

145   
— back to roots —

FOOD MENU





## ALL THINGS HEALTHY 🍌

### AVO ON TOAST 🍌

520

Freshly prepared New Zealand avocados smeared on a multigrain toast, Served with feta cheese, sun-dried tomatoes & pickled beetroot ●

(Gluten-free option available)

\*(This dish takes 15 mins to serve)

### TRUFFLE EDAMAME HUMMUS 🍌

525

Served with Gluten-free biscuits ●

### GRILLED CHICKEN

445

With steamed veggies & sweet potato mash

### GRILLED FISH

499

With stir-fried veggies

### TRUFFLE SCRAMBLED EGGS

415

Country side scrambled eggs smeared with truffle oil on toast

### TANDOORI PRAWNS

499

Prawns marinated in classic red masala

## GREENS

### QUINOA SALAD

415

Fresh quinoa paired with pomegranate & crisp onion dressed with lime vinaigrette ●

### CHILLED SOBA NOODLE SALAD 🍌

475

Garlic confit, chilli sesame dressing, edamame & nori ●

### PAPAYA SALAD

325

Spiced Thai salad of shredded raw papaya with green beans, flavored tomatoes tossed in chilli lime & crushed peanuts ●

### WATERMELON FETA SALAD

415

Cantaloupe, musk-melon and watermelon tossed with rocket leaves, crunchy walnuts, feta cheese and a drizzle of honey balsamic vinegar ●

## SOUPS

### SWEET CORN SOUP

185

Creamy sweet corn & veggies to warm-up your palate ●

(Add Chicken@50)

### POPEYE'S POT SOUP

185

Spinach soup served with a handful of crushed cheeselings ●



SIGNATURE DISH • 🍌 HEALTHY OPTION • IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

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## SMALL PLATES INDIAN

### KURKURE BAHL

Mumbaikars' favorite bhel with crushed Kurkure ●

290

### GUAC SEV PURI

Indian street-style sev puri with a 145 twist ●

340

### PAV BHAJI CONES

Buttery pav bhaji served in bread cones ●

290

### THE NOT-SO-BADA PAV

Spiced potato morsels (battered), deep fried & served in mini bread cups ●

280

### CHILLI PANEER

Popular Indo-Chinese dish of cottage cheese with soya, chilli & green peppers ●

325

### STUFFED CHEESE NAAN

Crispy chilli garlic naans stuffed with cheese and butter ●  
(Add Chilli Optional)

