



### APPETIZERS

- Chilli Cheese Toast ₹150  
*A classic favourite*
- Mediterranean Crostini Platter ₹175  
*A mixed platter of Bruschetta and Smashed Avocado on Toast*
- Arabic Platter ₹200  
*Traditional Hummus, Red Pepper Hummus and Dill & Cucumber Dip with Herb Bread*
- Retro Prawn Cocktail ₹250  
*Prawns in Sriracha Mayo served on a bed of lettuce*
- Smoked Salmon Rolls ₹300  
*With Cream Cheese and Capers*

### SALADS

- Grilled Fig & Arugula Salad ₹250  
*With Blue Cheese and Caramelised Walnuts*
- Mixed Spicy Bean Salad ₹250  
*With Yoghurt Dressing  
Add Chicken ₹50*
- Roasted Beetroot & Goats Cheese Salad ₹250  
*With Candied Walnuts and Quinoa*
- Watermelon & Feta Salad ₹200  
*With Fresh Basil and Balsamic Vinaigrette*
- Baby Spinach & Zucchini Salad ₹250  
*With Fresh Tomatoes and Toasted Oats*
- Greek Salad ₹250  
*With Cucumber, Tomatoes, Onions, Olives and Feta Cheese  
Add Chicken ₹50 Add Prawns ₹100*
- Caesar Salad ₹250  
*With Parmesan Cheese, Croutons and Homemade Dressing  
Add Chicken ₹50 Add Prawns ₹100*
- Green Papaya Salad ₹250  
*With Carrots and Peanuts in a Sweet Chilli Dressing*
- Tuna Salad ₹250  
*With Romaine Lettuce, Cherry Tomatoes and Red Chilli in a Balsamic Dressing*
- Tandoori Chicken Salad ₹300  
*With Pomegranate Dressing*
- Salad Nicoise ₹250  
*With Tuna, Cherry Tomatoes, Baby Potatoes and Boiled Eggs*
- Cambodian Prawn Salad ₹300  
*With Raw Papaya, Red Cabbage, Peanuts and Asian Dressing*

### MAINS

- Healthy Quinoa Bowl ₹300  
*With Spiced Beans, Guacamole, Salsa and Cucumber Yoghurt  
Add Chicken ₹50 Extra Quinoa ₹50*
- Spaghetti Aglio Olio ₹250  
*With Grilled Vegetables  
Add Chicken ₹50 Add Prawns ₹100*
- Healthy Pasta ₹250  
*Whole Wheat Pasta with Tomato, Garlic and Olive Oil  
Add Chicken ₹50 Add Prawns ₹100*
- Creamy Mushroom Penne ₹250  
*With Sun-dried Tomatoes and Fresh Cream  
Add Chicken ₹50 Add Prawns ₹100*
- Chicken Breast and Sundried Tomatoes ₹300  
*With Pasta and House Salad*
- Norwegian Seared Salmon ₹550  
*With Pasta and House Salad OR Creamy Mushrooms and Grilled Vegetables*

### SANDWICHES

Served with House Salad and Choice of White, Whole Wheat and Multigrain Bread

- Grilled Cheese ₹200
- Egg Mayonnaise ₹250
- Avocado and Tomato ₹250
- Zucchini and Bell Peppers with Cream Cheese ₹250
- Spinach and Mushroom ₹250
- Spicy Sriracha Cottage Cheese ₹250
- Caesar Salad Chicken ₹300
- Avocado and Grilled Chicken ₹300
- Spicy Sriracha Chicken ₹300
- Roasted Chicken with Lettuce, Tomato and Caramelised Onions ₹300
- Tandoori Chicken ₹300
- Tuna ₹350
- Smoked Salmon ₹400

### DESSERTS

- Cookie ₹50  
*Check for available flavours and gluten-free options*
- Walnut Brownie ₹100  
*A Classic Chocolate Favourite*
- Dark Chocolate Brownie ₹100  
*Made with Amaranth Flour and Coconut Sugar – 99% gluten-free*
- Dark Chocolate Granola Parfait ₹150  
*With Yoghurt, Honey and Fresh Fruits*
- Bircher Muesli ₹150  
*With Yoghurt, Honey and Fresh Fruits*
- Chia Seed Pudding ₹150  
*With Coconut Milk, Honey and Fresh Fruits*
- Dark Chocolate Quinoa Cake ₹200  
*99% gluten-free*



