CAARA
AT OGAAN

CAARA

CAARA continues its partnership with Ogaan in their new store located in The Dhan Mill. As always, with our focus on sourcing quality produce, we have created a menu that is seasonal, delicious & straightforward.

The cafe is all-day dining from breakfast, lunch & dinner, coffees, cakes and snacks in-between. From eggs royale and fantastic frothy coffees made with Arabica beans from Mysore along with fresh seasonal juices to fluffy ricotta pancakes with honeycomb butter- there is no messing about here!

Don't forget you can shop for your weekly fridge full of CAARA products from sourdough, croissants, famous basil pesto, freshly ground coffee (we grind it on the spot for you). Making life easy and the fridge a little more exciting to open. If you'd like to pre-order hampers, send gifts of cheese boards or cakes we recommend ordering via our easy dining service **(+91 8527294335).** You can also pre-order and collect from our restaurant or order via zomato.

CAARA caters for private & corporate events and also operates a food delivery service called Easy Dining, The CAARA Shop (our own gourmet product line for you to enjoy at home) & cafe's. Visit www.caara.com for more information.

We only use 100 % natural, antibiotic & hormone free eggs.

CAARA-FarmLove is our brand of fresh chemical free produce that we grow at our farm in New Delhi. We Try and incorporate our chemical free produce as much as possible on the menu and change our menu seasonally based on the farm produce availability.

As much as possible we try and work with local food producers and when required source the best ingredients globally.

OPENING HOURS

MONDAY TO SUNDAY
8:00 AM TO 10:00 PM

8:00 AM - 12:00 PM BREAKFAST

12:00 PM TO 10:00 PM : LUNCH & SUPPER

CAARA

Our gluten-free bakery items are produced with utmost care in a centralized kitchen which also handles production of food products with allergens such as gluten, nuts, soya & eggs.

Where specified, refined sugar has been replaced with natural unrefined sugar and palm jaggery.

Our menu contains the following allergens:

Tree Nuts | Dairy | Sesame | Eggs | Fish | Gluten |Mustard | Groundnut | Soybean | Sulphite | Crustacean

Please use the information below to help you read through our menu.

Gluten Free

Vegan

Dairy Free

Nut Free

Egg Free

Shop Basket

Vegetarian

Non Vegetarian

CAARA

VOLUNTARY CONTRIBUTION

An optional 10% contribution is added to your bill, which goes for the benefit of the people serving you today. This is completely voluntary and you may ask the server to remove this from the bill at your discretion. Thank you in advance for your understanding and generosity.

BREAKFAST

BREAKFAST

CAARA Basil Pesto Tomato Mozzarella Croissant — Rs. 525
FarmLove salad
Serving size 250g | Calories 718 | Allergens - milk, gluten, tree nuts

CAARA Overnight Fermented Chia Seed & Granola Pudding — Rs. 550
Almond milk, berry compote, seasonal fresh fruits, FarmLove mint
Serving size 250g | Calories 486 | Allergens - milk, tree nut

Smashed Chilli & Avocado Toast — Rs. 795
***CAARA Multigrain Flemish Bread,** lime, sesame seeds & extra virgin olive oil*
Serving size 300g | Calories 520 | Allergens - gluten, soybean, sesame

Classic French Omelette with Chives — Rs. 495
Served with young pommes noisette & FarmLove salad
Serving size 180g | Calories 326 | Allergens - milk, eggs, tree nut

Scrambled Eggs, Avocado & Multigrain Flemish Toast — Rs. 550
CAARA multigrain Flemish bread, EVOO, mustard cress
Serving size 180g | Calories 564 | Allergens - milk, gluten, eggs

Eggs Florentine — Rs. 550
Young pommes noisette & FarmLove salad, organic poached eggs on toasted muffins with wilted spinach & classic hollandaise
Serving size 250g | Calories 521 | Allergens - milk, gluten, eggs, sulphite

Turkish Fried Eggs with Herbed Greek Yogurt — Rs. 595
***CAARA Aglio E Olio** drizzle, freshly baked garlic sourdough, FarmLove herb salad*
Serving size 275g | Calories 682 | Allergens – milk, eggs, gluten

Fluffy Ricotta Pancakes with Honeycomb Butter — Rs. 595
Caramelized banana, maple syrup, fresh blueberry, FarmLove mint
Serving size 230g | Calories 672 | Allergens - milk, gluten, eggs, tree nuts, soybean

Fluffy White Omelette with Chia, Spinach & Parmesan — Rs. 595
Served with young pommes noisette & FarmLove salad
Serving size 220g | Calories 326 | Allergens - milk, eggs, tree nut

Green Shakshuka Baked Eggs — Rs. 595
*Baked organic eggs with garlic, spinach, kale, goat cheese & **CAARA Basil Pesto***
Serving size 250g | Calories 446 | Allergens - milk, gluten, eggs, tree nuts