310

### MAGIC MASALA POTATO SKINS

Crispy potato skins tossed with magic masala & served with chutney mayo ●

290

### CHEESE KI MAA

Masala keema topped with cheese, stuffed in our in-house bread ●

360

### CRISPY ROTI CANAI **NEW**

Thin, flaky & golden-brown flatbread, served with mutton rara / paneer pasanda

520 / 475

### SIGNATURE CHILLI CHICKEN

Popular Indo-Chinese dish of boneless chicken with soya, chilli & green peppers

340

### CHOTA SHAWARMA

Lebanese grilled chicken served with mayo & pickled vegetables

305

### ANDE KI BHURJI

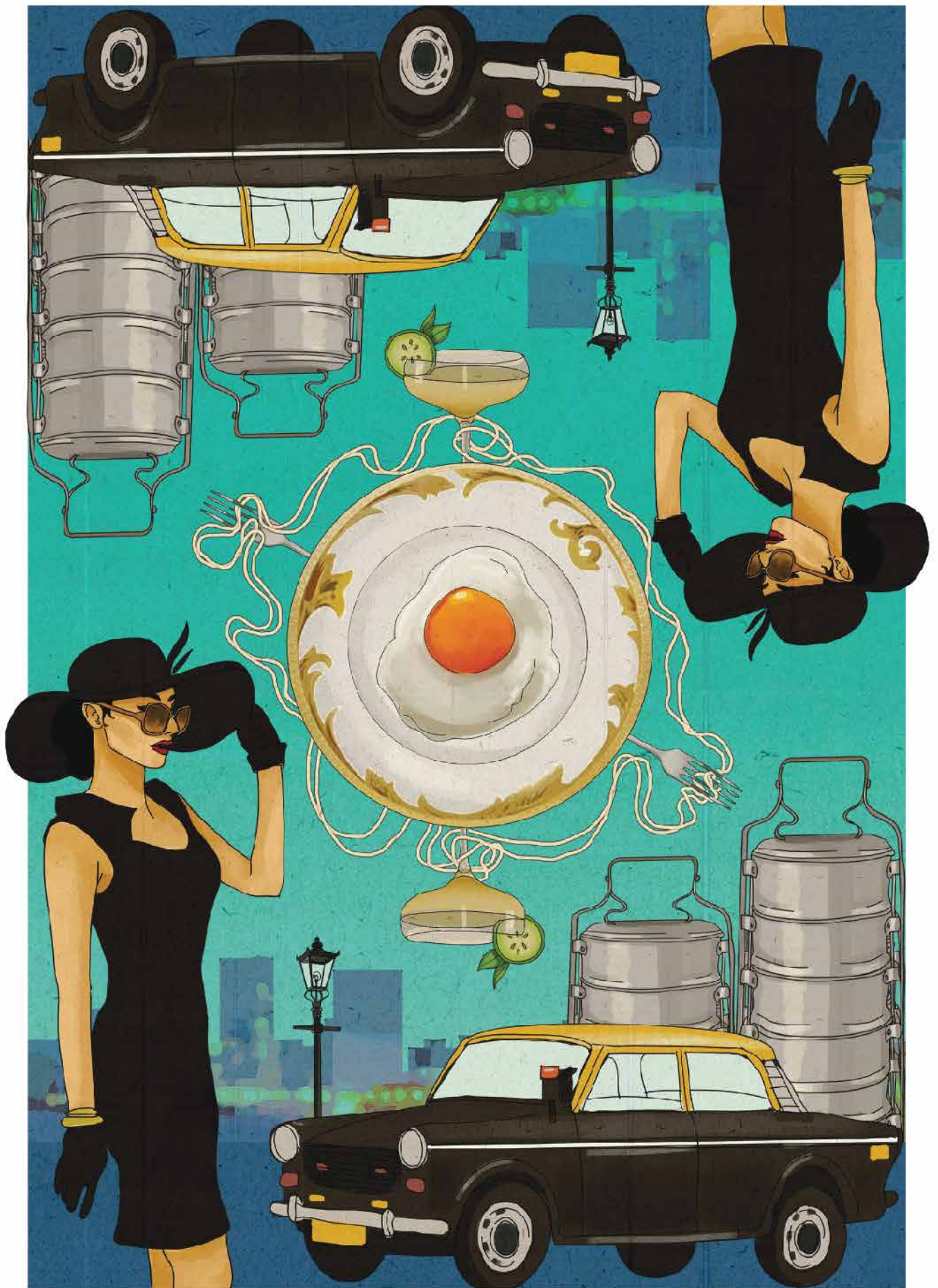
Bombay's favorite masala scrambled egg with pav

