

O-Veg

For Healthy Diet

To All Family Member's

®

E ER

Green

Salad Bar

Upgrade To The Latest Taste !



Family Food Outlet

+91 9997200957, 9997200101

[www.evergreensalad.com](http://www.evergreensalad.com)





For Healthy Diet We Offer  
**Salad From The Garden**

To All Family Member's (Serve the Garlic bread with All Salad)

**Fresh & Seasonable**

Half 200 gm

Full 350 gm

**SPROUT SALAD**

Moong Sprout, black channa sprouts with chopped Fresh veggies  
 Vitamin, such as A, B, C, and E, & Essential fatty acid nutrients

Rs 149.00

Rs 249.00

**3 BEAN SALAD**

This three-bean salad is a blend of kidney beans, green beans, black-eye beans, and chickpeas. Add with fresh veggies A classic salad that's easy to make and is the perfect addition to almost any meal!

Rs 149.00

Rs 249.00

**AVOCADO SALAD**

Fresh Avocado with bell peppers, cherry tomatoes, corn dressed with olive oil, lime juice, pesto, and red wine vinegar, are also great choices for a healthy diet.

Rs 179.00

Rs 299.00

**GRILLED VEG SALAD**

All fresh vegetable broccoli, zucchini, baby corn, carrot, cauliflower, beans, peas, corn, and bell peppers, tossed with olive oil herbs & garlic

Rs 149.00

Rs 249.00

**BETROOT & CHICKPEAS SALAD**

Feel free to cook the beetroot & chick peas with fresh veggies dressed olive oil lime vinaigrette a rich combination of tasty elements.

Rs 149.00

Rs 249.00

**WALDORF SALAD**

Is a fruit and nut salad generally made of fresh apples, celery, walnuts, and grapes, dressed in mayonnaise, and Greek yogurts cream served on a bed of lettuce & orange slice

Rs 149.00

Rs 249.00

**GREEK SALAD**

Cucumber, Avocado, bell peppers, cherry tomatoes, red onion, green or black olives fresh lettuce dressed with feta cheese,

Rs 179.00

Rs 279.00

**RUSSIAN SALAD**

Combines the goodness of serving mixed vegetables & fruits with mayonnaise, and cream dressing.

Rs 149.00

Rs 249.00



www.evergreensalad.com



**29 different salads and more**



	Half 200 gm	Full 350 gm
<b>BEANS &amp; QUINOA SALAD</b> Nutrient-packed Quinoa with kidney beans, chickpeas, and vegetables & lettuce dressed with a fresh lemon, vinaigrette	Rs 179.00	Rs 289.00
<b>SPICY THAI SALAD</b> A crunch of all fresh veg beetroot, green beans, carrot, bellpapper, cucumber, sprouts, red cabbage fresh lettuce with olive oil & peanut butter dressed top of sesame seed	Rs 149.00	Rs 249.00
<b>RAINBOW SALAD</b> Bunch of nuts & seeds with fresh fruits dressed with olive oil fresh mint, cumin, lime juice, pomegranate moss less	Rs 189.00	Rs 329.00
<b>CILANTRO &amp; GINGER HONEY SALAD</b> Combination a fresh vegetable with green apple, Jalapenos, gurkins dressed ginger juice honey lime juice & cilantro	Rs 149.00	Rs 229.00
<b>SUMMER SALAD</b> A perfect combination cottage cheese with water melon, papaya, yellow pepper, & cocktail onion fresh dressed lemon vinaigrette	Rs 149.00	Rs 249.00
<b>SUPER SALAD NUTTY BLUEBERRY CORN AND AVOCADO</b> Packed of powerhouse with dry fruits & seeds with fresh fruits avocado corn dressed with olive oil fresh mint cumin, lime juice, pomegranate moss less top of feta	Rs 249.00	Rs 349.00
<b>FOXTAIL MILLET MANGO WITH VEGETABLE SALAD</b> Try this filling and healthy foxtail millet with cucumber, onion fresh coriander laves which has tangy mangoes, refreshing zingy lemon.	Rs 149.00	Rs 249.00
<b>QUINOA LENTIL SALAD</b> A healthy salad made with super foods like quinoa, black lentil, with fresh veggies and pomegranate. Drizzle some tangy mosambi juice and mustard dressing to balance the flavors.	Rs 179.00	Rs 289.00
<b>KALE OR TOFU SALAD</b> To top this zesty raw kale with tomatoes, cucumber sliced green apple we toss diced tofu with a flavorful ginger Lemon vinaigrette dressing	Rs 149.00	Rs 249.00
<b>ROASTED PUMPKIN &amp; FETA , SEEDS SALAD</b> Roast Pumpkin, bellpapper, sliced apple, seeds, walnut and Feta, lettuce with Honey Mustard Dressing	Rs 149.00	Rs 249.00
<b>ASIAN STYLE PANEER COBB SALAD</b> Herbs Paneer, avocado, broccoli julienne veggies fresh lettuce tossed in herbs & Asian sauce dressed with sesames oil, lime vinnigreat	Rs 179.00	Rs 299.00
<b>BROCCOLI SALAD</b> Broccoli, chick peas, green peas, chopped tomato, bellpappers fresh lettuce dressed with olive oil Greek yogurt mustard, garlic garnish with feta cheese	Rs 149.00	Rs 249.00



