

# The Junk Free Cafe

Where Health Comes First

## Our Brand Speciality

Your health is our Topmost Priority.  
Our every meal is well "Thought of"  
and "Planned" to serve you HEALTHY  
and NUTRICIOUS experience in  
every Bite & Sip.

Our food base INCLUDES Millets, Oats,  
Whole Wheat, Less Starch, Leafy  
Vegetables, Fruits, Nuts and last but  
not the least Detox Drinks.



# The Junk Free Cafe

Where Health Comes First

## Healthy Menu

### Healthy Start of the day!

"Muesli Bowl with Honey & Nuts " 120/-

"Source of Energy Throughout the Day Diabetes-friendly Food Filled with Fibres and Whole Grains Helps You Lose Weight Filled with Protein Components Reduces the Risk of Heart Diseases Management of Blood Pressure Rich in Essential Minerals"

Boiled Oats soaked overnight with Curd, 150/-  
Served with Fruits & Nuts

"Oats are incredibly nutritious Whole oats are rich in antioxidants Oats contain a powerful soluble fibre Oats can lower cholesterol levels Oats can improve blood sugar Oatmeal is very filling and may help you lose weight Finely ground oats may help with skin care"

### Eggstra Protein

Tomato Chilli Omlette 120/-

French Omlette 140/-

Spanish Omlette 140/-

Mushroom Omlette 120/-

Cooked with goodness of Olive Oil and Fresh Vegetables. NO Cheese but Paneer.

### Morning Boosters

"Muesli Bowl with Honey & Nuts + TJF Special Omlette "

200/-





## The Junk Free Cafe

Where Health Comes First

### Healthy Menu

#### Desi Breads & Puri - Only the Healthy Ones

Aloo Puri(4 pieces) with Chatpata Chana Sabji	180/-
Daal Puri (4 pieces) with Amazing Aloo Sabji	180/-
Paneer Paratha (2 pcs)	150/-
Aloo Paratha (2 pcs)	130/-

Paratha and Puri made of Whole Wheat, Multi grain , Millet Atta. Sabji Cooked in minimal Oil

#### Toast & Grills

Boiled Egg Sandwich	110/-
Grilled Chicken Egg Sandwich	140/-
Grilled Chicken Sandwich	130/-
Curd-O-sandwich	110/-
Paneer Toast Sandwich	130/-
Mushroom Sandwich	120/-
Club Sandwich- Non Veg	180/-
Club Sandwich-Veg	160/-

Breads Used: Whole Wheat, Multi grain , Millet Bread





**The Junk Free Cafe**  
Where Health Comes First

*Healthy Menu*

**Oodles**

Egg Hakka Noodles	125/-
Chicken Hakka Noodles	130/-
Egg and Chicken Hakka Noodles	140/-
Veg Hakka Noodles	115/-
Masala Maggie with Veggies	85/-

Cooked with Millet Noodles, Carrot Wheat Noodles. Wheat Noodles. Millet is a good source of protein, fibre, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut

**Our Speciality Momo's**

Steamed Chicken wrapped in Lettuce(6 pcs)	180/-
Steamed Mixed Veg wrapped in Lettuce(6 pcs)	160/-

Boycott Maida!!! Healthy Lettuce in place- Innovative Momo Recipe

**Combo Delight**

TJF Special Chinese Noodles Meal (Non Veg)	220/-
Authentic Cantonese Preparation- Chicken Hakka Noodles + Steamed Chicken wrapped in Lettuce(3 pcs)	

TJF Special Chinese Noodles Meal( Veg)	180/-
Authentic Cantonese Preparation- Veg Hakka Noodles + Steamed Mixed Veg wrapped in Lettuce(3 pcs)	





**The Junk Free Cafe**  
Where Health Comes First

## Healthy Menu

### Yummy Meal

<b>CYM Veg</b>	180/-
Choice of Healthy Ingredients- Millet rice, Vegetables, Rajma Curry & Curd	
<b>CYM Non Veg</b>	220/-
Choice of Healthy Ingredients- Millet rice, Vegetables, Chicken Curry & Curd	
<b>Veg Casserole with Steamed bowl of rice</b>	220/-
Measured Bowl of Nutrients- Vegetable with Protein Broth + Steam Rice	
<b>Non Veg Casserole with Steamed bowl of rice</b>	280/-
Measured Bowl of Nutrients- Vegetable with Chicken Broth + Steam Rice	

### Combo Delight

<b>Quick &amp; Scrumcious Anytime</b>	230/-
TJF Special Sandwich(Veg/Non Veg) + TJF Special Omlette	
<b>TJF Special Chinese Casserole Meal Non Veg)</b>	340/-
Authentic Cantonese Preparation- Non Veg Casserole + Steamed Chicken wrapped in Lettuce(3 pcs)	
<b>TJF Special Chinese Casserole Meal ( Veg)</b>	250/-
Authentic Cantonese Preparation- Veg Casserole + Steamed Mixed Veg wrapped in Lettuce(3 pcs)	





