Balanced Menu





Dear guests

In the bustling world of culinary artistry, where flavors dance and ingredients harmonize, lies the heart of our philosophy: the Balanced Menu. As a seasoned chef, I've embarked on a journey to redefine gourmet cuisine, making health-conscious choices not only accessible but utterly irresistible. Join me as we explore the intricate fusion of culinary excellence and nutritional wisdom.

In a landscape inundated with culinary indulgences, the quest for balance becomes paramount. The Balanced Menu emerges as a beacon of culinary innovation, marrying the realms of health and taste seamlessly.

Embracing the ethos of calorie consciousness, our menu transcends mere sustenance, offering a symphony of flavors meticulously calibrated to nourish both body and soul. Every dish is a testament to our unwavering commitment to crafting culinary masterpieces that tantalize the taste buds while respecting the boundaries of a calorie-conscious lifestyle.

Let's savor the delights of a Balanced Menu—a testament to the notion that healthy living and gastronomic pleasure need not be mutually exclusive.

- Chef Ken









19g Fat 68g Carbs

Sitter Chicken





Large Plan

635kcal **52g** Carbs **26g** Fat

K... DINNER

MINI CHIFFON CAKED

Large Plan

100kcal 3g 9g Carbs



Images are for illustration only.







Large Plan

595kcal 48g Protein 52g Carbs 22g





O/ DINNER

Large Plan

615kcal

45g

59g Carbs

22g Fat

Butter Chocolate Colate

ALANCE

Large Plan

180kcal 4g 16g Fat

Images are for illustration only.





LUNCH ROLL TERIVAKICH CHICAGO TERIVAKICA CHICAGO TE

Large Plan

57g Carbs 650kcal 59g 21g Calories Protein Fat

With Brown Roasy Capsicum and French Beans

Quanta Curry Chicken MITTOCOMUT BASMATII RICE, CURRY CAULIFLOWER AND ON SHARING WARRAND ON THE PROPERTY CAULIFLOWER AND ON THE PROPERTY CAUCIFLOWER AND ON THE PROPERTY CAUCIFLOWER

