

INSTAFIT CAFE

Taste. Health. Vibe.





PREFACE



We know you are very eager to order your food first. So go ahead and order from variety of delicious dishes that we serve with passion, however, make sure you come back to read our little story.

Assuming you have placed your orders, let us try to narrate about us without boring you. Me and my husband both have worked 13+ years in a corporate industry. While I spent 7+ years in Amazon alone, my husband is from a software consultancy. We were typical 9 to 6 working corporates with no legacy or any history of business. When we came to India after spending few years in Dubai, we were amazed by the ecosystem that was available for the sports and fitness enthusiasts in all the gated communities. Well-equipped gyms and clubhouses, courts for almost every sports, green parks for outdoor fun were exhilarating. As a fitness freak myself, I enjoyed the healthy vibes here. However, we always lacked ample healthy food options in these well planned gated communities, which can complement the healthy lifestyle.

That's where we came up with the idea of our cafe, Instafit, a cafe for **Instagrammers** and **Fitness** freaks...

Fitness? Means boring healthy food? Don't worry you are not alone. We have heard this reaction so many times. But that's the notion - "Healthy food means no taste and no fun" we are here to change. However, this was an uphill task.

When we conducted a market research, it revealed that staggering 90%+ people get out to eat the junk, and 82% of them would not even enter a healthy café. So how do we capture such a mass audience? That's where we revamped our menu to work on the "Healthier Junk". As Oxymoronic as it sounds, it's our attempt to make it a reality. You want to eat sandwich, we use multigrain bread; You want Pizza, we have amazing crunchy whole wheat base; craving for Frankie, we have our bestselling whole wheat wraps. So, Idea is to get everyone to avoid most unhealthy ingredients from their favorite junk like Maida, Palm Oil, excessive sugar etc, and gradually nurture them to try healthier options by spreading awareness. If you are super health conscious, we like you already and very happy to serve you from 20+ Salads, variety of protein rich, low fat meals, Detox and more.

But how do you trust our food is truly healthy? I have completed Nutritionist Diploma myself to make sure we are doing it right, so you can be rest assured that you are getting tasty, yet healthy food!

Enough of fitness, what about your cheat day or midnight cravings? Don't worry, while most of our menu is healthy, we also have desserts and Ice creams, milkshakes and mocktails, your favorite fries-cold coffee combo, and much more to satisfy your tastebuds, or guilty pleasures should I say :)

Lastly, we really like to thank you for taking out time to visit our cafe, and also giving time to read through this. We hope you truly enjoy the food and vibes here. Stay safe, and stay healthy!

yours sincerely,

Neha Gaikwad-Katyare

ALL DAY BREAKFAST



<input type="checkbox"/> Bombay Omelette Protein: 6g, Carbs: 16g, Fat: 6g	142 kcal	145₹
<input type="checkbox"/> Roasted Broccoli Bell Pepper Omelette Protein: 12g, Carbs: 15g, Fat: 8g	194 kcal	165₹
<input type="checkbox"/> Spanish Omelette Protein: 20g, Carbs: 58g, Fat: 13g	463 kcal	195₹
<input type="checkbox"/> Fluffy Omelette (4 eggs) Protein: 13g, Carbs: 16g, Fat: 1g	131 kcal	165₹
<input type="checkbox"/> French Toast Protein: 6g, Carbs: 16g, Fat: 6g	142 kcal	175₹
<input type="checkbox"/> Avocado Toast Protein: 6g, Carbs: 16g, Fat: 6g	142 kcal	195₹
<input type="checkbox"/> English Breakfast Veg Protein: 20g, Carbs: 30g, Fat: 7g Grilled Cottage Cheese, Sunny Side Up, Spinach, Baked Beans, Cherry Tomato, Grilled Tomato	265 kcal	295₹
<input type="checkbox"/> English Breakfast Non-Veg Protein: 17g, Carbs: 26g, Fat: 10g Grilled Chicken Sausage, Sunny Side Up, Spinach, Baked Beans, Cherry Tomato, Grilled Tomato	276 kcal	325₹
<input type="checkbox"/> Oats Upma Protein: 11g, Carbs: 48g, Fat: 5g	281 kcal	185₹
<input type="checkbox"/> Peanut Butter Toast Protein: 12g, Carbs: 40g, Fat: 16g	352 kcal	125₹
<input type="checkbox"/> Vanilla Pancake Protein: 17g, Carbs: 68g, Fat: 9g Rolled Oats, Eggs, Vanilla Essence, Fat Free Milk, Honey Dip	448 kcal	185₹
<input type="checkbox"/> Chocolate Chips Pancake Protein: 15g, Carbs: 68g, Fat: 18g Rolled Oats, Eggs, Chocolate Chips, Fat Free Milk, Honey Dip	517 kcal	225₹
<input type="checkbox"/> Walnut Keto Pancake Protein: 26g, Carbs: 18g, Fat: 52g Banana, Almond Powder, Eggs, Almond Flakes, Walnut, Coconut Milk Powder, Honey Dip	652 kcal	385₹