Half 200 gm

Full 350 gm

### GREEN VEGGIE SALAD

A combination of antioxidant and fiber rich green like broccoli and green peas, spinach, green veggies with beans sprouts is in assts the sesame seed dressed with olive oil ginger, lime

Rs 149.00

Rs 249.00

### BEANS & CORN CHEESE SALAD

Black eye beans, Rajma, cottage Cheese cube, fresh tomato, bellpapper, spring onion, coriander, Corn chips, dressed with Lemon chilly garlic herbs

Rs 149.00

Rs 249.00

### QUINOA AND KALE PROTEIN POWER SALAD

A combination of power protein fresh kale, cooked quinoa, kidney beans, tomatoes, bellpapper, slice oranges ,pomegranate seeds dressed with olive oil, pomegranate molasses, fresh orange juice, lime

Rs 189.00

Rs 329.00

### NUTTY APPLE SALAD

Crunchy green apples slice with dry nuts and dressings olive oil apple cider, lime, honey top in fresh mint just a ready to relish on when you are hungry

Rs 179.00

Rs 299.00

### QUINOA FRUIT SALAD

This protein packed healthy quinoa summer salad is full of fresh, seasonal fruit flavors that include mango and strawberries along with refreshing mint and lemon vinaigrette

Rs 199.00

Rs 349.00

### STIR-FRIED PANEER & BROCCOLI SALAD

Combination of paneer, broccoli & baby corn, fresh julienne veggies dressed olive oil Asian sauce honey lime, onion seeds

Rs 149.00

Rs 249.00

### FRUIT BOX

Seasonable fresh fruits let us make it easy. Each week is a new mix of the best seasonal fruit and healthy fruit box

Rs 149.00

Rs 249.00



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# Hot, Or Grilled

## craving something fresh?



### Burger **yummy**

Veggi Burger	99.00
Cheese burger	129.00
Super Burger (fried)	189.00

### Sandwich

Veg Sandwich	99.00
Cheese Sandwich	129.00
Club Sandwich (Grilled)	149.00
Junglee sandwich	199.00
Lazeez Sandwich	199.00
Super Sandwich (Fried)	199.00

### Kaathi Roll

Veg Kaathi Roll	99.00
Frenky Bite	99.00
Paneer Kaathi Roll	149.00
Crunchy Chaap	199.00
Soya Chaap Roll	149.00
Vegee Brunch meal wrap	149.00
Chilli Soya Meal wrap	179.00
Avacado with salsa meal wrap	199.00

### Needles

Vegetable hakka	149.00
Sezwaan soya	179.00

### Memo's

Evergreen Steamed	99.00
Ragi Flour	119.00
Crunchy Momos	149.00

### Evergreen Classic

Hot Dog	129.00
Veg Manchurian	129.00
Tikkato	159.00
Pav Bhaji	149.00
Chole Bhature	129.00
Veg Spring Roll	149.00
Cheese Fried (Mashroom)	189.00
Vegetable fried rice	149.00
Sezzwan Fried Rice	179.00
Chilli Soya Fried rice	179.00

