



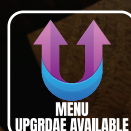
# ESSENTIAL Menu



| S.NO | ESSENTIAL                         | FLEXITARIAN | PRO FLEXITARIAN/VEGETARIAN |
|------|-----------------------------------|-------------|----------------------------|
| 1    | BREAKFAST                         | 150         | 210                        |
| 2    | TIFFIN LUNCH                      | 240         | 240                        |
| 3    | LUNCH                             | 210         | 270                        |
| 4    | DINNER                            | 210         | 270                        |
| 5    | BREAKFAST & TIFFIN LUNCH          | 300         | 480                        |
| 6    | BREAKFAST + LUNCH                 | 360         | 480                        |
| 7    | BREAKFAST + DINNER                | 360         | 480                        |
| 8    | LUNCH + DINNER                    | 390         | 540                        |
| 9    | TIFFIN LUNCH + DINNER             | 390         | 480                        |
| 10   | BREAKFAST & TIFFIN LUNCH + DINNER | 480         | 720                        |
| 11   | BREAKFAST + LUNCH + DINNER        | 480         | 720                        |

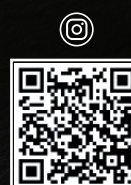
All items include VAT and are in AED for 30 Days

Exclusively catering for Corporate or Group orders (Min 5 pax)



Aluminum Container, Plastic Curry Containers, Plastic Bag

Note - Multiple Dishes Packed in a Single Large Container.



To Explore All Our Menus!

Alot Kitchen, Halawh Alkhyrat Cafe L.L.C., L06 - Greece Cluster, Shop #01, International city, Dubai



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# ESSENTIAL Flexitarian



## BREAKFAST

( 6.00 AM - 8.00 AM )

|     |                              |
|-----|------------------------------|
| MON | APPAM + GREEN PEAS           |
| TUE | POROTTA + ALOO MATAR         |
| WED | DOSA + SAMBAR + CHUTNEY      |
| THU | UPMA + RAJMA MASALA          |
| FRI | PUTTU + BLACK CHANA          |
| SAT | APPAM + ALOO GOBI            |
| SUN | RAVA IDLI + SAMBAR + CHUTNEY |

## LUNCH

( 11.00 AM - 1.00 PM )

|     |                                                                                                           |
|-----|-----------------------------------------------------------------------------------------------------------|
| MON | GHEE RICE + CHICKEN CURRY<br>+ CUMIN YOGURT + PICKLE                                                      |
| TUE | BARIK RICE / MOTTA RICE + FISH CURRY<br>+ SIDE CURRY + PICKLE + CRUNCH PACK<br>+ UPPERI + FISH FRY        |
| WED | BARIK RICE / MOTTA RICE<br>+ CHICKEN CURRY + CHICKEN FRY<br>+ PICKLE + CRUNCH PACK                        |
| THU | BARIK RICE / MOTTA RICE + FISH CURRY<br>+ SIDE CURRY + PICKLE + CRUNCH PACK<br>+ UPPERI + SCRAMBLED EGG   |
| FRI | CHICKEN BIRYANI + VINEGAR SALAD<br>+ PICKLE                                                               |
| SAT | BARIK RICE / MOTTA RICE + FISH CURRY<br>+ SIDE CURRY + PICKLE + CRUNCH PACK<br>+ UPPERI + CHAMNDHI POWDER |
| SUN | CHICKEN MANDI + SALSA                                                                                     |

## TIFFIN LUNCH

( 6.00 AM - 8.00 AM )

|     |                                                          |
|-----|----------------------------------------------------------|
| MON | GARLIC RICE + SOYA CHUNKS ROAST<br>+ DRY MOONG DAL CURRY |
| TUE | CHICKEN FRIED RICE + CHILLI GOBI<br>+ CHILLI VINEGAR     |
| WED | WHITE RICE + RAJMA MASALA<br>+ DRY SUBZI                 |
| THU | LEMON HERB RICE + ALOO METHI FRY<br>+ TOMATO SALSA       |
| FRI | CHICKEN BIRYANI + PICKLE<br>+ CRUNCH PACK                |
| SAT | TOMATO RICE + MUSHROOM MASALA<br>+ CHUTNEY POWDER        |
| SUN | CHICKEN SCHEZWAN RICE<br>+ CHILLI POTATO + SOY SAUCE     |

## DINNER

( 5.00 PM TO 7.00 PM )

|     |                                 |
|-----|---------------------------------|
| MON | CHAPATI + EGG CURRY             |
| TUE | CHICKEN KABSA + SALSA           |
| WED | POROTTA + CHICKEN MASALA        |
| THU | CHAPATI + SAUSAGE ROAST         |
| FRI | POROTTA + CHICKEN CHILLI        |
| SAT | GHEE RICE + BEEF CURRY + PICKLE |
| SUN | POROTTA + SUBZI                 |

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# ESSENTIAL Pro Flexitarian



## BREAKFAST

( 6.00 AM - 8.00 AM )

|     |                              |
|-----|------------------------------|
| MON | CHAPATI + VEG STEW           |
| TUE | POROTTA + SUBZI              |
| WED | DOSA + SAMBAR + CHUTNEY      |
| THU | UPMA + SOYA CHUNKS CURRY     |
| FRI | PUTTU + BLACK CHANA          |
| SAT | WHEAT DOSA + ALOO GOBI       |
| SUN | RAVA IDLI + SAMBAR + CHUTNEY |