280








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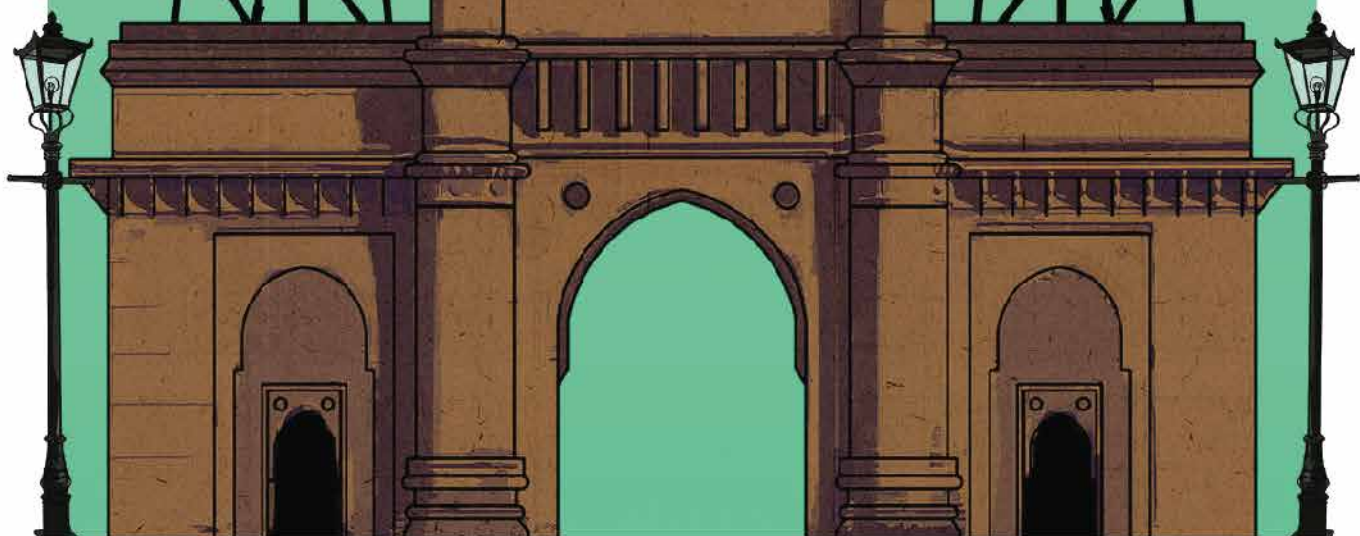
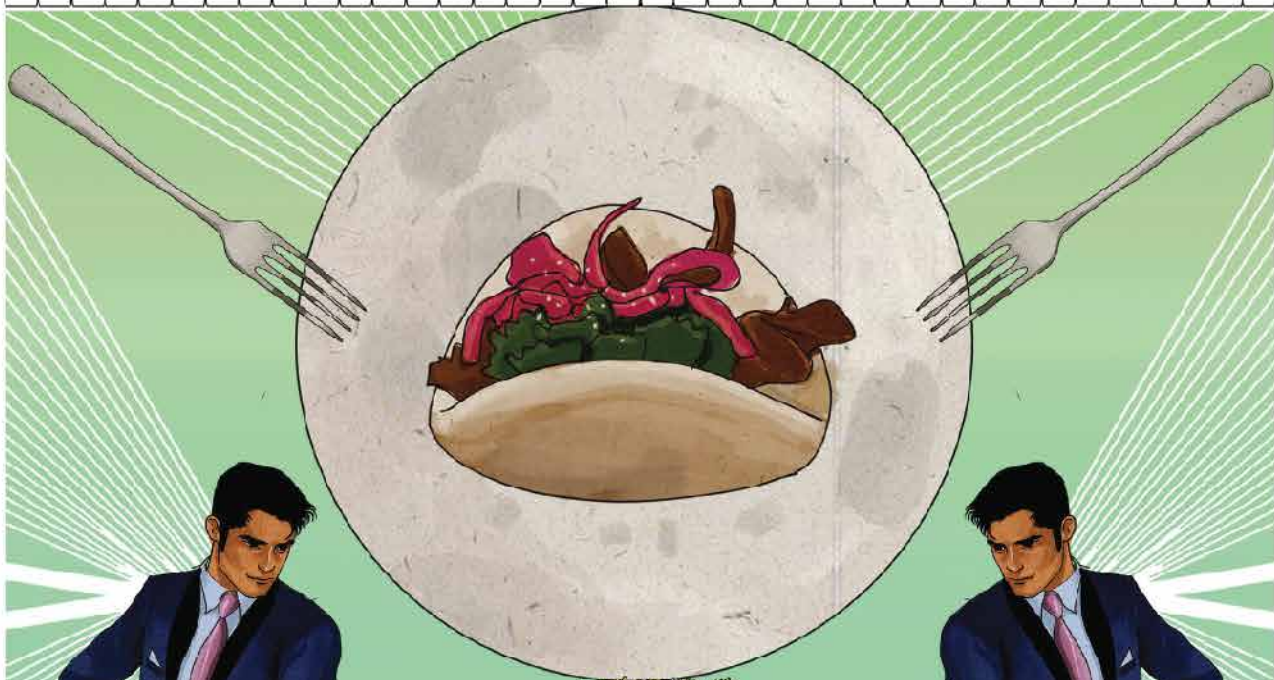
## SMALL PLATES GLOBAL

