



INDIA'S FIRST GOURMET SOUP & SALAD SERVICE

DELIVERED TO YOU BY *CALORIE CARE*

- *Fresh soup and salads with an array of exotic ingredients delivered to your home or office just in time to beat your hunger pangs!*

*Highlights of the Gourmet
Soup and Salad Meals
include*

- *Made of exotic ingredients, both nutritious and tasty*
- *Rich in anti-oxidants with the choicest fresh ingredients*
- *Low in calories (under 400 calories)*
- *Low in fat, and cholesterol*
- *Accompanied by light and delicious dressing*
- *A wholesome, nutritionally complete meal*
- *Contain a large portion of your daily recommended allowance of fiber, vitamins and minerals*



Italian Pasta Salad

About the service

Beginning the 20th of July, enjoy a gourmet soup and salad which is filling, delicious and made from exotic and unusual ingredients delivered to your doorstep.

Our focus is on presenting a soup and salad combination that constitutes an enjoyable and nutritious meal. Wide methods of preparation ranging from steaming, grilling poaching and parboiling ingredients ensure that it is definitely not just a raw crunch and munch salad. It is a low calorie yet satisfying way to eat a healthy meal and not sabotage your efforts to maintain your diet.

The Gourmet Soup and Salad service is a wholesome and delicious meal; perfect for a light dinner or for a satisfying lunch that does not leave you feeling sluggish through

the day. Our Chefs worked alongside our dieticians to come up with a full range of healthy and delicious salads in both vegetarian and non vegetarian options combined with light, low fat dips.

The salads are cut and delivered fresh. The presentation, taste, and preparation techniques distinguish Calorie Care from ordinary salad bars and services. Some of the fresh ingredients used include broccoli, green & black olives, baby corn, asparagus, and mushrooms. Tandoori prawns roasted chicken, salami and cocktail smoked sausages are some ingredients used in the non-vegetarian salads.



Chicken Tikka & Yogurt Salad

Sample Salads

-Italian Pasta Salad (Vegetarian) – This salad is made of tri-color pasta, zucchini, peppers, baby carrots and baby brinjals served with Italian dressing, garlic bread and a smattering of cheese. Other vegetarian salads include Chinese Tossed Salad, Roasted Garlic Chefs Salad, Roasted Asparagus & Cherry Tomato Salad, and Broccoli Jalapeño Nicoise salad.

-Roasted Chicken and Spicy Potato Salad (Non-Vegetarian) – This salad is made of roasted chicken, spicy roasted baby potato wedges, iceberg lettuce, baby carrots julienne, black olives and is served with Italian dressing and bread stuffing made of onion, fresh bread crumbs and thyme. Other non-vegetarian salads include Schezwan Chicken Sausage Salad,

Sample Soups

American corn chowder, Veg Consommé, Minestrone soup, Cream of Mushroom and Thick Veg Soup amongst others.

The service is priced at Rs. 140 for vegetarian salads and Rs. 150 for non vegetarian salads inclusive of delivery charges