



Your Nutrition Partner

HEALTHY

Menu



[Only for **DietLelo** Members]





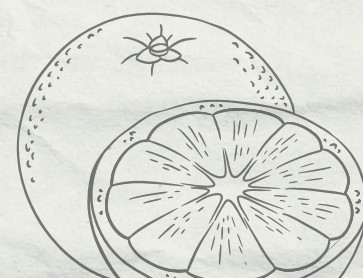
INDEX



DISHES

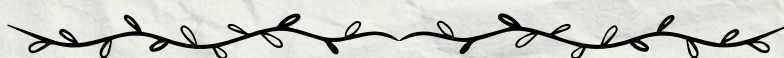
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SALADS



Nutritional Value

Kcal - 225 | Fat - 4.66 | Protein - 33.90g | Carbs - 10.27

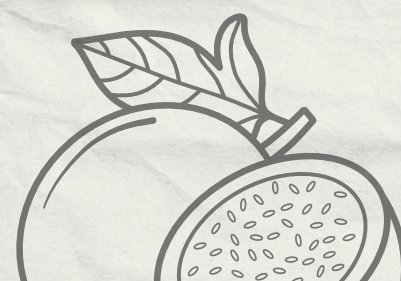
- ☐ ☐ **BBQ Salad**
- ☐ ☐ **Avocado Salad**
- ☐ ☐ **High Protein**
- ☐ ☐ **Immune Booste**
- ☐ ☐ **Cous Cous Salad**
- ☐ ☐ **Quinoa Salad**
- ☐ ☐ **Herb Salad**
- ☐ ☐ **Sweet Chilli Salad**



~~₹349~~

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*GST Extra As Per Applicable



BBQ CHICKEN

100% Oil Free



Nutritional Value

Kcal - 195 | Fat - 5.60 | Protein - 20g | Carbs - 14

Flavours:

- Herb BBQ
- Garlic BBQ
- Lemon BBQ
- Peri Peri

HALF



~~₹349~~

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FULL



~~₹549~~

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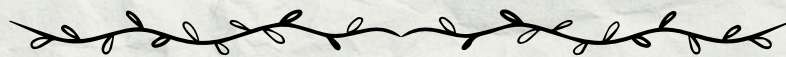


*CST Extra As Per Applicable



CHICKEN MEALS

(100% Oil Free)



Nutritional Value

Kcal - 352 | Fat - 7.50 | Protein - 62.50g | Carbs - 2.00

- Grilled Chk Breast with Brown/Basmati Rice
- Grilled Chk Breast with Sauted Veggies
- Grilled Chk Breast with Mashed Potato
- Grilled Chk Breast with Breast With Mushrooms



(*All images used in the menu are for presentation purposes only)

FISH MEALS

(100% Oil Free)

Nutritional Value

Kcal - 352 | Fat - 7.50 | Protein - 62.50g | Carbs - 2.00

- ▣ Grilled fish with Brown/Basmati Rice
- ▣ Grilled fish with Sauted Veggies
- ▣ Grilled fish with Mashed Potato
- ▣ Grilled fish with Breast With Mushrooms



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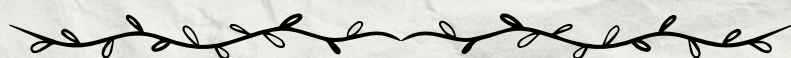
₹269



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SOYA MEALS



Nutritional Value

Kcal - 454 | Fat - 10.50 | Protein - 12.50g | Carbs - 71

- Grilled Soya with Brown Rice
- Grilled Soya with Sauted Veggies
- Grilled Soya with Mashed Potato
- Grilled Soya with Mushroom
- Grilled Tofu with Sauted Veggies



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PANEER MEALS

Nutritional Value

Kcal - 422.50 | Fat - 31.40 | Protein - 28.75g | Carbs - 1.95

- Grilled Paneer with Brown Rice
- Grilled Paneer with Sauted Veggies
- Grilled Paneer with Mashed Potato
- Grilled Paneer with Mushroom



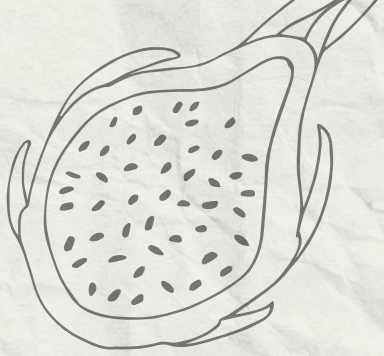
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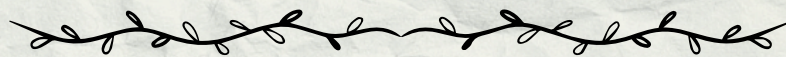
₹229



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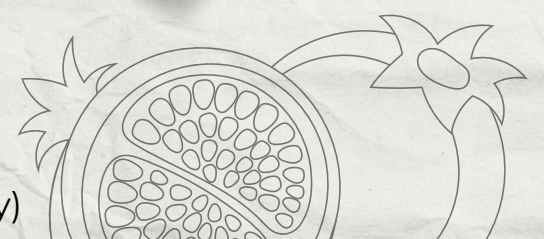
GRILLED SANDWICHS



Nutritional Value

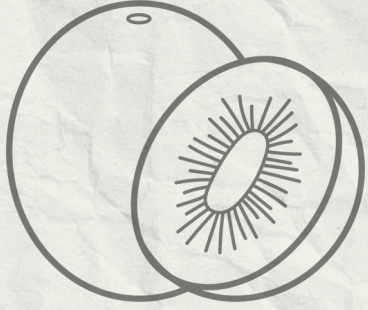
Kcal - 550 | Fat - 15.43 | Protein - 43.38g | Carbs - 72.73