- CREAM CHEESE KOREAN BUN** NEW  370  
A soft, golden bun oozing with luscious cheese  
A perfect blend of sweetness and savory richness ●
- CRISPY CORN & WATERCHESTNUT** NEW  350  
Crispy corn and water chestnuts tossed in a savory  
chili garlic sauce ●
- ANIMAL STYLE FRIES** 415  
French fries topped with cheese, caramelized  
onion & our own secret sauce ●
- CHIPOTLE CHICKEN TACOS**  470  
Smashed guacamole, coriander, onion &  
crema verde
- MUSHROOM TOASTIES** 360  
Shiitake & button mushrooms cooked in a  
cheesy cream sauce served on a French  
baguette toast ●
- SPAGHETTI YOLO** 325  
Spaghetti aglio olio tossed with  
chilli, garlic, herbs & cheese ●
- CRUNCHY CORN TEMPURA** 305  
Crispy corn fritters served with  
spicy mayo ●
- BEEF BULGOGI** 360  
Korean stir fried beef with soya, sugar,  
spring onions & sesame seeds
- FISH AND CHIPS** 445  
English-origin battered fried fish served  
with french fries and tartar sauce
- CHICKEN TIKKA CIGARS** 340  
Smoky deep fried chicken and cheese  
cigars served with spiced mayo
- 145'S SIGNATURE NACHOS**  499  
Available with cheese, sour cream,  
jalapeños and salsa ●  
(Add guacamole: 100)
- ASSORTED HUMMUS PLATTER** 435  
Chickpeas blended with Egyptian Dukkah & spicy  
red pepper hummus served with assortment of pita ●
- SWEET POTATO FRIES** 360  
Perfectly seasoned crispy sweet potato fries  
with sweet chilli and spicy nando deep ●
- POPCORN CAULIFLOWER TACOS** 445  
Smoked chilli mayo, spiced pumpkin seeds,  
queso fresco, mint, coriander ●
- JALAPEÑO POPPERS** 375  
Fried jalapeño peppers stuffed with  
salsa flavoured cheese ●
- TRUFFLE MAC N CHEESE** 445  
Truffle infused macaroni and cheese  
with burnt garlic ●
- CHICKEN POKE BOWL** 499  
Chicken karaage, Avocado & edamame smash,  
wood ear mushrooms, nori sheets, seasoned sushi  
rice, wasabi mayo
- HUMMUS PITA SPICED CHICKEN**  315  
Spiced hummus & grilled chicken served with  
pita bread  
(Veg option available)
- BLACK PEPPER PRAWNS** 499  
Singaporean style prawns stir fry in a  
spicy black pepper sauce
- GOCHUJANG GLAZED CHICKEN** 475  
Chicken glazed with gochujang, topped with  
Kale furikake



