

Starter

MADE WITH LOVE

₹ Price

KETO CHILLI PANEER	250
HARIYALI PANEER TIKKA (30 Minute)	250
KETO PERI PERI PANEER WRAP	250
SPROUT WRAP	140
NORTH INDIAN WRAP 🌶️	140
DESI ROTI SANDWICH	120
PALAK PANEER WRAP	250
SPROUT PURI	120
CHAT PURI	140
CUCUMBER SHOT	140
CUCUMBER HOT & HERBED	140
CUCUMERS BOAT	140
PUDINA ALOO	190
STUFFED TOMATO	160
STUFFED CAPSICUM	160
STUFFED CABBAGE ROLL	160
AIR FRIED CAULIFLOWER	190
AIR FRY ONION PAKODA . (30 Minute)	190
PASTA . (45 Minute)	270
MACARONI . (45 Minute)	270
SPAGHETI . (45 Minute)	270



Soup Rejuvenating

	₹ Price
LEMON CORIANDER	140
PALAK	140
TOMATO	140
TOMATO RAJMA	140
GINGER	140
MIX VEG	140
CREMY VEG	180
CARROT GINGER	140
QUINOA	140
MUSHROOM	140
GARLIC OATS VEGI	140
SPROUT VEGI RASAM	140
SPROUT SOUP	140
ALMOND SOUP	180
HERB SOUP	200
PROTEIN SOUP	180
CURD CUCUMBER COLD	120
TOMATO GAZPACHO SOUP COLD ...	120



Salad

Fiber for weight control

	₹ Price
AMARANTH	140
BOMBAY CARROT	180
CARROT GOBI	140
CHICKPEA	140
DESI CHANA	140
CORN	140
RAJMA	140
RAJMA CHICKPEA	140
VEG SPROUT	140
CUCUMBER SESAME	140
SALAD BHEL	140
RED & GREEN	140
GREEN SALAD	140
RUSSIAN SALAD	180
SOY SALAD	160
FRUIT & NUTS 30g Nuts	180
FRUIT & CREAM	180
FRUIT & HONEY	180
FRUIT & NUTS with HONEY 30g Nuts	220
APPLE ALMOND 30g Almond	220
HABIBABADI SALAD	160
PROTEIN SALAD	180
GARLIC HUMMUS with SALAD	160
BEET HUMMUS with SALAD	160

Raita

Relieves Constipation

	₹ Price
CUCUMBER	140
CUCUMBER BEET	140
CARROT BEET TOMATO	140
PALAK ONION	140
MOOLI PYAJ	140
SPROUT ONION	140
MIX VEG	140
BANANA RAITA	140
FRUIT RAITA	180
BUNDI RAITA	140
PENUT CURD	140
CHILI GARLIC	140
FLAX SEEDS RAITA	140



Sabji

Manages Blood Sugar Levels

₹ Price

CREAMY PANEER	260
PANEER TIKKA	260
PANEER BHURJI	260
PANEER ANGARA	260
PANEER BUTTER MASALA	280
PALAK PANEER	240
PANEER METHI CHAMAN	240
KADHI PANEER	240
KAJU PANEER	280
KAJU LASNIYA	260
CHANA MASALA	200
CHANA PANEER MASALA	240
CHANA PALAK	200
BHINDI CURRY	200
BHINDI FRY	250
BHINDI MASALA	220
BHINDI ALOO	180
CAPSICUM ALOO	200
METHI ALOO	180
The Blue Special CHEESE PANEER MASALA	300
CARROT METHI	180
CARROT AJAWAIN	180
SOYA MASALA	180
SOYA PALAK	180

Sabji

Manages Blood Sugar Levels

	₹ Price
KARELA FRY	200
KAJU KARELA	240
RAJMA	220
KALA CHANA	180
SPROUT KORMA	180
JEERA ALOO North Indian 	180
BESAN GATTA Rajasthani 	220
SEV TOMATO Gujrati	200
VEG MARATHA Maharatriyan 	220
VEG ALOO South Indian	200
MIX VEG PALAK 	180
MIX VEG	180
DAL FRY	180
DAL TADKA	200
DAL PALAK	180



