



Own Your Vegan Journey with Chef Amar

VEGANO MENU

Welcome to **VEGANO**, where we take you on a delightful vegan adventure! All our dishes are crafted with love, passion, and the finest plant-based ingredients, ensuring you experience both health and flavor. Get ready to savor wholesome meals that nourish both body and soul.

1. Salads (Vegan & Gluten-Free) – Rs. 400

Calories: 484 kcal | Protein: 24g | Carbs: 27g | Fats: 33g

• Mediterranean Lentil Salad

A delightful mix of hearty lentils, ripe tomatoes, crisp cucumber, vibrant bell peppers, creamy vegan cheese, and sweet onion, tossed in a zesty vegan ranch dressing.

• Roasted Almond Broccoli Salad

Roasted almonds crown this refreshing salad of tender broccoli, briny olives, sundried tomatoes, and smooth vegan cottage cheese, drizzled with balsamic dressing.

• Thai Flat Rice Noodle Salad

Flavorful rice noodles tossed with crunchy bok choy, peanuts, sweet carrot, crisp iceberg lettuce, and tangy pickled cucumber, finished with a tamarind dressing.

• Lemony Tofu Quinoa Salad Bowl

Nutritious quinoa paired with crisp bell peppers, creamy avocado, onion, tofu, olives, and vibrant berries, all topped with a tangy low-fat tomato and roasted bell pepper dressing.

• Asian Cucumber Salad

Light and refreshing cucumber, crunchy peanuts, and tofu, all dressed in a zesty chili vinegar dressing.

• Soba Noodles Salad

Nutritious soba noodles combined with crunchy carrots, iceberg lettuce, pickles, bok choy, tomatoes, and spring onions, drizzled with a sesame mustard dressing.

• Carrot Salad

Shredded carrots mixed with berries and pumpkin seeds, topped with tangy feta cheese, raisins, and a fragrant basil vinaigrette.

• Buddha Bowl

A nourishing combination of mixed grains, tofu, corn kernels, fresh lettuce, beetroot, and creamy avocado, all topped with a flavorful tomato and basil lime dressing.

3. Buckwheat Crepes (Choose any four stuffings, served with in-house salsa) – Rs. 400

Calories: 484 kcal | Protein: 24g | Carbs: 27g | Fats: 33g

A delightful selection of savory buckwheat crepes filled with your choice of:

- Tofu
- Cottage Cheese
- Spinach
- Corn
- Mushroom
- Sundried Tomatoes
- Jalapenos
- Olives
- Broccoli
- Onion Jam
- Roasted Bell Pepper
- Grilled Zucchini

2. Soups (Vegan & Gluten-Free) – Rs. 250

Calories: 98 | Fats: 4.45g | Carbs: 12g | Protein: 4.12g

• Lemon Coriander Broth

A refreshing and aromatic broth, perfect to cleanse and energize.

• Lentil & Veggie Soup

A heartwarming bowl of protein-packed lentils with seasonal vegetables.

• Corn & Broccoli Soup

A creamy blend of sweet corn and tender broccoli, infused with flavor.

• Tomato & Roasted Bell Pepper Soup

Roasted bell peppers and tomatoes come together in this rich, smoky soup.

Noodles & Tofu Veg Broth

A flavorful, hearty broth with tofu and noodles, perfect for a light yet satisfying meal.

• Spinach & Corn Soup

A silky soup blending vibrant spinach and sweet corn.

• Pumpkin & Roasted Almond Soup

A velvety pumpkin soup, complemented by the crunch of roasted almonds.

• Quinoa & Beetroot Soup

A hearty and vibrant soup made with quinoa and earthy beetroot.

• Oats & Carrot Soup

A warming, nutritious soup of oats and sweet carrots.

4. Polepetta (Vegan Patties) Topped with Vegan In-House Cheese on a Bed of Tomato Pesto Sauce – Rs. 400

Calories: 384 kcal | Protein: 44g | Carbs: 22g | Fats: 23g

Choose from these delicious patty combinations:

- Kidney Beans & Chickpeas
- Quinoa & Soya Beetroot
- Mushroom & Kidney Beans
- Spinach & Corn

5. Pasta (Choose from Penne, Spaghetti, Fettuccine) – Rs. 400

Choose from four delectable vegan sauces:

- Vegan Bolognese Sauce
- Pomodoro Sauce
- Tomato Pesto Sauce
- Arrabiata Sauce

NOTE : PRE ORDERS BEFORE 24 HOURS



6. Power-Packed High-Protein Wholesome Bowls – Rs. 475

Calories: 454 kcal | Protein: 44g | Carbs: 27g | Fats: 23g

• Fuel your day with bowls bursting with nourishing goodness:

Cilantro Pesto Lentil Tofu with Tomato Quinoa Pilaf & Roasted Pumpkin
A vibrant blend of lentils and tofu, infused with fresh cilantro pesto, paired with a zesty tomato quinoa pilaf and sweet, smoky roasted pumpkin.

