

COFFEE BASED BEVERAGES

SPECIALTIES HOT COFFEE

Pourover / Frenchpress / Aeropress	(4pax)400 / (1pax)180
Espresso / Doppio / Lungo	130 / 150
Cappuccino / Latte	220 / 240
Addon Flav. (₹50) - Caramel, Hazelnut, Honey, Irish Cream, Cinnamon	
Americano / Amricano Royale	180 / 220
Cafe Mocha / White Mocha	250 / 260
Sweet / Salted Caramel Macchiatto	280
Irish Pub Coffee	280



SPECIALTIES ICE COFFEE

Ice Americano / Long Black	250
Ice Americano Royale	270
Cold Foam Americano	280
Orange Americano	280
Mont Blanc	300
Ice Cappuccino / Ice Latte	260 / 280
Addon Flav. (₹50) - Caramel, Hazelnut, Honey, Irish Cream, Cinnamon	
Blended Ice Mocha / White Mocha	280 / 300
Sweet / Salted / Salted Chocolate Caramel Macchiatto	280

COLD BREW SECTION

Classic Cold Brew (Rum / Whiskey)	275
Lavender Cream Cold Brew	320
Hazelnut Chocolate Cream Cold Brew	320
Salted Honey Cinnamon Cream Cold Brew	320
Cold Brew Lemon	300



TONIC BAR

Espresso Tonic	270
Addon Flav. (₹50) - Strawberry, blueberry, Dragonfruits, Cranberry, Orange & Yuzu, Cinnamon, Irish Cream, Honey	
Cold Brew Tonic	270
Redbull Espresso	290
Cold Foam Tonic Espresso	300

FRAPPE

Classic Vanilla Frappe	250
Addon Flav. (₹50) - Caramel, Hazelnut, Irish Cream, Strawberry, Mango, Blueberry, Biscoff & Nutella	
Javachips Frappe	280
Pistachio Frappe	320
Banana Peanut Frappe	320
Matcha Premium Frappe	380

WALKING EVERYDAY

For six hours to get water is a job for many women.
It is not paid and not recognized.
Decent jobs are part of women's empowerment.



NON COFFEE BASED BEVERAGES

HOT BEVERAGE

Masala Tea	75
Hot Lemon Ginger	120
Ginger Honey Hot Lemon	150
French Creamy Hot Chocolate	220
Topped Up Hot Chocolate	250
Ice Cream Hot Chocolate	275
Green Tea / Black Tea	120
Matcha Tea	250
Jasmine Tea	(2pax)180
Hibiscus Tea	(2pax)180
Butterfly Pea Tea	(2pax)180

SHAKES

Banana Peanut Shake	300
Biscoff Caramel Shake	350
Nutella Brownie Shake	350
Strawberry Cheesecake Shake	350
Oreo Javachips Shake	350
Tropical Punch	350



SMOOTHIE

Classic Vanilla Smoothie	250
Blueberry Nuts Smoothie	300
Kiwi Nuts Smoothie	300
Strawberry Nuts Smoothie	300

MATCHA

Matcha Latte	350
Addon Flav. (₹50) - Mango, Banana, Raspberry, Blueberry & Strawberry	
Matcha Cold Foam	375
Addon Flav. (₹50) - Biscoff, Ube, Strawberry, Coconut, Blueberry	
Coconut Cloud Matcha	375
Matcha Dirty Fusion	380
Tiramisu Matcha	380
Matcha Aloe vera Cream	360
Double Matcha Float	380
Sweet/Salted Caramelized Cream Matcha	380
Lavender Vanilla Matcha	380

SODA BASED

Watermelon Matcha Soda	350
Orange Matcha Soda	350
Matcha Honey Lemonade	380

ICE TEA

Lemon / Peach Ice Tea	220
Gingerale Ice Tea	250
Applepie Ice Tea	250
Hibiscus Ice Tea	280
Jasmine Ice Tea	280
Lavender Layers Tea (Premium)	300

LEMONADE

Classic Lemonade	240
Honey Lemonade	250
Mint Lemonade	250
Watermelon Lemonade	280
Electric Lemonade	250
Yuzu Orange Lemonade (Premium)	280
Hibiscus Lemonade (Premium)	280
Barbie Lemonade (Premium)	280
Lichi Lime (Premium)	280

Everyone must be his own scavenger.