### Pasta

Penne pasta red sauce	179.00
penne pasta white sauce	189.00
Fettuccine Keema Pasta in Bolognese Sauce	199.00
Fuseli in pesto sauce	159.00

### SOUPS HOT add a little extra flavor to you

Hot & Sour Soup	119.00
Man chow Soup	119.00
Sweet Corn Soup	129.00

### Drinks

Soft Drink (Small)	20.00
Soft Drink (Regular)	40.00
Mineral water	20.00
Lemon Ice Tea	99.00
Masala Tea	50.00
Coffee	60.00
Ginger lemon Honey Tea	50.00
Green Tea	50.00

### Cokes Cans 60.00



# yummy



**yummy TASTE YOU**  
That Stays With





Chill from the inside  
**FEEL THE FRESHNESS**

**300ml SMOOTHIE**

**Nutty Mango  
 Peach & Papaya,  
 Jugalbandi**

All Smoothies

**129.00**



**FRESH  
 lime soda**

**-ALL 79**



**Fresh Juices 300ml**

Orange Juice	129.00
Sweet lime Juice	129.00
Watermelon Juice	119.00
Beetroot juice	109.00
Carrot Juice	109.00
Pomegranate Juice	149.00
Mixed Fruit juice	149.00

**Immunity Booster Shake**

Happy Daddy Avocado	199.00
Pine Berry	149.00
Coffee Corn	149.00
M.M.S Shake	149.00
Root Berry	179.00
Ragi-Da Shake	149.00
Nutty Mango	149.00
Chocolate Shake	149.00



# Indian Main Course

To All Family Member's

## VEG FROM GARDEN

Soya Keema Matter Masala	149.00
Aloo Gobhi Adraki	149.00
Sabz Miloni	149.00
Methi Matter Malai	189.00
Kadhai soya chaap	189.00
Vilati Subaji	149.00
Mix Veg	179.00

## Dal Hit

3 Bean Curry	149.00
Dal Tadka	129.00
Dal Palak Lehsuni	149.00
Pindi Chana Masala	149.00
Dal Makhani	199.00

## Rice Ye Dawat

Steam Rice	109.00
Curd Rice	129.00
Jeera Rice	129.00
Lemon Rice	149.00
Veg Pulao	149.00
Navratan Pualo	179.00

## Seedhe tawa se

Tawa roti	8.00
Tawa roti butter	12.00
Tawa pratha plane	15.00
Tawa pratha butter	20.00
Luccha pratha plane	20.00
Luccha pratha butter	25.00

## paneer Ye Shaan

Paneer Korma	299.00
Paneer Kadhai	249.00
Shai Paneer	249.00
Paneer Labadar	249.00
Palak Paneer	249.00
Paneer Bhuraji	249.00
Malai Kofta	249.00
Paneer Butter Masala	249.00

## Bharwan pratha

( with side bowel curd & pickle )

Aloo pratha (1 pc.)	50.00
Gobhi pratha (1pc.)	55.00
Paneer pratha (1pc.)	75.00
Payaz pratha (1pc.)	50.00

## Quick on table



Plane Maggi	50.00
Veg Masala magi	80.00

## Briyani Handi

( with side mix veg raita )

Veg Briyani	249.00
Kathal Briyani	249.00



<https://www.facebook.com/evergreensaladbaar>

In **DEHRADUN**

**9997200101, 9997200957**

Space No 6 Located On 2nd Floor,  
Abhishek Tower, 14 Subash Road, Dehradun

**Trendy Taste,**  
**Fresh & Seasonable**  
*For Healthy Diet*

**Family Outlet**  
To All Family Member's

Call : +91 9997200957

Email : info@evergreensalad.com

Location : Tapovan Laxman Jhula, Near Tapovan  
Resort, P.O. Shivanand Nagar, Distt Tehri Garhwal  
Pin Code :- 249192 ( Uttarakhand )

GST- 05AAIFE7803R1ZY

**Come Sit with us**

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Salad Bar



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Call : +91 9997200101

Email : info@evergreensalad.com

Location : Tulsi Vihar, Near Mahalaxmi Mandir,  
Gumaniwala Shyampur, Rishikesh, Uttarakhand  
Pin Code:- 249204

**We Offer Salad's**  
**Cold, Hot, Grilled & More !**