



zehen food for thought menu
lunch & dinner

starters

- parsi patrani fish in banana leaf 655
(gluten free), calories (kcal) – 196.23, proteins (g) – 22, carbohydrates (g) – 20.81, fat (g) – 15.88, dietary fibre (g) – 1.60, sodium (mg) – 833.36
- grilled chicken satay, green chutney 495
(gluten free, nut free), calories (kcal) – 202.33, proteins (g) – 13.26, carbohydrates (g) – 3.02, fat (g) – 7.20, dietary fibre (g) – 2.96, sodium (mg) – 802.77
- grilled vegetable satay, green chutney 395
(gluten free, nut free), calories (kcal) – 153.92, proteins (g) – 7.76, carbohydrates (g) – 4.93, fat (g) – 6.22, dietary fibre (g) – 2.97, sodium (mg) – 794.63
- rainbow salad 395
(gluten free, vegan), calories (kcal) – 203.41, proteins (g) – 8.14, carbohydrates (g) – 19.53, fat (g) – 9.93, dietary fibre (g) – 3.14, sodium (mg) – 794.63

main course

- slow cooked chaat masala mutton shank, soft chickpea curry 925
(gluten free, nut free), calories (kcal) – 305.51, proteins (g) – 26.81, carbohydrates (g) – 28.12, fat (g) – 12 , dietary fibre (g) – 3, sodium (mg) – 841.19
- curry leaf grilled fish, wild rice upma 825
(gluten free), calories (kcal) – 216, proteins (g) – 29, carbohydrates (g) – 20, fat (g) – 8.7, dietary fibre (g) – .4, sodium (mg) – 799.87
- steamed chicken dumpling, kerala style coconut stew 795
(gluten free), calories (kcal) – 411.24, proteins (g) – 15.22, carbohydrates (g) – 15, fat (g) – 30.10, dietary fibre (g) – 0.9, sodium (mg) – 788.81
- green vegetables, kerala style coconut stew 595
(gluten free, vegan), calories (kcal) – 360, proteins (g) – 5.13, carbohydrates (g) – 4.9, fat (g) – 30, dietary fibre (g) – 0.80, sodium (mg) – 780.17
- mutter tikki hash, soft chickpea curry 595
(gluten free, nut free), calories (kcal) – 209.81, proteins (g) – 11, carbohydrates (g) – 28.10, fat (g) – 4.76, dietary fibre (g) – 2.10, sodium (mg) – 802.21
- stir fried seasonal vegetables 595
(gluten free, nut free, vegan), calories (kcal) – 120.56, proteins (g) – 3.03, carbohydrates (g) – 8.27, fat (g) – 5.10, dietary fibre (g) – 1.22, sodium (mg) – 760.23



panchkarma dishes

slow cooked traditional khichri 325
(gluten free, nut free), calories (kcal) – 225, proteins (g) – 9.8, carbohydrates (g) – 37.81, fat (g) – 9.2, dietary fibre (g) – 3.1, sodium (mg) – 683

kanji 325
(gluten free, nut free, vegan), calories (kcal) – 129, proteins (g) – 2.7, carbohydrates (g) – 27, fat (g) – 0.3, dietary fibre (g) – 0.4, sodium (mg) – 589.44

desserts

grilled pineapple, jaggery glaze 375
(gluten free, vegan), calories (kcal) – 57.65, proteins (g) – 1.42, carbohydrates (g) – 13, fat (g) – 2.42, dietary fibre (g) – 0.5, sodium (mg) – 9.10

makhana and nuts kheer 375
(gluten free), calories (kcal) – 260, proteins (g) – 4.99, carbohydrates (g) – 42.25, fat (g) – 6.97, dietary fibre (g) – 0.80, sodium (mg) – 44.56

taxes & service charge extra

available during 1:00pm - 2:30pm; 6:30pm - 8:00pm only in the dining room or the courtyard.
indian accent dishes cannot be served here. if you wish to take away orders, you can take it for a maximum of two people since this food is for the convenience of zehen members.
take away orders must be picked up between 12pm to 1pm & 6pm to 7pm