M. K. Gandhi

MOJITO'S

Classic Virgin Mojito	240
Add-on Flav. (₹50) - Mint, Strawberry, Blueberry, Passionfruit, Orange, Kiwi, Dragonfruits, Yuzu and Honey	
Blue Wave Mojito	320
Chilly Mango Mojito	320
Orange Kiwi Mojito	320
Double Kiwi Refresher	350
Yellow Paper Daisy	300
Hisbiscus Resfresher	350

MOCKTAILS

Sunrise Surat	280
Passion Hurricane	280
Chilly Chilled Guava	280
Honey Love Buys	300
Purple Yuzu Honey	300
Purple Passion	280
Red Wine	330
Lavender Blueberry Spiritz	330
Frozen Sangria	330
Moscow Mule	330
Miami Vice	330
Pina Colada	280



SHOTS

Cookies and Cream Shot	175
5 Latte Shot	400
Ginger Rush	250
French Bombon	250



AFFOGATO

Classic Vanilla Affogato	240
Nutella / Biscoff Affogato	280
Javachips Affogato	300
Caramelized Affogato	300
Matcha Affogato	350
Pistachio Affogato	350

CAKES

Tiramisu	300/350
Chocolate / Matcha	
Cheesecake	300/350
Strawberry / Blueberry / Biscoff / Nutella	
Croissant	300/350
Vanilla/Chocolate/Biscoff/Nutella/Blueberry/Strawberry	
Brownie	300/350
Biscoff / Nutella / Peanut Butter	
Sizzling Hot Brownie	280



*Love eating dum pulao or dum biryani?
Do you know how this style of cooking
originated in India?*

The Nawab of Awadh was facing a shortage of food in his region so he ordered a meal to be cooked for all the poor in huge handis, covered with a lid and sealed with dough. This would help cook a lot of food with minimum resources, but who would have thought that this would eventually lead to a new style of cooking, now known as 'dum'.



CAFE RESTO MENU

SOUP

Cream of Avocado	355
Mashes Avocado With Cream Butter And Lemon Salt Pepper	
Mexican Chilli Bean Tortilla	245
Black Bean Spicy Chilli Mix Hubs With Crispy Tortillas	
Almond Broccoli	295
Fresh Broccoli Cream Rosted Almond	
Cream Of Tomato Basil	245
Tomato With Butter Fried With Fresh Basil Crispy Crums	
Vegetable Manchow	255
Mix Veg With Chinese Spice Dark Soya Crispy Chow	
Khao Saey Soup	255
Coconut Milk With Burnt Garlic With Spicy And Noodles	



SALAD

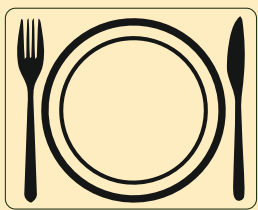
Greek Salad	160
Tomatoes, Cucumbers, Red Onions, Feta Cheese, Olives, And Greek Vinaigrette	
Caesar Salad	155
Romaine Lettuce, Croutons, Parmesan Cheese, And Caesar Dressing	
Russian Salad	195
Fresh Mozzarella, Tomatoes, And Iceberg Lettuce. Basil, Salt, And Olive Oil	
Waldorf Salad	185
Mixed Greens, Apples, Grapes, Celery, Walnuts, And Creamy Dressing	
Niçoise Salad	175
Mixed Greens, Tofu. Fat Cheese. Cherry Tomatoes, And Olives	

