

HEALTHY SALADS

(Bowl of Nutrition)



Garden Fresh Onion, Tomato, Cucumber	₹ 75
Sprouts High Protein Beans Sprouts Tempered With Indian Spices And Veggies	₹ 115
Mock Couscous Steamed Mock Couscous, Tossed With Sundried Tomatoes, Peppers	₹ 125
Coleslaw Shredded Cabbage, Carrots And Pepper Dressed With Lemon Juice	₹ 125
Som Tam 🌶️ Thai Shredded Raw Papaya Salad With Peanuts And Spices	₹ 145
Mexican Nachos, Corn, Onion, Bell Pepper, Herbs & Beans	₹ 145
Apple, Beetroot And Pineapple Fresh Apple, Beetroot & Juicy Pineapple In Creamy Hung Yoghurt	₹ 165
Waldorf Green Apple, Apple & Lettuce Salad Garnished With Walnuts	₹ 175
Warm Paneer Tikka Salad Tandoor Paneer Tikka with Lots of Veggies	₹ 205

HEALTHY BITES



Ratatouille Wrap	₹ 115
Mushroom And Cheese Wrap	₹ 125
Pesarattu	₹ 125
Paneer Tikka Wrap	₹ 135
Quesadillas (Spinach & Corn)	₹ 145
Full Medamas	₹ 165
Warm Quinoa with Spinach	₹ 225

MEXICAN



Nachos (With Salsa)	₹ 120
Super Nachos (With Cheese, Beans & Veggie)	₹ 170
Tacos (With Beans)	₹ 190
Enchiladas (With Beans)	₹ 205

LEBANESE



Crispy Pita Bread With Humus	₹ 125
Falafel In Whole Wheat Pita Wrap	₹ 165

BEVERAGES



TEA	Single	Pot for 3
Black Tea	₹ 25	₹ 55
Masala Tea	₹ 35	₹ 95
Ginger Tea	₹ 40	₹ 105
Organic Tea (Green/ Pomegranate/Sweet Rose)	₹ 55	₹ 135

COFFEE

Espresso	₹ 55
Latte	₹ 65
Cappuchino	₹ 75

COLD COFFEE

Classic	₹ 85
Choco Frape	₹ 95
Hazlenut frape (Extra Ice Cream ₹ 25)	₹ 100

LEMONADE

Nimbu Pani	₹ 40
Fresh Lime Soda	₹ 50
Masala Lemonade	₹ 60

FRESH JUICES

(FRESH FRUITS AND VEGETABLES JUICES)



Slimming Wonder Right Mix Of Tomato And Spinach	₹ 75
Body Cooler Ultimate Cooling & Soothing Effect Of Green Cucumber With A Hint Of Mint	₹ 75
Blood Purifier Perfect Balance Of Carrot, Beetroot, Spinach And Amla	₹ 75
Vitamin Booster The Citrus Punch Paired With Carrots	₹ 75
Seasonal Fresh Juice	₹ 75
Heart Helper Beetroot And Apples With Orange Juice And Hint Of Ginger	₹ 95
Blood Enhancer Apple, Beetroot And Pomegranate Juice	₹ 125
Cravings Mix Fruit	₹ 125

TERMS & CONDITIONS

* Right of Admission reserved * Items in the menu are based on our recipes
Local Taxes, Service Tax extra as applicable * Prices & Product may change without
any prior notice * All matters are subject to Jaipur jurisdiction only.



CRAVINGS

Cafe & Restaurant
Health & Juice Bar

MENU

PURE VEG



Plot No. 38-39, 1st Floor, SDC Bldg.,
Opp. Bharat Petrol Pump, Calgary Road,
Malviya Nagar, Jaipur - 17 (Raj.)