SIDES



Classic French Fries Protein: 8g, Carbs: 80g, Fat: 19g	523 kcal	145₹
Peri Peri French Fries Protein: 8g, Carbs: 80g, Fat: 19g	523 kcal	165₹
Potato Wedges Protein: 8g, Carbs: 76g, Fat: 19g	507 kcal	165₹
Garlic Bread Protein: 10g, Carbs: 38g, Fat: 18g	382 kcal	145₹
Cheesy Garlic Bread Protein: 11g, Carbs: 45g, Fat: 27g	439 kcal	185₹
Chilli Cheese Toast Protein: 15g, Carbs: 19g, Fat: 17g Mozzarella Cheese, Green Bell Pepper, Coriander, Cheddar Cheese, Chopped Chilli Green	289 kcal	185₹
Everyday Fruit Bowl Protein: 2g, Carbs: 38g, Fat: 0.6g Green Apple, Watermelon, Pineapple, Papaya, Banana, Grapes	166 kcal	165₹
Poutine Fries Veg (Paneer) Protein: 25g, Carbs: 83g, Fat: 25g	691 kcal	225₹
<input checked="" type="checkbox"/> Poutine Fries Non-veg Protein: 29g, Carbs: 83g, Fat: 25g	724 kcal	245₹
<input checked="" type="checkbox"/> Boiled Egg (2 pieces) Protein: 10g, Carbs: 1g, Fat: 8g	116 kcal	50₹
<input checked="" type="checkbox"/> Boiled Chicken (100g) Protein: 31g, Carbs: 0g, Fat: 4g	160 kcal	100₹

SOUPS



Lemon Coriander Soup Protein: 0.3g, Carbs: 1.1g, Fat: 0g	6 kcal	165₹
Mixed Veggie Soup Protein: 0.7g, Carbs: 2.3g, Fat: 0g	12 kcal	185₹
Roasted Tomato Basil Soup Protein: 1g, Carbs: 3.5g, Fat: 3g	45 kcal	185₹
Roasted Pumpkin Cream Soup Protein: 1g, Carbs: 5g, Fat: 8g	96 kcal	185₹
Broccoli Cream Soup Protein: 6g, Carbs: 8g, Fat: 7g	119 kcal	245₹
Mushroom Cream Soup Protein: 4g, Carbs: 3g, Fat: 5g	73 kcal	245₹
<input checked="" type="checkbox"/> Chicken Clear Soup Protein: 12g, Carbs: 0g, Fat: 2g	66 kcal	195₹

*Chicken add-on in any veg soup: 40₹

STARTERS

VEG

Peri Peri Cottage Cheese Skewer Protein: 27 g, Carbs: 18 g, Fat 8 g Cottage cheese, Bell pepper, Onion, parsley peri peri sauce	252 kcal	285₹
Mixed Veggie Stir Fry Protein: 10 g, Carbs: 11 g, Fat: 2 g Cottage cheese, Broccoli, Zucchini, Bell pepper, Carrot, Onion	102 kcal	295₹
Teriyaki Cottage Cheese Skewer Protein: 27 g, Carbs: 27 g, Fat: 5 g	261 kcal	285₹
Hummus Falafel With Crackers Protein: 11g, Carbs: 32g, Fat: 18g Falafel Patty, Hummus, Crackers, Pickled Beetroot, Carrot, Cucumber	334 kcal	365₹
Broccoli Hummus with Pita Bread Protein: 16g, Carbs: 42g, Fat: 21g	421 kcal	245₹
Nachos with Salsa Protein: 16g, Carbs: 60g, Fat: 30g	166 kcal	295₹

