



## AT ORGANIC EXPRESS WE LIKE TO DO THINGS VERY DIFFERENTLY

**HEALTHY CHOICES:** We support and promote healthy and sustainable lifestyle. We're all about well-chosen fresh, organic, and natural ingredients, simply put together in healthy recipes to make exceptional wholesome and real food. Our recipes use whole grains in place of refined and processed ingredients.

**FRESH PREPARATION:** All our dishes are made to order and contain no artificial flavoring, coloring and preservatives. Making dishes fresh from scratch may sometime take a little longer than you might usually expect. Kindly bear with us and allow us some time to deliver your food as it is only going to make your food healthier and tastier.

**SPICE LEVELS:** Our spice levels are usually low. Let us know if you want us to make food spicier.

**ORGANIC AND FAIR TRADE:** We believe in, promote and create demand for Fair Trade and Organic produce. We work hard to source our ingredients in ways that do not harm the environment. You can be assured that what's on your plate has not polluted the earth and will not pollute your system.

**WE USE THE FOLLOWING ORGANIC AND NATURAL INGREDIENTS IN OUR PREPARATIONS:** Flours (all varieties), Pulses, Polished and Hand Pound Rice, Brown & Red Rice, Millets, Milk and Milk products, Fruits and Fruit Pulp, Pasta, select Vegetables, select Spices, Oils, Jaggery, Free Range Eggs and Chicken.

For further information please contact us at [feedback@OrganicExpressIndia.com](mailto:feedback@OrganicExpressIndia.com). You could also visit our website at [www.OrganicExpressIndia.com](http://www.OrganicExpressIndia.com) to browse through our blog, recipes, nutrition data, organic farms and sourcing. We are also available on Android app store.

We urge you to be more conscious about your food and food choices. Being aware will not only help you stay healthy or get healthier, but will also benefit fellow human beings, environment and animals.



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# FUSION BITES

## CHICKEN / VEG QUESADILLA

Mexican Toasted Flour Tortilla with organic Fajita's, Sweet Corns & Melted Organic Cheese  
Chicken 180 Veg 150

## PITA CHIPS WITH TRADITIONAL OR BASIL HUMMUS

Traditional 100 Basil 130

## FALAFEL WRAP (VEG/CHICKEN)

Healthy Lebanese falafel cooked to perfection with Fajita and rolled in healthiest wheat wrap  
Veg 150 Chicken 180

## RICE POHA

Flattened Rice cooked with vegetables and peanuts and served with Peanut Chutney 120

## VEGETABLE AND MILLET UPMA

Dry roasted semolina & millets cooked with organic vegetables as a thick porridge served with Peanut Chutney 120

## CHOLE KULCHE

Whole Wheat Kulche and Chickpea served with Laccha Onion and Mint Coriander Chutney 150

## EGGS TO ORDER ( SCRAMBLED OR OMELETTE )

Your style of three eggs served with assorted grilled Vegetables, Roasted Potatoes, Grilled Tomato and Garlic Toasts 180

# TEA & COFFEE

## GREEN TEA 80

## LATTE

Small/ Large 120/150

## ESPRESSO

Small/Large 80/100

## CAPPUCCINO

Small/ Large 120/150

## COLD COFFEE 150

# SOUPS

## VEGETABLE CLEAR SOUP

Served with Garlic Toast 150

## CHICKEN CLEAR SOUP

Served with Garlic Toast 150

## MUSHROOM SOUP

Served with Garlic Toast 180

## KHAO SUEY

Our own style homemade delicacy with fresh flavors and delicately spiced coconut flavored curried spaghetti soup Veg 180 and Chicken 200