Truffle Cacio E Pepe Scrambled Eggs — Rs.595
CAARA multigrain bread, parmesan snow, mustard cress
Serving size 160g | Calories 407 | Allergens - milk, eggs, gluten

BREAKFAST

Scrambled Egg with CAARA Basil Pesto — Rs. 595

Toasted sourdough, confit tomato, goat cheese crumble, toasted pine nuts

Serving size 160g | Calories 381 | Allergens - milk, eggs, gluten, tree nut

Cinnamon Brioche French Toast with Honeycomb Butter — Rs. 625

Date & honey drizzle, seasonal berries, whipped cream, caramelized banana

Serving size 350g | Calories 846 | Allergens – milk, eggs, gluten, soybean

Avocado & CAARA Basil Pesto Chicken Croissant — Rs. 625

FarmLove salad

Serving size 250g | Calories 876 | Allergens - milk, gluten, soybean

Eggs Benedict — Rs. 675

Young pommes noisette & FarmLove salad, organic poached eggs on toasted muffins with pork ham & classic hollandaise

Serving size 125g | Calories 330 | Allergens - milk, gluten, eggs, sulphite

Ham & Cheese Omelette — Rs. 695

Served with young pommes noisette & FarmLove salad

Serving size 220g | Calories 440 | Allergens - milk, eggs, tree nut

The English in India — Rs. 795

Eggs your style with the choice of pork or chicken sausages, crispy bacon, Ambika's spiced baked beans, young pommes noisette & FarmLove salad, thyme & garlic sauteed mushrooms

Customize Your Eggs — Rs. 60

Cheese | mushrooms | chilli | onion | tomato | coriander

Serving size 280g | Calories 513 | Allergens - milk, gluten, eggs, sulphite

We only use 100% natural, antibiotic & hormone free eggs. We can substitute all breads with our gluten free bread.

ALL DAY BREAKFAST

CAARA Overnight Fermented Chia Seed & Granola Pudding — Rs. 550

Almond milk, berry compote, seasonal fresh fruits, FarmLove mint

Serving size 250g | Calories 486 | Allergens - milk, tree nut

Smashed Chilli & Avocado Toast — Rs. 795

***CAARA Multigrain Flemish Bread,** lime, sesame seeds & extra virgin olive oil*

Serving size 300g | Calories 520 | Allergens - gluten, soybean, sesame

Truffle Cacio E Pepe Scrambled Eggs — Rs. 595

CAARA multigrain bread, parmesan snow, mustard cress

Serving size 160g | Calories 407 | Allergens - milk, eggs, gluten

Scrambled Egg with CAARA Basil Pesto — Rs. 595

Toasted sourdough, confit tomato, goat cheese crumble, toasted pine nuts

Serving size 160g | Calories 381 | Allergens - milk, eggs, gluten, tree nut

Turkish Fried Eggs with Herbed Greek Yogurt — Rs. 595

***CAARA Aglio E Olio** drizzle, freshly baked garlic sourdough, FarmLove herb salad*

Serving size 275g | Calories 682 | Allergens - milk, eggs, gluten

Cinnamon Brioche French Toast with Honeycomb Butter — Rs. 625

Date & honey drizzle, seasonal berries, whipped cream, caramelized banana

Serving size 350g | Calories 846 | Allergens - milk, eggs, gluten, soybean

SIDES

Multigrain Flemish Toast (2 Slices) — Rs. 95
Serving size 50g | Calories 174 | Allergens - gluten, soybean

Rye Sourdough (2 Slices) — Rs. 125
Serving size 30g | Calories 520 | Allergen - gluten

FarmLove House Salad — Rs. 125
Serving size 80g | Calories 103 | Allergen - mustard

Ambika's Baked Beans — Rs. 200
Serving size 150g | Calories 239 | Allergen - milk

Sautéed Assorted Mushrooms — Rs. 225
Serving size 120g | Calories 142 | Allergen - milk

Sautéed Buttered Vegetables — Rs. 225
Serving size 100g | Calories 90 | Allergen - milk

Chilli Garlic Seasonal Greens From The CAARA Farm — Rs. 275
Serving size 150g | Calories 118 | Allergen - soybean

Hass Avocado — Rs. 275
Serving size 60g | Calories 109

Pork Sausages (2 pcs) — Rs. 325
Serving size 100g | Calories 217 | Allergens - gluten, soybean

Chicken Sausages (2 pcs) — Rs. 325
Serving size 100g | Calories 330 | Allergens - gluten, soybean

Crispy Bacon — Rs. 350
Serving size 45g | Calories 243

Truffle Salami — Rs. 500
Serving size 50g | Calories 120

Smoked Salmon — Rs. 500
Serving size 50g | Calories 125 | Allergen - fish

SMALL PLATES

SMALL PLATES

Roasted Red Pepper Goat Cheese & Basil Soup — Rs. 525
With toasted ***CAARA French Baguette***
Serving size 220g | Calories 487 | Allergens - milk, gluten

