



**S U M A Y A**  
N U T R I T I O N

By <sup>the</sup> kettleDrum

We serve nutritionally conscious, freshly prepared, zero preservative food. Our food is prepared keeping in mind our philosophy of holistic nutrition - high protein, low sodium, high fiber, and with no added sugars.

## SALADS

(All our Salads are prepared fresh using the freshest produce available locally)

<b>Wholesome Trojan Salad</b> (Mixed lettuce, cucumber, tomato, olive, red and yellow bell pepper, feta cheese herbs, mild dressing)	Rs 200
<b>Lean Bean Salad</b> (Kidney beans, dried beans, white beans with coriander leaves, red pepper and tomatoes lightly tossed in vinaigrette dressing mixed with brown rice)	Rs 200
<b>Mix Leaves Harvest</b> (Mixed greens - romaine, rocket, iceberg, lollo rosso with olive oil, vinaigrette dressing)	Rs 200
<b>Chicken Waldorf Salad</b> (Mixed lettuce, walnut, chicken, apple, carrot, celery with orange herb dressing)	Rs 250

## VEGETARIAN SANDWICHES

(All our sandwiches are prepared fresh using wholesome and high fiber multigrain bread)

<b>V4 Sandwich</b> (Tomato, cucumber, lettuce, bell peppers with mild dressing and fresh ground pepper in multigrain bread)	Rs 250
<b>Healthy Caprese Sandwich</b> (Buffalo ozzarella, basil, tomato, greens)	Rs 250

## NON VEGETARIAN SANDWICHES

(All our sandwiches are prepared fresh using wholesome and high fiber multigrain bread)

<b>No Whey!</b> (Grilled chicken breast, lettuce)	Rs 250
<b>Tuna Tuna Tuna</b> (Tuna, lettuce and light spices)	Rs 250
<b>Great Eggspectations</b> (Boiled egg white, celery, black pepper and lettuce)	Rs 250

## BEVERAGES

<b>Protein Shakes (Whey isolate or Whey)</b>	Rs 150
<b>Orange juice</b>	Rs 150
<b>Carrot</b>	Rs 150
<b>Sweet lime</b>	Rs 150
<b>Cold coffee</b>	Rs 150
<b>Iced Americano</b>	Rs 150
<b>Hot Tea (Green /Jasmine)</b>	Rs 100
<b>Hot Coffees</b>	
<b>Cappuccino</b>	Rs 150
<b>Americano</b>	Rs 125
<b>Double Espresso</b>	Rs 150
<b>Espresso</b>	Rs 100