



# Zero<sup>®</sup> ZLcals

EAT RIGHT STAY FIT

## MENU

Fuel your day with  
Healthy Delights!

GV RESIDENCY | PEELAMEDU | MYSURU

## Breakfast

|                                 |     |
|---------------------------------|-----|
| Oats Pancake (2 Nos)            | 100 |
| Choco Ragi Oats Pancake (2 Nos) | 100 |
| French Toast                    | 100 |
| Bread Omlette                   | 120 |
| Chicken Bread Omlette           | 140 |

## Sugar-Free Smoothies

|              |     |
|--------------|-----|
| Apple Oats   | 150 |
| Banana Oats  | 150 |
| Banana Dates | 150 |
| Guava Melon  | 150 |
| Cocoa Banana | 150 |
| Papaya Pomo  | 150 |

## Vegan Detox Smoothies

|                          |     |
|--------------------------|-----|
| Pineapple Cucumber Mint  | 120 |
| Watermelon Cucumber Mint | 120 |
| ABC Smoothie             | 150 |

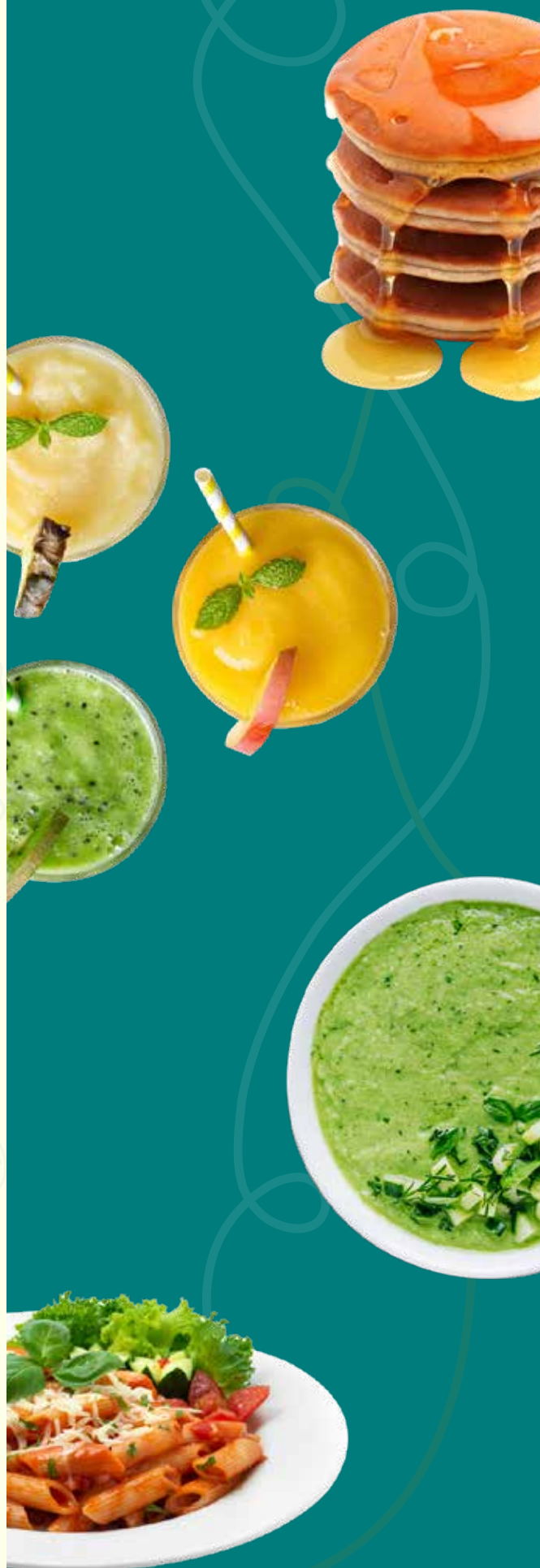
*\*Ask for Stevia Sweetener - 0 calories*

## Soups

|                   |     |
|-------------------|-----|
| Healthy Veg Soup  | 80  |
| Diet Egg Soup     | 90  |
| Diet Chicken Soup | 100 |

## Millet Pastas

|                                                   |  |
|---------------------------------------------------|--|
| Veg Pasta                                         |  |
| Healthy Veg - 150 / Creamy - 160 / Pink - 170     |  |
| Egg Pasta                                         |  |
| Healthy Egg - 150 / Creamy - 160 / Pink - 170     |  |
| Chicken Pasta                                     |  |
| Healthy Chicken - 200 / Creamy - 210 / Pink - 220 |  |





## ZC Healthy Chopped Salads

|                             |     |
|-----------------------------|-----|
| Sprouts Salad               | 120 |
| Chickpea Salad              | 150 |
| Rajma Salad                 | 150 |
| Mixed Veg Protein Salad     | 180 |
| Paneer Salad                | 200 |
| Soy Chunks Salad            | 150 |
| Egg Salad                   | 180 |
| Egg Whites Salad            | 180 |
| Chicken Salad               | 200 |
| Special Chicken Salad       | 200 |
| Healthy Green Chicken Salad | 200 |