NON-VEG


<input type="checkbox"/> Black Pepper Chicken Skewer Protein: 64g, Carbs: 10g, Fat: 6g Tomato garlic sauce, chicken, peri peri chicken skewer	357 kcal	325₹
<input type="checkbox"/> Peri Peri Chicken Skewer Protein: 63 g, Carbs: 7 g, Fat: 9 g Parsley peri peri sauce, chicken, mixed bell pepper	361 kcal	325₹
<input type="checkbox"/> Teriyaki Chicken Skewer Protein: 63 g, Carbs: 18 g, Fat 6 g	378 kcal	325₹
<input type="checkbox"/> Herb Chicken Breast Protein: 81 g, Carbs: 9 g, Fat: 18 g	522 kcal	285₹
<input type="checkbox"/> Chicken Nuggets Protein: 20g, Carbs: 21g, Fat: 24g	380 kcal	245₹
<input type="checkbox"/> Chicken Stir Fry Protein: 6g, Carbs: 6g, Fat: 5g Chicken, broccoli, zucchini, bell pepper, carrot, onion, mushroom	205 kcal	365₹
<input type="checkbox"/> Chicken Bolognese Protein: 67 g, Protein: 0.5 g, Fat: 14 g Chicken, cheese, parsley	396 kcal	265₹

SANDWICHES (MULTIGRAIN BREAD)

VEG

Tom & Avo Sandwich Protein: 6g, Carbs: 20g, Fat: 11g Avocado, Tomato, Cheddar Cheese	203 kcal	195₹
Mixed Veggie Sandwich Protein: 7g, Carbs: 23g, Fat: 5g Bell Pepper, Mushroom, Zucchini, Sweet Corn, Broccoli, Baby Corn, Cheddar Cheese	165 kcal	225₹
Healthy Bombay Sandwich Protein: 7g, Carbs: 35g, Fat: 6g Cucumber, Onion, Tomato, Mixed Bell pepper, Mashed Potato, Cheddar Cheese	222 kcal	165₹
Peri Peri Cottage Cheese Sandwich Protein: 14g, Carbs: 23g, Fat: 7g Cottage Cheese, Roasted Onion, Cheddar Cheese	211 kcal	225₹
Grilled Cottage Cheese Sandwich Protein: 14g, Carbs: 23g, Fat: 7g Grilled Cottage Cheese, Tomato, Romaine Lettuce, Gherkin, Cheddar Cheese	211 kcal	245₹
Club Sandwich Protein: 14g, Carbs: 25g, Fat: 19g Paneer, Tomato, Cucumber, Onion, Cheddar Cheese	327 kcal	285₹
Instafit Special Sandwich Protein: 8g, Carbs: 24g, Fat: 6g Roasted Veggies, Bell Pepper, Mushroom, Zucchini, Baby Corn, Broccoli, Sweet Corn, Cheddar Cheese	182 kcal	285₹

NON-VEG

 Boiled Egg Sandwich Protein: 17g, Carbs: 21g, Fat: 15g Boiled Eggs, Tomato, Onion, Romaine Lettuce, Cheddar Cheese	287 kcal	185₹
 Scrambled Egg Cheese Sandwich Protein: 17g, Carbs: 19g, Fat: 14g Scrambled Egg Pulp, Cheddar Cheese	270 kcal	165₹
 Barbecue Chicken Sandwich Protein: 30g, Carbs: 30g, Fat: 9g Bell Pepper, BBQ Chicken, Cheddar Cheese	321 kcal	245₹
 Teriyaki Chicken Sandwich Protein: 33g, Carbs: 31g, Fat: 15g Chicken, Zucchini, Mushroom, Roasted Peanut, Cheddar Cheese	391 Kcal	245₹
 Chicken Club Sandwich Protein: 37g, Carbs: 45g, Fat: 14g Chicken, Tomato, Gherkin, Roasted Onion, Sunny Side Up, Cheddar Cheese	454 kcal	285₹
 Chicken Peri Peri Sandwich Protein: 34g, Carbs: 24g, Fat: 9g Peri Peri Chicken, Mexican Beans, Sweet Corn, Cheddar Cheese	313 kcal	265₹
 Instafit Special Chicken Sandwich Protein: 30g, Carbs: 19g, Fat: 14g Pulled Chicken, Sundried Tomato, Mushroom, Roasted Walnuts, Cheddar Cheese	322 kcal	285₹

WRAPS (MULTIGRAIN)



VEG

Cilantro Cottage Cheese Wrap

233 kcal

175₹

Protein: 24g, Carbs: 18g, Fat: 40g

Whole Wheat Tortilla, Romaine Lettuce, Tomato, Onion, Sweet Corn, Cucumber, Cottage Cheese, Tomato Coriander Dip