APITIZER

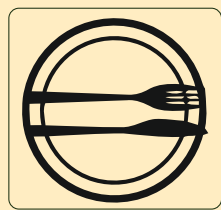
Paneer Popcorn	255
Cheese Paneer Tit Bit	290
Crispy Pita Hummus Bite	265
Loaded Cheese Nachos	235
Crispy Loaded Taco	266
Papad	85
Masala Papad 1 Pcs, Roasted Papad 2 Pcs, Fried Papad 2 Pcs	
Cheese Masala Papad	125



Cutlery Etiquette



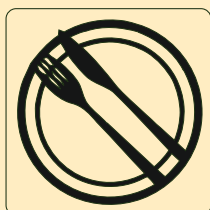
Start



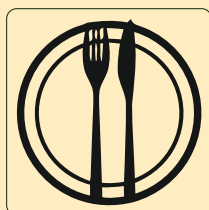
Excellent



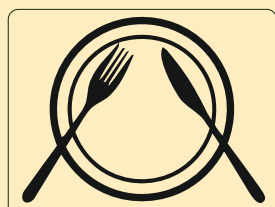
Didn't Like



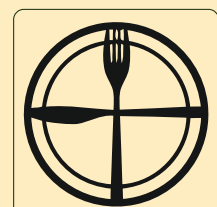
Finished



Finished



Next Dish



Pause

INFORMAL TABLE SETTING



- Seafood Fork
- Soup Spoon
- Fish Course Knife / Fork
- Meat Course Knife / Fork
- Salad Course Knife / Fork
- Dessert / Coffee
- Water Glass
- Wine Glass
- Plate and / or Napkin
- Bread Plate & Butter Knife
- Coffee Cup & Saucer

STARTERS

paper cheese pasli	355
Mexican Tiki	295
Veg Cheese Cigar	295
Korean Cheese Candy	350
Cheese Corn Ball	345
Honey Chilli Potato	265
Crispy Corn Chilli	295
Dragon Potato	265
Cheese Paneer Tikka BBQ	365
Afghani Soya Chaap BBQ	385
Cheese Malai Roll	395
Creamy Jacket Potato BBQ	295
Multani Kabab	305
Mushroom Gallotti Kabab	305
Hara Bhara Kabab	305
Tandoori Chaap Tikka	395
Tandoori Platter BBQ	985



ITALIAN PASTA

Panne, Spaghetti, Fusli, Macaroni

Alfredo	395
Arabita	365
Marinara	385
Creamy Parmesan	455
Aglio e Olio	395
Green Pesto	455



She is beautiful.

*a Daughter,
a Sister,
a Lover, a Wife,
a Mother.*

*Save The
Girl Child!*

Foods that lower blood pressure

There is a virtual cornucopia of foods, herbs, and other forms of nourishment that are readily available to lower high blood pressure, or hypertension, naturally. Fruits, vegetables, and nuts are just a handful of the healthy things you can eat to promote healthy blood flow. Learning the benefits of these foods and determining which ones are best for your diet may help to lower your blood pressure and maintain circulatory health.

Top 9 Foods That Lower Blood Pressure



The Importance of Your Blood

“Blood is a very special juice,” wrote the famous 18th-century author Johann Wolfgang von Goethe, but it is more than just “special.” Blood is the fuel that sustains human and animal life. It enables the body to stay alive by carrying oxygen and nutrients to living cells, taking away waste products, and transporting immune cells to fight infections. The average human adult body contains more than six quarts of blood which travels through the blood vessels and heart. This essential substance also includes platelets that can form a stopper in damaged blood vessels, preventing blood loss. As special as this “juice” is, it can also develop an unhealthy amount of pressure in your body.

What Is Blood Pressure?

Blood pressure is the pressure your blood applies to the walls of your blood vessels as it flows. Your heart is a muscle that works as a pump to push your blood through these vessels. Checking your blood pressure is one of the first tasks performed whenever you visit your healthcare professional.