DINNER

Large Plan

565kcal 47g 18g 54g Protein Carbs Fat

SNACK

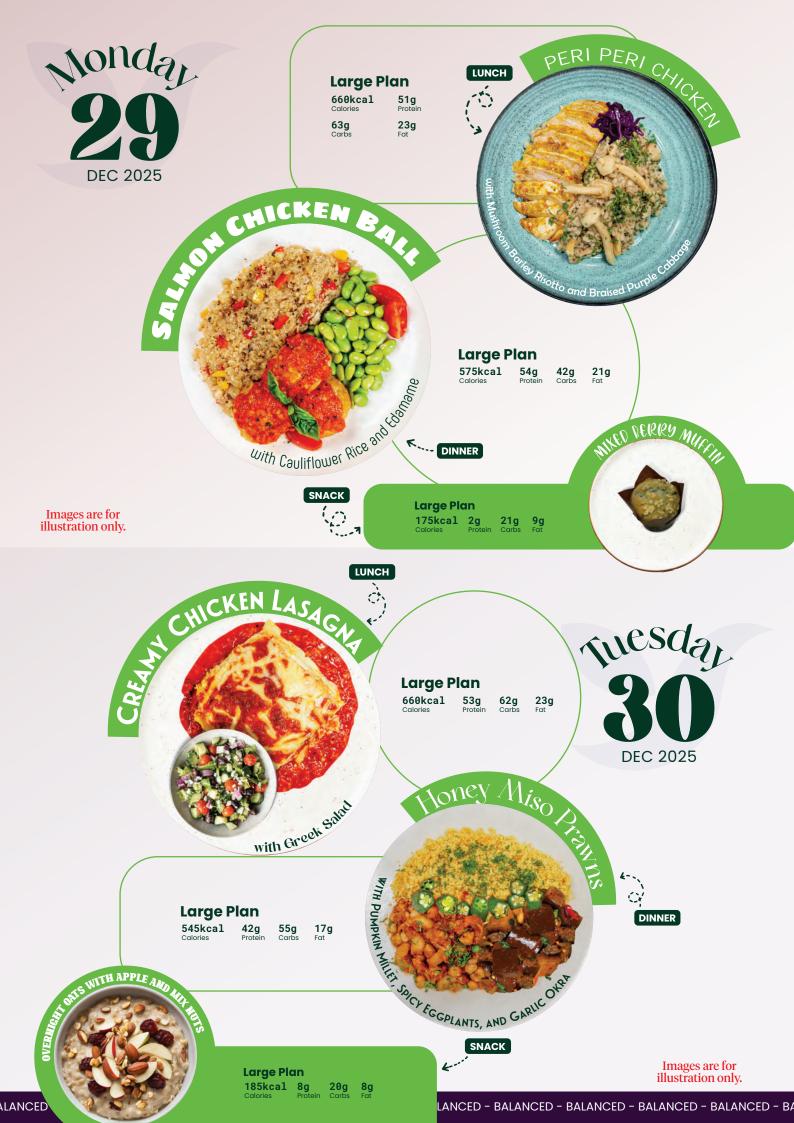
Large Plan

185kcal **8g** Protein

20g 8g



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Large Plan

640kcal 47g 63g 23g Calories Protein Carbs Fat

LUNCH Gons Bao Chicken with Brown Rice, Scramble Tomato Eggs



DINNER

Large Plan

585kcal 52g 55g 17g Protein Carbs Fat

SNACK

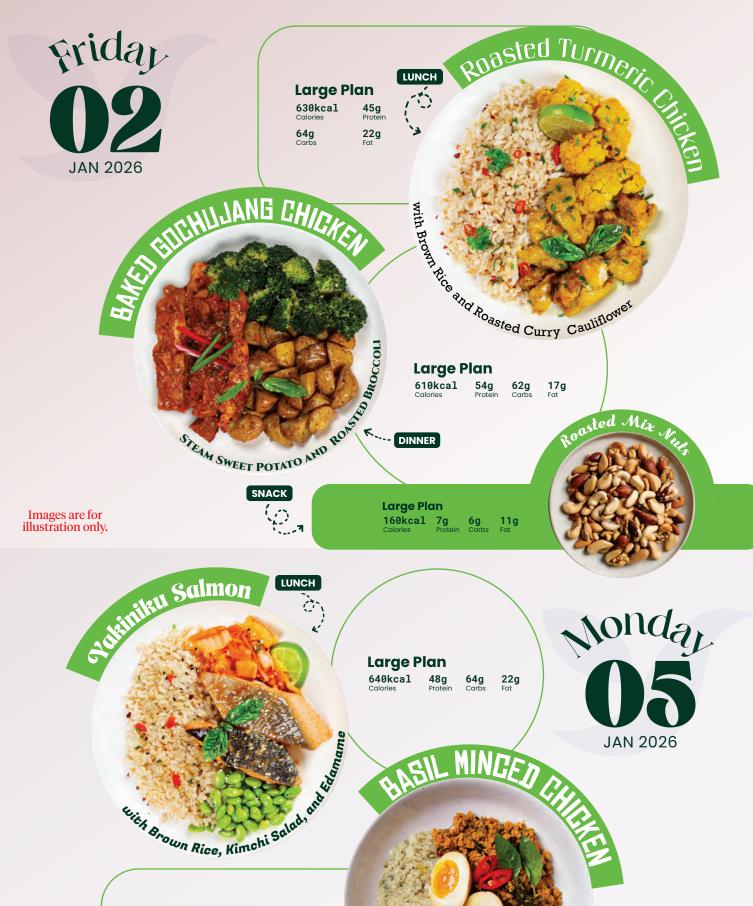
Large Plan

170kcal 8g Calories Protein

14g 9g Carbs



Images are for illustration only.



Large Plan

585kcal 45g Proteir 59g Carbs 19g Fat



Pedrut Butter Cookies



160kcal 7g 12g



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DINNER