Peri Peri Cottage Cheese Wrap

258 kcal

185₹

Protein: 13g, Carbs: 25g, Fat: 10g

Whole Wheat Tortilla, Mixed Lettuce, Green & Yellow Zucchini, Onion, Cottage Cheese, Peri Peri Dip

Smoked Barbeque Cottage Cheese Wrap

233 kcal

185₹

Protein: 12g, Carbs: 29g, Fat: 6g

Whole Wheat Tortilla, Mixed Lettuce, Green & Yellow Zucchini, Onion, Cottage Cheese, Barbeque Dip

Grilled Veggies Wrap

270 kcal

195₹

Protein: 9g, Carbs: 27g, Fat: 14g

Whole Wheat Tortilla, Kale, Broccoli, Yellow Zucchini, Red Bell Pepper, Onion, Tomato, Avocado, Zaatar Yogurt Dip

Falafel Wrap

336 kcal

245₹

Protein: 10g, Carbs: 33g, Fat: 14g

Whole Wheat Tortilla, Mixed Lettuce, Cucumber, Onion, Tomato, Falafel Patty, Zaatar Yogurt Dip

Mexican Cottage Cheese Wrap

276 kcal

265₹

Protein: 24g, Carbs: 18g, Fat: 40g

Whole Wheat Tortilla, Mixed Lettuce, Green & Yellow Zucchini, Onion, Avocado, Cottage Cheese, Tomato Salsa Dip

NON-VEG



Egg White Wrap

189 kcal

165₹

Protein: 12g, Carbs: 24g, Fat: 5g

Whole Wheat Tortilla, Mixed Lettuce, Tomato, Cucumber, Red Onion, Capsicum, Cilantro Tomato Dip



Chicken Tikka Wrap

274 kcal

195₹

Protein: 24g, Carbs: 24g, Fat: 7g

Whole Wheat Tortilla, Chicken, Mixed Lettuce, Green Capsicum, Tomato, Onion, Cucumber, Coriander Yogurt Dip



Thai Chicken Wrap

353 kcal

245₹

Protein: 13g, Carbs: 25g, Fat: 10g

Whole Wheat Tortilla, Chicken, Kale, Broccoli, Red Bell Pepper, Cucumber, Onion, Thai Peanut Dip



Grilled Chicken Wrap

308 kcal

225₹

Protein: 26g, Carbs: 26g, Fat: 9g

Whole Wheat Tortilla, Chicken, Romaine Lettuce, Red Bell Pepper, Onion, Tomato, Red cabbage, Herb Spicy Yogurt Dip



Teriyaki Chicken Wrap

313 kcal

225₹

Protein: 25g, Carbs: 26g, Fat: 10g

Whole Wheat Tortilla, Chicken, Kale, Red & Yellow Bell Pepper, Red Cabbage, Spring Onion, Teriyaki Peanut Dip



Basil Pesto Chicken Wrap

256 kcal

245₹

Protein: 22g, Carbs: 5g, Fat: 15g

Whole Wheat Tortilla, Chicken, Baby Spinach, Red & Yellow Bell pepper, Red Cabbage, Onion, Pesto Yogurt Dip

PIZZA (WHOLE WHEAT BASE)



VEG

Margherita Pizza Protein: 29g, Carbs: 43g, Fat: 29g Sliced Tomato, Basil Leaves, Mozzarella & Cheddar Cheese	550 kcal	300₹
Paneer Paprika Pizza Protein: 41g, Carbs: 23g, Fat: 32g Paneer, Red Bell Pepper, Black Olives, Mozzarella cheese, Cheddar Cheese	560 kcal	365₹
Paneer Hawaiian Pizza Protein: 32g, Carbs: 50g, Fat: 25g Paneer, Onion, Mozzarella Cheese, Red Bell Pepper, Pineapple	553 kcal	385₹
Farmer's Veg Pizza Protein: 34g, Carbs: 45g, Fat: 30g Bell Pepper, Mushroom, Zucchini, Cottage Cheese, Mozzarella & Cheddar Cheese	586 kcal	385₹
Paneer Tikka Pizza Protein: 35g, Carbs: 46g, Fat: 30g Paneer, Green Capsicum, Onion, Mozzarella & Cheddar Cheese	594 kcal	365₹