# FRESH SQUEEZED JUICE BLENDS

## **GLOWING SKIN**

Carrot, Apple, Cucumber 150

## **MELON MIST**

Watermelon, Pineapple, Apple 150

## **COCO MELON**

Coconut Watermelon, Mint, Lemon 150

## **CINDERELLA**

Orange, Carrot, Mint 150

## **MONDAY MORNING**

Mango (seasonal), Banana, Pineapple, Apple 150

## **VEGETABLE EXOTICS**

Carrot, Beet, Cucumber, Spinach 150

## **PINK BOOSTER**

Watermelon, Pomegranate, Honey, Yogurt 150

## **MIX FRUIT JUICE**

Blend of seasonal available organic fruits 150

# SHAKES & MORE

**MINTY LEMONADE** (with Honey) 70

**BANANA MILKSHAKE** 130

**MANGO MILKSHAKE (SEASONAL)** 150

**COLD COFFEE** 150

# DESSERTS

## **FRUIT CAKE SLICE**

Served with Chocolate sauce and Whipped Cream 100

## **APPLE PIE**

Served with Whipped Cream 125

# SANDWICHES & BURGERS

## **BLT SANDWICH**

Basil, Lettuce, Tomato, Pineapple, Feta Cheese in grilled Multigrain Whole Wheat Bread. Served with house salad 180

## **ALMOND PESTO SANDWICH**

Zucchini, Spinach Mushroom with Almond Pesto in multigrain whole wheat bread. Served with house salad  
A classic sandwich with our signature pesto sauce & grilled fresh veggies or chicken. Veg 180 and Chicken 180

## **VEG/CHICKEN CLUB SANDWICH**

Classic Club sandwich. Cottage cheese or Chicken grilled to perfection with a mint sauce dressing done in Multigrain Whole-wheat Bread served with house salad 180

## **CHICKPEA & EXOTIC VEGETABLE OR CHICKEN & EXOTIC VEGETABLE SANDWICH**

A classic sandwich with tossed Chickpea or Chicken with exotic vegetables and fresh herbs served with house special Whole-wheat Multigrain Bread. Served with house salad 180

## **FALAFEL MULTIGRAIN SANDWICH**

Healthy Lebanese Falafel cooked to perfection with Fajita and rolled in healthiest organic Whole Wheat Multigrain Bread with in house organic yogurt based dressing. Served with house salad Veg and Chicken 180

## **CHICKEN CHETTINAD SANDWICH**

Organic Chicken cooked in Chettinad (South Indian Spices) Style blend with fresh aromas, wrapped in whole wheat multigrain bread and served with house dressing & salad 180

## **SALSA CHICKEN/ PANEER SANDWICH**

Steamy Mexican flavours blend with Organic Paneer/Chicken on bed of medium Spicy Salsa served with multigrain bread, house salad Veg & Chicken 180

# SALADS

## **POWER SALAD**

Protein packed healthy salad made with Sprouts, Greens, Nuts, Raisins & Seeds in Lemon Vinaigrette dressing 220

## **WATERMELON FETA SALAD**

Classic healthy salad done with all organic ingredients 180

## **GREEK SALAD**

Fresh Cucumber, Tomato, Mixed Bell Peppers, Feta, Onions, Olives in Lemon Vinaigrette  
Veg 180 and Chicken 220

## **MANGO DELICACIES (SEASONAL)**

Organically ripened Mangoes served with Carrots, Cucumber, Iceberg Lettuce, Green Chilies in Lemon dressing  
Veg 180 and Chicken 200

## **ORGANIC EXPRESS SPECIAL SALAD**

A whole mix of vegetables with Chicken/Cottage Cheese tossed in Chef Special Zero Fat dressing  
Veg 220 and Chicken 220

## **ROASTED CHICKEN SALAD**

Pan grilled Organic Chicken with Lettuce, Bell Peppers, Black Olives, Onion, Honey Dijon Mustard and roasted pepper dressing 220

## **ASIAN CHICKEN NOODLE SALAD**

Herb Chicken, Rice Noodles, Cabbage, Onions, Peanut and fresh mint with sweet Chilly Vinaigrette 220

## **COTTAGE CHEESE OR CHICKEN AND GRILLED VEGGIES SALAD**

Lettuce, Pan fried cheese or chicken, broccoli, mushroom, assorted bell pepper, carrot zucchini and balsamic vinaigrette 220

## **HONEY MUSTARD GRILLED CHICKEN SALAD**

Green Beans, Tomatoes, grilled chicken and honey mustard dressing 220

## **BBQ CHICKEN SALAD**

BBQ roast chicken breast, sweet corn, tomato, kidney beans, onion, pineapple, cucumber, parmesan cheese served on a bed of assorted lettuce with apple cider dressing 220

# KHICHDI

South Asian preparation made from rice & lentils choose any flavours. Served with curd Veg 220 and Chicken 250