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BREAKFAST

(Timing : 9.00 am to 11:30 am)



Parantha (with Curd) (Aloo / Gobhi / Paneer / Broccoli)	₹ 50 / ₹ 60 / ₹ 75 / ₹ 85
Oats Porridge	₹ 75
Veggie Poha	₹ 75
Veggie Upma	₹ 75

TID BITS



Vada Pav 🌶️ Plain / Cheese	₹ 40/₹ 50
French Fries Classic Salted / Masala / Sesame Burnt Garlic	₹ 55/₹65/₹85
Cheese Corn Balls	₹ 95
Veg. Pakora	₹ 105
Paneer Pakora	₹ 125

BURGERS



Aloo Tikki	₹ 45
Veg Tikki	₹ 55
Sprouts Tikki	₹ 65

(Add On Cheese Slice : ₹ 15/-)

SANDWICHES



Cheese Chilly Toast 🌶️	₹ 55
Veg Grilled	₹ 65
Classic Corn And Spinach	₹ 85
Club Sandwich Triple Deck	₹ 85
Bombay Masala Triple Deck	₹ 85
Sun Dried Tomato Mozzarella	₹ 95
Open Faced Tandoori Paneer Tikka	₹ 95
Humus Sandwich	₹ 105
Open Faced Beans And Cheese Grilled	₹ 115

CHINESE



SOUPS

Sweet Corn	₹ 145
Manchow	₹ 145
Hot & Sour	₹ 145
Lemon Coriander	₹ 145
Ginger & Carrot	₹ 145

STARTERS

Chinese Bhel	₹ 105
Spring Rolls	₹ 125
Honey Chili Potato 🌶️	₹ 135
Crispy Vegetables Salt & Pepper	₹ 155
Corn Fitters	₹ 155
Dry Manchurian	₹ 165
Chilli Paneer 🌶️	₹ 195
American Choupsey	₹ 205

MAIN COURSE

Veg Balls In Manchurian Gravy	₹ 165
Chilly Panner In Gravy 🌶️	₹ 185
Stir Fried Vegetables	₹ 195

(Choice of Sauce : Hot Garlic/Soya Ginger/Schezwan /Hot Basil/ Mint Coriander)

RICE

Chilly Basil 🌶️	₹ 165
Ginger & Pepper	₹ 165
Burnt Garlic & Chilli 🌶️	₹ 175

NOODLES

Hakka	₹ 145
Schezwan 🌶️	₹ 145
Chilly Garlic 🌶️	₹ 165

SIZZLERS



Amritsari Chola Tikki Baby Sizzler	₹ 165
Indian Paneer Sizzler	₹ 255
Oriental Bar be Que Sizzler	₹ 275
(Noodles / Fried Rice)	
Italian Sizzler	₹ 275

INDIAN



STARTERS

Golgappa Chat	₹ 95
Papri Chat	₹ 95
Aaloo And Kamal Kakdi Ki Chat	₹ 145
Veg Seekh Kabab	₹ 145
Veg Shami Kabab	₹ 165
Stuffed Tandoori Aaloo	₹ 165
Subz Badami Seekh Kabab	₹ 175
Hara Bhara Kabab	₹ 185
Dahi Ke Kabab	₹ 205
Paneer Tikka	₹ 215
Hariyali Paneer Tikka	₹ 215
Achari Paneer Tikka	₹ 215
Anjeer Malai Kabab	₹ 225
Tandoori Kabab Platter	₹ 295

DAL

Dal Tadka	₹ 145
Dal Panchmel	₹ 175
Dal Lasooni	₹ 175
Dal Makhani	₹ 205

RICE

Steamed Rice	₹ 105
Pulao (Veg/Jeera/Peas)	₹ 125
Cheese Corn Pulao	₹ 175
Veg Biryani	₹ 185
Cravings Special Kabuli	₹ 225
Zafrani Parida Paneer Biryani	₹ 245

(Papad, Pickle & Raita Served)

CURD

Mix Veg Raita	₹ 95
Boondi Raita	₹ 95
Boorani Raita	₹ 105
Tadke Wale Sprouts Raita	₹ 105
Pineapple Raita	₹ 135

PAPAD

Plain / Masala	₹20/ ₹35
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Jain Food Available

INDIAN



MAIN COURSE

Jeera Aaloo	₹ 145
Aaloo Mutter Gobi	₹ 155
Mix Vegetable	₹ 165
Veg Jalfreezi	₹ 185
Chana Masala	₹ 185
Miloni Tarkari	₹ 195
Capsicum Corn Paneer	₹ 195
Spinach Chola	₹ 195
Navratan Korma	₹ 205
Kadai Paneer 🌶️	₹ 205
Gatta Curry	₹ 205
Butter Paneer Masala	₹ 205
Palak Paneer	₹ 205
Paneer Tikka Masala 🌶️	₹ 225
Paneer Lababdar	₹ 225
Khubani Malai Kofta (white/red)	₹ 225
Shahi Paneer	₹ 225
Mutter Mushroom Masala	₹ 225