## LUNCH

( 11.00 AM - 1.00 PM )

|     |                                                                                                                       |
|-----|-----------------------------------------------------------------------------------------------------------------------|
| MON | GHEE RICE + CHICKEN CURRY<br>+ CUMIN YOGURT + PICKLE                                                                  |
| TUE | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + KOLHAPURI CHICKEN<br>+ SIDE CURRY + UPPERI+ PICKLE<br>+ CRUNCH PACK  |
| WED | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE+ CHIKEN CURRY + SIDE<br>CURRY + PICKLE + CRUNCH PACK<br>+ UPPERI       |
| THU | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + BHINDI MASALA<br>+ CHICKEN FRY + DAL + PICKLE<br>+ CRUNCH PACK       |
| FRI | CHICKEN BIRYANI + VINEGAR SALAD<br>+ PICKLE                                                                           |
| SAT | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + RED CHICKEN CURRY<br>+ SIDE CURRY + PICKLE + UPPERI<br>+ CRUNCH PACK |
| SUN | CHICKEN MANDI + SALSA                                                                                                 |

## TIFFIN LUNCH

( 6.00 AM - 8.00 AM )

|     |                                                          |
|-----|----------------------------------------------------------|
| MON | GARLIC RICE + SOYA CHUNKS ROAST<br>+ DRY MOONG DAL CURRY |
| TUE | CHICKEN FRIED RICE + CHILLI GOBI<br>+ CHILLI VINEGAR     |
| WED | WHITE RICE + RAJMA MASALA<br>+ DRY SUBZI                 |
| THU | LEMON HERB RICE + ALOO METHI FRY<br>+ TOMATO SALSA       |
| FRI | CHICKEN BIRYANI + PICKLE<br>+ CRUNCH PACK                |
| SAT | TOMATO RICE + MUSHROOM MASALA<br>+ CHUTNEY POWDER        |
| SUN | CHICKEN SCHEZWAN RICE<br>+ CHILLI POTATO + SOY SAUCE     |

## DINNER

( 5.00 PM TO 7.00 PM )

|     |                                                               |
|-----|---------------------------------------------------------------|
| MON | CHAPATI + CHICKEN KADAI                                       |
| TUE | CHICKEN KABSA + SALSA                                         |
| WED | WHITE RICE + CHICKEN MASALA CURRY                             |
| THU | CHAPATI + SUBZI                                               |
| FRI | POROTTA + CHICKEN CHILLI                                      |
| SAT | GHEE RICE + MUSHROOM TIKKA<br>MASALA + DAL FRY + CUMIN YOGURT |
| SUN | POROTTA + SUBZI                                               |

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# ESSENTIAL Vegetarian



## BREAKFAST

( 6.00 AM - 8.00 AM )

|     |                              |
|-----|------------------------------|
| MON | CHAPATI + VEG STEW           |
| TUE | POROTTA + SUBZI              |
| WED | APPAM + BHAJI                |
| THU | UPMA + RAJMA MASALA          |
| FRI | PUTTU + BLACK CHANA          |
| SAT | CHAPATI + ALOO GOBI          |
| SUN | RAVA IDLI + SAMBAR + CHUTNEY |

## LUNCH

( 11.00 AM - 1.00 PM )

|     |                                                                                                                         |
|-----|-------------------------------------------------------------------------------------------------------------------------|
| MON | GHEE RICE + ALOO KARELA SUBZI<br>+ MOONG DAL + CUMIN YOGURT + PICKLE                                                    |
| TUE | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + ALOO BAINGAN + DAL<br>+ UPPERI + PICKLE + CRUNCH PACK                  |
| WED | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + VEG CURRY + SIDE<br>CURRY + DAL + UPPERI + PICKLE<br>+ CRUNCH PACK     |
| THU | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + BHINDI MASALA + GOBI<br>65 + DAL + PICKLE + CRUNCH PACK                |
| FRI | GOBI 65 BIRYANI + VINEGAR SALAD<br>+ PICKLE                                                                             |
| SAT | 1 CHAPATI + BARIK RICE (680CC)<br>/ MOTTA RICE + BHINDI MASALA CURRY<br>+ SIDE CURRY + PICKLE + UPPERI<br>+ CRUNCH PACK |
| SUN | MUSHROOM BIRYANI + RAITHA + PICKLE                                                                                      |

## TIFFIN LUNCH

( 6.00 AM - 8.00 AM )

|     |                                                          |
|-----|----------------------------------------------------------|
| MON | GARLIC RICE + SOYA CHUNKS ROAST<br>+ DRY MOONG DAL CURRY |
| TUE | VEG FRIED RICE + CHILLI GOBI<br>+ CHILLI VINEGAR         |
| WED | WHITE RICE + RAJMA MASALA<br>+ DRY SUBZI                 |
| THU | LEMON HERB RICE + ALOO METHI FRY<br>+ TOMATO SALSA       |
| FRI | VEG BIRYANI + PICKLE + CRUNCH PACK                       |
| SAT | TOMATO RICE + MUSHROOM MASALA<br>+ CHUTNEY POWDER        |
| SUN | VEG SCHEZWAN RICE + CHILLI POTATO<br>+ SOY SAUCE         |

## DINNER

( 5.00 PM TO 7.00 PM )

|     |                                                         |
|-----|---------------------------------------------------------|
| MON | CHAPATI + ALOO MATAR                                    |
| TUE | VEG KABSA + TOMATO SALSA                                |
| WED | WHITE RICE + VEG CURRY                                  |
| THU | CHAPATI + SUBZI                                         |
| FRI | POROTTA + VEG JALFAREZI + GOBI FRY                      |
| SAT | GHEE RICE + MUSHROOM TIKKA<br>MASALA + DAL FRY + PICKLE |
| SUN | POROTTA + SUBZI                                         |

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