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## KEBABS AND GRILLS

<b>ACHARI SHROOMS</b> <span>NEW</span> Mushrooms marinated in spicy pickled masala ●	415	<b>PANEER BHUTTE KI SEEKH</b> <span>NEW</span> Cottage cheese crumbled with American corn, royal cumin seeds, ground chilli, wrapped on skewers ●	490
<b>DAHI JALAPEÑO TIKKI</b> <span>NEW</span> Tender patties made with spiced yogurt and jalapenos ●	475	<b>BEETROOT SEEKH KEBAB</b> <span>NEW</span> Spiced and skewered beetroot kebabs, grilled to perfection ●	475
<b>TANDOORI PANEER TIKKA</b> Classic cottage cheese marinated with spicy red masala ●	490	<b>RESHMI BROCCOLI</b> Broccoli dipped in cream & yogurt with fragrant spices ●	499
<b>CHILLI RAWAS TIKKA</b> <span>NEW</span> Spicy marinated Indian salmon grilled to perfection	499	<b>MUTTON GALOUTI KEBAB</b> <span>NEW</span> Lucknow's famous kebab - prep'd fresh and served with malai paratha	499
<b>AFGHANI CHICKEN TIKKA</b> <span>NEW</span> 🍗 Chicken marinated in saffron-infused yogurt then grilled	499	<b>TANDOORI CHICKEN TIKKA</b> Tender chicken pieces in spicy red masala.	499
<b>KHEEMA SEEKH</b> Minced lamb kebab with ginger, garlic & green chilli	525	<b>CHICKEN RESHMI KEBAB</b> Chicken marinated in creamed yogurt	499
<b>ASSORTED VEG KEBAB PLATTER</b> 🍗 Reshmi Broccoli, Achari Mushroom and Paneer Tikka ●	760	<b>ASSORTED NON VEG KEBAB PLATTER</b> 🍗 Chicken Tikka, Afgani Chicken Tikka and Kheema Seekh	760

## BAOS / FRANKIES

<b>PANEER PASANDA BAO</b> Spiced paneer filled in a steamed bao ●	325	<b>SOYA BEAN FRANKIE</b> 🍗 High protein soya chunks tossed in spicy schezwan sauce rolled in a butter roti ●	290
<b>BUTTER CHICKEN BAO</b> Chicken cooked in rich butter & tomato gravy filled in a steamed bao	375	<b>CHICKEN FRANKIE</b> 🍗 Succulent marinated chicken, fried to perfection, nestled in soft steamed buns	395
<b>RAAN BAO</b> 🍗 A lavishly spiced slow-cooked leg of lamb stuffed in a steamed bun	395	<b>BOTI KEBAB FRANKIE</b> 🍗 Tenderly marinated boneless mutton cooked in a clay oven then rolled in a butter fried egg roti	395



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## PIZZA (GLUTEN FREE BREAD AVAILABLE AT ADDITIONAL COST @50)

### GRECA PIZZA **NEW** 🍷

Black olives, sundried tomatoes, onions with feta cheese ●

575

### SMOKEY BBQ CHICKEN **NEW** 🍷

Savor the smoky perfection of grilled chicken, bathed in rich BBQ sauce.

625

### POPPIN' PESTO **NEW** 🍷

Aromatic basil pesto, fresh mozzarella and sun-dried tomatoes on a crispy thin crust. ●

575

### PEPPERONI & JALAPEÑO **NEW** 🍷

Authentic Italian pepperoni and Jalapeño topped with mozzarella and herbed marinara sauce

625

### 145'S CLASSIC MARGHERITA

A Classic ●

575

### BLAZIN' FIAMMA **NEW** 🍷

A perfect harmony of zesty tomato sauce, premium mozzarella and a fiery blend of hand-selected spices ●