Homemade Greek Labneh with Roasted Chilli Almonds — Rs. 525
Freshly stone baked zattar sourdough, curly parsley, confit garlic
Serving size 250g | Calories 633 | Allergens - milk, gluten, tree nut

CAARA Basil Pesto Tomato Mozzarella Croissant — Rs. 525
Serving size 250g | Calories 718 | Allergens - milk, gluten, tree nut

Mini Herb Sourdough Pizzetta — Rs. 525
Fresh mozzarella, aged parmesan
Served with ***CAARA Fermented Chilli Pepper & Garlic Sauce***
Serving size 300g | Calories 733 | Allergens - milk, gluten, soybean

Chef's Cacio E Pepe & Ricotta Puffed Pillows — Rs. 595
Stuffed crispy ravioli pillow, romesco sauce herb salsa verde, FarmLove basil, black garlic
Serving size 300g | Calories 520 | Allergens - gluten, soybean, sesame

Roasted Sweet Potato with Sour Cream & Harissa Sauce — Rs. 595
Fresh dill sour cream, coriander & chilli harissa with extra virgin olive oil, crispy sweet potato
Serving size 270g | Calories 333 | Allergen - milk

Smashed Chilli & Avocado Toast — Rs. 795
CAARA Multigrain Flemish Bread, *lime, sesame seeds, extra virgin olive oil*
Serving size 300g | Calories 520 | Allergens - gluten, soybean, sesame

Chicken Schnitzel with Shaved Fennel Salad & Shallot Relish — Rs. 595
Jalapeño and parmesan aioli, lemon
Serving size 250g | Calories 600 | Allergens - milk, gluten, egg, soybean

Slow-Roasted Harissa Chicken & Sourdough Sandwich — Rs. 595
Jalapeno aioli, pickled onion, emmental & spiced parmesan fries
Serving size 310g | Calories 542 | Allergens - milk, soybean, gluten

Truffle Salami Sourdough Pizzetta — Rs. 625
Fresh mozzarella, aged parmesan
Served with ***CAARA Fermented Chilli Pepper & Garlic Sauce***
Serving size 210g | Calories 525 | Allergens - milk, gluten, soybean

CAARA Aglio E Olio Prawns with **CAARA Rye Sourdough** — Rs. 950
Grilled prawns, white wine, fresh parsley, smoked paprika & lime
Serving size 275g | Calories 305 | Allergens - milk, gluten, crustacean, sulphite

SALADS

SALADS

Tuscan Kale & Avocado Caesar Salad — Rs. 650

Garlic croutons, romaine lettuce, garlic flakes, parmesan caesar dressing

Serving size 250g | Calories 458 | Allergens - milk, gluten, soybean, sulphite

Artisanal Burrata & Tomato Salad with Toasted Sourdough Baguette — Rs. 675

Marinated yellow & red baby tomatoes, ***CAARA Basil Pesto*** *& rocket leaves*

Serving size 290g | Calories 793 | Allergens - milk, gluten, soybean, sulphite, tree nuts

Warm Goat's Cheese, Apple & Walnut Salad — Rs. 675

Spiced cinnamon glaze, apple & rocket, sourdough crackers, balsamic pearls

Serving size 180g | Calories 226 | Allergens - milk, soybean, gluten

Full Power Grains Superfood Salad — Rs. 750

Quinoa, barley, avocado, broccoli, goat cheese ***CAARA Kaffir Lime Dressing***

Serving size 280g | Calories 462 | Allergens - milk, tree nuts, sulphite, gluten, soybean

For some extra protein, add on marinated chicken — *Rs. 175*

Green Goddess Buddha Bowl — Rs. 950

Quinoa, spinach & parsley hummus, tofu, rocket, snowpeas, broccoli, gluten-free five seed crackers, ***CAARA Basil Pesto,*** *goat cheese labneh*

Serving size 350g | Calories 419 | Allergens - milk, soybean, sulphite

Chicken & Avocado Caesar Salad — Rs. 750

Garlic croutons,romaine lettuce, garlic flakes, parmesan caesar dressing

Serving size 280g | Calories 607 | Allergens - milk, gluten, eggs, soybean, sulphite

ADD TO YOUR SALAD

Silken Tofu — Rs. 150

Serving size 70g | Calories 44

Goat Cheese — Rs. 175

Serving size 30g | Calories 109

Hass Avocado — Rs. 275

Serving size 60g | Calories 109

Marinated Chicken — Rs. 175

Serving size 70g | Calories 158

Pork Bacon — Rs. 200

Serving size 23g | Calories 122

Grilled Prawns (3 pcs) — Rs. 200

Serving size 60g | Calories 42

NAPOLETANA
PIZZA

NAPOLETANA PIZZA

Margherita — Rs. 725
CAARA Classic Tomato & Fresh Basil Sauce, *fresh mozzarella, FarmLove Basil*
Serving size 300g | Calories 645 | Allergens - milk, soybean, gluten