**\*Ask for add-ons & dressings**

### ZC Healthy Dressings

Fresh & Pure Mint | Fresh & Pure Beet | Sweet Onion

### Mayo Dressing

Veg Mayo | Egg Mayo | Mint Mayo | Tandoori Mayo

### Add-Ons

Chicken - 75 | Paneer - 75 | Tofu - 60  
Eggs - 50 | Egg Whites - 50 | Cheese - 30

## Millet Noodles

|                                 |     |
|---------------------------------|-----|
| Veg Millet Noodles              | 150 |
| Schezwan Veg Millet Noodles     | 170 |
| Paneer Millet Noodles           | 180 |
| Schezwan Paneer Millet Noodles  | 200 |
| Egg Millet Noodles              | 160 |
| Schezwan Egg Millet Noodles     | 180 |
| Chicken Millet Noodles          | 180 |
| Schezwan Chicken Millet Noodles | 200 |

## Multigrain Sub Sandwiches (8 inches)

|                                                                                                                   |     |
|-------------------------------------------------------------------------------------------------------------------|-----|
| <b>Healthy Veg Sub Sandwich</b>  | 179 |
| Juicy / Spicy / Regular                                                                                           |     |
| <b>Mushroom Sub Sandwich</b>                                                                                      | 199 |
| Juicy / Spicy / Regular                                                                                           |     |
| <b>Paneer Sub Sandwich</b>                                                                                        | 199 |
| Juicy / Spicy / Regular                                                                                           |     |
| <b>Egg Sub Sandwich</b>          | 179 |
| Juicy / Spicy / Regular                                                                                           |     |
| <b>Egg Whites Sub Sandwich</b>                                                                                    | 179 |
| Juicy / Spicy / Regular                                                                                           |     |
| <b>Chicken Sub Sandwich</b>      | 199 |
| Juicy / Spicy / Regular                                                                                           |     |

\*Pick your Veggies, Sauces & Mayo | Add-on Cheese - 25

## Multigrain Wraps

|                                                                                                             |     |
|-------------------------------------------------------------------------------------------------------------|-----|
| <b>Healthy Veg Wrap</b>  | 179 |
| Juicy / Spicy / Regular                                                                                     |     |
| <b>Mushroom Wrap</b>                                                                                        | 199 |
| Juicy / Spicy / Regular                                                                                     |     |
| <b>Paneer Sub Wrap</b>                                                                                      | 199 |
| Juicy / Spicy / Regular                                                                                     |     |
| <b>Egg Sub Wrap</b>      | 179 |
| Juicy / Spicy / Regular                                                                                     |     |
| <b>Egg Whites Wrap</b>                                                                                      | 179 |
| Juicy / Spicy / Regular                                                                                     |     |
| <b>Chicken Wrap</b>      | 199 |
| Juicy / Spicy / Regular                                                                                     |     |

\*Pick your Veggies, Sauces & Mayo | Add-on Cheese - 25

## Oat Meal Box

|                                       |     |
|---------------------------------------|-----|
| <b>ZC Special Masala Oat Meal Box</b> | 120 |
| <b>Oat Meal Box</b>                   | 120 |

### Add-Ons

Boiled Veggies - 50 | Fruit Salad - 50 | Egg (2 Nos) - 50  
Egg Whites (4 Nos) - 75 | Chicken - 100 | Paneer - 100





## Multigrain Bread Sandwiches

|                                |     |
|--------------------------------|-----|
| Veg Sandwich                   | 140 |
| Paneer Sandwich                | 150 |
| Special / Mexican / Tikka      |     |
| Boiled Egg Masala Sandwich     | 130 |
| Egg Whites Sandwich            | 130 |
| Special Chicken Sandwich       | 150 |
| Juicy Chicken Sandwich         | 150 |
| Low Fat Japan Chicken Sandwich | 150 |
| Mexican Chicken Sandwich       | 150 |
| Healthy Green Chicken Sandwich | 150 |
| Chicken Egg Club Sandwich      | 170 |

Add-on Cheese - 25

## Air-Fried Multigrain Burgers

|                      |     |
|----------------------|-----|
| Veg Burger           | 170 |
| Spicy Veg Burger     | 180 |
| Paneer Burger        | 190 |
| Spicy Paneer Burger  | 200 |
| Chicken Burger       | 190 |
| Spicy Chicken Burger | 200 |

Add-on Cheese - 25

## ZeroCals Special

|                                   |     |
|-----------------------------------|-----|
| Post Workout Chicken              | 199 |
| Healthy Green Chicken             | 199 |
| Creamy Chicken with Veggies       | 199 |
| Fit Meal Box                      | 199 |
| (Rice / Dal / Veggies of the Day) |     |
| Fruit Bowl                        | 150 |

Add-Ons

Eggs (2 Nos) - 50 | Chicken - 100 | Paneer - 100



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**For Keto / Low Carb  
Fit meal Subscriptions**

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**For Feedback**

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