INDIAN BREADS

Tawa Phulka	₹ 19 / ₹ 25
Tandoori Roti	₹ 19 / ₹ 25
Tandoori Nan	₹ 29 / ₹ 39
Laccha Parantha	₹ 29 / ₹ 39
Pudina Parantha	₹ 29 / ₹ 39
Garlic Naan	₹ 39 / ₹ 49
Stuffed Kulcha	₹ 39 / ₹ 49
Missi Roti	₹ 39 / ₹ 49
Junglee Roti	₹ 49 / ₹ 59
Vegetable Manakeesh Roti	₹ 49 / ₹ 59
Rosemary Naan	₹ 49 / ₹ 59
Bread Basket	₹ 115 / ₹ 155

(Tandoori Roti, Nan, Laccha, Pudina Parantha & Missi Roti)

THALI

(12:00 PM to 3:00 PM)



Executive Thali	₹ 100
(1 Sabji + 1 Dal Tadka + Achar + 1 Papad + 4 Roti)	
Express Thali	₹ 150
(1 Sabji + 1 Paneer + 1 Dal Tadka + 1 Rice + Achar + 1 Papad + 3 Roti)	
Delux Thali	₹ 200
(1 Sabji + 1 Paneer + 1 Dal Makhani + 1 Rice + Achar + 1 Papad + 1 Veg Raita + 1 Scoop Ice Cream + 4 Roti)	

ITALIAN



SOUPS

Cream Of Tomato	₹ 135
Cream Of Mushroom	₹ 135
Minstrone	₹ 145
Herb Grilled Vegetable	₹ 155

STARTERS

Garlic Breads	₹ 75/₹ 95/₹ 125
(Plain/Cheese/Supreme)	
Tomato Basil Crostinni	₹ 125
Mushroom Cheese Chilli Crostinni 🌶️	₹ 135
Vegetable Au Gratin	₹ 165
Cottage Cheese Shashilk	₹ 185

PIZZA

THIN CRUST PIZZAS

	8"	10"
Margharetia	₹ 135	₹ 195
Tomato, Basil, Cheese		
Garden Fresh	₹145	₹ 205
Onion, Tomato, Capsicum		
Fantastic Five	₹ 165	₹225
Corn, Mushrooms, Bell Pepper, Onion & Tomato		
Viennese	₹ 175	₹ 245
Peppers, Onions & Olives		
Capriciossa	₹ 185	₹245
Mushroom, Tomato, Chilli, Olive & Basil		
Mexican Beans 🌶️	₹185	₹ 245
Baked Beans, Bell Peppers, Onion, Chilli Flakes		
Paneer Tikka 🌶️	₹ 195	₹ 255
Tandoor Roasted Cottage Cheese Bite, Spicy Tomato Sauce		

(Add On - Cheese : ₹ 30/-, Choice Of Each Toppings : ₹ 25/-)
(Olive, Mushroom, Jalapenos, Baby Corn, Capsicum, Paneer)

PASTAS

SERVED WITH TWO PORTION OF GARLIC BREAD

CHOICE OF PASTAS - PENNE, FUSSILI, SPHAGETI

Arrabbiata 🌶️	₹ 195
Red Spicy Sauce Flavored With Garlic	
Al Fredo	₹ 205
Pasta Cook In White Sauce With Mushroom	
Creamy pink Sauce	₹ 205
Blend Of Red & White Sauce With Bell Pepper	
Agilo Olio	₹ 215
Simple Classic Sauce Of Garlic, Olive Oil & Chilly Flake	
Della Oasa 🌶️	₹ 225
Sun Dried Tomato, Olive Oil, Garlic & Basil	
Veg. Baked Lasagne	₹255
Flat Layered Pasta With Cheese	
Pesto Pasta (Dry/Creamy)	₹235/₹255
Green sauce of Basil, Black Pepper, Lemon Juice	