



TRAINING DAY CAFE

HEALTHY. TASTY. IRRESISTIBLE. FOOD.



FOOD MENU



GLUTEN FREE | VEGAN | NO OIL |
NO BUTTER | NO CREAM | NO MAYONNAISE
| NO ARTIFICIAL FLAVORING

SHALIMAR BAGH - DELHI
SECTOR 47, GURUGRAM - HARYANA

ALL DAY BREAKFAST

Training Day No Sugar Granola

Served with milk of your choice and fresh cut seasonal fruits

Protein: 15 gram | Fat: 16 gram | Carbs: 40 gram | Calories: 350 kcal

VEG

229/-

Hot Bowl Of Oats

Served with fresh cut seasonal Fruits (Cooked in milk of your choice)

Protein: 8.5 gram | Fat: 7.5 gram | Carbs: 27 gram | Calories: 200 kcal

VEG

229/-

Fresh Cut Bowl Of Fruits

Served with organic honey & essential seed mix (200 grams)

Protein: 1.3 gram | Fat: 0.8 gram | Carbs: 22 gram | Calories: 90 kcal

VEG

249/-

Red Rice Poha

With 2 signature Dips

Protein: 1.3 gram | Fat: 8 gram | Carbs: 22 gram | Calories: 90 kcal

VEG

149/-

Veggie Moong Dal Chilla

Stuffed with paneer, served with mint chutney

Protein: 10 gram | Fat: 6 gram | Carbs: 25 gram | Calories: 200 kcal

VEG

199/-

Grain Free Pizza Uttapam

with tomato coconut chutney & sambhar

Protein: 16 gram | Fat: 8 gram | Carbs: 50 gram | Calories: 350 kcal

VEG

169/-



VEGAN



GLUTEN FREE



VEGAN / GLUTEN FREE

Pesarattu Dosa

Green Moong Dosa served with 2 types of Chutneys & Sambhar

Protein: 7 gram | Fat: 8 gram | Carbs: 24 gram | Calories: 190 kcal

VEG

169/-

Wake-Me Up Avocado Sourdough Toast

Served with house salad (2 pcs) (Veg / Egg)

Protein: 8.5 gram | Fat: 7.5 gram | Carbs: 27 gram | Calories: 200 kcal

VEG

349/-

Oven Baked whole-wheat palak Parantha

Served with Paneer Bhurji

Protein: 30 gram | Fat: 31 gram | Carbs: 46 gram | Calories: 580 kcal

VEG

229/-

Mushroom Pesto Toast on Sourdough

Served with House Salad (V) (2 pcs)

Protein: 10 gram | Fat: 16 gram | Carbs: 42 gram | Calories: 340 kcal

VEG

249/-

Eggs to Order

3 eggs cooked to order, served with 2 multigrain Toast & sauteed veggies

Hard Boiled/ Poached/Scrambled/ Plain Omelette/ Masala Omelette

Protein: 25 gram, Fat: 18 gram, Carbs: 40 gram, Calories: 420 kcal

NON-VEG

199/-

Oats & Egg Chilla With Mint Chutney

Protein: 16 gram, Fat: 16 gram, Carbs: 30 gram, Calories: 335 kcal

NON-VEG

159/-

Oven Baked Whole-Wheat Palak Parantha

Served with Egg Bhurji

Protein: 26 gram, Fat: 21 gram, Carbs: 46 gram, Calories: 470 kcal

NON-VEG

159/-



VEGAN



GLUTEN FREE



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SALADS

Thai Chopped Salad



Lettuce, Purple Cabbage, Grated Carrot, Cucumber, Cherry Tomatoes, Yellow Bell Pepper, Spring Onion, Crushed Peanuts & Peanut Dressing

Protein: 20 gram | Fat: 12 gram | Carbs: 50 gram | Calories: 390 kcal

VEG

229/-

NON-VEG

279/-

Trip To Paris!



