



GYMWALE MENU

Healthy and Affordable Meals Delivered to Your Doorstep!
All meals are freshly prepared using heart-healthy olive oil.

**EXCLUSIVE
OFFER**

FREE DELIVERY

ON ORDER ABOVE ₹200

Only in Laxmi Nagar, Delhi and nearby areas

Contact us:

 **+91 9211696534**

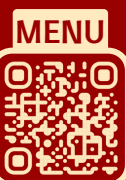
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**SAVE MORE WITH
WEEKLY & MONTHLY MEAL PLANS!**



NON-VEG

GRILLED CHICKEN BREAST

Quantity	100g	200g	400g
Lemon Pepper	89	149	239
Grilled to perfection with zesty lemon and cracked pepper, made in heart healthy olive oil.			
Peri Peri	89	149	239
Spicy and smoky peri peri grilled chicken, crafted using premium olive oil.			
Tandoori	99	159	249
Classic tandoori style chicken marinated in Indian spices and grilled in olive oil.			
Pudina Tandoori	99	159	249
Refreshing minty tandoori chicken grilled with aromatic herbs, made in olive oil.			

STEAMED CHICKEN BREAST

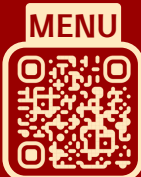
Quantity	100g	200g	400g
Lemon Pepper	89	149	239
Tender steamed chicken infused with lemon pepper flavours, lightly tossed in olive oil.			
Peri Peri	89	149	239
Spicy and juicy steamed chicken with peri peri seasoning, made using olive oil.			
Tandoori	99	159	249
Healthy steamed chicken marinated in tandoori spices, finished with olive oil.			
Pudina	99	159	249
Tender steamed chicken infused with fresh mint flavor, lightly tossed in olive oil.			

EGGS

4 Boiled Eggs	79
Add on: +2 Eggs	+20
Simple, clean and protein-rich, perfectly boiled eggs for your daily fuel.	
4 Eggs Veggis Omelette	99
Add on: Cheese	+20
Fluffy egg omelette loaded with fresh veggies, cooked to perfection in olive oil.	
Chicken Omelette	129
Add on: Cheese	+20
Hearty 2 egg omelette loaded with chicken [100g], cooked to perfection in olive oil.	



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LOW-FAT GRILLED PANEER

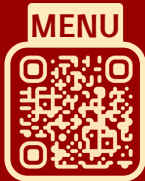
Quantity	100g	200g	400g
Lemon Pepper	89	149	239
Soft paneer grilled with zesty lemon and cracked pepper, made in olive oil.			
Peri Peri	89	149	239
Tangy and spicy peri peri flavoured paneer, grilled in olive oil for a healthy twist.			
Tandoori	99	159	249
Traditional tandoori paneer marinated in Indian spices and grilled in olive oil.			
Pudina Tandoori	99	159	249
Minty tandoori style paneer infused with herbs and grilled in olive oil.			
Spicy Paprika Garlic	99	159	249
Fiery paprika and garlic marinated paneer grilled to perfection in olive oil.			

GRILLED TOFU

Quantity	100g	200g	400g
Lemon Pepper	89	149	239
Zesty lemon and cracked pepper marinated tofu, grilled to perfection in olive oil.			
Peri Peri	89	149	239
Fiery peri peri marinated tofu grilled in olive oil for a spicy, smoky kick.			
Tandoori	99	159	249
Traditional tandoori spiced tofu grilled in olive oil for a healthy, flavorful bite.			
Pudina Tandoori	99	159	249
Minty tandoori style tofu, infused with Indian herbs and grilled in olive oil.			
Spicy Paprika Garlic	99	159	249
Bold paprika and garlic flavoured tofu, fire grilled using pure olive oil.			

OATS

Protein Oats Bowl[200ml]	99
High-protein oats bowl loaded with dry fruits, nuts, seeds, fresh fruits, honey, and peanut butter for a perfect energy-packed start to your day!	



PROTEIN CHILLAS

Besan Chilla [Large]

Wholesome gram flour Chilla seasoned with spices, made in olive oil.

79

Moong Dal Chilla [Large]

High protein moong dal Chilla, pan cooked in healthy olive oil.

89

Paneer Moong Dal Chilla [Large]

Stuffed with soft paneer, this protein rich moong dal chilla is made in olive oil.

119



BROWN RICE

Plain Brown Rice [200g]

200g Steamed wholesome brown rice, rich in fibre and perfect for clean, balanced meals.

99

Vegetable Brown Rice [300g]

Wholesome 200g brown rice tossed with 100g fresh veggies and mild spices for a hearty, healthy meal.

119



SPECIAL PROTEIN SALADS

BUILD YOUR OWN BOWL

Vegetable Salad [300g]

Fresh and crunchy veggie mix customize with high protein add ons to boost your protein intake.

119

Add Protein:

VEG

- **Sprouts(100g):**

+30

Mix Sprouts

- **Grilled Paneer (100g):**

+50

Lemon Pepper, Tandoori, Pudina Tandoori, Peri Peri, Spicy Paprika Garlic

- **Grilled Tofu (100g):**

+50

Lemon Pepper, Tandoori, Pudina Tandoori, Peri Peri, Spicy Paprika Garlic

NON-VEG

- **Boiled Egg (2 Eggs)**

+30

- **Grilled Chicken (100g):**

+50

Lemon Pepper, Peri Peri, Tandoori, Pudina Tandoori

- **Boiled Chicken (100g):**

+50

Lemon Pepper, Peri Peri, Tandoori, Pudina



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MENU



FRUIT BOWL

Seasonal Fruit Bowl [300g] 129

A refreshing mix of fresh, seasonal fruits served chilled for a natural energy boost.

Fruits, Seeds & Nuts Bow [300g] 149

A nourishing bowl loaded with fresh fruits, crunchy seeds and premium dry fruits for a wholesome start.

SPECIAL COMBO MEALS

 **VEG**

Protein Oats & Fruit Power Combo 169

Protein Oats Bowl [200ml] + Seasonal Fruit Bowl [300g]

Grilled Paneer Energy Combo 199

Grilled Paneer [200g - any flavour] + Brown Rice [100g] + Vegetable Salad [150g]

Grilled Tofu Balanced Combo 199

Grilled Tofu [200g - any flavour] + Brown Rice [100g] + Vegetable Salad [150g]

Chilla Protein Boost Combo 219

Paneer Moong Dal Chilla [1 Large] + Curd [200g] + Vegetable Salad [150g]

 **NON-VEG**

Boiled Egg Lean Combo 149

Boiled Eggs [4 Eggs] + Brown Rice [100g] + Vegetable Salad [150g]

Grilled Chicken Fitness Combo 199

Grilled Chicken [200g - any flavour] + Brown Rice [100g] + Vegetable Salad [150g]

Steamed Chicken Clean Combo 199

Steamed Chicken [200g - any flavour] + Brown Rice [100g] + Vegetable Salad [150g]

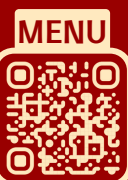
Chicken Omelette Power Combo 219

Chicken Omelette [Chicken 100g, 2 Eggs] + Brown Rice [100g] + Vegetable Salad [150g]

For Weekly & Monthly Subscriptions

Whatsapp us!

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