



Morning Fit Meals

		Carb.	Prot.	Fat.	Cal.
High Protein Choco Vanilla Pancake (Whole Wheat)	₹298	36	20	9	307
High Protein Choco Ragi Pancake (Millet Base)	₹298	36	20	9	307
Exotic Vegetable Poha	₹258	35	8	1.5	185.5
Toasted Mushroom & Oats	₹218	27	7	4	174
Exotic Sautéed Vegetables with Toasted Bread	₹208	31	5	2	164
High Protein Daliya with Nuts Dressing	₹238	20	15	8	214
Red Bliss Chilla	₹198	45	22	1	279
BFC's Spinach Omelette with Sautéed Vegetables	₹258	8	20	12	222
Toasted Mushroom & Cheese Omelette with Sautéed Vegetables	₹268	9	19	14	240
Egg White Omelette with Sautéed Vegetables	₹258	6	14	1	75
Chicken & Cheese Omelette with Sautéed Vegetables	₹288	5	23	10	204



Healthy Salad Bowl

		Carb.	Prot.	Fat.	Cal.
Yogurt Fruit & Nut Salad	₹358	45	20	9	345
Fresh fruit Salad with seeds & nuts dressing	₹298	40	13	6	270
Paneer Thai Salad	₹288	14	25	4	196
Veg High Protein Overdose Salad	₹298	20	23	7	239
Teriyaki Cottage Cheese Salad	₹318	18	25	3	203
Cottage Cheese Hawaain Salad	₹308	18	25	3	203
High Protein Quinoa Salad	₹338	50	15	4	298
Beetroot Salad	₹288	23	14	1	159
Fresh Avocado Salad	₹448	26	6	19	301
Sweet Potato with Kachumber Salad	₹308	40	5	1	191
Mexican Eggs & Beans Salad	₹308	20	24	10	270
Teriyaki Chicken Salad	₹328	15	38	3	241
Non.Veg High Protein Overdose Salad	₹328	15	45	3	269
Smoked Chicken Hawaain Salad	₹328	14	39	3	241
Chicken Thai Salad	₹328	16	39	5	267



BFC's High Protein Meals

		Carb.	Prot.	Fat.	Cal.
Mashed Potato with Marinated Grilled Paneer & Sautéed Vegetables	₹288	35	25	2	260
Grilled Soya in BFC's low fat Sauce	₹308				2
Paneer Half Pound with Vegetable in BFC's Marinara Sauce	₹358	10	55	3	298
Stuffed Paneer with Vegetables in Salsa Sauce	₹298	17	21	1	163
Deviiled Egg with Stuffed Chicken & Salad	₹328	10	58	16	418
Mashed Potato with Grilled Chicken Breast and Sautéed Vegetables	₹328	35	38	3	321
Steamed Chicken Breast with Sautéed Veggies in BFC's Hot Garlic Sauce	₹338	12	45	2	248
Steamed Fish with Sautéed Veggies in BFC's Hot Garlic Sauce	₹378	14	31	2	200
Grilled Chicken in BFC's low fat Sauce	₹298	12	46	8	306
Chicken Half Pound with Vegetable in BFC's Marrrinara Sauce	₹388	10	62	6	344
Stuffed Chicken breast with Sautéed Vegetables in Salsa Sauce	₹308	14	39	4	250
Grilled Fish with sauteed vegetables in BFC's Lime Chilly dressing	₹368	15	31	4	222
Grilled Chicken Fingers with Peanut Sauce	₹288	0	38	4	190
Sweet Potato Hass with Grilled Fish and Sautéed Vegetables	₹378	33	33	3	293



Keto Meals

		Carb.	Prot.	Fat.	Cal.
Grilled Cottage Cheese with Sautéed Mushroom in Cauliflower Gravy	₹288	7	22	32	406
Stuffed Paneer with Pumpkin Mash & Sautéed Vegetables	₹318	9	22	29	387
Creamy Paneer with Mushroom & Broccoli	₹308	10	28	35	469
Paneer Makhani with Cauliflower Rice	₹298	10	23	30	404
Butter Chicken with Cauliflower Rice	₹308	7	28	32	430
Garlic Grilled chicken with Baby Spinach	₹328	6	30	32	434
Grilled Chicken with Sautéed Mushroom in Cauliflower Gravy	₹318	8	28	29	407
Stuffed Chicken with Pumpkin Mash & Sautéed Vegetables	₹318	9	28	29	411
Creamy Chicken with Mushroom & Broccoli	₹298	9	28	37	483