Julienned Beets, Avocado, Kale/ Rocket leaves, Cottage cheese, Walnuts, Honey Vinaigrette

Protein: 10 gram | Fat: 28 gram | Carbs: 25 gram | Calories: 390 kcal | Calories: 580 kcal

VEG

249/-

NON-VEG

299/-

India On A Plate



Soya Pattie, Lettuce, Onions, Bell peppers, Pomegranate, Cucumbers, Spicy Dressing & sesame seeds

Protein: 39 grams | Fat: 19 grams | Carbs: 34 grams | Calories: 460Kcal

VEG

229/-

NON-VEG

299/-

Greek salad

Protein: 50 grams | Fat: 25 grams | Carbs: 40 grams | Calories: 280Kcal

VEG

249/-

NON-VEG

299/-

Falafel Salad

Iceberg, cucumber, green lettuce, tomato, jalapeno & chicken

Protein: 20 gram | Fat: 10 gram | Carbs: 20 gram | Calories: 245 kcal

VEG

249/-

NON-VEG

299/-



VEGAN



GLUTEN FREE



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WRAPS & ROLLS

Asian Mushroom Wrap

Sauteed mushrooms, Asian Veggie Slaw, Asian Mayo Sauce

Protein: 14 gram | Fat: 18 gram | Carbs: 52 gram | Calories: 430 kcal

 VEG
239/-

Mexican Tortilla Wrap

Bell Peppers, Iceberg, Onion and Tomatoes

Protein: 7 gram | Fat: 20 gram | Carbs: 36 gram | Calories: 352 kcal

 VEG
349/-

Falafel Hummus Wrap

Iceberg, cucumber, green lettuce, tomato, jalapeno & hummus

Protein: 10 gram | Fat: 8 gram | Carbs: 18 gram | Calories: 175 kcal

 VEG
289/-

Asian Chicken Wrap

Shredded BBQ Chicken, Asian Slaw, Asian Mayo Sauce

Protein: 45 gram | Fat: 18 gram | Carbs: 43 gram | Calories: 500 kcal

 NON-VEG
279/-

Grilled Chicken Wrap

Grilled Chicken, Sliced Tomato, Olives, Lettuce, Pesto

Protein: 38 gram | Fat: 15 gram | Carbs: 26 gram | Calories: 380 kcal

 NON-VEG
299/-

Charred Paneer Tikka Roll

Pickled veggies, marinated onions & mint chutney

Protein: 40 gram | Fat: 30 gram | Carbs: 50 gram | Calories: 530 kcal

 VEG
289/-

Tandoori Soya Roll

Soya kebabs, mixed grilled veggies, mint sauce

Protein: 34 gram | Fat: 12 gram | Carbs: 46 gram | Calories: 420 kcal

 VEG
239/-



VEGAN



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Paneer Khathi Roll

Protein: 35 gram | Fat: 20gram | Carbs: 45 gram | Calories: 300 kcal

■ VEG
289/-

Chicken Khathi Roll

Protein: 32 gram | Fat: 16 gram | Carbs: 10 gram | Calories: 250 kcal

■ NON-VEG
279/-

Kaali Mirch Chicken Tikka Roll

Pickled Veggies, Marinated Onions, Mint Yogurt Chutney

Protein: 42 gram | Fat: 41 gram | Carbs: 24 gram | Calories: 750 kcal

■ NON-VEG
279/-



VEGAN



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SANDWICHES & BURGERS

New York Chopped Salad Sandwich

Boiled Chicken/ Paneer Cubes, Chopped Lettuce, Chopped Cucumber, Chopped Onion, Chopped Pickles, chopped Olives, Training Day Mayo in Whole-wheat bread

Protein: 46 gram | Fat: 20 gram | Carbs: 45 gram | Calories: 540 kcal

VEG

279/-

NON-VEG

329/-

Italian sandwich

Grilled Chicken/ Paneer, Roasted Bell peppers, Bocconcini, Iceberg, Pesto

Protein: 38 gram | Fat: 46 gram | Carbs: 40 gram | Calories: 720 kcal

VEG

299/-

NON-VEG

349/-

Burrah Sandwich!

Paneer/ Chicken tikka, Assorted bell peppers, Pickled Onions, lettuce, Training Day Mint Mayo

Protein: 24 gram | Fat: 25 gram | Carbs: 40 gram | Calories: 600 kcal

VEG

299/-

NON-VEG

329/-

Creamy Egg Sando

Boiled Eggs, Pickled Cucumbers, Dill, Training Day mayo

Protein: 40 gram | Fat: 30 gram | Carbs: 50 gram | Calories: 480 kcal

NON-VEG

199/-

Gym Rat 60 Gram Protein Burger

Soya Pattie/ Double smashed chicken, Lettuce, Tomato, Jalapeno, Fried Egg, Training Day Ranch Sauce, Whole-wheat/ Chickpea Bun

