# Healthy Hunger

EAT WELL, LIVE WELL

100% veg. Protein from real food.

## SANDWICHES

**Exotic Veg Sandwich** ₹169
Brown bread with green chutney, crunchy exotic veggies, paneer and melted mozzarella. High protein, no butter.
P 23g · 430 kcal

**Peanut Butter Banana Sandwich** ₹119
Crunchy & smooth peanut butter with banana, raisins, walnuts and a honey drizzle.
P 17g · 570 kcal

**Red Velvet Sandwich** ₹149
Beetroot hummus, cream cheese and hung curd with crunchy fresh veggies on olive-oil-toasted multigrain.
P 14g · 400 kcal

## SALADS & BOWLS

**Mediterranean Bowl** ₹269
Hummus, crispy roasted chickpeas, fresh veggies & lemon-herb dressing. Vegan and gluten-free. 300 g.
P 15g · 410 kcal

**Quinoa Peanut Chaat Salad** ₹179
Quinoa, paneer, chickpeas & pomegranate with honey-balsamic dressing. 310 g.
P 19g · 465 kcal

**Mexican Rice Bowl** ₹169
Mexican rice, rajma beans, corn, salsa, sour cream, cheese & nachos. 345 g.
P 15g · 555 kcal

**High Protein Bowl** ₹179
Quinoa, pan-seared paneer, roasted chickpeas, broccoli & hummus. 340 g.
P 25g · 520 kcal

**Air-Fried Soya & Paneer Bowl** ₹179
Crispy air-fried soya, seasoned vegetables & sautéed paneer. Our highest-protein bowl, low on oil. 340 g.
P 33g · 490 kcal

**Soybean Masala** ₹149
Mini soya sautéed with onion, tomato & ginger-garlic, served with 2 toasted brown bread slices. 320 g.
P 25g · 490 kcal

## NAVRATRI SPECIAL

**Pani Puri** ₹49

**Seasonal Fruit Bowl (200 g)** ₹69

## HEALTHY TOASTS

**Desi Avocado Paneer Toast – full plate (2 slices)** ₹249
Smashed avocado, crumbled low-fat paneer, fresh tomato and red onion, brightened with lemon and finished with toasted seeds.
P 19g · 470 kcal

**Desi Avocado Paneer Toast – single slice** ₹179
Smashed avocado, crumbled low-fat paneer, fresh tomato and red onion, brightened with lemon and finished with toasted seeds.
P 10g · 235 kcal

**Hariyali Paneer Cheese Melt – full plate (2 slices)** ₹249
Open-faced multigrain toast with our house dhaniya-pudina chutney, paneer, capsicum, onion and tomato, blanketed in mozzarella and grilled until golden.
P 27g · 465 kcal

**Hariyali Paneer Cheese Melt – single slice** ₹129
Open-faced multigrain toast with our house dhaniya-pudina chutney, paneer, capsicum, onion and tomato, blanketed in mozzarella and grilled until golden.
P 14g · 233 kcal

**Add-ons:** Extra paneer ₹40 · Sweet corn ₹30 · Extra cheese ₹50

## CHAAT

**Mixed Sprouts Chaat** ₹69
Moong, moth and horse gram sprouts with crunchy veggies and chutney. Fibre-rich. 1 bowl (~250 g).
P 13g · 275 kcal

**Masala Peanut Chaat** ₹69
Roasted shingdana tossed with fresh veggies, pomegranate and lemon. 1 cup (~190 g).
P 18g · 480 kcal

**Kala Chana Paneer Chaat** ₹69
Boiled kala chana and paneer with a yogurt dressing. 1 bowl (~275 g).
P 17g · 290 kcal

**Masala Makhana Chaat** ₹89
Roasted fox nuts with veggies and mint-coriander curd chutney. Light and low-fat. 1 cup (~190 g).
P 7g · 220 kcal

**Roasted Edamame Chaat** ₹99
Roasted salted edamame with fresh veggies and pomegranate. Our highest-protein chaat. 1 cup (~145 g).
P 21g · 230 kcal

**Air-Fryer Peri Peri Corn Chaat** ₹99
Air-fried (not deep-fried) sweet corn with a honey-garlic Greek yogurt dressing. 1 bowl (~280 g).
P 10g · 275 kcal

Protein and calorie values are approximate, not exact. They can vary with portion size, ingredients and seasonal fruits. Prices in ₹, inclusive of taxes.