Menu

Tasty | Organic | Healthy



Whole Wheat Sandwiches

		Carb.	Prot.	Fat.	Cal.
Freshy Veggiewich	₹248	40	11	3	233
Grilled Cottage Cheese Multigrain Sandwich	₹288	41	30	6	340
Toasted Avocado Multigrain Sandwich	₹398	40	12	15	345
Paneer Tikka Sandwich	₹268	42	30	7	353
Pulled Barbeque Chicken Multigrain Sandwich	₹288	35	41	6	360
Chicken Tikka Sandwich	₹298	35	40	5	347



High Protein Rice Meals

Choice of Rice	Choice of Protein	Choice of Gravy		Carb.	Prot.	Fat.	Cal.
White Rice	Grilled Paneer	BFC's Indian	₹308	25	38	3	281
Brown Rice	Grilled Tofu	BFC's Marinara	₹308	25	38	3	281
Green Rice	Grilled Soya	BFC's Spinach	₹308	25	39	3	285
Cous Cous	Grilled Chicken Breast	BFC's Thai	₹268	27	40	6	324
	Grilled Fish						
	Egg						
Asian Style Brown Rice with Paneer Bhujji & Daily Diet Salad			₹298	28	38	4	302
Herbed Marrinated Cottage Cheese with BFC's Green rice & Low fat Sauce			₹298				



Whole Wheat Pizzas & Pasta

BFC's Veggies Feast	₹378
Keto Pizza	₹398
Chipotle Paneer Pizza	₹408
Flamed Grilled Chicken Pizza	₹398
Choice of Pasta	₹428



Detox & Juices

Berries Boom	₹248
Vitamin A Booster	₹248
Vitamin B Booster	₹248
Vitamin C Booster	₹248
Vitamin K Booster	₹248
Biotin Booster	₹248



Deserts

High Protein Chocoholic Jar	₹228
Fresh Fruit Cream	₹288
Blueberry Banana overnight Oatmeal	₹318
Berry Hazelnut Crumble Oatmeal	₹318
Fresh Fruit Custard	₹288



Whole Wheat Burgers

Paneer Cheddar Burger	₹278
Tandoori Chicken Breast Burger	₹288
Veg Overloaded Burger	₹318
Soya Tikka Burger	₹298
Chicken Quarter Pound Burger	₹288



Sugar Free Drinks

Fresh Watermelon Juice	₹248
Iced Americano	₹248
Basil Blast	₹248
Hangover Cure	₹248
Coffee Shot	₹78



Healthy Chips & Dips

Peanut Dip	₹178
Avocado Dip	₹218
Hummus with Pita	₹288
Baked Nachos	₹338
Baked Beetroot Chips	₹338



Multigrain Wraps & Burritos

		Carb.	Prot.	Fat.	Cal.
Mexican Beans Burrito	₹278	29	20	4	234
Soya Chunk Masala Wrap	₹288	32	34	6	320
Bhuna Paneer Wrap	₹308	22	34	7	289
Chicken & Beans Burrito	₹298	30	45	9	383
Creamy Mushroom & Corn Wrap	₹288	28	16	7	241
Bhuna Chicken Wrap	₹318	20	39	7	301



Barbeque Special

		Carb.	Prot.	Fat.	Cal.
Paneer & Pineapple Tikka	₹328	12	23	4	178
Mushroom & Pineapple Tikka	₹328	13	10	4	130
Soya Tikka	₹298	10	24	8	210
Roasted Chicken Wings	₹258	2	36	38	496
Chicken & Pineapple Tikka	₹348	11	32	4	210
Fish & Pineapple Tikka	₹448	11	36	5	235
Grilled Chicken Bucket	₹548	20	110	8	594



Protein Subz & Choice of Roti (Beetroot, Palak, Bajra)

		Carb.	Prot.	Fat.	Cal.
Bhuna Paneer with Choice of Roti & Healthy Salad	₹298	12	22	6	192
Palak Paneer with Choice of Roti & Healthy Salad	₹298	12	23	6	196
Paneer Bhurji with Choice of Roti & Healthy Salad	₹288	12	23	6	196
Egg Bhurji with Choice of Roti & Healthy Salad	₹288	11	21	9	211
Bhuna Chicken with Choice of Roti & Healthy Salad	₹308	10	34	5	223
Palak Chicken with Choice of Roti & Healthy Salad	₹308	10	34	5	223



Organic Protein Shakes & Smoothies

High Protein Peanut Butter Shake	₹288
High Protein Honey Banana Caramel	₹288
Power Booster Smoothie	₹288
Mix Berries Smoothie	₹308
Strawberry Oatmeal Smoothie	₹308
High Protein Parley Casata Shake	₹308



Millets special / Gluten Free

Exotic Vegetable Millets Pulao	₹278
Millets Biryani	₹338
Asian Style Millets	₹278
Stuffed Millets Kebab	₹308