



FITCY

Fitness Care for you



MENU

Healthy Body Needs Healthy Food

Mansarovar | +91 861-9348484

70/34A, Patel Marg, Mansarovar, Jaipur

Malviya Nagar | +91 921-6974756

C-8, Calgiri Marg, Black A, Setor-4, Jaipur

All Day Breakfast



Multi Millet Cheela

(Sprouted ragi and lentils blended with Indian spices, filled with paneer and served with curd and mint chutney)

(Protein 9gm, Fat 3gm, Carb 20gm, 150kcal)

₹150

Oats Cheela

(Oats, lentils and gram flour blended with Indian spices, stuffed with paneer and served with curd and mint chutney)

(Protein 8gm, Fat 3gm, Carb 27gm, 160kcal)

₹140

Sattu Cheela

(Sattu, lentils, ragi, rice and Indian spices filled with paneer and served with curd & mint sauce)

(Protein 9.5gm, Fat 2gm, Carb 25gm, 150kcal)

₹140

Moringa Cheela

(Lentils, moringa powder, rice, besan & spices stuffed with paneer and served with curd and mint sauce)

(Protein 12gm, Fat 3gm, Carb 25gm, 150kcal)

₹150

Masala Omelette

(2 eggs omelette served with brown bread, saute potatoes and veggies)

(Protein 16gm, Fat 27gm, Carb 20gm, 350kcal)

₹140

Scrambled Egg

(2 eggs scrambled eggs, served with a slice of brown bread)

(Protein 18gm, Fat 15gm, Carb 19gm, 280kcal)

₹140

Chicken Omelette

(2 eggs chicken omelette served with brown bread and saute veggies)

(Protein 34gm, Fat 24gm, Carb 20gm, 400kcal)

₹180

Masala Cheese Omelette

(2 eggs cheese omelette served with brown bread, saute potatoes and veggies)

(Protein 19gm, Fat 22gm, Carb 19gm, 350kcal)

₹170

Makhana Chaat

(Roasted Makhanas, peanuts, onion, tomato, cucumber, tamarind and mint chutney)

(Protein 15gm, Fat 26gm, Carb 20gm, 360kcal)

₹180

Peanut Corn Chaat

(Roasted peanuts, sweet corn, apple, onion, tomato, tamarind and mint chutney)

(Protein 29gm, Fat 50gm, Carb 22gm, 500kcal)

₹160

Tandoori Soya Chunks Salad

(Soya chunks, cucumber, onion, tomato, cucumber, our homemade tandoori paste and mint leaves)

(Protein 27gm, Fat 5gm, Carb 10gm, 200kcal)

₹140

Sprout Salad

(Sprouted moong and channa, onion, tomato, cucumber, sweet corn and cottage cheese)

(Protein 17gm, Fat 5gm, Carb 30gm, 200kcal)

₹100

Rajma Chaat

(High protein kidney beans with tomatoes, onion, coriander with mint & tamarind sauce)

(Protein 17gm, Fat 2gm, Carb 50gm, 300kcal)

₹130

Cottage Cheese Sandwich

(Cottage cheese, tomato and cucumber stuffed with a layer of green herb mayo spread in whole wheat bread)

(Protein 19 gm, Fat 29gm, Carb 39gm, 500 kcal)

₹175

Green Hummus Veg Sandwich

(Cucumber, tomatoes, onion and capsicum stuffed in brown bread with a spread of our pesto hummus sauce, served with hummus on side)

(Protein 15gm, Fat 21gm, Carb 50gm, 450kcal)

₹180

Grilled Chicken Sandwich

(Fine chopped grilled chicken breast stuffed in jumbo brown bread with veggies)

(Protein 38gms, Fat 28gm, Carb 39gm, 570kcal)

₹220

Mushroom Broccoli Hummus Toast

(Green herbs hummus spread on multigrain toast with sauté mushrooms and broccoli served with hummus on the side)

(Protein 15gm, Fat 22gm, Carb 45gm, 440kcal)

₹210

Egg Hummus Toast

(Green hummus spread on multigrain toast with scrambled eggs on top, served with hummus on side)

(Protein 25gm, Fat 31gm, Carb 40gm, 550kcal)

₹210

Add Ons

Extra Egg In Omelette

₹25.00

Boiled Eggs

₹18.00

Extra Cheese

₹25.00

Extra Bread Slice

₹15.00



Soups

Millet Bajra Soup

₹140

Clear Mix Vegetable Soup

₹140

Clear Chicken Soup

₹160



(Protein 9.5 gm, fat 2 gm, carb 25 gm, 150 cal)

Superfood Bowls

Multigrain Subs (6 inches)

Fruits & Nuts Salad

(Pineapple, apple, banana, almonds, pomegranate, mixed seeds, chia seeds, mixed in fresh yogurt dressing)

(Protein 10gm, Fat 16gm, Carb 47gm, 375kcal)

₹250

Oats & Fruits Bowl

(A nourishing blend of oats, peanut butter, milk, and honey topped with apple, pineapple, banana, nuts and mixed seed)

(Protein 34gm, Fat 57gm, Carb 80gm, 900kcal)

₹250

Chocolate Banana Bowl

(Dark chocolate, banana, milk, peanut butter, chia seeds, mixed seeds, granola, honey)

(Protein 31gm, Fat 50gm, Carb 60gm, 600kcal)

₹250

Red Smoothie Bowl

(Banana, apple, beetroot, dates, curd, milk, honey, granola & nuts)