Chocolate Heaven Building, Bilimora–Chikhli Road, Opp. Olive Hospital, Nandarkha, Bilimora, Gujarat 396325 · +91 9081986882 · @healthyhungerofficial

Live menu & ordering: https://healthyhungercafe.com/menu · Updated 14 Oct 2026

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## OATS – HOT

**Classic Banana Honey Oats** ₹99
Hot oats cooked fresh in milk with banana, honey, dry fruits & seeds. 1 bowl (~300 g).
P 17g · 340 kcal

**Apple Cinnamon Walnut Oats** ₹119
Hot oats cooked fresh in milk, topped with soft-stewed apple and walnuts.
P 12g · 380 kcal

**Peanut Butter Choco Oats** ₹129
Hot cocoa oats cooked fresh in milk, topped with banana & crunchy peanut butter.
P 17g · 450 kcal BESTSELLER

## TEA & COFFEE

**Lemon Ginger Tea** ₹49
Warming fresh ginger with zesty lemon – perfect for monsoon and winter. No milk.
48 kcal

**Honey Lemon Green Tea** ₹69
Gentle green tea with natural honey and fresh lemon – a light, wellness-focused cup.
68 kcal

**Blue Tea with Lemon & Chia** ₹79
Warm butterfly pea flower tea with honey and soaked chia seeds – turns from blue to purple when the lemon is poured in.
86 kcal

**Black Coffee with Lemon** ₹39
Strong black coffee with a squeeze of fresh lemon and a lemon slice.
3 kcal

**Black Coffee with Honey** ₹49
Strong black coffee sweetened with natural honey.
32 kcal

**Black Coffee with Honey + Lemon** ₹59
Honey and fresh lemon together for a sweet-tangy cup.
35 kcal

**Add-ons:** Extra honey ₹10 · Extra coffee shot ₹20 · Large size ₹20

## COLD DRINKS

**Diet Coke (Can)** ₹50
Served chilled, sold at the MRP printed on the can.
1 kcal

**Packaged Drinking Water** ₹20
Kinley / Bisleri / Aquafina, sold at the MRP printed on the bottle.

## OATS – OVERNIGHT (CHILLED)

**Dry Fruits Overnight Bowl** ₹139
Overnight oats with milk, dry fruits & seeds, served chilled. Serves 1.
P 13g · 306 kcal

**Choco Peanut Butter Overnight Oats** ₹129
Chocolate overnight oats served chilled, topped with banana & crunchy peanut butter.
P 16g · 400 kcal

**Cold Coffee Overnight Oats** ₹99
Coffee overnight oats served chilled with a light dusting of cocoa. Contains caffeine.
P 13g · 340 kcal

## SMOOTHIES & BOWLS

**Apple Oats Smoothie (350 ml)** ₹179
Crisp apple blended with rolled oats, dates, nuts and chia in chilled milk. Thick, creamy and naturally sweet.
P 13g · 410 kcal

**Apple Oats Smoothie – small (250 ml)** ₹129
Crisp apple blended with rolled oats, dates, nuts and chia in chilled milk. Thick, creamy and naturally sweet.
P 9g · 293 kcal

**Chocolate Peanut Butter Smoothie (350 ml)** ₹189
Rich cocoa and creamy peanut butter blended with frozen banana, muesli and nuts. Thick, chocolatey and naturally sweet.
P 18g · 510 kcal

**Chocolate Peanut Butter Smoothie – small (250 ml)** ₹139
Rich cocoa and creamy peanut butter blended with frozen banana, muesli and nuts. Thick, chocolatey and naturally sweet.
P 13g · 364 kcal

**Banana Chia Healthy Bowl** ₹189
Overnight chia and oats with banana, layered with thick curd and topped with walnuts, dates and roasted seeds. ~ 350 g.
P 16g · 520 kcal

**Add-ons:** Peanut butter ₹30 · Seasonal fruit ₹30

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