

OPEN



**AMBRAI**  
ON YARRA

RIVERSIDE INDIAN DINING

RESERVED

## The Fit Feast Menu

### WRAPS & MAINS

|   |      |
|---|------|
| <b>Chicken &amp; Avocado Wrap</b>               | 19.5 |
| Grilled chicken, creamy avocado & fresh greens. |      |
| <b>Paneer &amp; Avocado Wrap</b>                | 19.5 |
| Soft paneer with avocado & herbs.               |      |
| <b>Stuffed Grilled Chicken Breast ★</b>         | 21.9 |
| Lean chicken breast with herbs & salad.         |      |
| <b>Healthy Desi Nachos</b>                      | 21.9 |
| Light nachos with fresh toppings.               |      |
| <b>Tandoori Avocado</b>                         | 21.9 |
| Charred avocado with spices.                    |      |

### LIGHT CURRIES

|                               |      |
|-------------------------------|------|
| <b>Clean Butter Chicken</b>   | 23.9 |
| Reduced cream butter chicken. |      |
| <b>Palak Paneer</b>           | 20.9 |
| Spinach & paneer.             |      |
| <b>Home-Style Dal</b>         | 18.9 |
| Simple lentils.               |      |

### PROTEIN BOWLS

|  |      |
|--|------|
| <b>Grilled Chicken Protein Bowl ★</b>      | 21.9 |
| Chicken, brown rice, vegetables & yoghurt. |      |
| <b>Paneer Power Bowl</b>                   | 19.9 |
| Paneer, quinoa & roasted vegetables.       |      |
| <b>Chickpea &amp; Avocado Bowl</b>         | 18.9 |
| Chickpeas, avocado & greens.               |      |

### SIDES

|                     |   |
|---------------------|---|
| <b>Brown Rice</b>   | 6 |
| <b>Quinoa</b>       | 7 |
| <b>Mixed Greens</b> | 8 |

### TANDOOR

|                              |      |
|------------------------------|------|
| <b>Grilled Chicken Tikka</b> | 22.9 |
| Smoky grilled chicken.       |      |
| <b>Tandoori Veg Mix</b>      | 18.9 |
| Charred vegetables.          |      |

### DRINKS

|                        |   |
|------------------------|---|
| <b>Low-Fat Lassi</b>   | 5 |
| <b>Lemon Water</b>     | 4 |
| <b>Protein Lassi ★</b> | 7 |

### SALADS

|                                |    |
|--------------------------------|----|
| <b>Maize Amaze Salad</b>       | 16 |
| Sweet corn & fresh vegetables. |    |
| <b>Green Tower Salad</b>       | 16 |
| Fresh greens & vegetables.     |    |
| <b>Nawabi Salad</b>            | 16 |
| Lightly spiced salad.          |    |

### ADD-ONS

|                    |   |
|--------------------|---|
| <b>Add Chicken</b> | 5 |
| <b>Add Paneer</b>  | 4 |
| <b>Add Avocado</b> | 3 |
| <b>Add Quinoa</b>  | 4 |

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