Piccante — Rs. 795
CAARA Classic Tomato & Fresh Basil Sauce, *chipotle chillies, jalapeño, pickled paprika, fresh red jalapeño, fresh mozzarella, FarmLove basil*
Serving size 320g | Calories 665 | Allergens - milk, gluten, soybean

Garden Vegetables Primavera Pizza — Rs. 825
Classic Tomato & Fresh Basil Sauce*, broccoli, kale, pickled chilli peppers, baby shallots, baby tomatoes, zucchini ribbons, fresh arugula, paprika chilli*
Serving size 330g | Calories 557 | Allergens- milk, gluten, soybean

Garlicky Truffle Wild Mushroom & Ricotta Pizza — Rs. 825
Roasted wild mushrooms, fresh thyme, burrata fondue
Serving size 320 | Calories 836 | Allergens - milk, gluten

Burrata & Basil Pesto with Toasted Pine Nuts — Rs. 925
CAARA basil pesto, torn burrata, fresh mozzarella, confit garlic, EVO
Serving size 280g | Calories 835 | Allergens - milk, soybean, gluten, tree nuts

Classic Pepperoni Pizza — Rs. 850
CAARA Classic Tomato & Fresh Basil Sauce, *pepperoni, fresh mozzarella*
Serving size 320g | Calories 772 | Allergens - milk, soybean, gluten

Chicken Diavolo Pizza — Rs. 850
CAARA Classic Tomato & Fresh Basil Sauce, *spicy smoked chicken, crumbled sausages, fresh mozzarella, Italian basil & extra virgin olive oil*
Serving size 300g | Calories 629 | Allergens - milk, gluten, soybean

CAARA Aglio E Olio, Chicken, Rucola & Goat Cheese — Rs. 850
CAARA Aglio E Olio*, pulled chicken, FarmLove rucola, goat cheese & fresh mozzarella*
Serving size 350g | Calories 714 | Allergens - milk, gluten, soybean

Please ask your server if you would like to have a gluten-free pizza base.

ADD TO YOUR PIZZA

Garlic Butter Spinach — Rs. 95
Serving size 50g | Calories 46

Garlic Parsley Mushrooms — Rs. 125
Serving size 23g | Calories 122

FarmLove Vegetables — Rs. 150
Serving size 50g | Calories 39

Pan Seared Chicken — Rs. 175
Serving size 70g | Calories 158

Grilled Prawns (3 pcs) — Rs. 200
Serving size 23g | Calories 122

Crispy Bacon — Rs. 200
Serving size 23g | Calories 122

Truffle Salami — Rs. 500
Serving size 50g | Calories 120

The CAARA Shop
CAARA product sold in store or ordered online | WWW.CAARA.COM

All prices are exclusive of government taxes.
We levy a 10% volunteer contribution, which is at the discretion of the customer.

PASTA & RISOTTO

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CAARA Aglio E Olio Spaghetti — Rs. 595
Aged parmesan, extra virgin olive oil, parsley, garlic & red chilli pepper
Serving size 250g | Calories 440 | Allergens - milk, gluten, soy, mustard

Orecchiette **All' Arrabbiata** — Rs. 625
***CAARA Arrabbiata Sauce**, aged parmesan & extra virgin olive oil*
Serving size 322g | Calories 486 | Allergens - milk, gluten, soy, mustard

CAARA Basil Pesto Orecchiette — Rs. 725
Toasted pine nuts, confit garlic, aged parmesan, basil
Serving size 290g | Calories 740 | Allergens - milk, gluten, tree nuts, soy, mustard

Asparagus & Stracciatella Rigatoni Pasta — Rs. 725
San marzano cream sauce, kale, fresh basil, aged parmesan
Serving size 310 | Calories 689 | Allergens - milk, gluten

Fettuccine with Wild Mushroom & Truffle Ragu — Rs. 750
Parmesan cream, portobello, field mushroom & aged parmesan
Serving size 300g | Calories 756 | Allergens - milk, gluten, soy, mustard

CAARA Pesto Alla Genovese Rigatoni with Black Pearl Garlic — Rs. 825
Creamy basil pesto sauce, lemon zest, asparagus, french beans, baby spinach
Serving size 290g | Calories 689 | Allergens - milk, gluten, soybean, tree nuts

Morels & Field Mushroom Risotto with Burrata — Rs. 850
Superfino arborio rice, morels field mushroom,aged parmesan & fresh thyme
Serving size 300g | Calories 644 | Allergens - milk, gluten

Spinach & Ricotta Ravioli with **CAARA Classic Tomato & Fresh Basil Sauce** — Rs. 675
Aged Parmesan cream, FarmLove basil, extra virgin olive oil
Serving size 350g | Calories 550 | Allergens - milk, gluten, soybean, egg

