

The Health Snacker!



The Snack Theory

LET'S GRAB A SNACK

You eat junk,
you feel like
junk.

No energy,
no focus, no good
vibes.

**YOU ARE
WHAT YOU
EAT**

Clean food clears
your body and
your mind.

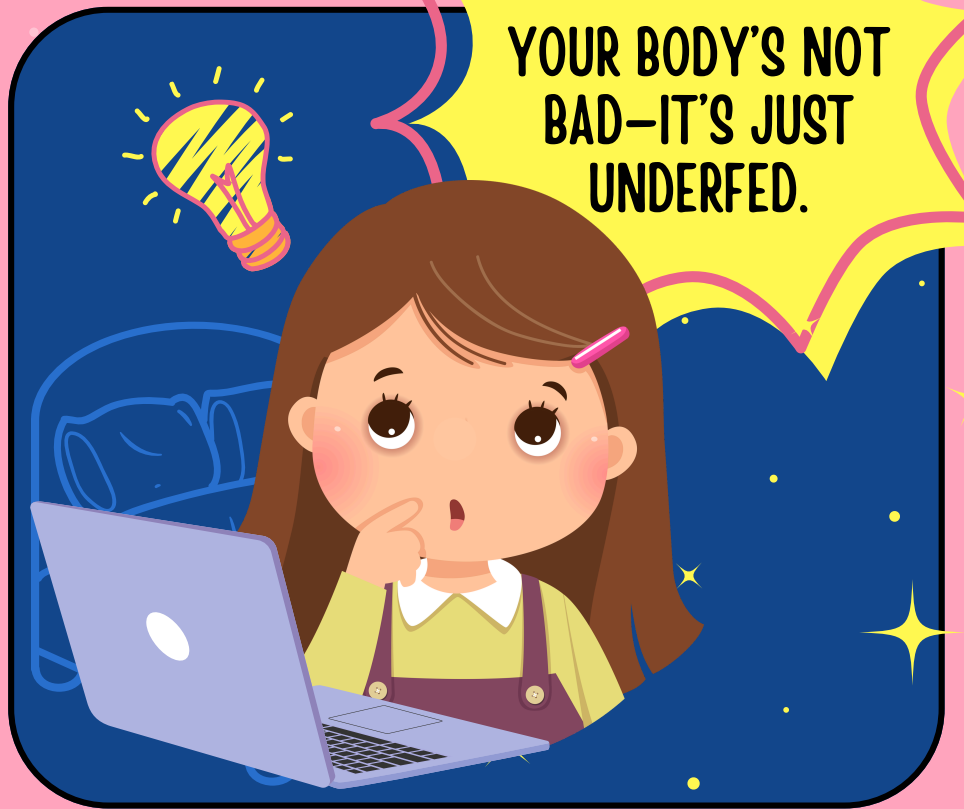
Feed your best
self

CRAVINGS VS CONTROL

WHY DO I ALWAYS CRAVE JUNK?



