simply Bowl-it

MENU

HEALTHY WITH A DESI TWIST

- *Eat Right*
- *Baked & Grilled*
- *No Fried*
- *Eat Clean*
- *Gut Friendly*
- *No Refined Sugar*
- *Eat Light*
- *Low Carb*
- *No Food Coma*

VEG BOWLS

MILLET ACHARI PANEER BOWL

Rich & Classic Profile

- *Foxtail Millet Upma*
- *Grilled Achari Paneer*
- *Makhani Gravy*
- *Kachumber Salad*
- *Mint Yogurt*
- *Pickled Pink Onions*

23g Protein | 6.5g Fiber | 45g Carbs

WOK CHILI TOFU BOWL

Indo Chinese Street Style

- *Hakka Soba Noodles*
- *Wok indo-Chinese Chili tofu*
- *Semi-Dry Chili Gravy Glaze*
- *Carrot and Cabbage slaw*
- *Spicy Garlic Chutney*
- *Scallions & White Sesame*

24g Protein | 7g Fiber | 48.5g Carbs

BROC & PANEER COUSCOUS BOWL

High fiber & Energizing

- *Curry Couscous*
- *Tandoori Hara Broccoli & Achari Paneer Skewer*
- *Yellow Dal Tadka*
- *Kachumber Salad*
- *Smoked Paprika Raita*
- *Toasted Seed Mix*

18g Protein | 6g Fiber | 45g Carbs

ZESTY SWEET POTATO BOWL

Low Carb & Clean Fuel

- *Cauliflower Rice*
- *Grilled Sweet Potatoes*
- *Yellow Dal Tadka*
- *Edamame Salad*
- *Smoked Paprika Raita*
- *Pickled Pink Onions*

10g Protein | 7.5g Fiber | 27g Carbs

GARLIC TOFU FIBER BOWL

Herbaceous & Tangy Fusion

- *Tri Colour Quinoa*
- *Grilled Garlic Tofu*
- *Spiced Spinach Gravy*
- *Papaya Raw Mango Salad*
- *Smoked Paprika Raita*
- *Pickled Chilli & Onions*

20g Protein | 6.5g Fiber | 43g Carbs

WOK CHILI PANEER BOWL

Indo Chinese Street Style Veg

- *Brown Veg Fried Rice*
- *Wok Indo-Chinese Chili Paneer*
- *Semi-Dry Chili Gravy Glaze*
- *Carrot and Cabbage Slaw*
- *Spicy Garlic Chutney*
- *Scallions & White Sesame*

30g Protein | 6.5g Fiber | 50g Carbs

NON-VEG BOWLS

GRILLED CHICKEN TIKKA BOWL

Hearty Grain & Chicken Bowl

- *Foxtail Millet*
- *Chicken Tikka Thigh*
- *Punjabi Rajma Gravy*
- *Edamame Salad*
- *Mint Yogurt*
- *Pickled Pink Onions*

41g Protein | 8.5g Fiber | 46g Carbs

COUSCOUS CHAR CHICKEN BOWL

South Indian Spiced Classic

- *Curry Flavour Couscous*
- *Grilled Chettinad Chicken Breast*
- *Spinach Gravy, Kachumber Salad*
- *Smoked Paprika Raita*
- *Tossed Makhana*

40g Protein | 5.5g Fiber | 45g Carbs

EGG PROTEIN BOWL

High Protein Egg & Bean Classic

- *Cauliflower Jeera Rice*
- *Grilled Egg Tikka*
- *Punjabi Rajima Gravy*
- *Kachumber Salad*
- *Mint Yogurt*
- *Pickled Pink Onions*

17g Protein | 4.5g Fiber | 11g Carbs

SMOKEY CHICKEN QUINOA BOWL

High Protein Chicken & Greens

- *Tri Colour Quinoa*
- *Grilled Chettinad Chicken Breast*
- *Makhani Gravy*
- *Fresh Greens*
- *Smoked Paprika Raita*
- *Pickled Pink Onions*

40g Protein | 4.5g Fiber | 38g Carbs

WOK CHILI CHICKEN BOWL

Indo Chinese Street Style

- *Hakka Soba Noodles*
- *Wok Indo-Chinese Chili Chicken*
- *Semi-Dry Chili Gravy Glaze*
- *Carrot and Cabbage Slaw*
- *Spicy Garlic Chutney*
- *Scallions & White Sesame*

43g Protein | 6.5g Fiber | 50g Carbs

GOAN SALMON BOWL

Goan Spiced Coastal Profile

- *Tri Colour Quinoa*
- *Grilled Salmon Cafreal*
- *Yellow Dal Tadka*
- *Papaya Raw Mango Salad*
- *Mint Yogurt*
- *Pickled Green Chillies*

33g Protein | 6.0g Fiber | 40g Carbs