



SANGEET SHYAMALA
CAFETERIA BY
CAARA



SANGEET SHYAMALA

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C A A R A

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 farms 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 9:00 PM

8:00 AM - 12:00 PM BREAKFAST

12:00 PM TO 9:00 PM : LUNCH & SUPPER



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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

 **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 members.

C A A R A

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 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



Spanish Baked Eggs with Chorizo Rs. 595

Smashed baby potatoes, roasted red peppers, crumble ricotta, FarmLove herbs

Serving size 350g | Calories 690 | Allergens - milk, eggs



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 pinenuts

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)

Serving size 50g | Calories 174 | Allergens - gluten, soybean



Rs. 95

Rye Sourdough (2 Slices)

Serving size 30g | Calories 520 | Allergen - gluten



Rs. 125

FarmLove House Salad

Serving size 80g | Calories 103 | Allergen - mustard



Rs. 125

Ambika's Baked Beans

Serving size 150g | Calories 239 | Allergen - milk



Rs. 200

Sautéed Assorted Mushrooms

Serving size 120g | Calories 142 | Allergen - milk



Rs. 225

Sautéed Buttered Vegetables

Serving size 100g | Calories 90 | Allergen - milk



Rs. 225

Chilli Garlic Seasonal Greens From The CAARA Farm

Serving size 150g | Calories 118 | Allergen - soybean



Rs. 275

Hass Avocado

Serving size 60g | Calories 109



Rs. 275

Pork Sausages (2 pcs)

Serving size 100g | Calories 217 | Allergens - gluten, soybean



Rs. 325

Chicken Sausages (2 pcs)

Serving size 100g | Calories 330 | Allergens - gluten, soybean



Rs. 325

Crispy Bacon

Serving size 45g | Calories 243



Rs. 350

Truffle Salami

Serving size 50g | Calories 120



Rs. 500

Smoked Salmon

Serving size 50g | Calories 125 | Allergen - fish



Rs. 500

A close-up photograph of a white ceramic bowl filled with a dish of ravioli. The ravioli are square-shaped with a ruffled edge, filled with a light-colored filling, and are served in a vibrant orange-red tomato sauce. Each ravioli is topped with a generous amount of finely shredded white cheese, likely Parmesan. The dish is garnished with fresh green microgreens and several dark, glossy, elongated objects that appear to be roasted or pickled vegetables. In the background, a clear glass vase holds a bouquet of small, white, daisy-like flowers. The entire scene is set on a light-colored, textured surface.

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



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





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, EVOO**

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 members.

A top-down view of a white ceramic bowl filled with spaghetti, shrimp, and tomato chunks, garnished with fresh green herbs. To the right of the bowl is a glass jar containing lemon water with lemon slices and a sprig of basil. Next to the jar is a small glass vase with a mix of red, white, and purple flowers. A white cloth with blue stripes is draped in the background.

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 Ragù

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



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, tree nut



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.



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LARGE PLATES



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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



Korean Barbeque Chicken & Lemongrass Scented Rice Rs. 795

Raw papaya salad, gochujang spiced marinade & cucumber kimchi

Serving size 350g | Calories 640 | 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



SIDES

CAARA FarmLove House Salad

Serving size 80g | Calories 103 | Allergen - mustard



Rs. 125

Sautéed Assorted Mushroom

Serving size 120g | Calories 142 | Allergen - milk



Rs. 225

Sautéed Buttered Vegetables

Serving size 100g | Calories 90 | Allergen - milk



Rs. 250

FarmLove Chilli Garlic Seasonal Greens

Serving size 150g | Calories 118



Rs. 275

Classic Salted Fries

Serving size 120g | Calories 276 | Allergens - soybean, gluten



Rs. 295

CAARA Mixed Herbs & Parmesan Fries

Serving size 120g | Calories 238 | Allergens - soybean, milk, gluten



Rs. 325

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

Serving size 180g | Calories 832 | Allergens - gluten, tree nuts



Rs. 395

Belgian Dark Chocolate, Dates & Almond Cake (sugar free) (gf)

