,With Mango Vinaigrette

MANGO BEETROOT
SALAD

24



ORDER NOW

249

Quinoa , Sweet Potato , Breast Grilled Chicken
Cherry Tomato , Fresh Veggies
With Special Dressing

NUTRI RICH QUINOA

25



ORDER NOW

239

Breast Grilled Chicken,Pineapp,Lelettuce, Cherry Tomatoes,
Red Onion, Jalapeno,Red Cabbage,Carrot,
Capsicum Red,Yellow,Green, With Special Dressing

HAWAIN
CHICKEN SALAD

26



ORDER NOW

239

Avocado,Breast Grilled Chicken,Sweet Corn
Cherry Tomatoes,Cucumber,Lettuce,
Bread slice olive oil in fry,With Special Dressing

CAESAR
CHICKEN SALAD

27



ORDER NOW

229

Breast Grilled Chicken,Quinoa, Cherry Tomatoes, Sorted
Vegetables,
Sweet Corn, With Special Dressing!

QUINOA
CHICKEN SALAD

28



ORDER NOW

239

Breast Grilled Chicken, Pasta,Lettuce, Cherry Tomatoes,
Red Onion, Black Olives, Mozzarella Cheese,
Capsicum Red,Yellow,Green, With Special Dressing

PASTA
CHICKEN SALAD

29



ORDER NOW

239

Avocado,Egg,Grilled Potato,Sweet Corn
Cherry Tomatoes,Cucumber,Jalapeno,Lettuce,
Capsicum Red,Yellow,Green,With Special Dressing

MEXICAN
EGG ROUND

30



ORDER NOW

239

Paneer,Lettuce,Red Cabbage,White Cabbage,
Cherry Tomatoes,Cucumber,Red Onion,
Pomegranate,Pumpkin Seeds,Parsley

MASALA PANEER
SALAD BOWL

31



ORDER NOW

169

STEAM /GRILLED
VEGETABLE

IT'S NOT **DIET.** IT'S YOUR LIFE.

32



**ORDER
NOW**



249

GRILLED CHICKEN &
BROCCOLI RICE BOWL

33



**ORDER
NOW**



239

ITALIAN PANEER
POWER BOWL

34



**ORDER
NOW**



329

HIGH-PROTEIN
BEEF STEAK MEAL

35



**ORDER
NOW**



279

HIGH-PROTEIN
CHICKEN & MASH BOWL

36



**ORDER
NOW**



299

PERSIAN SAFFRON
CHICKEN BOWL

37



**ORDER
NOW**



279

THE MEDITERRANEAN
HARVEST BOWL

38



**ORDER
NOW**



279

FRESH AVOCADO SALAD
WITH JUICY CHICKEN BREAST

39



**ORDER
NOW**



289

ZESTY GRILLED CHICKEN &
AVOCADO POWER PLATE

IT'S NOT DIET. IT'S YOUR LIFE.

40



Avocado, Cashew, Almond, Banana,
Honey, Fresh Milk

169

AVOCADO
SMOOTHIE

41



Mango, Roll
Oats, Cashew, Honey, Fresh Milk

169

MANGO OATS
SMOOTHIE

42



Banana, Dates, Cashew, Pista, Almond,
Raisin, Honey, Fresh Milk

199

DRY FRUIT
SMOOTHIE

43



89

MANGO
FRESH JUICE

44



79

CARROT
FRESH JUICE

45



79

PINEAPPLE
FRESH JUICE

46



89

PAPAYA
FRESH JUICE

47



79

BEETROOT &
WATERMELON

48



79

WATERMELON
FRESH JUICE

49



79

ORANGE
FRESH JUICE

50



79

FRESH
LIME MINT JUICE