Protein: 40 gram | Fat: 30 gram | Carbs: 50 gram | Calories: 530 kcal

VEG

309/-

NON-VEG

359/-



VEGAN



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The American BBQ Burger

Grilled Soya pattie/ Chicken Pattie, American Veggie Slaw, Pickled Cucumbers, Training Day Ranch, Whole-wheat/Chickpea Bun

Protein: 42 gram | Fat: 17 gram | Carbs: 45 gram | Calories: 500 kcal

 VEG
299/-

 NON-VEG
349/-

Italian Burger

Grilled Chicken/ Paneer, Roasted Bell peppers, Bocconcini, Iceberg, Pesto

Protein: 38 gram | Fat: 46 gram | Carbs: 40 gram | Calories: 720 kcal

 VEG
299/-

 NON-VEG
349/-

Falafel Burger

Chickpeas, Pickle onion, Green Lettuce, Hummus, Multigrain Burger

Protein: 12 gram | Fat: 10 gram | Carbs: 22 gram | Calories: 180 kcal

 VEG
299/-



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GUILT FREE PASTA

Alfredo Pasta

'Magic' White sauce!

Protein: 8 gram | Fat: 3 gram | Carbs: 45 gram | Calories: 235 kcal

 VEG
199/-
 NON-VEG
249/-

Classic Arrabiata Pasta

Protein: 8 gram | Fat: 3 gram | Carbs: 45 gram | Calories: 235 kcal

 VEG
199/-
 NON-VEG
249/-

Pink Sauce Pasta

Protein: 11 gram | Fat: 6 gram | Carbs: 45 gram | Calories: 275 kcal

 VEG
199/-
 NON-VEG
249/-

Creamy Pesto Sauce Pasta

Protein: 13 gram | Fat: 10 gram | Carbs: 45 gram | Calories: 530 kcal

 VEG
249/-
 NON-VEG
299/-

Creamy Mushroom Sauce Pasta

Protein: 13 gram | Fat: 10 gram | Carbs: 45 gram | Calories: 530 kcal

 VEG
249/-
 NON-VEG
299/-

Thai Curry Pasta

Protein: 9 gram | Fat: 60 gram | Carbs: 48 gram | Calories: 760 kcal

 VEG
249/-
 NON-VEG
299/-

Chef Special Pasta Sauce

Pink sauce with Jalapeno & Charred Sweet Corn

Protein: 11 gram | Fat: 6 gram | Carbs: 45 gram | Calories: 330 kcal

 VEG
249/-
 NON-VEG
299/-



VEGAN



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MAINS

Grilled Paneer Steak

Served with Steamed Brown Rice, Steamed Veggies & Spicy Tomato basil sauce

Protein: 25 gram | Fat: 28 gram | Carbs: 32 gram | Calories: 480 kcal

 VEG
349/-

Paneer Makhani Bowl

Served with Brown Rice & house Salad

Protein: 32 gram | Fat: 40 gram | Carbs: 60 gram | Calories: 800 kcal

 VEG
349/-

Ni-Hao

Stir Fried Cottage Cheese with Bell Peppers, served with Garlic Brown Rice

Protein: 30 gram | Fat: 30 gram | Carbs: 55 gram | Calories: 600 kcal

 VEG
349/-

Rajma Chawal Bowl

The Classic Rajma Chawal made healthier

Protein: 20 gram | Fat: 2 gram | Carbs: 70 gram | Calories: 380 kcal

 VEG
149/-

Chef Special Butter Paneer

Protein: 60 gram | Fat: 20 gram | Carbs: 60 gram | Calories: 720 kcal

 VEG
399/-

Yellow Thai Chicken Curry

Chicken Cooked in a tangy yellow Coconut Curry, served with steamed Rice & Steamed veggies

Protein: 38 gram | Fat: 14 gram | Carbs: 45 gram | Calories: 460 kcal

 NON-VEG
369/-

Grilled Chicken Meal (250 Gram Chicken)

Grilled Chicken breast served with Boiled Potatoes, Brown Rice Sautéed Veggies and Pesto Sauce

Protein: 64 gram | Fat: 17 gram | Carbs: 38 gram | Calories: 467 kcal

 NON-VEG
379/-



VEGAN



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Training Day Murg Makhani

Served with brown rice & salad

Protein: 45 gram | Fat: 20 gram | Carbs: 60 gram | Calories: 690 kcal

NON-VEG
399/-

THE ARNOLD (NV)