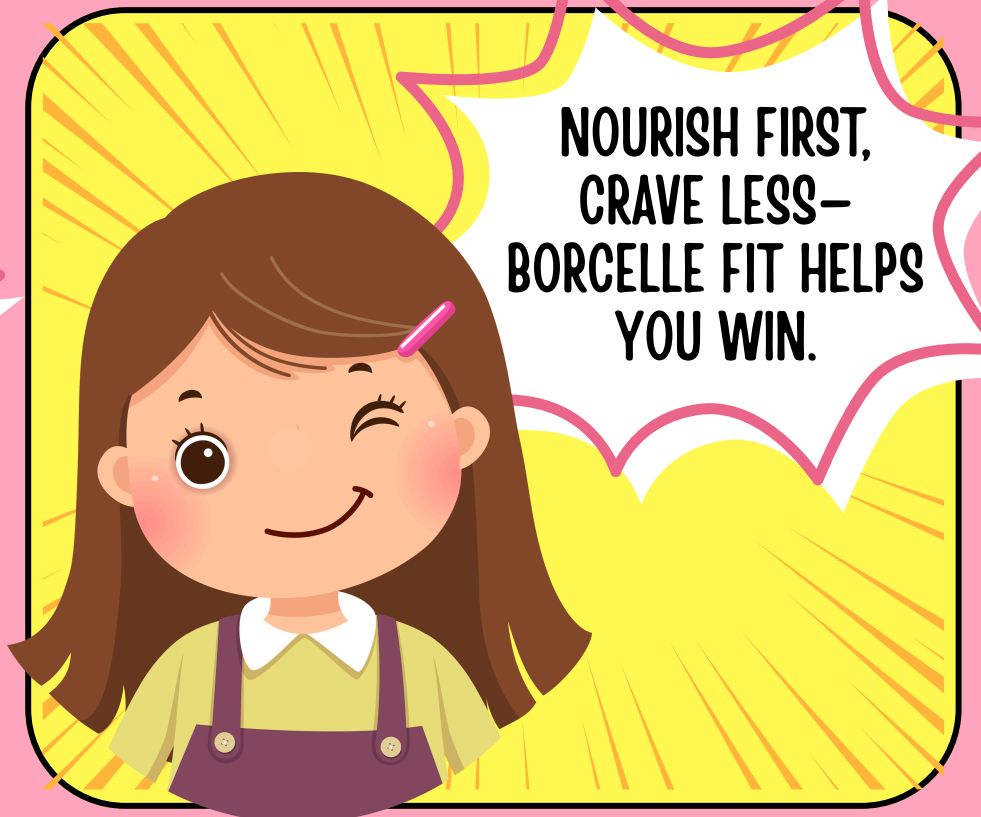
YOUR BODY'S NOT BAD—IT'S JUST UNDERFED.



REAL FOOD KEEPS YOU FULL AND FOCUSED.



NOURISH FIRST, CRAVE LESS—BORCELLE FIT HELPS YOU WIN.



The Menu!

BRUNCH

DATE & NUTTY OATS
VEG LOADED OMLETTE
VEG LOADED OAT NOODLES
FIBRE DOSA WITH COCONUT CHUTNEY
BAKED VEGETABLES
VEG LOADED SOUP (NO STARCH)
NON VEG LOADED SOUP (NO STARCH)
BAKED SWEET POTATO CHAAT
SAUTÉED CHICKEN & VEGGIES
SAUTÉED FISH & VEGGIES

LUNCH

BROWN RICE CHICKEN BIRIYANI
BROWN RICE MUSHROOM BIRIYANI
TAPIOCA & CHICKEN CURRY
TAPIOCA & VEG CURRY
FIBRE CHAPATI & CHICKEN CURRY
FIBRE CHAPATI & VEG CURRY
SAUTÉED HERB CHICKEN
SAUTÉED VEGETABLES WITH PROBIOTIC GURD
QUINOA & CHICKPEA SALAD BOWL
CHICKEN SALAD

EARLY DINNER

ROASTED CHICKEN SALAD LOADED WITH VEGGIES & SMALL BROWN RICE PORTION.
VEG LOADED SALAD WITH SMALL PORTION OF BROWN RICE
FIBRE CHAPATI CHICKEN BOWL WITH GREEN SALAD
FIBRE CHAPATI PANEER BOWL WITH GREEN SALAD
ROASTED HERB CHICKEN WITH GREEN SALAD
ROASTED HERB FISH WITH GREEN SALAD
SAUTÉED FRUIT & VEGETABLE SALAD
SAUTÉED VEGGIES WITH FIBROUS ROOTS (SWEET POTATO-TAPIOCA-LOTUS STEM)
LOTUS STEM BROWN RICE VEG LOADED PULAO
TRADITIONAL TANDOORI CHICKEN WITH GREEN SALAD



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INFO!***

+91 9315182477