Smoked Chicken & Red Pepper Spaghetti — Rs. 825
Aged parmesan, white wine cream, fermented capers, FarmLove basil
Serving size 300g | Calories 510 | Allergens - milk, gluten, sulphite, soy, mustard

Caramelised Onion Orecchiette with Crumbled Sausage — Rs. 675
Herb chicken, wilted kale, roasted hazelnuts, aged parmesan
Serving size 300g | Calories 656 | Allergens - gluten, milk, treenut

Chorizo, Prawns & Curly Parsley Spaghetti — Rs. 850
Spanish pork sausages, aged parmesan, curly parsley, smoked paprika oil
Serving size 220g | Calories 592 | Allergens - milk, gluten, crustacean, soy, mustard

Add chicken to your pasta — *Rs. 175*
Add seasonal vegetable to your pasta — *Rs. 150*
Add Garlic — *Rs. 75*
Gluten Free pasta is also available - please ask your server for Assistance.

LARGE PLATES

LARGE PLATES

Chimichurri Cauliflower with Beurre Noisette Asparagus — Rs. 695
Smoked paprika, cannellini bean purée, caper berries, thyme, cipollini onion
Serving size 310g | Calories 210 | Allergens - milk, sulphite

Baked Spinach & Ricotta Gnudi — Rs. 695
Baked Spinach & ricotta dumplings, CAARA Arrabiata Sauce, aged parmesan fondue & basil
Serving size 400g | Calories 509 | Allergen - milk

Japanese Udon Noodles with Shiitake, Shoyu Mirin Sauce & Crispy Onions — Rs. 725
Serving size 370g | Calories 604 | Allergens - gluten, soybean, sulphite

Add Prawns To Your Noodles *Rs. 200*
Add Marinated Chicken To Your Noodles *Rs. 175*

Massaman Tofu & Seasonal Vegetables Curry — Rs. 750
Lemongrass scented rice, raw papaya salad & cucumber kimchi
Serving size 400g | Calories 491 | Allergens - soybean, sesame

Green Goddess Sandwich in CAARA Multigrain Bread — Rs. 850
CAARA Basil Pesto, Spinach & Parsley Hummus, avocado, goat cheese, grainy mustard aioli, FarmLove greens & spiced parmesan fries
Serving size 300g | Calories 920 | Allergens - milk, soybean, gluten, sesame, mustard, tree nuts

Grilled Thyme & Lime Chicken Breast — Rs. 775
Parmesan mash, buttered herb vegetables, pan jus
Serving size 350g | Calories 409 | Allergens - milk, soybean, sulphite

Zürich Style Pan Roasted Chicken with King Oyster Mushroom — Rs. 825
Parmesan mashed potatoes, white wine tarragon sauce & braised pearl onion
Serving size 370g | Calories 604 | Allergens - milk, gluten, soybean, sesame

Triple Decker Multigrain Club Sandwich — Rs. 850
Crispy bacon, chicken breast, fried egg, emmental, grainy mustard aioli, FarmLove greens & spiced parmesan fries
Serving size 350g | Calories 970 | Allergens - milk, soybean, gluten, eggs, tree nuts, sesame, mustard

Grilled Sea Bass à la Vierge Spanish Sherry Beurre Blanc — Rs. 1350
Young pommes noisette, wild tomato & caper vierge, baby spinach fricassee
Serving size 310 | Calories 356 | Allergens - milk, fish

Miso Ginger Norwegian Salmon Fillet — Rs. 1450
Jasmine rice, pickled cucumber & fermented chilli bok choy
Serving size 400g | Calories 570 | Allergens - milk, gluten, soybean, sulphite, fish

SIDES

CAARA FarmLove House Salad — Rs. 125
Serving size 80g | Calories 103 | Allergen - mustard

Sautéed Assorted Mushroom — Rs. 225
Serving size 120g | Calories 142 | Allergen - milk

Sautéed Buttered Vegetables — Rs. 250
Serving size 100g | Calories 90 | Allergen - milk

FarmLove Chilli Garlic Seasonal Greens — Rs. 275
Serving size 150g | Calories 118

Classic Salted Fries — Rs. 295
Serving size 120g | Calories 276 | Allergens - soybean, gluten

CAARA Mixed Herbs & Parmesan Fries — Rs. 325
Serving size 120g | Calories 238 | Allergens - soybean, milk, gluten

Add Truffle Oil to your Parmesan Fries — *Rs. 150*

Add ***Fermented Chilli Pepper & Garlic Sauce*** *to any of your dish* — *Rs. 150*

DESSERTS

DESSERTS

Hazelnut, Chocolate & Salted Caramel Tart — Rs. 395
Serving size 180g | Calories 832 | Allergens - gluten, tree nuts

Belgian Dark Chocolate, Dates & Almond Cake (sugar free) (gf) — Rs. 395
Serving size 220g | Calories 1085 | Allergens - tree nuts, eggs, milk, soybean

Gluten-Free Orange & Almond Cake (gf) — Rs. 450
Serving size 210g | Calories 643 | Allergens - milk, eggs, tree nuts