605

### WILD MUSHROOM TRUFFLE

Portobello mushrooms, shiitake in burnt garlic with truffle oil ●

605

## MUNCHIES

### FLAVORED POPCORN

185

### GARLIC BREAD

199

### SWEET POTATO FRIES

360

### KOREAN CREAM CHEESE BUN 🍷

370



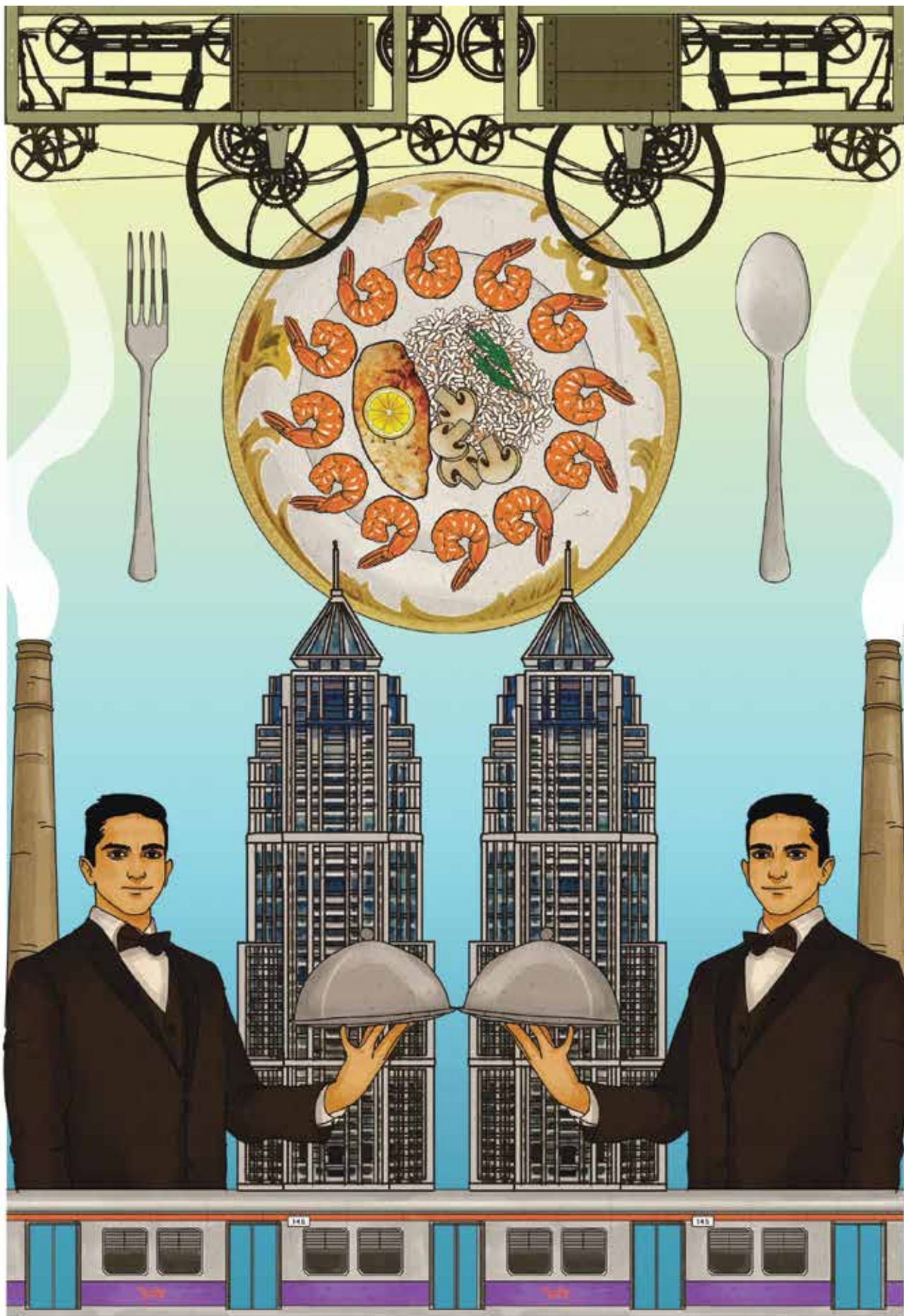
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# MAINS