## MULTIGRAIN KHICHDI

Made with brown rice and millets

## NAVRATTAN KHICHDI

Made with 7 types of lentils & rice

## MOONG DAL KHICHDI

## DRY MIX DAL KHICHDI

## MATAR PANEER KHICHDI (VEG ONLY)

Punjabi tadka with green peas & paneer

# MAINS

## SALSA COTTAGE CHEESE OR CHICKEN SERVED WITH MEXICAN RICE

A steamy display Of flavours, juicy organic cottage cheese or chicken slices on bed of Mexican Rice topped with home made salsa  
Veg 200 and Chicken 250

## BURRITO BOWL

Served in a bowl with one of any choice of Vegetables Or Chicken, Organic Rice, Beans & Fajita Veggies served with Our in House Made Tomato Salsa topped with our house made Sour Cream  
Veg 200 and Chicken 250

## VEGETABLE OR CHICKEN PAELLA

Traditional Valencia dish made with Organic ingredients in authentic cooking style. No seafood.  
Veg 200 and Chicken 250

## CURRIED COCONUT VEGETABLES OR CHICKEN WITH RICE

Choice of Brown/White Rice Veg 200 and Chicken 250

## MUSHROOM AND FENUGREEK BROWN RICE WITH CONTINENTAL GRAVY (VEG/CHICKEN)

High fibre brown rice tossed with mushroom & fenugreek which is best enjoyed with continental sauce  
Veg 200 and Chicken 250

## GRILLED CHICKEN BREAST

Grilled Chicken Breast filled with Spinach & Corns served with chef style Béchamel sauce, Sautéed Vegetables and Garlic Toast 350

## CHICKEN ROULADE

Chicken rolled with Mushroom, Jalapeños, Olives in chefs signature sauce served with Sautéed Vegetables, Herbed Roasted Potatoes and Garlic Toast 350

## CHICKEN OR VEGETABLE VELOUTE WITH BROWN RICE

Mother of all sauce Veloute cooked to perfection with Grilled chicken or vegetables served with herbed Brown Rice 350

## CHICKEN STEAK AND VEGETABLES

Over Night Marinated Organic Chicken Breast served with house special Mushroom Sauce, grilled vegetables & Whole Wheat Bread 350

## GRILLED LEMON CHICKEN AND POTATO BAKE 350

## NASI GORENG

An Indonesian rice dish with pieces of meat, egg and vegetables added 350

### **CHICKEN OR MUSHROOM STROGANOFF**

Pieces of Chicken and or Mushroom cooked in demi glace sauce. Served with high fiber Fenugreek Brown Rice and Sautéed Vegetables Veg and Chicken 350

### **RATATOUILLE**

This moreish Mediterranean-style vegetable stew is perfect for a super-healthy meal. Eggplants, Courgettes and Peppers cooked in tomato garlic sauce.  
Served with Millet Polenta, Spaghetti Aglio Olio/Herbed Rice, Garlic Toast 350

### **KADAI CHICKEN/ PANEER**

Organic Chicken/ Organic Paneer prepared in an authentic North Indian recipe. Served with Rice. Veg and Chicken 350

### **CHICKEN CURRY HOME STYLE**

Succulent juicy pieces of chicken in spicy curry to perk up your day . Served with rice 350

### **PALAK PANEER/CHICKEN**

Chicken/ Paneer prepared with spinach leaves in an authentic Indian recipe served with rice. Veg and Chicken 350

## **PASTAS**

Choice of Sauce Arrabiata, Béchamel, Pesto, Aglio Oilo, Mix Sauce. Basic vegetables will be included in all pastas

**PENNE WITH MUSHROOM, BROCCOLI & PARMESAN 200**

**SPAGHETTI WITH MUSHROOM, BROCCOLI & PARMESAN 200**

**PENNE WITH CHICKEN & PARMESAN 200**

**SPAGHETTI WITH CHICKEN & PARMESAN 200**

**MAKE YOUR OWN PASTA** Veg and Chicken 300

Choose Sauce - Arrabiata, Béchamel, Pesto, Aglio Oilo, Mix Sauce

Choose Vegetables and Cheese - Broccoli, Zucchini, Bell peppers, Mushrooms, Spinach, Olives, Carrots, Green Beans, Onions, Tomatoes, Egg Plant, Basil, Parmesan Cheese

Choose Pasta – Spaghetti or Penne