NON-VEG

<input type="checkbox"/> Chicken Tikka Pizza Protein: 47g, Carbs: 42g, Fat: 31g Chicken, Mozzarella Cheese, Green Bell Pepper, Onion, Cheddar Cheese	635 kcal	365₹
<input type="checkbox"/> Smokey Barbecue Chicken Pizza Protein: 48g, Carbs: 23g, Fat: 36g BBQ Chicken, Bell Pepper, Black Olives, Mozzarella Cheese, Cheddar Cheese	608 kcal	365₹
<input type="checkbox"/> Chicken Hawaiian Pizza Protein: 47g, Carbs: 47g, Fat: 31g Chicken, Red Bell Pepper, Mozzarella Cheese, Onion, Pineapple	655 kcal	385₹
<input type="checkbox"/> Mexican Chicken Pizza Protein: 46g, Carbs: 48g, Fat: 31g Red Beans, Sweet Corn, Grilled Chicken, Onion, Mozzarella Cheese, Cheddar Cheese	695 kcal	385₹

PASTA (WHOLE WHEAT)



VEG

Whole Wheat Penne Pasta 245 kcal 345₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

Whole Wheat Fusilli Pasta 245 kcal 365₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

Whole Wheat Spaghetti Pasta 245 kcal 385₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

NON-VEG

Whole Wheat Chicken Penne Pasta 245 kcal 345₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

Whole Wheat Chicken Fusilli Pasta 245 kcal 365₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

Whole Wheat Chicken Spaghetti Pasta 245 kcal 385₹

Protein: 11g, Carbs: 39g, Fat: 5g

Mixed Veggies, Whole Wheat Pasta, Red/White/Pink Sauce

SALADS

VEG

Protein Power Packed Salad Protein: 21g, Carbs: 34g, Fat: 12g Red Chickpeas, Mixed Sprouts, Red Onion, Cherry Tomato, Pomegranate, Cucumber, Sunflower Seeds, Cilantro Dressing	328 kcal	325₹
Bombay Salad Protein: 15g, Carbs: 41g, Fat: 19g Makhana, Soya Murmura, Pineapple, Cucumber, Pomegranate, Tomato, Black chickpeas, Mixed Roasted Rice, Spring Onion, Mint Mustard Dressing	395 kcal	345₹
Mixed Quinoa Salad Protein: 9g, Carbs: 28g, Fat: 22g Red Quinoa, White Quinoa, Kale, Yellow & Red Bell-pepper, Carrot, Cucumber, Parsley, Mixed seeds, Balsamic Dressing	346 kcal	375₹
Paneer Tikka Salad Protein: 12g, Carbs: 13g, Fat: 19g Paneer, Baby spinach, Cherry tomato, Red onion, Green Bell-pepper, Spring Onion, Cucumber, Flax seeds, Ginger Lemon Olive Oil Dressing	271 kcal	345₹
Ultimate Protein Salad Protein: 30g, Carbs: 32g, Fat: 28g Red Rajma Beans, White Rajma Beans, Red Beans, Black Beans, Fresh Green Beans, Soya Chunks, Cherry Tomato, Cucumber, Pumpkin Seeds, Kale, Basil Pesto Dressing	500 kcal	345₹
Veggie Keto Salad Protein: 10g, Carbs: 35g, Fat: 23g Kale, Broccoli, Avocado, Paneer, Cherry tomato, Parmesan cheese, Red onion, Cucumber, Walnuts, Mixed Flakes, Tahina Yogurt Dressing	393 kcal	425₹
Russian Salad Protein: 8g, Carbs: 29g, Fat: 32g Red Apple, Pineapple, Green Peas, Carrot, Potato, Pomegranate, Parmesan Cheese, Cream, Mayo	436 kcal	365₹
Greek Salad Protein: 10g, Carbs: 13g, Fat: 14g Romaine Lettuce, Red Onion, Cucumber, Cherry Tomato, Black Olive, Feta Cheese, Paneer, Lemon Vinaigrette Dressing	218 kcal	325₹
Black Rice Salad Protein: 11g, Carbs: 66g, Fat: 17g Black rice, Grilled Yellow & Green Zucchini, Chickpea, Cucumber, Carrot, Scallion Leaves, Pomegranate, Herbs Spicy Mustard Dressing	461 kcal	345₹

SALADS



Healthy Feel Salad

Protein: 8g, Carbs: 20g, Fat: 30g

Kale, Baby Spinach, Black Grapes, Avocado, Black Olives, Broccoli, Cucumber, Cherry Tomato, Feta Cheese, Red Onion, Walnuts, Pumpkin Seeds, Parsley Mustard Dressing