### TEAS - ₹ 150

Darjeeling  
Assam  
Early Grey  
Oolong  
Sencha  
Chamomile  
Masala Chai

Green Tea  
White Tea  
Lemon Tea  
Mint Tea  
Jasmine Tea  
Strawberry Tea  
Peach Tea

### COFFEE BY SEVEN BEANS COFFEE COMPANY

- Single Espresso ₹ 120
- Double Espresso ₹ 150
- Americano ₹ 150
- Cappuccino ₹ 180
- Latte Macchiato ₹ 180
- Caffè Latte ₹ 180
- Home Style Cold Coffee ₹ 200

All prices are subject to 14.5% VAT & 10% Service Charge

### SMOOTHIES - ₹200

with Almond Milk ₹300

- Fit Protein**  
*30 grams Whey Protein, Banana, Cocoa Powder, Skimmed milk, Peanut butter, Honey, Oats*
- Super Berry Smoothie**  
*Blueberry, Banana, Yoghurt, Honey, Oats*
- Berrylicious**  
*Strawberry, Yoghurt, Honey*
- Pink Bliss**  
*Strawberry, Fig, Skimmed Milk, Honey*

- Cheeky Monkey**  
*Banana, Spinach, Coconut water, amla, chia seeds, aloe, Himalayan Pink Salt, Vanilla*
- Raspberry Surprise**  
*Raspberry, Dark Chocolate Granola, Yoghurt, Honey*
- Tropical Sunrise**  
*Pineapple, Banana, Coconut Water*
- Choco Loco**  
*Avocado, Dark Chocolate, Coconut Milk, Skimmed Milk, Honey*

### FRESH PRESSERY COLD PRESSED JUICES

- 100% Pure cold pressed juice using locally sourced high grade farm fresh fruits and vegetables.
  - Made Fresh Daily from Bangalore's first cold pressery.
  - Contains no added preservatives, additives, colouring or flavouring.
  - No added sugar or artificial sweeteners.
- Freshly packaged without using High Pressure Processing (HPP) or pasteurization.

- After Party: watermelon, mint, lemon
  - Yellow Hydration: pineapple, coconut water, amla, chia seeds, aloe
  - Red Ruby: watermelon, apple, beetroot
  - Golden Glow: pineapple, apple, mint
  - Black Magic: activated charcoal, alkaline water, lime, honey
  - Almond Milk: almond, honey, cinnamon, vanilla, sea salt, filtered H<sub>2</sub>O
  - Capple: carrot, apple, ginger
  - Red Purifier: beetroot, tomato, cucumber, ginger, red apple, lemon
  - Green Flusher: doodhi, spinach, celery, cucumber, parsley, lemon
  - Super Green: kale, celery, green apple, green bell pepper, parsley, lettuce, ginger, lemon
  - Purple Saver: beetroot, carrot, celery, spinach, ginger, lemon
  - Tomatina: tomato, celery, lime, horseradish
- 250ml ₹150 400ml ₹250

We also offer fruit and vegetable cold-pressed juice detox packages  
Please visit our website [www.freshpressery.com](http://www.freshpressery.com) for more information

#### Level One – REBOOT (Fruit-based Cleanse)

This package provides both a delicious and a stress-free restorative experience.

#### Level Two – GROUNDING (Vegetable-based Cleanse)

For a deeper cleanse and a more comprehensive detoxing experience.

#### Level One or Two - SAMPLE Cleanse

The intermediate and advanced cleanse comes in smaller 250ml bottles which is great way for you to sample our most popular juices! These juices will complement any meal and is a great snack to have in your fridge as a quick thirst quencher.

#### Weekly & Monthly Lunch Subscription Services

Get your favourite salad or sandwich plus a fresh juice delivered to your office or home everyday

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