

Serving Size 8oz	Nutrition facts
Kadai Paneer (Vegetarian)	Total Fat 15.5g
Total Calories 270	Saturated Fat 4.2g
Ingredients: Paneer, Green Peppers, Yellow Onion, Butter, Heavy Whipping Cream, Coriander seeds, Cumin Seeds, Fennel Seeds, Mango Powder, Chilli Powder, Methi leaves, Ginger Garlic Paste Tomato Sauce, Vegetable Oil, Salt	Cholesterol 18mg
	Sodium 415mg
	Total Carbs 9g
	Dietary Fiber 1g
	Total Sugars 0g.
	Protein 4g
Kadai Chicken	Total Fat 9g
Total Calories 256	Saturated fat 2g
Ingredients: Chicken thighs boneless Skinless Halal, Green Peppers, Yellow Onion, Butter, Heavy Whipping Cream, Coriander seeds, Cumin Seeds, Fennel Seeds, Mango Powder, Chilli Powder, Methi leaves, Ginger Garlic Paste Tomato Sauce, Vegetable Oil, Salt,	Cholesterol 50mg
	Sodium 160mg
	Potassium 400mg
	Carbohydrates 7g
	Net carbs 5g
	Sugar 3g
	Fiber 2g
	Protein 15g
Paneer Butter Masala (Vegetarian)	Total Fat 27g
Total Calories 289	Saturated Fat 12g
Ingredients: Paneer, Yellow Onion, Butter, Heavy Whipping Cream, Cumin Powder, Chilli Powder, Methi leaves, Tomato Paste, Vegetable Oil, Salt, Sugar	Polyunsaturated Fat 5.6g.
	Monounsaturated Fat 4.7g.
	Cholesterol 50mg
	Sodium 906mg
	Total Carbs 29g
Dietary Fiber 3g	Total Fat 11.12g
Butter Chicken	Saturated Fat 3.127g
Total Calories 281	Polyunsaturated Fat 2.37g
Ingredients: Boneless Skinless Chicken Thighs Halal, Yellow Onion, Butter, Heavy Whipping Cream, Cumin Powder, Chilli Powder, Methi leaves, Tomato Paste, Vegetable Oil, Salt, Sugar	Monounsaturated Fat 4.327g
	Cholesterol 120mg
	Sodium 566mg
	Total Carbohydrate 0g
	Dietary Fiber 0g
	Sugars 0g
	Protein 42.55g

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Chana Masala (Vegan/Vegetarian)	Total Fat 5.00g 6%
Total Calories 330	Saturated Fat 0.000g 0%
Ingredients: Chick peas, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Chana Masala Powder, Cinnamon, Cloves, Cardamom, Vegetable Oil, Salt	Trans Fat 0.000g
	Polyunsaturated Fat 0.000g
	Monounsaturated Fat 0.000g
	Cholesterol 0mg 0%
	Sodium 650mg 28%
	Total Carbohydrate 61.00g 22%
	Dietary Fiber 9.0g 32%
	Sugars 5.00g
	Protein 13.00g
Veg Kuruma (Vegan/Vegetarian)	Calories - 44 37.9%
Total Calories 280	Total Fat 16g
Ingredients: Potato, Green pepper, Green Beans, Green Peas, Carrot, Cauliflower, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Coconut, Cinnamon, Cloves, Cardamom, Vegetable Oil, Salt	Saturated fat 8g
	Cholesterol 20mg
	Sodium 1100mg 46%
	Carbohydrates 43g
	Net carbs 30g
	Fiber 13g 53%
Chicken Kuruma	Total Fat 16g grams
Total Calories 230	Saturated Fat 5.6g
Ingredients: Boneless Skinless Chicken Thighs Halal, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Coconut, Cinnamon, Cloves, Cardamom, Fennel seeds, Green Chilli, Cilantro Vegetable Oil, Salt	Trans Fat 0.4g
	Cholesterol 53mg
	Sodium 257mg
	Potassium 266mg
	Total Carbohydrates 7.4g
	Dietary Fiber 1.2g
	Sugars 3g
	Protein 14g
Chettinad Chicken Curry	Total Fat 15.13g
Total Calories 281	Saturated Fat 3.08g
Ingredients: Boneless Skinless Chicken Thighs Halal, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Coconut, Cinnamon, Cloves, Cardamom, Black Pepper, Red dry chilli, corinader seeds, Fennel seeds, Cilantro, Curry leaves, Vegetable Oil, Salt	Polyunsaturated Fat 4.277g
	Monounsaturated Fat 6.443g
	Cholesterol 79mg
	Sodium 1098mg
	Total Carbohydrate 10.75g
	Dietary Fiber 2g
	Sugars 4.69g
	Protein 26.01g
Andhra Chicken Curry	Total Fat 22g
Total Calories 290	Saturated Fat 10.2g
Ingredients: Boneless Skinless Chicken Thighs Halal, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Coconut	Sodium 720mg
	Total Carbs 19g

Chilli Powder, Coriander Powder, Coconut, Cinnamon, Cloves, Cardamom, Black Pepper, Red dry chilli, corinader seeds, Fennel seeds, Cilantro, Curry leaves, Vegetable Oil, Salt	Dietary Fiber 7g
	Total Sugars 10g
	Protein 46g
Madras Chicken Curry	Total Fat 15.13g
Total Calories 281	Saturated Fat 3.08g
Ingredients: Boneless Skinless Chicken Thighs Halal, Red Onions, Ginger Garlic paste, Tomato, Cashew, Chilli Powder, Coriander Powder, Coconut, Cinnamon, Cloves, Cardamom, Chicken Masala, Fennel seeds, Cilantro, Curry leaves, Vegetable Oil, Salt	Polyunsaturated Fat 4.277g
	Monounsaturated Fat 6.44 3g
	Cholesterol 79mg
	Sodium 1098mg
	Total Carbohydrate 10.75g
	Dietary Fiber 2g
	Sugars 4.69g
	Protein 26.01g
Kadhi Pakora	Total Fat 6g
Total Calories 162	Saturated Fat 2g
Chick pea flour, Onion, Red chilli powder, yoghurt, Turmeric powder, Mustard Oil, Vegetable Oil, Ginger garlic paste, Cilantro, Ajwain seeds, Salt	Trans Fat 0g
	Cholesterol 4mg
	Sodium 480mg
	Total Carbs 23g
	Dietary Fiber 4g
	Total Sugars 0g
	Protein 4g