Grandma's Carrot Cake with Mascarpone Frosting — Rs. 450
Serving size 220g | Calories 868 | Allergens - milk, gluten, eggs, soybean

Flourless 70 % Dark Chocolate Cake — Rs. 450
With karnataka vanilla pod cremeux
Serving size 160 | Calories 685 | Allergens - milk, soybean, eggs

Cinnamon Brioche French Toast with Honeycomb Butter — Rs. 625
Date & honey drizzle, seasonal berries, whipped cream, caramelized banana
Serving size 350g | Calories 846 | Allergens – milk, eggs, gluten, soybean

Add a pot of ***CAARA's Salty Caramel*** *to any of your desserts* — Rs. 55

WITH YOUR COFFEE

Eggless Peanut Butter & White Chocolate Cookie — Rs. 95
Serving size 50g | Calories 255 | Allergens - milk, gluten, groundnuts, soybean

Belgian Dark Chocolate & Oats Cookie — Rs 150
Almond flour, organic jaggery, extra virgin olive oil and
Serving size 60 | Calories 277 | Allergens - soybean, tree nuts

Peanut Butter, Oats & Date Bar with 70% Dark Chocolate — Rs. 450
Serving size 160g | Calories 49 | Allergens - tree nuts, soybean

Artisanal Seasalt & Belgian Dark Chocolate Cookie — Rs. 125
Serving size 40g | Calories 149 | Allergens - milk, gluten, eggs, soybean

All prices are exclusive of government taxes.
We levy a 10% volunteer contribution, which is at the discretion of the customer.

COLD BEVERAGES

COLD BEVERAGES

Peach & Thyme Iced Tea — Rs. 300
Lemon, peach, thyme, maple syrup
Serving size 300ml | Calories 36

Spicy Guava — Rs. 300
Guava juice, lime juice, tabasco, roasted cumin, worcestershire sauce
Serving size 300ml | Calories 128

Fresh Lime, Ginger & Celery Lemonade — Rs. 275
Fresh celery juice, lime juice, ginger ale & palm jaggery
Serving size 300 ml | Calories 226

House Picante — Rs. 350
Muddled lime, fresh green chilli, jalapeño, agave, lime juice & soda
Serving size 300ml | Calories 113

Java Plum & Kaffir Lime Fizz — Rs. 300
Java plum syrup, black salt, kaffir leaves, soda
Serving size 300ml | Calories 65

Classic Lime & Mint Iced Tea — Rs. 275
Fresh mint, lime juice & tea concentrate
Serving size 300ml | Calories 109

Fresh Lime Soda — Rs. 195
Lime juice, simple syrup & soda
Serving size 300ml | Calories 47

Fresh Lime Water — Rs. 175
Lime juice, simple syrup & water
Serving size 300ml | Calories 47

Mulberry Sangria Kombucha — Rs. 199
Mulberry, kefir grains, raw cane sugar, red grape ferment
Serving size 200ml | Calories 27

Ginger Beer Kombucha — Rs. 179
Ginger, turmeric roots, kaffir lime
Serving size 200ml | Calories 27

Sepoy & Co Ginger Ale — Rs. 95

Sepoy & Co Tropical Lemonade — Rs. 95

Sepoy & Co Tonic Water — Rs. 95

Coke — Rs. 150

Diet Coke — Rs. 150

Sprite — Rs. 150

Still Water — Rs. 200

Sparkling Water — Rs. 220

FRESH JUICES

Fresh Seasonal Juice — Rs. 325
Serving size 300ml | Calories 141

Immunity Booster — Rs. 325
Carrot, orange, lemon, ginger
Serving size 300ml | Calories 133

Green Juice — Rs. 350
Fresh kale, celery, cucumber & granny smith apple & spinach
Serving size 300ml I Calories 96

The Red Energizer — Rs. 325
Pomegranate, beetroot, ginger & watermelon
Serving size 300ml I Calories 129

Classic ABC — Rs. 350
Apple, beetroot & carrot
Serving size 300ml I Calories 172

MATCHA

Hot Matcha Latte — Rs. 250
Ceremonial grade matcha with steamed milk & velvety milk foam
Serving size 250ml | Calories 110 | Allergen - milk

Iced Matcha Latte — Rs. 325
Ceremonial grade matcha with cold milk
Serving size 300ml | Calories 125 | Allergen - milk

Iced Strawberry Matcha Latte — Rs. 325
Ceremonial grade matcha with cold milk & strawberry compote
Serving size 300ml | Calories 190| Allergen - milk

Iced Mango Matcha Latte — Rs. 325
Ceremonial grade matcha with cold milk & mango compote
Serving size 300ml | Calories 190| Allergen - milk

Iced Hazelnut Matcha Latte — Rs. 325
Ceremonial grade matcha with cold milk & SWA hazelnut syrup
Serving size 300ml | Calories 190| Allergen - milk