(Protein 13gm, Fat 12gm, Carb 100gm, 500 kcal)

₹250

Quinoa Superfood Bowl

(Quinoa, chickpeas, bell peppers, broccoli, iceberg, cucumber and tomatoes mixed in olive oil and lemon juice)

(Protein 16gm, Fat 11gm, Carb 74gm, 445kcal)

₹230

Grilled Paneer Salad

(Indian veggies with apple, corn, almonds, dates, olives topped with grilled paneer and lemon honey dressing)

(Protein 25gm, Fat 31gm, Carb 30gm, 495kcal)

₹300

Chicken Caesar Salad

(Boiled chicken, iceberg, olives, cherry tomatoes and croutons in pesto mayo dressing)

(Protein 37gm, Fat 25gm, Carb 5gm, 480 kcal)

₹350

Paneer Tikka Sub

(Protein 21 gm, Fat 10gm, Carb 44gm, 350kcal)

₹220

Peri Peri Paneer Sub

(Protein 24gm, Fat 15gm, Carb 50gm, 450kcal)

₹240

Pesto Paneer Sub

(Protein 24gm, Fat 18gm, Carb 55gm, 480kcal)

₹240

Soya Tikka Sub

(Protein 29gm, Fat 5gm, Carb 45gm, 330kcal)

₹200

Tandoori Tofu

(Protein 18.5gm, Fat 7.5gm, Carb 40gm, 263kcal)

₹200

Peri Peri Tofu

(Protein 21gm, Fat 17gm, Carb 50gm, 360kcal)

₹230

Pesto Tofu

(Protein 21gm, Fat 19gm, Carb 55gm, 390kcal)

₹240

Tandoori Chicken

(Protein 28gms, Fat 5gm, Carb 50gm, 380kcal)

₹250

Peri Peri Chicken Sub

(Protein 31gm, Fat 7gm, Carb 60gm, 480kcal)

₹260

Pesto Chicken Sub

(Protein 31gm, Fat 9gm, Carb 65gm, 510kcal)

₹260



Add Ons

Extra Nuts 20gm	₹30.00
Extra Paneer 50gm	₹40.00
Extra Chicken 50 gm	₹60.00
Protein Powder	₹70.00

Add Ons

Extra Paneer/Tofu 50gm	₹40
Extra Chicken 50gm	₹60
Hummus	₹80
Peri Peri Gravy	₹60
Pesto Gravy	₹80
Saute Broccoli & Mushrooms	₹80

Wraps

(Multigrain Flour)



Fit Meals

Paneer Wrap ₹160

(Protein 17.5gm, Fat 30gm, Carb 28gm, 350kcal)

Tofu Wrap ₹160

(Protein 14gm, Fat 15gm, Carb 24gm, 300kcal)

Tandoori Soya Wrap ₹150

(Protein 30gm, Fat 20gm, Carb 22gm, 150kcal)

Paneer Mushroom Wrap ₹200

(Protein 20gm, Fat 31gm, Carb 28gm, 400kcal)

BBQ Paneer Wrap ₹200

(Protein 17.5gm, Fat 35gm, Carb 24gm, 380kcal)

BBQ Tofu Wrap ₹200

(Protein 14gm, Fat 18gm, Carb 24gm, 320kcal)

Egg Wrap ₹175

(Protein 20gm, Fat 20gm, Carb 26gm, 380kcal)

Grilled Chicken Wrap ₹230

(Protein 40gm, Fat 20gm, Carb 20gm, 390kcal)

BBQ Grilled Chicken Wrap ₹250

(Protein 40gm, Fat 25gm, Carb 20gm, 420kcal)

Grilled Paneer ₹225

(100gm grilled paneer with gravy of your choice)

(Protein 23gm, Fat 31gm, Carb 3gm, 380kcal)

Grilled Tofu ₹225

(100gm grilled tofu with gravy of your choice)

(Protein 17gm, Fat 15gm, Carb 4gm, 210kcal)

Grilled Chicken ₹230

(150gm grilled chicken with gravy of your choice)

(Protein 62gm, Fat 11gm, Carb 0gm, 375kcal)

Choice of your sauce/gravy – BBQ / Pesto / Peri peri / Makhani

Add Ons

Sprout Salad ₹50

Saute Vegetables ₹60

Mashed Potato ₹60

Kidney Beans Bowl ₹60

Herb Rice ₹70

Saute Broccoli and Mushroom ₹80

Hummus ₹80

Quinoa Veggie Bowl ₹100



Add Ons

Extra Omelette ₹25

Extra Tofu 50gm ₹30

Extra Paneer 50gm ₹40

Extra Grilled Chicken 50gm ₹60

Rice Bowls with Gravy

Rajma With Rice ₹220

(Brown rice with Rajma in gravy and salad)

(Protein 16gm, Fat 3gm, Carb 62gm, 300kcal)

Chole With Rice ₹220

(Brown rice with Chhole in gravy and salad)

(Protein 13gm, Fat 4gm, Carb 68gm, 340kcal)

Soya Curry With Rice ₹220

(Brown rice with soya chunks in gravy and salad)

(Protein 32gm, Fat 5gm, Carb 44gm, 335kcal)

Paneer With Rice ₹250

(Paneer in Indian gravy served with brown rice and salad)

(Protein 21gm, Fat 21gm, Carb 45gm, 425kcal)

Chicken Gravy With Rice ₹280

(Brown rice with boiled chicken pieces in Indian gravy served with salad)

(Protein 32gm, Fat 5gm, Carb 40gm, 315kcal)