Since it's impossible to determine blood pressure merely by sight or listening to the heart, an oscillatory cuff is wrapped around the upper arm and inflated until blood flow is restricted. As the pressure slowly decreases, the cuff is able to detect vibrations. It measures your systolic reading when the pressure subsides just enough for the artery to force blood through. The cuff takes your diastolic reading when the pressure reduces further and your blood moves freely through your artery with its normal pulses



SIZZLERS

Veg Supreme Heaven	755
Exotic Vegetable With Butter-fried Rice, Red Beans With Veg Cutlet, Hot Spicy Sauce And French Fries	
Paneer Shashlik	755
Butter, Exotic Vegetable Barbeque, Cottage Cheese, And The Best Of Shashlik Red Spicy Cheese Sauce	
Mexican Sizzler	795
Ingredients From Vana Vibes Side Team	

FRIES

French fries	155
Cheese fries	175
Italian seasoning fries	185
Schezwan fries	175
Loaded Fries	225
Peri Peri Fries	185



HUMMUS

SERVED WITH PITA BREAD, OLIVE OIL, AND SALAD

Red velvet	355
classic hummus	295
Green Pesto	355
Falafel hummus	355

-BURGER-SANDWICH-TOAST-BAGEL-

Veg Brioche Delight Burge	455
Malti Grain Three Cheese Bagel Sandwich	545
Guacamole Avocado Sourdough Bread Toast	395
Simple Veg Sandwich	295
Veg Burger	355

How Important is it to Digitize Elementary Education in India?



The recent Central Board of Secondary Education (CBSE) exam paper leak has left students in a lurch. Students were in dismay, for board exams essentially mean months of hard work and sleepless nights. For the thousands of students appearing for the boards every year, the pressure is so intense that it often leads to serious mental health woes.

In this day and age where technology dominates activities in all walks of life, one wonders why India is restricting its education system to the old school thought of pen and paper? The leak of the exam question papers, year after year, has brought to the fore the question – Should we turn to technology for help?

Examination is just one aspect of the education system. Most experts believe that the CBSE paper leak is a gateway to a whole lot of issues that exist in the Indian education sector. Anil Mammen, Chief of Learning Design & Social Impact, Tata ClassEdge, believes the bigger challenge is to relook at the way assessments are conducted.

“Should we continue this system of a centralized board exam to certify our students as being ready for the next level? Is the result of this examination an accurate representation of a student's capabilities and aptitude,” asked Mammen.

He believes that being coached to write for this exam, with previous years' question papers and rounds of testing does not prepare student to face the challenges of the real world.

“Maybe we should fix that first before we consider technology, which at the end of the day is only a smart enabler for whatever we choose to do,” he said.

Fundamentally, the problem is with giving such a huge importance to one, end-of-the-year exam, believes Abhishek Singhal, Co-Founder of univadmithelp.com. He thinks a better solution would be to develop an assessment method that is continuous and lasts throughout the year.

“Digital technology has a huge role in enabling such a tool. Continuous assessments are also useful in achieving the right assessment outcomes. It will help build a more coherent picture of the individual which is more resilient to outside factors,” he said.

With digitization of education, classrooms are expected to become more interactive and participation oriented, which is the need of the hour.