Serving size 220g | Calories 1085 | Allergens - tree nuts, eggs, milk, soybean



Rs. 395

Gluten-Free Orange & Almond Cake (gf)

Serving size 210g | Calories 643 | Allergens - milk, eggs, tree nuts



Rs. 450

Grandma's Carrot Cake with Mascarpone Frosting

Serving size 220g | Calories 868 | Allergens - milk, gluten, eggs, soybean



Rs. 450

Flourless 70 % Dark Chocolate Cake

With karnataka vanilla pod cremeux

Serving size 160 | Calories 685 | Allergens - milk, soybean, eggs



Rs. 450

Cinnamon Brioche French Toast with Honeycomb Butter

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

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



Rs. 625

Add a pot of ☞ CAARA's *Salty Caramel* to any of your desserts

Rs. 55

WITH YOUR COFFEE

Eggless Peanut Butter & White Chocolate Cookie

Serving size 50g | Calories 255 | Allergens - milk, gluten, groundnuts, soybean



Rs. 95

Belgian Dark Chocolate & Oats Cookie

Almond flour, organic jaggery, extra virgin olive oil and

Serving size 60 | Calories 277 | Allergens - soybean, tree nuts



Rs 150

Peanut Butter, Oats & Date Bar with 70% Dark Chocolate

Serving size 160g | Calories 49 | Allergens - tree nuts, soybean



Rs. 450

Artisanal Seasalt & Belgian Dark Chocolate Cookie

Serving size 40g | Calories 149 | Allergens - milk, gluten, eggs, soybean



Rs. 125

COLD BEVERAGES



COLD BEVERAGES

Peach & Thyme Iced Tea <i>Lemon, peach, thyme, maple syrup</i> Serving size 300ml Calories 36	Rs. 300
Spicy Guava <i>Guava juice, lime juice, tabasco, roasted cumin, worcestershire sauce</i> Serving size 300ml Calories 128	Rs. 300
Fresh Lime, Ginger & Celery Lemonade <i>Fresh celery juice, lime juice, ginger ale & palm jaggery</i> Serving size 300 ml Calories 226	Rs. 275
House Picante <i>Muddled lime, fresh green chilli, jalapeño, agave, lime juice & soda</i> Serving size 300ml Calories 113	Rs. 350
Java Plum & Kaffir Lime Fizz <i>Java plum syrup, black salt, kaffir leaves, soda</i> Serving size 300ml Calories 65	Rs. 300
Classic Lime & Mint Iced Tea <i>Fresh mint, lime juice & tea concentrate</i> Serving size 300ml Calories 109	Rs. 275
Fresh Lime Soda <i>Lime juice, simple syrup & soda</i> Serving size 300ml Calories 47	Rs. 195
Fresh Lime Water <i>Lime juice, simple syrup & water</i> Serving size 300ml Calories 47	Rs. 175
Mulberry Sangria Kombucha <i>Mulberry, kefir grains, raw cane sugar, red grape ferment</i> Serving size 200ml Calories 27	Rs. 199
Ginger Beer Kombucha <i>Ginger, turmeric roots, kaffir lime</i> Serving size 200ml Calories 27	Rs. 179
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

