



PRECISION MENU

BREAKFAST

LEAN MUSHROOM OMELETTE RS. 690

A fluffy, high-protein omelette folded over golden sautéed mushrooms, smoked paprika, and wilted baby spinach.

Macros: 304 kcal | 19.0g Protein | 4.4g Carbs | 23.0g Fat

Allergens: Contains Egg. Vegetarian friendly.

PERFORMANCE OATS WAFFLES RS. 800

Clean, energizing waffles blended entirely from rolled oats and fresh banana, cooked golden brown.

Served with your choice of healthy toppings.

Macros: 165 kcal | 6.0g Protein | 28.0g Carbs | 4.0g Fat

(Note: Macros exclude optional toppings)

Allergens: Contains Egg. May contain traces of Gluten (Oats). Vegetarian friendly.

SALADS

CRUNCHY SALAD WITH PRAWNS & GINGER RS. 1,290

A vibrant, crunchy red cabbage and carrot slaw topped with lean cooked prawns and finished with a zesty, homemade peanut and ginger dressing.

Macros: 503 kcal | 33.7g Protein | 26g Carbs | 26.8g Fat

Allergens: Contains Prawns, Peanuts, Soy, Coconut.

PROTEIN CHICKEN SALAD RS. 1,090

Juicy, pan-seared chicken breast served over a fresh bed of chickpeas, mixed leaves, cucumber, and tomatoes, tossed in a light lemon-herb dressing.

Macros: 633 kcal | 68.3g Protein | 25.3g Carbs | 26.4g Fat

Allergens: None.

TUNA BEAN POWER SALAD RS. 1,190

The ultimate high-protein bowl featuring flaked local tuna steak, kidney beans, and a hard-boiled egg, lightly dressed in a sharp vinaigrette.

Macros: 390 kcal | 39.0g Protein | 21.0g Carbs | 15.0g Fat

Allergens: Contains Fish, Egg, Mustard.

CHICKEN TIKKA SALAD BOWL RS. 1,190

Lean, spiced sliced chicken tikka paired with protein-rich kidney beans, crisp spring onions, and cucumber, finished with a cooling side of tzatziki.

Macros: 215 kcal | 31.0g Protein | 13.0g Carbs | 4.0g Fat

Allergens: Contains Dairy (Tzatziki).



PRECISION MENU

MAINS

LEAN CHICKEN DHANSAK RS. 1,190

(VEGETARIAN OPTION: SUBSTITUTE PANEER FOR EXTRA RS.200)

A rich, comforting, and macro-friendly chicken and split lentil curry infused with garam masala. Served alongside basmati rice and a cooling dollop of fat-free natural yoghurt.

Macros: 471 kcal | 45.0g Protein | 39.5g Carbs | 13.0g Fat

Allergens: Contains Dairy (Yoghurt).

CHICKPEA, SPINACH & EGG CURRY RS. 990

A hearty, spiced tomato and chickpea base simmered slowly with fresh baby spinach and topped with a perfectly boiled free-range egg.

Macros: 441 kcal | 26.0g Protein | 92.0g Carbs | 20.0g Fat

Allergens: Contains Egg. Vegetarian friendly.

CHICKEN AND BACON^(CHICKEN) BURGER RS. 1,150

Our ultimate cheat-meal alternative. A premium wholemeal bun stacked with flattened grilled chicken breast, crispy chicken bacon, fresh avocado, and our signature low-fat ranch dressing.

Macros: 675 kcal | 48.0g Protein | 38.0g Carbs | 34.0g Fat

Allergens: Contains Gluten (Bun), Egg/Dairy (Mayo).

ZESTY CITRUS CHICKEN MATRIX RS. 1,290

(VEGETARIAN OPTION: SUBSTITUTE PANEER FOR EXTRA RS.200)

Lime and smoked paprika-infused lean chicken breast, pan-seared and tossed in a fresh tomato, ginger, and green pea matrix. Served with a measured portion of steamed basmati rice & crisp cucumbers.

Macros: 410 kcal | 41.0g Protein | 41.0g Carbs | 8.0g Fat

Allergens: None (Naturally Gluten-Free and Dairy-Free)



All meals are engineered for precise macronutrient delivery.

Weights are measured raw prior to cooking.

Please inform our team of any severe food allergies before ordering.

www.leanlabhq.com