382 kcal

385₹

Global Salad

Protein: 11g, Carbs: 13g, Fat: 18g

Romaine Lettuce, Avocado, Broccoli, Edamame, Cherry Tomato, Green Beans, Red Cabbage, Black Olive, Feta Cheese, Mixed Seeds, Creamy Yogurt Dressing

258 kcal

385₹

Instafit Special Salad

Protein: 8g, Carbs: 36g, Fat: 16g

Beetroot Falafel Patty, Dry Cranberry, Edamame, Cherry Tomato, Kale, Romaine Lettuce, Baby Spinach, Red Cabbage, Roasted Red Rice, Radish, Chia Seeds, Honey Lemon Mint Cranberry Dressing

320 kcal

445₹

NON-VEG

▣ Thai Chicken Salad

Protein: 28g, Carbs: 12g, Fat: 26g

Chicken, Romaine lettuce, Red bell pepper, Red cabbage, Spring onion, Avocado, Peanuts, Carrot, Beans Sprouts, White Sesame Seeds, Thai Peanut Chilli Dressing

394 kcal

365₹

▣ Chicken Tikka Salad

Protein: 28g, Carbs: 8g, Fat: 14g

Grilled Chicken, Baby Spinach, Red Onion, Spring Onion, Cucumber, Cherry tomato, Mixed Seeds, Green Capsicum, Ginger Lemon Olive Oil Dressing

274 kcal

365₹

▣ Polodi Char Grill Salad

Protein: 21g, Carbs: 6g, Fat: 12g

Baby Spinach, Kale, Yellow & Green Zucchini, Mushroom, Chicken, Carrot, Cherry Tomato, Flax Seeds, Honey Balsamic Dressing

230 kcal

345₹

▣ Pulled Chicken salad

Protein: 29g, Carbs: 12g, Fat: 19g

Pulled chicken, Romaine Lettuce, Baby Spinach, Carrot, Red cabbage, Cherry Tomato, Avocado, Almond Flakes, Mustard Vinaigrette Dressing

335 kcal

365₹

▣ Teriyaki Chicken Salad

Protein: 23g, Carbs: 13g, Fat: 21g

Chicken, Kale, Romaine Lettuce, Avocado, Pineapple, Cherry Tomato, Cucumber, Red & Yellow Bell Pepper, Mixed Seeds, Green Beans, Soya Honey Mustard Dressing

346 kcal

385₹

▣ Caesar Salad

Protein: 11g, Carbs: 13g, Fat: 18g

Chicken, Romaine Lettuce, Iceberg Lettuce, Bread Croutons, Parmesan Cheese, Caesar Dressing

258 kcal

325₹

MAIN MEALS

VEG

Desi Paneer Bowl

Protein: 17g, Carbs: 48g, Fat: 4g

Paneer, Brown Rice, Coriander, Tomato, Cucumber, Onion, Mixed Cabbage

296 kcal

365₹

Green Thai Curry

Protein: 12g, Carbs: 56g, Fat: 5g

Brown Rice, Cottage Cheese, Mixed Veggies, Coconut Milk

317 kcal

385₹

Burrito Bowl

Protein: 16g, Carbs: 50g, Fat: 9g

Brown Rice, Avocado, Cottage Cheese, Sweet Corn, Red Beans, Red Bell pepper, Cucumber, Tangy Tomato Salsa

345 kcal

365₹

Mexican Bowl

Protein: 19g, Carbs: 47g, Fat: 5g

Black Rice, Grilled Cherry Tomato, Cottage Cheese, Sweet Corn, Jalapeno, Black Beans, Red Onion, Red & Yellow Bell Pepper, Mango Chipotle Dip

309 kcal

385₹

Arabic Bowl

Protein: 19g, Carbs: 53g, Fat: 24g

Falafel Patty, Red onion, Plain Hummus, Beetroot Hummus, Romaine Lettuce, Red Radish Feta Cheese, Whole Wheat Crackers

504 kcal

445₹

Daliya Pulao With Paneer Curry

Protein: 11g, Carbs: 16g, Fat: 5g

Paneer, Carrot, Green Beans, Green Peas, Boiled Daliya

153 kcal

325₹

Veg Keto Bowl

Protein: 24g, Carbs: 18g, Fat: 40g

Cauliflower Patty, Guacamole, Grilled Cottage Cheese, Broccoli, Red Onion, Tomato, Cucumber, Parmesan Cheese Flakes, Coconut Flakes