Iced Caramel Matcha Latte — Rs. 325
Ceremonial grade matcha with cold milk & SWA caramel syrup
Serving size 300ml | Calories 190| Allergen - milk

Coconut Matcha — Rs. 325
Coconut water top up with cloud matcha
Serving size 300ml | Calories 158 | Allergen - milk

Matcha & Orange Fizz — Rs. 325
Fresh orange juice & soda top up with cloud matcha
Serving size 300ml | Calories 167 | Allergen -milk

Matcha, Lemon & Tonic — Rs. 325
Fresh lime juice & tonic top up with cloud matcha
Serving size 300ml | Calories 190

POWER PACKED SMOOTHIES AND SHAKES

Keya's Post Workout Power Smoothie — Rs. 450
Seasonal berries, banana, chia seeds, oats, almond milk & peanut butter
Serving size 350ml | Calories 457 | Allergens - gluten, tree nuts, groundnut

Cacao, Almond Butter & Date Shake — Rs. 395
Cacao, almond butter, banana, almond milk & date
Serving size 350ml | Calories 396 | Allergen - tree nuts

Green Goddess Smoothie — Rs. 450
Spinach, avocado, banana & almond milk
Serving size 350ml | Calories 205 | Allergen - tree nuts

Vegan Chocolate, Peanut Butter & Protein Packed Smoothie — Rs. 450
The Func. Lab chocolate plant protein, banana, peanut butter, chia seeds, almond milk
Serving size 350ml | Calories 454 | Allergens - tree nuts, groundnut

Vegan espresso, Cocoa & Banana Protein Packed Smoothie — Rs. 450
The Func. Lab chocolate plant protein, espresso shot, banana, oats, dates, oat milk
Serving size 350ml | Calories 365

Add On To Your Smoothies & Shakes

Scoop of THE FUNC. LAB™ FUNCTIONAL INPUT

Whey Isolate Protein - Unflavoured	Rs. 200
Chocolate Plant Protein	Rs. 250

The Scoop of The Func. Lab
Grass-Fed Whey Isolate (Unflavored) - 30g Protein
Just pure whey isolate and digestive enzymes. No fillers. High-absorption and high-purity protein.

Plant Protein (Chocolate) - 28g Protein
A brown rice–pea isolate blend with a stevia-monk fruit blend and digestive enzymes. Complete AA profile with 84% of calories coming from protein, rare for plant formulas.

What Func Lab Stands For
Simple, functional formulations with only ingredients that matter. No fluff, no unnecessary additives, just clean, efficient protein built for real performance.

HOT BEVERAGES

COFFEE

Grown at an altitude of around 1200 meters, CAARA's coffee is the highest grades of washed Arabica available in India. Sourced from Chikkamagaluru, the CAARA blend offers an intense aroma and a light body, with notes of toffied caramel caramel and a mild aftertaste of bitter lemon

BLACK COFFEE

Espresso Single — Rs. 160
A single Shot of pressed roast coffee
Serving size 30ml | Calories 11

Espresso Double — Rs. 185
A double shot of pressed roast coffee
Serving size 60ml | Calories 23

Americano — Rs. 240
A single shot of espresso topped with hot water
Serving size 250ml | Calories 23

French Press — Rs. 300
Freshly ground & brewed coffee
Serving size 250ml | Calories 23

WHITE COFFEE

Cortado — Rs. 185
A shot of espresso coffee with a small amount of steamed milk
Serving size 90ml | Calories 31 | Allergen - Milk

Macchiato — Rs. 185
A drink of espresso coffee with a small amount of foamed milk
Serving size 60ml | Calories 42 | Allergen - Milk

Flat White — Rs. 315
A double shot of espresso topped with textured, creamy milk
Serving size 250ml | Calories 161 | Allergen - Milk

Cappuccino — Rs. 290
A single shot of espresso topped with equal parts steamed milk & frothy foam
Serving size 250ml | Calories 121 | Allergen - Milk

Cafe Latte — Rs. 290
A single shot of espresso topped with steamed milk & velvety foam
Serving size 250ml | Calories 141 | Allergen - Milk

COFFEE

FLAVOURED COFFEE

Hazelnut Cappuccino — Rs. 345
A single shot of espresso topped with equal parts steamed milk & frothy foam with SWA hazelnut syrup
Serving size 250ml | Calories 158 | Allergen - Milk

Caramel, Almond & Praline Cappuccino — Rs. 345
A single shot of espresso topped with equal parts steamed milk & frothy foam with SWA caramel almond praline syrup
Serving size 250ml | Calories 154 | Allergen - milk

Hazelnut Latte — Rs. 340
A single shot of espresso topped with steamed milk & velvety foam with SWA Hazelnut syrup
Serving size 250ml | Calories 158 | Allergen - milk

Nutty Choco Mocha — Rs. 340
A single shot of espresso with SWA nutty choco syrup & creamy hot milk
Serving size 250ml | Calories 170 | Allergen - milk

We use SWA artisanal syrups, preservative free & handcrafted by women with utmost care and love.