- KUNG WOW CHICKEN** **NEW** 🍗 475  
A bold and spicy Sichuan classic, wok-tossed tender chicken, peanuts, & chili peppers
- PANEER MAKHANWALA BIRYANI** 🍗 475  
Fragrant basmati rice layered with succulent paneer in a rich & creamy tomato-based sauce ●
- BUTTER CHICKEN BIRYANI** 525  
Tender chicken pieces in a creamy, buttery tomato sauce, layered with fragrant basmati rice
- NASI GORENG** 520  
Indonesian stir fried rice with a combination of prawn & chicken, topped with fried egg
- THAI GREEN CURRY** 🍗 499  
Coconut flavored green vegetable curry served with steamed rice ●
- MUSHROOM BUNNY CHOW** 415  
Cheesy mushroom served in a bread bowl ●
- ROCKET & BASIL PESTO LINGUINE** 🍗 525  
Basil pesto, garlic confit, roasted cashew nut, organic rocket, lemon ●
- BBQ FISH WITH XO SAUCE** **NEW** 🍗 680  
Grilled to perfection, our tender fish is generously glazed with savory XO sauce
- AMRITSARI CHOLE-KULCHE** 415  
Served fresh ●  
**(Specify your spice levels)**
- BUTTER CHICKEN BUNNY CHOW** 🍗 465  
Indo-African bread bowl filled with creamy butter chicken
- GOAN PRAWN CURRY** 525  
The Indian coastal favourite prawn curry with rice
- VEG KHOW SUEY** 499  
Burmese vegetable curry served with accompaniments ●
- TRUFFLE MUSHROOM RISOTTO** 445  
Creamy Arborio rice infused with earthy, sautéed mushrooms ●
- PENNE ARRABBIATA /ALFREDO** 445  
Tube shaped pasta with a choice of Spicy tomato sauce with garlic or creamy sauce with butter ●



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## SWEET ENDINGS

<b>MALAI KULFI</b> <b>NEW</b> 	310	<b>LOTUS BISCOFF ICE CREAM SANDWICH</b> 	255
A rich and creamy Indian frozen dessert infused with aromatic cardamom and saffron		Creamy vanilla ice cream embraced by two indulgent Lotus Biscoff cookies	
<b>OG COOKIE DOUGH PIZZA</b> 	305	<b>STICKY TOFFEE PUDDING</b>	305
Pizza made with chocolate chip cookie dough topped with Nutella and ice cream		Classic date and apricot pudding soaked in rich toffee sauce, topped with vanilla ice cream	
<b>IN-HOUSE CHEESECAKE</b>	325	<b>VEGAN CHOCOLATE CAKE</b>	310
New York style baked cheese cake topped with a strawberry compote <b>(Contains egg)</b>		For all you vegans - We've got you covered!	
<b>CHOCOLATE GANACHE</b>	325	<b>FOUR LAYERED CHOCOLATE BOMB</b>	305
A rich layer of chocolate and cream with almond crumble		A Chocolate lover's paradise with layers of white chocolate, red velvet, dark chocolate and brownies topped with a hot chocolate sauce <b>*(Contains egg)</b>	

## SHAKES

<b>FERRERO ROCHER MILKSHAKE</b>	315	<b>PEANUT BUTTER MILKSHAKE</b>	280
<b>RED VELVET MILKSHAKE</b> (Contains egg)	280	<b>145'S MIGHTY OREO MILKSHAKE</b> 	305
<b>NUTELLA MILKSHAKE</b> 	280	<b>COOKIE DOUGH FREAKSHAKE</b>	315
<b>COKE FLOAT</b>	110	<b>BROWNIE WAFFLE FREAKSHAKE</b>	315
<b>MINT CHOCOLATE CHIP MILKSHAKE</b>	315		

## COFFEE

<b>CAPPUCCINO</b>	147	<b>AMERICANO</b>	120
<b>ESPRESSO</b>	120	<b>COLD COFFEE</b>	170



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