532 kcal

445₹

NON-VEG

▣ Prawns Yellow Thai Curry

Protein: 19g, Carbs: 19g, Fat: 5g

Prawns, Brown Rice, Coconut Milk, Mixed Veggies

197 kcal

385₹

▣ Red Thai Curry

Protein: 20g, Carbs: 38g, Fat: 6g

Chicken, Brown Rice, Mixed Veggies, Coconut Milk

286 kcal

385₹

▣ Keto Chicken Bowl

Protein: 31g, Carbs: 18g, Fat: 35g

Cauliflower Rice, Chicken, Yellow & Green Zucchini, Carrot, Green Beans, Coconut Milk, Grated Cheese, Cream

511 kcal

425₹

▣ Low Fat Chicken Bowl

Protein: 34g, Carbs: 16g, Fat: 5g

Chicken, Broccoli, Spinach, Roasted Onion, Grilled Cherry Tomato, Green Beans, Red Bell Pepper, Carrot, Pumpkin Mash, Carolina Sauce

245 kcal

425₹

▣ Pesto Chicken Bowl

Protein: 37g, Carbs: 32g, Fat: 17g

Chicken, Red Rice, Yellow & Green Zucchini, Bok Choy, Walnut Pesto Sauce

429 kcal

385₹

▣ Grilled Chicken Breast Bowl

Protein: 38g, Carbs: 33g, Fat: 7g

Chicken, Herb Mix Quinoa, Green Beans, Carrot, Brown Sauce

347 kcal

385₹

BEVERAGES

CHAI-COFFEE CORNER

Espresso	100
Americano	100
Cappuccino	120
Cappuccino Strong	140
Café Latte	120
Café Mocha	160
Hot Chocolate	180
Masala Tea	90
Lemon Tea	100
Iced Tea	140
Black Water	60/100
Sparkling Water	60
Mineral Water	20/30

FRESH JUICES

Mint Lemon Zester	90
Fresh Pineapple Juice	170
Fresh Pulpy Orange	240
Fresh Watermelon Juice	170
Mixed Fruit Juice	220

MOCKTAILS

Masala Lemonade	90
Green Apple	120
Chilli Guava	160
Blue Lagoon	160
Berry Cooler	140
Kala Khatta	120

DETOX

Stone Green Detox	180
Cucumber, Baby Spinach, Dates	
Sunshine Detox	220
Ginger, Orange, Papaya, Carrot, Lemon Juice	
Blood Booster Detox	260
Apple, Kiwi, Dragon Fruit, Orange	
Pink Diamond Detox	190
Carrot, Beetroot, Orange, Ginger	
Iron Man Detox	240
Baby Spinach, Green Apple, Pineapple, Broccoli	
Glow Your Pretty Face	240
Beetroot, Carrot, Red Apple, Pomegranate, Tomato, Lemon	
Kale Cucumber Detox	220
Green Kale, Cucumber, Mint, Green Apple	
Glowing Green Detox	220
Green Apple, Spinach, Avocado, Tomato	
Beetroot Chia Detox	190
Pineapple, Cucumber, Chia Seed, Beetroot	
Orange Mint Detox	220
Carrot, Ginger, Mint Leaves, Cucumber	

SMOOTHIES

Chia Cherry Berry Smoothie	280
Mix Berry, Red Apple, Roasted Chia Seeds, Fat Free Milk	
Banana & Dates Smoothie	220
Banana, Dates, Flax Seeds, Yogurt, Fat Free Milk	
Oats & Dates Smoothie	220
Soaked Rolled Oats, Dates, Fat Free Milk	
Mixed Seeds Strawberry Smoothie	220
Roasted Mixed Seeds, Yogurt, Strawberry, Fat Free Milk	
Pink Power Smoothie	240
Avocado, Dates, Walnut, Beetroot, Strawberry, Fat Free Milk	
Classic Protein Shake	280
Banana, Whey Protein Powder, Fat Free Milk	
Ultimate Protein Shake	340
Dates, Walnut, Mixed Seeds, Whey Protein Powder, Fat Free Milk	

PLEASE TURN OVER FOR ICE CREAMS AND SHAKES



SHAKES & ICE CREAMS

COLD COFFEE & BOBA

Classic Cold Coffee	160
Irish Cold Coffee	180
Caramel Cold Coffee	180
Roasted Hazelnut Cold Coffee	180
Chocolate Boba	250
Strawberry Boba	250
Blueberry Boba	250
Mango Boba	250
Tiramisu Boba	250