Add a flavour to your coffee
Caramel Almond Praline | Hazelnut | Nutty Choco Rs. 60

ICED COFFEE

Iced Cappuccino — Rs. 320
A double shot of espresso topped with cold milk
Serving size 300ml | Calories 129| Allergen - milk

Iced Latte — Rs. 320
A double shot of espresso topped with frothy milk
Serving size 300ml | Calories 141 | Allergen - milk

Iced Hazelnut Latte — Rs. 340
A double shot of espresso topped with cold milk & SWA hazelnut syrup
Serving size 300ml | Calories 158 | Allergen - milk

Iced Hazel - Coco Frappe — Rs. 340
A double shot of espresso blended with cold milk & hazel-coco spread
Serving size 300ml | Calories 170 | Allergen - milk ,nuts

Iced Caramel Frappe — Rs. 340
A double shot of espresso blended with cold milk & SWA caramel almond praline syrup
Serving size 300ml | Calories 154 | Allergen - milk

Iced Americano — Rs. 240
A double shot of espresso topped with cold water
Serving size 300ml | Calories 23

Iced Mocha — Rs. 300
A double shot of espresso with cold milk & SWA nutty choco syrup
Serving size 300ml | Calories 190

OTHER BEVERAGES

Cold Coffee — Rs. 340
Blend of an espresso shot, milk & vanilla ice cream
Serving size 300ml | Calories 229 | Allergen - Milk

Vietnamese Coffee — Rs. 240
Blend of condensed milk and a shot of espresso
Serving size 300ml | Calories 259 | Allergen - Milk

Coconut Cloud Coffee — Rs. 340
Coconut water topped with cloud coffee cream
Serving size 300ml | Calories 165 | Allergen - Milk

Iced Espresso Tonic — Rs. 320
An espresso shot topped with tonic water
Serving size 300ml | Calories 78 | Allergen - milk

Spiced Citrus Cider — Rs. 290
Fresh Orange juice, apple juice, fresh ginger, cinnamon, star anise, honey
Serving size 250ml | Calories 168

Spiced Cappuccino — Rs. 290
A single shot of espresso topped with equal parts steamed milk & frothy foam and hint of cinnamon
Serving size 250ml | Calories 86 | Allergen - Milk

CAARA's Homebrew — Rs. 150
Fresh ginger, turmeric, mint, lemon & honey
Serving size 250ml | Calories 86

Hot Chocolate — Rs. 295
With creamy hot milk & marshmallow
Serving size 250ml | Calories 86 | Allergen - milk

Turmeric Latte — Rs. 250
Almond milk, organic turmeric, fresh ginger, cinnamon, black pepper, honey
Serving size 250ml | Calories 255 | Allergen - milk

Affogato — Rs. 320
An espresso shot with a scoop of vanilla bean ice cream
Serving size 75g | Calories 78 | Allergen - milk

Please ask you server for dairy free alternatives

OAT MILK Rs. 110 | ALMOND MILK Rs. 110

FRESHLY GROUND COFFEE BEANS

MYSORE NUGGETS EXTRA BOLD (200 GM) — Rs. 450
Our freshly ground coffee beans are suited to use at home in a french press. Please store in a cool place and consume within 10 days.

TEA

English Breakfast Tea — Rs. 175
A homegrown breakfast blend of Indian black teas from Assam & Darjeeling
Serving size 250ml | Calories 29 | Allergen - milk

Jodhpur Blend — Rs. 175
A fennel-infused interpretation of a classic Earl Grey
Serving size 250ml | Calories 29 | Allergen - milk

Classic Green Tea — Rs. 175
A sublime green tea from the foothills of the Himalayas
Serving size 250ml

Madurai Masala Blend — Rs. 175
A twist on the classic masala chai infused with spices and adorned with marigolds
Serving size 250ml | Allergen - milk

Kashmiri Kahwa — Rs. 175
A precious saffron-infused blend from the Kashmir Valley
Serving size 250ml | Calories 99 | Allergen - tree nuts

Ayurvedic Blend — Rs. 175
A caffeine-free herbal detox infused with Ashwagandha and Brahmi, to harmonise the vata, pitta and kapha doshas
Serving size 250ml

Chamomile Blend — Rs. 175
An herbal infusion of sweet blossoms handpicked from Kangra
Serving size 250ml

Darjeeling Tea — Rs. 175
The 'Champagne of Teas' from the foothills of the Himalayas
Serving size 250ml

Botanical Awakening — Rs. 175
A caffeine-free blend of vetiver, sage, mint and rose petals
Serving size 250ml

No. 3 Clive Road teas are handcrafted in small batches using carefully selected, finest full-leaf teas and other natural ingredients available in India. The fragrance and subtle flavours of their unique blends evoke a bygone era of refinement and taste.