Boiled Shredded Chicken, Steamed Rice, Boiled Spinach, Garlic Yogurt Sauce

Protein: 44 gram, Fat: 10 gram, Carbs: 38 gram, Calories: 418 kcal

NON-VEG
349/-

Chef Special Butter Chicken

Protein: 60 gram | Fat: 20 gram | Carbs: 60 gram | Calories: 720 kcal

NON-VEG
399/-

Burrito Bowl

Brown rice, tomato sauce, kidney beans, sweet corns, iceburge & jalapeno

Protein: 45 gram, Fat: 12 gram, Carbs: 35 gram, Calories: 250 kcal

VEG
249/-
NON-VEG
349/-



VEGAN



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MAKE YOUR OWN MEAL

Grilled Chicken Breast (125 Gram)

Protein: 32 gram | Fat: 8 gram | Carbs: 0 gram | Calories: 185 kcal

■ NON-VEG
125/-

Grilled Chicken Breast (250 Gram)

Protein: 64 gram | Fat: 16 gram | Carbs: 0 gram | Calories: 370 kcal

■ NON-VEG
239/-

Boiled Chicken (125 Gram)

Protein: 32 gram | Fat: 3 gram | Carbs: 0 gram | Calories: 140 kcal

■ NON-VEG
119/-

Boiled Chicken (250 Gram)

Protein: 64 gram | Fat: 6 gram | Carbs: 0 gram | Calories: 280 kcal

■ NON-VEG
229/-

Chicken Keema Pattie (125 Gram)

Protein: 32 gram | Fat: 8 gram | Carbs: 0 gram | Calories: 185 kcal

■ NON-VEG
125/-

Chicken Keema Pattie (250 Gram)

Protein: 64 gram | Fat: 8 gram | Carbs: 0 gram | Calories: 185 kcal

■ NON-VEG
229/-

Boiled Eggs (3 Whole)

Protein: 14 gram | Fat: 10 gram | Carbs: 1 gram | Calories: 150 kcal

■ NON-VEG
90/-

Boiled Eggs (3 Whites)

Protein: 7 gram | Fat: 0 gram | Carbs: 0 gram | Calories: 28 kcal

■ NON-VEG
90/-

3 Egg Omelette (Masala/Plain/Fried Egg)

■ NON-VEG
99/-



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Raw Paneer (100 Gram)

Protein: 20 gram | Fat: 25 gram | Carbs: 3 gram | Calories: 310 kcal

■ VEG
109/-

Grilled Paneer (100 Gram)

Protein: 20 gram | Fat: 30 gram | Carbs: 3 gram | Calories: 355 kcal

■ VEG
125/-

Soya Keema Pattie (100 Gram)

Protein: 30 gram | Fat: 3 gram | Carbs: 10 gram | Calories: 195 kcal

■ VEG
79/-

CHOOSE YOUR CARBOHYDRATES

Brown Rice (100 Gram)

Protein: 2 gram | Fat: 1 gram | Carbs: 28 gram | Calories: 120 kcal

79/-

Boiled Sweet Potato (100 Gram)

Protein: 2 gram | Fat: 0 gram | Carbs: 22 gram | Calories: 95 kcal

79/-

Boiled Potato (100 Gram)

Protein: 2 gram | Fat: 0 gram | Carbs: 22 gram | Calories: 95 kcal

79/-

Multigrain Toast (2 pcs)

Protein: 4 gram | Fat: 1 gram | Carbs: 12 gram | Calories: 70 kcal

49/-



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CHOOSE YOUR VEGGIES

House Salad (100 Gram)

59/-

Protein: 0 gram | Fat: 0 gram | Carbs: 8 gram | Calories: 30 kcal

Steamed Vegetables (100 Gram)

119/-

Protein: 2 gram | Fat: 0 gram | Carbs: 10 gram | Calories: 45 kcal

Grilled Vegetables (100 Gram)

119/-

Protein: 2 gram | Fat: 0 gram | Carbs: 10 gram | Calories: 45 kcal

Broccoli (100 Gram)