MILKSHAKES

Chocolate Milkshake	220
Oreo Milkshake	220
Strawberry Milkshake	220
Oreo Strawberry Milkshake	240
Blueberry Milkshake	220
Apple Milkshake	220
Banana Milkshake	160
Red Velvet Milkshake	280
Alphonso Mango Milkshake	240
Tiramisu Milkshake	240
Salted Caramel Milkshake	260
Belgium Dark Chocolate	280

DESSERTS

Choco Lava	120
Blueberry Mousse	180
Dark Chocolate Mousse	160
Tiramisu Mousse	160
Fresh Mango Mouse	180

***Eat Wisely, Drink Limited!**
Everyday cannot be a cheat day!

ICE CREAM SCOOPS

EXOTIC	Bubble Gum	90
	Cookie Monster	80
	Fererro Rocher	110
FRUITY	Kinder Joy	110
	Fresh Mango	80
	Strawberry	70
CLASSIC	Pina Kiwi	80
	Sitafal Fresh	80
	Vanilla Sprinkles	60
	Butterscotch	70
	Chocolate Chips	70
	American Dry Fruit	80

CHOWPATTY KULFI

EXOTIC	Bubble Gum	120
	Oreo Cookies	110
	Choco Chips	110
FRUITY	Kaju Gulkand	110
	Sitafal	90
	Mango Kaju	90
CLASSIC	Tender Coconut	90
	Badam Pista	90
	Mava Malai	70
	Rabdi	80
	Jamun Sorbet	90
	Strawberry Sorbet	90

EXOTIC KULFI ROLLS

Black Forest	180
Red Velvet	220
Kit Kat	240
Ferrero Rocher	240
Biscoff Roll	280

PLEASE TURN OVER FOR MORE BEVERAGES ↩

ADD-ONS:

Whipped Cream - 30₹

Cheese - 30₹

Multigrain Bread - 30₹

Chicken - 50₹

Paneer - 50₹

Ice Cream - 30₹

Extra Dip - 30₹



PLEASE NOTE:

- Menu Prices are exclusive of GST.
- Food images shown are for representation purpose only.
- Prices are subject to change.
- Any other add-on requested apart from what mentioned in the menu will be served with the extra charges decided by the cafe staff.
- No personal food and drink items to be brought inside the cafe premises, indoor or outdoor.
- Please do not leave any personal belongings unattended at any time. Management will not be liable or responsible for any loss, theft or damage to your personal belongings.
- Kindly assist your children at all times during your visit at our cafe.
- Charges may apply for any damages done to the interior or the property.

--- THANK YOU! ---

InstaFit Cafe



The Newly Launched InstaFit Cafe, Brings an Extensive Range of Nourishing Food Choices with Amazing Taste



Vishal Katyare & Neha Gaikwad Katyare
Founders

The whole world has become more and more hyperconnected in recent years. We now live in a world where the Internet and the services it offers have quickly replaced other forms of communication as our lifelines. Here, businesses and people can rapidly communicate with one another. This level of connectedness has greatly changed the relationship between customers and service providers and has given rise to a plethora of new business possibilities.

In the last few years, persistent evolution in people's presence on social media has propelled the establishment of a myriad of Instagrammable cafes. Apart from offering delectable dishes, these restaurants and cafes have aesthetically pleasing decor, perfect for that million-dollar snapshot or Instagram story.

Instafit Café, a newly opened gem nestled in Dombivli East, Maharashtra, boasts super-healthy and yummy delicacies for Fitness freaks. Incorporated to bring healthy food without compromising taste, Instafit Café's palatable and appetizing food options include everything from salads to protein-rich meals, smoothies and detox juices, healthier sandwiches and pizzas, and of course coffee along with the breakfast menu. Along with being calorie-conscious, their delightful menu deeply emphasizes taste, especially using their secret handmade sauces.

THE DYNAMIC LEADERSHIP

Vishal Katyare and Neha Gaikwad Katyare both come from a pure corporate background and each of them carry 13+ years of corporate experience.

The leading lady, Neha, has spent 7+ years at Amazon alone across different roles. Working for the world's most customer-focused company, Amazon, has consistently taught her to put the requirements of the customer first and figure out the best way to meet those demands in an excellent way.

The man behind the business, Vishal, has worked across multiple software consultancies. He has spent seven years at a startup in Dubai. Being the first person in the startup, he has played all the roles necessary to run the company, which is where he has learnt entrepreneurial skills.

Read the complete article at

<https://businessconnectindia.in/instafit-cafe/>
or scan the QR Code >>