• Chilli Jaggery Glazed Vegan Paneer with Couscous & Tomato Confit

Savory vegan paneer, kissed by the perfect balance of spicy and sweet chilli jaggery glaze, served with fluffy couscous and rich, slow-roasted tomato confit.

• Kidney Bean Cakes with Onion Quinoa Pilaf, Charred Broccoli, & Pineapple Salsa

Crispy kidney bean cakes paired with a fragrant onion quinoa pilaf, charred broccoli, and a refreshing pineapple salsa to awaken your taste buds.

• Buckwheat Pancakes with Hummus, Eggplant, & Pumpkin

Hearty, golden buckwheat pancakes topped with creamy hummus, roasted eggplant, and velvety pumpkin for a satisfying and wholesome experience.

• Flat Rice Noodles with Coconut Curry & Exotic Veggies

Slippery flat rice noodles immersed in a rich coconut curry, alongside a medley of exotic veggies that dance in every bite.

• Udon/Soba Noodles in Coconut Stew with Galangal & In-House Lentil Tofu

Dive into a comforting coconut stew with udon or soba noodles, galangal, and our signature in-house lentil tofu.

• Gluten-Free Ramen with Broccoli, Tofu, Corn, Mushroom, Spring Onion & Miso Broth

Warm, savory ramen in a deep miso broth, topped with crunchy broccoli, silky tofu, sweet corn, earthy mushrooms, and fresh spring onions.

8. Create Your Own Pizzas – Rs. 450

Calories: 484 kcal | Protein: 24g | Carbs: 27g | Fats: 33g

Design your pizza masterpiece with fresh, vibrant ingredients:

Choose your Sauce:

- Classic Tomato
- Pesto
- Sweet & Smoky Barbecue
- Choose your Four Toppings:
- Grilled Bell Pepper
- Juicy Tomatoes
- Sweet Caramelized Onions
- Spicy Jalapenos
- Roasted Eggplant
- Briny Olives
- Tropical Pineapple
- Sweet Corn
- Earthy Mushrooms
- Baby Corn

10. Open Toast – Rs. 400

Calories: 484 kcal | Protein: 24g | Carbs: 27g | Fats: 33g

A delightful twist on classic toast—fresh, open-faced and ready for your topping choices:

Choose your base:

- Melty Cheese
- Creamy Hummus
- Pick your Toppings:
- Velvety Avocado, Grilled Tomato, and Crisp Greens
- Sweet Sundried Tomato, Fresh Basil, and Caramelized Onion
- Smoky Roasted Bell Pepper, Sweet Corn, and Onion
- Savory Mushroom, Fresh Spinach, and Zucchini
- Briny Olives, Spicy Jalapeno, and Crunchy Broccoli

7. Create Your Own Gluten-Free Multi-Grain Wheat Wrap – Rs. 375

Calories: 384 kcal | Protein: 24g | Carbs: 27g | Fats: 33g

Craft your perfect wrap, packed with flavor and goodness:

Pick your Sauce:

- Smoky Chipotle Mayo
- Creamy Hummus
- Zesty Tomato Salsa
- Pick your Protein:
- Tofu
- Falafel
- Cottage Cheese
- Feta

Add up to two Toppings for Rs. 20 each:

- Grilled Zucchini
- Fresh Tomato
- Crisp Bell Pepper
- Briny Olives
- Spicy Jalapenos
- Sweet Onion
- Smoky Grilled Eggplant
- Earthy Kidney Beans
- Cool Cucumber
- Roasted Pumpkin
- Caramelized Grilled Pineapple
- Sweet Corn
- Creamy Avocado
- Sweet Pineapple
- Savory Mushrooms

9. Oats Bowls – Rs. 400

Calories: 484 kcal | Protein: 44g | Carbs: 27g | Fats: 30g

Indulge in these hearty, wholesome oat bowls—perfectly crafted for every craving:

Cinnamon & Apple Oats Bowl

A fragrant cinnamon-sugar blend meets fresh apples, chia seeds, crunchy nuts, and a drizzle of jaggery syrup for a cozy, comforting bowl.

Banana & Peanut Oats Bowl

Creamy peanut almond sauce coats smooth banana slices, with chia seeds and nuts bringing the crunch to this rich oats bowl.

Cocoa & Coffee Oats Bowl

Dive into the warmth of cocoa and coffee, with chia seeds, crunchy walnuts, dried berries, and jaggery syrup that ties everything together.