— REAL PIZZA —

FRESH OVEN DOUGH (EXTRA TOPICS, PANEER, CORN, ONION, TOMATO, JALAPENO, FRESH MOZZARELLA, PAPER) 9INCH

Queen Margarita	525
Fresh Dough Sauce, Mozzarella, Tomato, Basil	
Hot Half Moon	565
Mushroom, Tomato, Mozzarella, Sauce	
Golden Veg	595
Corn, Yellow Pepper, Cherry Tomato, Zucchini, Sauce	
Farm Fresh	595
Broccoli, Pepper, Baby Corn, Onion, Tomato, Basil, Sauce	
Indo Paneer	555
Tandoori Or Peri Peri, Paneer, Indian Spicy Sauce	
King Volcano	795
Spicy Pepper, Jalapeno, Boconchi, Bust Cheese, Onion	



— ASIAN INDO —

Burnt Garlic Pull Noodles	355
Veg Diamond Fried Dry / Gravy	355
Paneer Cheese Peri	395
Soya Chilli Dry / Gravy	365
Japanese Chopsticks Noodles	495
Paneer Chilli Dry	355
Vegetable Manchurian	290
Veg Crisp	355
Haka Noodles	325

— GARLIC BREAD —

Cheesy Garlic Bread	245
Hot Bruschetta Bread	395
Korean Garlic Bun	295
Garlic Cream Bites	295

— SIGNATURE PUNJABI —

Veg Paneer Hum Tum	395
Paneer Rolled Makhani	355
Kaju Green Gotalo	395
Exotic Veg Tawa	325
Saffron Cheese Kofta	395
Dum Matka	345
Butter Chaap Masala	365
Hariyali Kabab Masala	385
Paneer Methi Malai	355
Veg Dilruba	325
Butter Dal Fried / Tadka	255



— Tandoor / Indian Bread —

Butter roti	45
Butter naan	65
Butter kulcha	65
Amritsari kulcha	95
Cheese naan	105
Cheese garlic naan	124
Missi roti	65
Butter chapati	35
Lachha paratha	65
Methi paratha	75
Chilli roti	85



— RICE —

Hyderabadi Dum Biryani	355
Dum Matka Biryani	396
Veg Ghee Pulao	295
Butter Jeera Rice / Plain Rice	195
Green Pesto Rice	365
Veg Fried Rice	295
Hot Pot Rice	355
Mexican Bean Rice	255



— COLD DRINK —

Mineral Water-Clear Water	20
Mineral Water-Nevas Water	30
Mineral Water-Himalayan	80
Butter Milk	65
Masala Butter Milk	95
Special Lassi	180
Coco Cola (With Serve)	75
Thums Up (With Serve)	75
Sprite (With Serve)	75
Fanta (With Serve)	75
Diet Coke (With Serve)	75
Tonic Water (With Serve)	120
Red Blue (With Serve)	220

Marketing for Your Business

“When you interact with customers on a one-to-one basis on social media, it makes them more loyal. Loyal customers spend more with you, stay with you longer and tell their friends about you.

-Dan Gingiss, Marketing & Customer Experience Executive



1. Increased Brand Awareness
2. More Inbound Traffic
3. Improved Search Engine Rankings
4. Higher Conversion Rates
5. Better Customer Satisfaction
6. Improved Brand Loyalty
7. More Brand Authority
8. Cost-Effective
9. Gain Marketplace Insights
10. Thought Leadership



Walking Everyday

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New sports policy announced

The Government has announced its new sports policy to encourage conduct of international and national events in popular sports, and 13 sporting events have been identified in the high priority list.

These include athletics, badminton, hockey, shooting, tennis, weight lifting, wrestling, archery, boxing, football, kabaddi, volleyball and kho-kho. The international events conducted in these streams will be sanctioned Rs. 20 lakh by the government, while Rs. 15 lakh would be sanctioned for national events and Rs. 5 lakhs for inter-district tournaments.

The order issued by B. Venkatesham, Secretary to government,

also placed several other sporting events in category “B” and category “C” and money to be sanctioned for them is also relatively less than high priority category.



The associations of various sports have to be recognised by the respective National Sports Federations approved by the Government of India or Indian Olympic Association and they should conduct State championships across age groups and gender on regular basis. For eligibility, these associations should be recognised by the Sports Authority of Telangana State and must be effectively operational for at least preceding three years and regularly submitted their audited accounts to Sports Authority of Telangana State.

