



**indisalads**

**NUTRITION INFORMATION**

UPDATED DEC 2023

## VEGETARIAN SALADS

| Salads                                   | Serving | Serving Size (g) | Calories | Total Protein (g) | Total Fat (g) | Total Carb (g) | Dietary Fiber (g) |
|--|---------|------------------|----------|-------------------|---------------|----------------|-------------------|
| Barny Chickpea<br>with Cottage Cheese    | Regular | 431              | 727      | 28                | 39            | 73             | 8                 |
|  | Medium  | 317              | 535      | 21                | 29            | 54             | 6                 |
| Oye Soy<br>with Cottage Cheese           | Regular | 407              | 602      | 20                | 37            | 50             | 8                 |
|  | Medium  | 297              | 439      | 15                | 27            | 37             | 6                 |
| Fruity Barley                            | Regular | 411              | 519      | 16                | 31            | 44             | 12                |
|  | Medium  | 301              | 373      | 12                | 23            | 31             | 8                 |
| Umami Roast<br>with Cottage Cheese       | Regular | 392              | 690      | 26                | 47            | 45             | 8                 |
|  | Medium  | 297              | 530      | 20                | 36            | 34             | 6                 |
| Amaranthus<br>with Cottage Cheese        | Regular | 397              | 565      | 20                | 36            | 44             | 7                 |
|  | Medium  | 292              | 413      | 14                | 26            | 32             | 5                 |
| Fruits & Nuts                            | Regular | 407              | 688      | 18                | 37            | 68             | 12                |
|  | Medium  | 302              | 517      | 13                | 28            | 51             | 9                 |
| Kus Kus<br>with Cottage Cheese           | Regular | 392              | 482      | 15                | 28            | 47             | 7                 |
|  | Medium  | 287              | 351      | 11                | 21            | 34             | 5                 |
| East West Delight<br>with Cottage Cheese | Regular | 397              | 524      | 14                | 28            | 53             | 8                 |
|  | Medium  | 297              | 390      | 10                | 21            | 39             | 6                 |

|   |         |     |     |    |    |    |    |
|---|---------|-----|-----|----|----|----|----|
| <b>Barny Sweet Spuds</b><br>with Cottage Cheese | Regular | 415 | 645 | 22 | 38 | 59 | 10 |
|   | Medium  | 310 | 482 | 17 | 29 | 44 | 7  |
| <b>Basil Pesto Pasta</b>                        | Regular | 400 | 572 | 15 | 36 | 51 | 8  |
|   | Medium  | 300 | 429 | 11 | 27 | 38 | 6  |

## NON VEGETARIAN SALADS

| Salads  | Serving | Serving Size (g) | Calories | Total Protein (g) | Total Fat (g) | Total Carb (g) | Dietary Fiber (g) |
|---|---------|------------------|----------|-------------------|---------------|----------------|-------------------|
| <b>Barny Chickpea</b><br>with Roasted Chicken | Regular | 431              | 659      | 34                | 28            | 71             | 8                 |
|   | Medium  | 317              | 485      | 25                | 21            | 52             | 6                 |
| <b>Oye Soy</b><br>with Roasted Chicken        | Regular | 407              | 519      | 26                | 26            | 44             | 8                 |
|   | Medium  | 297              | 379      | 19                | 19            | 32             | 6                 |
| <b>Umami Roast</b><br>with Roasted Chicken    | Regular | 392              | 652      | 28                | 41            | 43             | 7                 |
|   | Medium  | 297              | 501      | 22                | 32            | 33             | 6                 |
| <b>Amaranthus</b><br>with Roasted Chicken     | Regular | 397              | 483      | 18                | 24            | 50             | 8                 |
|   | Medium  | 292              | 353      | 13                | 18            | 36             | 6                 |
| <b>Kus Kus</b><br>with Roasted Chicken        | Regular | 392              | 415      | 20                | 17            | 45             | 7                 |
|   | Medium  | 287              | 303      | 15                | 13            | 33             | 5                 |

|  |         |     |     |    |    |    |    |
|--|---------|-----|-----|----|----|----|----|
| <b>East West Delight</b><br>with Roasted Chicken | Regular | 397 | 496 | 17 | 23 | 53 | 9  |
|  | Medium  | 297 | 369 | 13 | 17 | 39 | 7  |
| <b>Barny Sweet Spuds</b><br>with Roasted Chicken | Regular | 415 | 577 | 28 | 28 | 57 | 10 |
|  | Medium  | 310 | 431 | 21 | 21 | 42 | 7  |