- ❑ **Chicken Tikka Sandwich**
- ❑ **Paneer Tikka Sandwich**
- ❑ **Veggie Delight Sandwich**

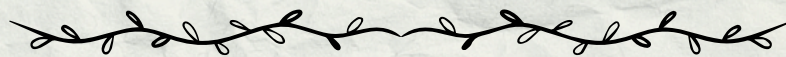


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WRAPS



Nutritional Value

Kcal - 365 | Fat - 9.60 | Protein - 36.71g | Carbs - 28.50

- Grilled Chicken Wrap
- Brown Egg Wrap
- Paneer Wrap
- Veg. Wrap



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SUBS



Nutritional Value

Kcal - 478.75 | Fat - 7.55 | Protein - 34.89g | Carbs - 58.99

- **BBQ Chicken**
- **Peri Peri Chicken**
- **Chicken Tikka**
- **Chicken Avocado**
- **Aloo Patty**
- **Paneer Tikka**
- **Veg. Avocado**



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STEAM CHICKEN WITH SOUP



Nutritional Value

Kcal - 383.55 | Fat - 30.04 | Protein - 38.55g | Carbs - 2.74

☒ Steam Chk. With Soup

☒ Chicken Soup

☒ Veg. Soup

**STEAM CHICKEN
WITH SOUP**



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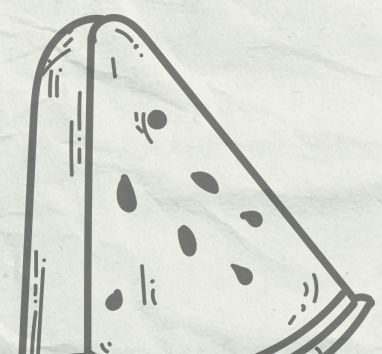
VEG SOUP

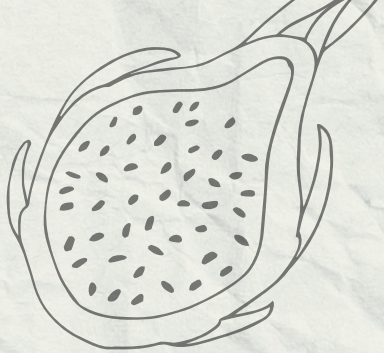


~~₹ 199~~

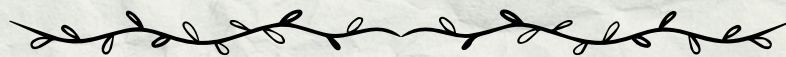
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₹ 149





POHA



Nutritional Value

Kcal - 470.52 | Fat - 7.04 | Protein - 33.30g | Carbs - 87.75

■ Non Veg Poha

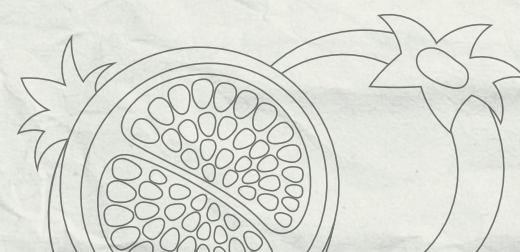
■ Veg Poha



~~₹ 269~~

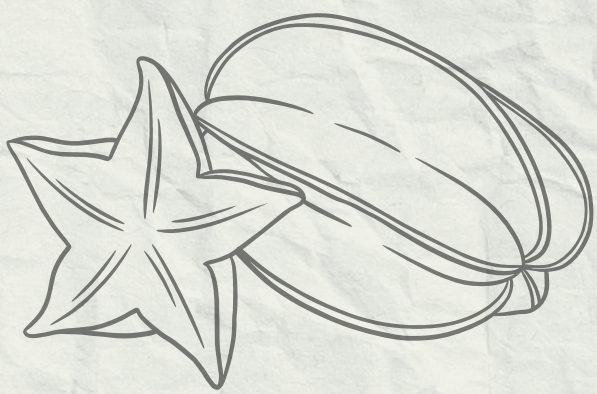
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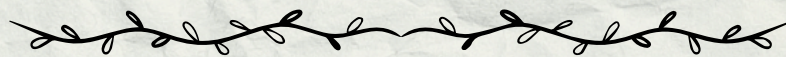


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TACO



Nutritional Value

Kcal - 470.52 | Fat - 7.04 | Protein - 33.30g | Carbs - 87.75

- ☐ **Chicken Taco**
- ☐ **Paneer Taco**
- ☐ **Veg. Taco**



~~₹ 299~~

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SMOOTHIES

Nutritional Value

Kcal - 290 | Fat - 7.80 | Protein - 6.40 | Carbs - 39.80

- Tripple Berry
- Avocado
- Immune Booster
- Natural Protein
- Whey Protein



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FRESH JUICE

Nutritional Value

Kcal - 131 | Fat - 0.00 | Protein - 0.00 | Carbs - 34.40

- Watermelon Juice
- Pomegranate Juice
- Pineapple Juice
- Mixed Fruit Juice



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*CST Extra As Per Applicable



OUR OUTLET

Come, Dine with Us!

Chandigarh

Mohali

Panchkula

Mohali 68

Nirwana

Aerocity

Zirakpur

Kharar

New Chandigarh

Coming Soon...

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Let's Eat Healthy

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