149/-

Protein: 8 gram | Fat: 2 gram | Carbs: 2 gram | Calories: 45 kcal

CHOOSE YOUR SAUCE

Mushroom Sauce

99/-

Tomato Basil Sauce

99/-

Thai Curry

99/-

Makhani Sauce

99/-

Hummus

99/-



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DESSERTS

Almond Milk Chia Seed Pudding

249/-

Sweetened with Desi Khaand, layered with fresh & dry fruits

Protein: 10 gram | Fat: 9 gram | Carbs: 25 gram | Calories: 220 kcal

Homemade Protein Fruit & Nut Chocolate (50 Gram) 159/-

Made with ghee, desi khaand & Protein & Cocoa

Protein: 10 gram | Fat: 17 gram | Carbs: 17 gram | Calories: 250 kcal

Protein Pancakes With Organic Honey & Fresh-Fruits

219/-

Chocolate/ Cookie/ Mango

Protein: 24 gram | Fat: 5.5 gram | Carbs: 25 gram | Calories: 245 kcal

Quinoa & Coconut Milk Kheer

229/-

Made with Desi Khaand and topped with Dry fruits

Protein: 6 gram | Fat: 10 gram | Carbs: 28 gram | Calories: 225 kcal

Protein Brown Rice Phirni

269/-

Protein: 31 gram | Fat: 2 gram | Carbs: 10 gram | Calories: 190 kcal



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BEVERAGES (PROTEIN SHAKES)

Café Latte	99/-
Shahi Kesar	99/-
Malai Kulfi	99/-
Mango	99/-
Belgium Bliss	99/-
Cookies and Cream	99/-

ADD ON'S

Toned Milk (250 ml)	49/-
Almond Milk (250 ml)	99/-
Soy Milk (250 ml)	79/-



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FRESH JUICES

ABC

149/-

Apple, Beetroot & Carrot

Fiber: 3 gram | Carbs: 0 gram | Natural Sugar: 20 gram

CITRUS

99/-

Orange & Sweet Lime

Protein: 2 gram | Fat: 0 gram | Carbs: 27 gram | Calories: 110 kcal | Natural Sugar: 22 gram

Watermelon & Mint

99/-

Protein: 0.6 gram | Fat: 0.2 gram | Carbs: 7.6 gram

Celery Mint Juice

99/-

Chef Special Refreshment Juice

149/-

COFFEE & TEA

Cappuccino

179/-

Coffee

79/-

Black Coffee

79/-

Herbal Tea

99/-

Masala Chai

79/-



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SHAKES & SMOOTHIES

ADD PROTEIN 30 GRAMS AT 99/- ONLY

Mango Smoothie Bowl

369/-

Thick mango smoothie with chia seeds, mixed nuts & fresh fruits

Protein: 35 gram | Fat: 15 gram | Carbs: 30 gram | Calories: 340 kcal

Strawberry Smoothie Bowl

369/-

Thick Strawberry smoothie with chia seeds, mixed nuts & fresh fruits

Protein: 40 gram | Fat: 20 gram | Carbs: 35 gram | Calories: 300 kcal

Mixed Berry Smoothie

249/-

Mixed Berries, Honey & Yogurt

Protein: 10 gram | Fat: 2 gram | Carbs: 35 gram | Calories: 188 kcal

Tropical Smoothie

199/-

Mango, pineapple, coconut milk, Desi Khaand

Protein: 5 gram | Fat: 7 gram | Carbs: 40 gram | Calories: 240 kcal

Banana & Date Shake

149/-

Banana, Date syrup, toned milk

Protein: 4 gram | Fat: 4 gram | Carbs: 55 gram | Calories: 275 kcal

Dates & Dry Fruits Shake

199/-

Dates, Dry fruits, Toned Milk

Protein: 20 gram | Fat: 20 gram | Carbs: 40 gram | Calories: 420 kcal

Peanut Butter & Chocolate Shake

249/-

Peanut butter, cocoa powder, toned Milk, Desi Khaand

Protein: 24 gram | Fat: 5.5 gram | Carbs: 25 gram | Calories: 245 kcal

Avocado smoothie bowl

399/-

Protein: 50 gram | Fat: 20 gram | Carbs: 45 gram | Calories: 200 kcal



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SUMMER SPECIAL SHAKES

Mango Lassi

149/-

Mango Pulp, yogurt, Honey

Protein: 5 gram | Fat: 4.5 gram | Carbs: 29 gram | Calories: 177 kcal

Jaggery Lassi

99/-

Jaggery, Yogurt

Protein: 8 gram | Fat: 6 gram | Carbs: 35 gram | Calories: 210 kcal

Tadka Chaach

79/-

Roasted Jeera, fresh coriander, ginger, pink salt, yogurt

Protein: 5 gram | Fat: 4 gram | Carbs: 6 gram | Calories: 80 kcal

Tender Coconut Lemonade

179/-

Tender coconut Pulp, Coconut water, Honey, Lemon

Tender Coconut Water

99/-

Desi Khaand Lemonade

79/-



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