## FAST FAVOURITES

| <b>Bowls</b>                                      | <b>Serving</b> | <b>Serving Size (g)</b> | <b>Calories</b> | <b>Total Protein (g)</b> | <b>Total Fat (g)</b> | <b>Total Carb (g)</b> | <b>Dietary Fiber (g)</b> |
|---|----------------|-------------------------|-----------------|--------------------------|----------------------|-----------------------|--------------------------|
| <b>Grilled Fruits</b>                             | Regular        | 380                     | 243             | 3                        | 1                    | 58                    | 11                       |
|   | Medium         | 293                     | 187             | 2                        | 1                    | 44                    | 8                        |
| <b>Samak &amp; Veggies</b><br>with Cottage Cheese | Regular        | 415                     | 673             | 23                       | 39                   | 66                    | 10                       |
|   | Medium         | 305                     | 495             | 17                       | 28                   | 48                    | 7                        |
| <b>Samak Shakarkand discs</b>                     | Regular        | 270                     | 478             | 8                        | 31                   | 44                    | 6                        |

## PARTY STARTERS

| Plates                            | Serving | Serving Size (g) | Calories | Total Protein (g) | Total Fat (g) | Total Carb (g) | Dietary Fiber (g) |
|-----------------------------------|---------|------------------|----------|-------------------|---------------|----------------|-------------------|
| Cottage Cheese & Grilled Veggies  | Regular | 390              | 603      | 25                | 45            | 33             | 8                 |
|                                   | Medium  | 290              | 446      | 18                | 33            | 25             | 6                 |
| Roasted Chicken & Grilled Veggies | Regular | 390              | 501      | 33                | 28            | 30             | 8                 |
|                                   | Medium  | 290              | 371      | 24                | 21            | 22             | 6                 |
| Grilled Chicken                   | Regular | 225              | 461      | 44                | 27            | 12             | 3                 |

## INDISALADS JR.

| Bowls                                | Serving | Serving Size (g) | Calories | Total Protein (g) | Total Fat (g) | Total Carb (g) | Dietary Fiber (g) |
|--------------------------------------|---------|------------------|----------|-------------------|---------------|----------------|-------------------|
| Super Kid Salad with Cottage Cheese  | Regular | 200              | 296      | 8                 | 106           | 19             | 3                 |
| Super Kid Salad with Roasted Chicken | Regular | 200              | 262      | 11                | 16            | 8              | 3                 |
| Pesto Pasta Jr.                      | Regular | 200              | 286      | 7                 | 18            | 25             | 4                 |

## HOUSEMADE DRESSINGS

| Bowls                     | Serving | Serving Size (ml) | Calories | Total Protein (g) | Total Fat (g) | Total Carb (g) | Dietary Fiber (g) |
|---------------------------|---------|-------------------|----------|-------------------|---------------|----------------|-------------------|
| Sesame Lime               | Regular | 35                | 114      | 2                 | 11            | 2              | 2                 |
| Herb Mustard              | Regular | 35                | 66       | 2                 | 5             | 4              | 0                 |
| Soy Vinaigrette           | Regular | 35                | 149      | 1                 | 14            | 5              | 0                 |
| Peanut Soy                | Regular | 35                | 210      | 4                 | 18            | 7              | 0                 |
| Beet Yogurt               | Regular | 35                | 157      | 2                 | 15            | 4              | 0                 |
| Mustard Vinaigrette       | Regular | 35                | 129      | 0                 | 14            | 0              | 0                 |
| Balsamic Date Vinaigrette | Regular | 35                | 159      | 0                 | 14            | 4              | 0                 |
| Honey Mustard Vinaigrette | Regular | 35                | 152      | 1                 | 15            | 5              | 0                 |
| Kokum Vinaigrette         | Regular | 35                | 158      | 1                 | 14            | 4              | 0                 |
| Sesame Soy                | Regular | 40                | 263      | 5                 | 23            | 10             | 3                 |
| Date Honey                | Regular | 35                | 35       | 0                 | 0             | 8              | 1                 |
| Basil Pesto               | Regular | 90                | 346      | 5                 | 34            | 4              | 2                 |

### NOTES

1. The nutrition profile of all the salads/ party starters/ Indisalads Jr/ fast favourites is inclusive of dressings