



Fresh Indian Currril

# Nutritional Information

Category	Menu Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)
<b>Main</b>	Rice	6 oz	250	50	6	0	0	0	880	45	0	0	4
	Rice (Roti Roll portion size)	4 oz	160	35	4	0	0	0	587	30	0	0	3
	Roti Roll	1 piece	330	70	7	3.5	0	0	780	55	2	0	9
	Salad	7 oz	30	0	0	0	0	0	20	6	2	4	2
	Kid's Bowl	3 oz	125	25	3	0	0	0	440	22	0	0	2
<b>Protein</b>	Naanadia (Grilled Cheese)	1 each	420	160	18	8	0	40	750	44	2	2	18
	Grilled Chicken ***	2 oz	110	50	5	1.5	0	50	65	1	0	0	14
	Grilled Chicken	4 oz	220	100	11	3	0	100	125	2	1	0	28
	Bombay Chicken***	2 oz	120	50	6	1.5	0	55	55	0	0	0	15
	Bombay Chicken	4 oz	230	100	12	3	0	105	105	0	0	0	29
	Braised Beef ***	2 oz	110	45	5	2	0	45	50	0	0	0	15
	Braised Beef	4 oz	210	90	10	3.5	0	85	100	0	0	0	29
	Tofu ***	2 oz	75	60	7	0	0	0	55	1	0	0	3
	Tofu	4 oz	150	120	13	1	0	0	110	2	0	0	6
	Cheese	1.5 oz	160	120	13	8	0	40	230	0	0	0	10
<b>Complement</b>	Sautéed Vegetables ***	2 oz	12	0	0	0	0	0	40	2.5	1	1.5	0.5
	Sautéed Vegetables	4 oz	25	0	0	0	0	0	80	5	2	3	1
	Chickpea Curry ***	2 oz	95	25	3	0	0	0	230	14	4	3	4
	Chickpea Curry	4 oz	190	50	6	0	0	0	460	28	8	6	9
<b>Sauces</b>	Tikka*	2 oz	25	15	2	1	0	5	220	2	1	1	1
	Tikka**	4 oz	50	30	3.5	2	0	10	440	5	1	2	1
	Vindaloo*	2 oz	20	5	0.5	0	0	0	210	4	1	1	1
	Vindaloo**	4 oz	45	10	1	0	0	0	420	8	2	3	1
	Saag*	2 oz	35	25	2.5	1.5	0	10	130	2	0	0	1
	Saag**	4 oz	70	50	5	3.5	0	20	260	4	1	1	1
	Korma*	2 oz	130	70	7	6	0	0	250	16	1	14	1
	Korma**	4 oz	250	130	15	13	0	0	510	33	1	27	2
<b>Chutneys</b>	Yogurt Raita	2 oz	30	0	0	0	0	0	140	4	0	1	3
	Sweet Tamarind	1 oz	30	0	0	0	0	0	10	8	0	6	0
	Cilantro Garlic	1 oz	10	0	0	0	0	0	120	2	0	0	1
	Chili Lime	1 oz	10	5	0.5	0	0	0	230	2	1	0	0
<b>Sides</b>	Naan Bread	3.6 oz	260	40	5	0	0	0	520	44	2	2	8
	Samosa	2.5 oz	190	90	10	4	0	0	397	21	2	1	4
	Aloo Tikki	2.1 oz	90	30	3.5	2.5	0	10	420	129	1	1	4
	Pickled Onions	1 oz	10	0	0	0	0	0	110	3	0	1	0
	Vegetables for Sandwich	3 oz	20	0	0	0	0	0	5	4	2	2	1
<b>Desserts</b>	Rice Krispie Treat	3 oz	360	80	9	3	0	0	400	66	0	32	2
	200 Mile Chai	11 oz	140	35	4	2.5	0	10	60	23	0	23	4
<b>Drinks</b>	Mango Lassi	14 oz	300	80	8	4.4	0	25	180	47	3	40	11

\* sauce serving size for roti roll, salad and kids' bowl

\*\* sauce serving size for rice bowl and salad

\*\*\* protein and complement serving sizes for kids' bowl

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your needs

All serving sizes are approximate

Vegetarian means no animal flesh, however, may contain dairy products (eggs & milk).

Nutritional facts are approximate and rounded for clarity.

Calories per gram: Fat 9 \* Carbohydrate 4 \* Protein