

VEGAN FOOD

Parkash Fitness
Paradise

MENU

More Variety Available on
Delivery and Take Away

@reallygreatsite

Dining Monday to Sunday
10 AM - 9.30 PM

Delivery Monday to Sunday
8 AM - 01 AM late night



Fitness Food Menu All Day

8 am — 1 am (late night)

Sandwiches / Wraps

Grilled Paneer Punch	S 190
paneer, onion, capsicum, tomato, mayo	W 130
cucumber, tandoori, green-sauce	
Desi Mushroom Magic	S 190
spicy mushroom, onion, tomato, mayo	W 130
cucumber, green-sauce, olive, jalapeños	
Corn Pea Herbs Veggie	S 190
Delight	W 130
corn, pea, carrot, mayo, tandoori, green	
sauce, onion, capsicum, tomato, olives,	
cucumber, beetroot, liquid-cheese	
Potato Protein Crunch	S 190
potato, moong dal, chana dal, til, als,	W 130
peanuts, aamchur, onion, tomato,	
cucumber, green-sauce, tandoori, mayo	
Spinach Corn IronPower	S 190
Spinach, Corn, grated-cheese, milk,	W 130
besan, garlic, ketchup, mayo	
Soyamagic Nutrition	S 190
Churma	W 130
churma, green-sauce, ketchup, onion,	
mayo, cucumber, olives, jalapeños	
Chilled Dahi Gardenveggies	S 190
curd, cream, salt, pepper, onion, carrot,	
capsicum, cucumber	
Peanut Chocolate	S 190
Bananawich	

South Indian Nourishment

Ragi Vegetable Dosa	123
Spinach Corn Dosa	234
Aloo Protein Dosa	334
Spicy Mashroom Dosa	455
Mix Uttapam	123
Paneer Uttapam	234
Protein Masala Idli	334
Healthy Plain Idli	455
Broken Wheat Upma	123
Healthy Semolina Upma	123
Thick Veggie Sambar	123
Ginger Red Chutney	123
Coconut Chutney	123
Tomato Garlic Chutney	123
Nutty Green Chutney	123
Onion Peanut Chutney	123
Southern Cheese Sauce	123

North Indian Tawa

Stuffed Parantha	123
Gobhi, Mooli, Onion, SoyaChura, Paneer,	
ProteinPotato, mirchi	
Multigrain-Baingan Parantha	123
Moong Dal Chilla	123
Besan Paneer Chilla	123
Sprouted Moong Chilla	123

North South Add-ons

Achaar	20
Nimbu, Aam-chatni, Gajar-Gobhi-	
Shalgam, lal-mirch, amla-adrak-mirch	
Dahi	20
Non Dairy Butter	20
Dairy Butter	20
Grated Cheese	20

LUNCH

AFTER 12 MENU

DINNER

NUTRI BOWLS

Creamy Spinach Rice
Vegetables tossed in Creamy Spinach Gravy, served with Boiled White Basmati Rice and plain dahi— 12.90

Red Beans Veggie Kichdi
Red Kidney beans in Tomato sauce, sauteed veggies with brown rice kichdi and tadka dahi — 10.00

Creamy Tomato Veggie Rice
Vegetables tossed in Creamy Tomato Gravy, served with Boiled White Basmati Rice and plain dahi— 12.90

Lemon Paneer with Kichdi
Paneer and veggies tossed in lemon and coriander gravy served with brown rice kichdi and tadka dahi — 12.00

Creamy Tomato Kichdi
Vegetables tossed in Creamy Tomato Gravy, served with Brown Rice Kichdi and plain dahi— 12.90

Creamy Spinach Kichdi
Vegetables tossed in Creamy Spinach Gravy, served with Brown Rice Kichdi and plain dahi— 12.90

Nutri Bowl Add-ons
Peeled Almonds, Walnuts, Sunflower, Kaju, Pista, liquid cheese, tiny cheese bites, Tadka Dahi — 16.90

GUILT FREE DESSERTS

Nutty Rabdi Faluda — 5.90
Dates & Nuts Bite — 3.00
Moong Dal Halwa — 2.50
Punjabi Ragda Doodh — 3.00

THIN CRUST PIZZAS

Tandoori Paneer Tikka
Paneer, Onion, Capsicum, Tomato, Tandoori Sauce — 123/ 234

Mushroom Masala Melt
Spicy Mushroom, onion, capsicum, tomato, Green Mayo — 123/ 234

8 INCH ADD-ONS

Cheese slice, corn, onion, capsicum, tomato, pineapple, banana, apple— 18.00
grated cheese, mushroom, paneer, liquid cheese, olives, jalapeños, baby corn, broccoli, walnuts — 18.00

Single Topping Pizza
Mozzerella/ Onion/ Capsicum/ Corn/ Tomato/ Pineapple — 123/ 234

Garden Veggies Supreme
corn, onion, capsicum, tomato, mushroom, olives, jalapeños, baby corn, broccoli, beetroot, pineapple — 123/ 234

Hawaiian Nutty Fruity
Pineapple, banana, apple, walnuts, tomato, olives, jalapeños, til, als, jaggery, dry fruit berries — 123/ 234

Pizza is available in 8 inch and 12 inch, actual size may vary by half inch.