Roti

Choose Low GI & Gluten Free Food

	₹ Price
PLAIN ROTI	15
BUTTER ROTI	20
BAJRI ROTLA	30
JUVAR ROTLA	30
BEET ROTLA	30
PALAK ROTLA	30
METHI ROTLA	30
CAPCICUM ROTLA	30
DIABETIC ROTI 1gm carb	40
MULTI GRAIN ROTI	40
PAPAD	20
CHEESE PAPAD	80
MASALA PAPAD	50



Rice

Easy on the digestive

₹ Price

PLAIN RICE	120
JEERA RICE	140
LEMON RICE	180
MASALA RICE	180
TOMATO RICE	200
RASAM RICE	200
TAWA PULAV	200
CAULI CAPSICUM PULAV	200
KASHMIRI PULAV	200
PANEER PULAV	220
HYDERABADI PULAV	200
VEG PULAV	180
QUINOA KHICHADI 45 Minute	280
DAL KHICHADI	200
PITZARICE	250
CURD RICE	180
GHEE CAULI GREEN PEAS PULAV	200
CAULI RICE PULAV	200
THE BLUE RICE The Blue Special	250

The Blue
Restaurant
Your Bodyguard

737 737 7272



Smoothie

High blood pressure

₹ Price

The
Blue Special

BLUE SPECIAL Mood enhancer	200
CACAO Antioxidants	160
COFFEE Reduces depression	160
MATCHA TEA Anti aging	200
SPINACH Prevents kidney diseases	140
CUCUMBER Weight loss	140
MORINGA Fights free radicals	140
OATS Weight loss	140
RED Iron reach	160
GREEN Detoxifying Digestive support	160
BANANA Relief constipation	140
APPLE CINNAMON Helps diabetes	160
CASHEW ROSE Anti inflammatory	160
NARIYEL MALAI Anti aging Electrolytes	140
CHOCO CHIKU Stress relief	160
Guva Remedy for acidosis	140
TURMARIC Boosts immune system.	140
ASWAGANDHA Increased stamina	140
BULLET PROOF Muscles gain	180
PROTEIN Maintain ideal weight	180



Juice

Prevents premature wrinkles

	₹ Price
APPLE CIDER VINEGAR with water	40
JAMUN VINEGAR with water	40
TULSI MINT	40
LEMON	40
CUCUMBER COOLER	40
GINGER LEMON	40
KOKAM	40
RED VED	40
AMLA GINGER	40
KARELA	40
NEEM	40
CARROT	40
HALDI, TULSI	40
LILI HALDAL	40
WHEATGRASS MINT	40
MORINGA	40
ASWAGANDHA	40
FRESH MOJITO	40
KAHWA	40



Dairy

For Healthy and Radiant Skin

₹ Price

PLAIN BUTTER MILK	40
MASALA BUTTER MILK.	40
SWEET LASSI.	100
DRY FRUIT LASSI	140
MINT LASSI	100
ROSE LASSI	100
CARDAMOM LASSI	100
PEANUT BUTTER LASSI	100
BANANA LASSI	100
GUVA LASSI	100
ROYAL SATTU	100



ખાસ રવીવાર માટે

પ્રાદેશીક અને મોસમી

લીલી હળદરનુ શાક : શીયાળો



સીતાડોડીના ફુલનુ શાક : ઉનાળો



ગોરસ આમલીનુ શાક : ઉનાળો



ચાપાની ગોટલીનુ શાક : ઉનાળો



ફણસનુ શાક : ઉનાળો



કાચી કેરીનુ શાક : ઉનાળો



વાંસનુ શાક : ચોમાસુ



વાડાભાજનુ શાક : ચોમાસુ



ખાટીભાજનુ શાક : ચોમાસુ