Serving size 300ml | Calories 141

Rs. 325

Immunity Booster

Carrot, orange, lemon, ginger

Serving size 300ml | Calories 133

Rs. 325

Green Juice

Fresh kale, celery, cucumber & granny smith apple & spinach

Serving size 300ml | Calories 96

Rs. 350

The Red Energizer

Pomegranate, beetroot, ginger & watermelon

Serving size 300ml | Calories 129

Rs. 325

Classic ABC

Apple, beetroot & carrot

Serving size 300ml | Calories 172

Rs. 350

MATCHA

Hot Matcha Latte

Ceremonial grade matcha with steamed milk & velvety milk foam

Serving size 250ml | Calories 110 | Allergen - milk

Rs. 250

Iced Matcha Latte

Ceremonial grade matcha with cold milk

Serving size 300ml | Calories 125 | Allergen - milk

Rs. 325

Iced Strawberry Matcha Latte

Ceremonial grade matcha with cold milk & strawberry compote

Serving size 300ml | Calories 190 | Allergen - milk

Rs. 325

Iced Mango Matcha Latte

Ceremonial grade matcha with cold milk & mango compote

Serving size 300ml | Calories 190 | Allergen - milk

Rs. 325

Iced Hazelnut Matcha Latte

Ceremonial grade matcha with cold milk & SWA hazelnut syrup

Serving size 300ml | Calories 190 | Allergen - milk

Rs. 325

Iced Caramel Matcha Latte

Ceremonial grade matcha with cold milk & SWA caramel syrup

Serving size 300ml | Calories 190 | Allergen - milk

Rs. 325

Coconut Matcha

Coconut water top up with cloud matcha

Serving size 300ml | Calories 158 | Allergen - milk

Rs. 325

Matcha & Orange Fizz

Fresh orange juice & soda top up with cloud matcha

Serving size 300ml | Calories 167 | Allergen - milk

Rs. 325

Matcha, Lemon & Tonic

Fresh lime juice & tonic top up with cloud matcha

Serving size 300ml | Calories 190

Rs. 325

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 PROTEIN}

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.



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 members.

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
<i>A single Shot of pressed roast coffee</i>	
Serving size 30ml Calories 11	
Espresso Double	Rs. 185
<i>A double shot of pressed roast coffee</i>	
Serving size 60ml Calories 23	
Americano	Rs. 240
<i>A single shot of espresso topped with hot water</i>	
Serving size 250ml Calories 23	
French Press	Rs. 300
<i>Freshly ground & brewed coffee</i>	
Serving size 250ml Calories 23	

WHITE COFFEE

Cortado	Rs. 185
<i>A shot of espresso coffee with a small amount of steamed milk</i>	
Serving size 90ml Calories 31 Allergen - Milk	
Macchiato	Rs. 185
<i>A drink of espresso coffee with a small amount of foamed milk</i>	
Serving size 60ml Calories 42 Allergen - Milk	
Flat White	Rs. 315
<i>A double shot of espresso topped with textured, creamy milk</i>	
Serving size 250ml Calories 161 Allergen - Milk	
Cappuccino	Rs. 290
<i>A single shot of espresso topped with equal parts steamed milk & frothy foam</i>	
Serving size 250ml Calories 121 Allergen - Milk	
Cafe Latte	Rs. 290
<i>A single shot of espresso topped with steamed milk & velvety foam</i>	
Serving size 250ml Calories 141 Allergen - Milk	



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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



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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 your 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

A homegrown breakfast blend of Indian black teas from Assam & Darjeeling

Serving size 250ml | Calories 29 | Allergen - milk

Rs. 175

Jodhpur Blend

A fennel-infused interpretation of a classic Earl Grey

Serving size 250ml | Calories 29 | Allergen - milk

Rs. 175

Classic Green Tea

A sublime green tea from the foothills of the Himalayas

Serving size 250ml

Rs. 175

Madurai Masala Blend

A twist on the classic masala chai infused with spices and adorned with marigolds

Serving size 250ml | Allergen - milk

Rs. 175

Kashmiri Kahwa

A precious saffron-infused blend from the Kashmir Valley

Serving size 250ml | Calories 99 | Allergen - tree nuts

Rs. 175

Ayurvedic Blend

A caffeine-free herbal detox infused with Ashwagandha and Brahmi, to harmonise the vata, pitta and kapha doshas

Serving size 250ml

Rs. 175

Chamomile Blend

An herbal infusion of sweet blossoms handpicked from Kangra

Serving size 250ml

Rs. 175

Darjeeling Tea

The 'Champagne of Teas' from the foothills of the Himalayas

Serving size 250ml

Rs. 175

Botanical Awakening

A caffeine-free blend of vetiver, sage, mint and rose petals

Serving size 250ml

Rs. 175

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.



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