HOT BEVERAGES

Tea (Masala/ Green)— 3.00
Tulsi Ginger Turmeric — 2.50
Lemon Honey Tea — 1.90
Coffee (Black/ Milk) — 3.00
Kashmiri Kesar Kahwa — 2.50

POWER SALADS

Soyabeet Protein Power
3 soya beetroot patties with roasted onion, capsicum, freshly cut tomato, cucumber, lettuce, juicy olives and jalapeños — 10.90

Paneer Green Crunch
tandoori paneer, roasted onion, capsicum, fresh tomato, beetroot cucumber, lettuce, juicy olives n jalapeños — 12.00

Crunchy NutriMix Trail
Peanuts, roasted dal, onion, capsicum, fresh tomato, cucumber, lettuce, beetroot, juicy olives and jalapeños — 14.50

Sprouted Green Toss
lemon, moong, roasted onion, capsicum, fresh tomato, cucumber, lettuce, beetroot, juicy olives and jalapeños — 14.50

RedBean Energy Revival
Rajma, roasted onion, capsicum, fresh tomato, cucumber, lettuce, beetroot, juicy olives and jalapeños — 14.50

Fruit NatureGlow Mix
Papaya, Banana, Apple, Pineapple, Anar, Cucumber, Tomato, lettuce, beetroot, juicy olives and jalapeños, paneer — 14.50

Power Salad Add-ons
Almonds, Walnuts, Sunflower, Kaju, Pista, liquid cheese, tiny cheese bites — 16.90
Mayo, Tandoori, Honey-Mustard, Green

SIDES & SMALL BITES

Dhokla — 4.50
Makhana Chaat — 3.00
Imli Fruit Chaat — 2.00
Soya Beetroot Kabab — 4.50

Wholesome NUTRIFAST MENU

Burgers/ Marines/ Tacos

Paneer Protein Stack	B 123 M 123 T 123	Pea Corn Garden-veggies	B 123 M 123 T 123	Spinach Corn Craving	B 123 M 123 T 123
Non-fried paneer patty with freshly sliced veggies		Pea, Corn Carrot in mayo sauce with other garden fresh veggies		spinach corn baked patty served with juicy veggies	
Desi Mushroom Bite	B 123 M 123 T 123	Potato Power Protein	B 123 M 123 T 123	Soya Beetroot Boost	B 123 M 123 T 123
Spicy Roasted Mushroom with juicy, sour fresh veggies		Potato patty stuffed with nuts, lentils, served with fresh veggies		Beetroot n soya churma tawa kabab with herbs and veggies	

Wholesome Chinese Cuisine

Spaghetti Chowmein Style	123	Non Fried Manchurian	123	Vegetable Thukpa	123
Onion, Capsicum, Cabbage, Carrot, boiled whole wheat Spaghetti		Cabbage, Carrot, Paneer, Onion, Garlic, Ginger, besan, tomato		mushroom, lemon, green-veggies, spaghetti, onion	
Honey Chilli Air Fried Fries	123	Macroni Chinese Tadka	123	Steamed Aata Momos	123
Potato, Carrot, Sweet Potato all air fried in honey chilli sauce		Macroni with veggies in tomato soya sauce with a cheesy touch		Whole wheat dumplings filled with protein and vegetables.	

Mouth Refreshing Sips

Thick Milk Shakes	123	Vegetable Fruit Juice	83/ 113
Vanilla/ Butter Scotch/ Chocolate/ Oreo/ Cold Coffee/ Kit Kat/ Black Currant/ Strawberry/ 330-350 ml		Apple, Mausami, Orange, Pineapple, Anar, Kinu, Beetroot, Carrot, Amla, Lemon, Pudina, Ginger, Cucumber	
Desi Chill Lassi	123	Fruit Ice Tea	123
Namkeen/ Mithi/ Rose 330-350 ml		Lemon/ Peach/ Watermelon 350 ml	

Juices have two prices higher price for costly fruit choice, only mix fruit or mix vegetable or both mix juice is available in 330-350 ml serving, some item may not be available based on season.

Healthy Baked Delights

Fully Loaded Cookie	123
oats, als, til, sunflower, pumpkin, cranberry, blackberry, walnuts, almonds, raisins, chocochips	
Banana Ragi Oats Cake Slice	123
Sweet Potato Brownie	123