**The Junk Free Cafe**  
Where Health Comes First

*Healthy Menu*

**Juicy Affair - Not just another Juice but a Health Bomb!!**

Power Boost - Apple, Guava, Pear, Ginger	150/-
Kale Yeah - Kale, Pineapple, Apple, Pear, Lemon	160/-
The Shirley - Carrot, Pineapple, Apple, Lemon	150/-
Flu Fighter - Carrot, Pear, Pineapple, Ginger, Himalayan Salt	200/-
Sweet Beets - Beetroot, Carrot, Apple, Lemon, Himalayan Salt	160/-
Detox Bunny - Carrot, Cucumber, Apple, Himalayan Salt	160/-
Cool it ! - Kale, Cucumber, Celery, Himalayan Salt	200/-
Energy Shots -5 Flavours: Apple, Guava, Carrot, Pineapple, Watermelon	160/-

**Energy Boosters**

**Coolvita** 120/-  
Bournvita with Ice and Nuts





**The Junk Free Cafe**  
Where Health Comes First

## Tea & Coffee Lovers

## Healthy Menu

### Darjeeling First Flush

Lowers bad ldl cholesterol, Improves gut health, Improves focus

80/-

### Flowery Orange Pekoe Darjeeling Leaf

Helps the gut, Enhances metabolism, Drives off fatigue

80/-

### Flowery Golden Pekoe Darjeeling Leaf

Helps the gut, Enhances metabolism, Energizes the body

80/-

### Roasted Darjeeling Tea

Helps reduce blood pressure, Improves heart health, Contains antioxidant properties

80/-

### Darjeeling Earl Grey Black Tea

Helps control anxiety and depression, Improves skin health, Helps control cholesterol

80/-

### DTX Cleanse Green Tea

Boosts your metabolism, Reduces bloating, Eases inflammation

60/-

### Kulhad Tea

Contains healthy bioactive compounds, Helps Burn Fat, Helps in boosting digestion

25/-





**The Junk Free Cafe**  
Where Health Comes First

Tea & Coffee Lovers

## Healthy Menu

### Bowel Movement Tea

Promotes Digestive Health, Eases constipation, Relieves gas and bloating

60/-

### Slimming Tea

Prevents signs of ageing, Helps lose weight, Improves digestion

60/-

### Joint Comfort Tea

Contains anti-inflammatory properties, Strengthens the body muscles, Enhances metabolism

60/-

### Grandma's Kadha Chai

Helps relieve cold & cough, Helps reduce inflammation, Boosts immunity

60/-

### Anti Diabetic Tea

Regulates the blood sugar levels, Increases insulin secretion from the pancreas,  
Increases the cell's ability to use glucose

60/-

### Skin Glow Herbal Tea

CLEANSE & REJUVENATE

60/-

### Ayurvedic Cholesterol Control Herbal Tea

Reduces the level of bad cholesterol, Reduces pain and inflammation, Increases blood circulation

60/-

### Anti Inflammatory Tea

Improves immunity, Soothes any uncomfortable aches and pains,  
Contains healthy bioactive compounds

60/-







# The Junk Free Cafe

Where Health Comes First

## Tea & Coffee Lovers

## Healthy Menu

### Pure Green Leaf Tea

Boosts metabolism, Improves brain function, Lowers the risk of heart disease

60/-

### Hibiscus Lemon Cleanser Tisane

Helps treat high blood pressure, Enhances metabolism, Helps regularise both urination and bowel movements

60/-

### Hangover Relief

Provides needed electrolytes, Cures for nausea, Relieves headaches

60/-

### Dandelion Root Tea

Boosts your metabolism, Reduces bloating, Eases inflammation

60/-

### Ayurvedic Anxiety Relief Herbal Tea

Improves sleep quality, Calming effect on mind, Reduces stress and anxiety level

60/-

### Ayurvedic Brain Booster Herbal Tea

Improves memory, Balances the nervous system, Increases blood circulation to the brain

60/-

### Organic Green Tea

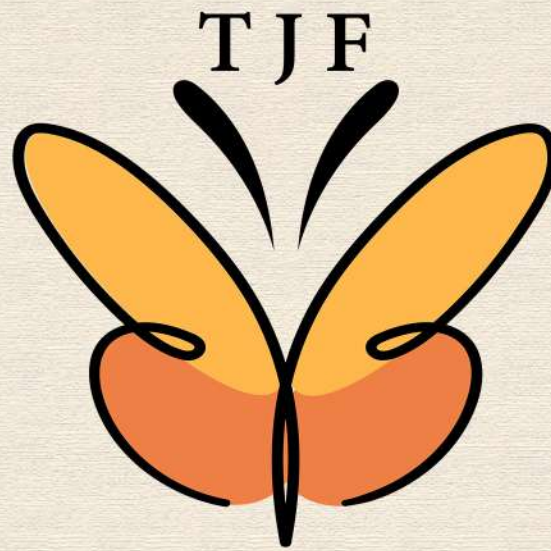
Improves brain function, Helps lose weight, Lowers the risk of heart disease

60/-

### TJF Special Coffee

40/-





# The Junk Free Cafe

Where Health Comes First

## Our Vision

To Promote Balanced, Healthy ,  
Delicious Food & Refreshing Beverages  
that keeps your smile:-)

We are available @:

