

145 
— look to food —

FOOD MENU





ALL THINGS HEALTHY 🍌

AVO ON TOAST 🍌

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)

545

TRUFFLE EDAMAME HUMMUS 🍌

Served with Gluten-free biscuits ●

549

GRILLED CHICKEN

With steamed veggies & sweet potato mash

475

GRILLED FISH

With stir-fried veggies

525

TRUFFLE SCRAMBLED EGGS

Country side scrambled eggs smeared with truffle oil on toast

435

TANDOORI PRAWNS

Prawns marinated in classic red masala

525

GREENS

QUINOA SALAD

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

435

CRISPY SPINACH 🍌

Crackling spinach (deep fried) topped with garlic yoghurt & walnuts ●

435

PAPAYA SALAD

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

340

WATERMELON FETA SALAD

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

435

SOUPS

SWEET CORN SOUP

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

(Add Chicken@50)

195

PAYA SHORBA

Slow-cooked lamb trotters in a spiced broth

305



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

• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



SMALL PLATES INDIAN

KURKURE BAHL 🍴 Mumbaikars' favorite bhel with crushed Kurkure ●	305	GUAC SEV PURI Indian street-style sev puri with a 145 twist ●	355
PAV BHAJI CONES 🍴 Buttery pav bhaji served in bread cones ●	305	THE NOT-SO-BADA PAV Spiced potato morsels (battered), deep fried & served in mini bread cups ●	295
CHILLI PANEER Popular Indo-Chinese dish of cottage cheese with soya, chilli & green peppers ●	340	STUFFED CHEESE NAAN Crispy chilli garlic naans stuffed with cheese and butter ● (Add Chilli Optional)	335
MAGIC MASALA POTATO SKINS Crispy potato skins tossed with magic masala & served with chutney mayo ●	305	CHEESE KI MAA Masala keema topped with cheese, stuffed in our in-house bread	375
CRISPY ROTI CANAI 🍴 Thin, flaky & golden-brown flatbread, served with mutton rara / paneer pasanda	545 / 495	SIGNATURE CHILLI CHICKEN Popular Indo-Chinese dish of boneless chicken with soya, chilli & green peppers	355
CHOTA SHAWARMA Lebanese grilled chicken served with mayo & pickled vegetables	320	ANDE KI BHURJI Bombay's favorite masala scrambled egg with pav	290
ZESTY BLACK PEPPER PANEER Black pepper paneer stir-fried with bell peppers and onions in a zesty sauce ●	340		



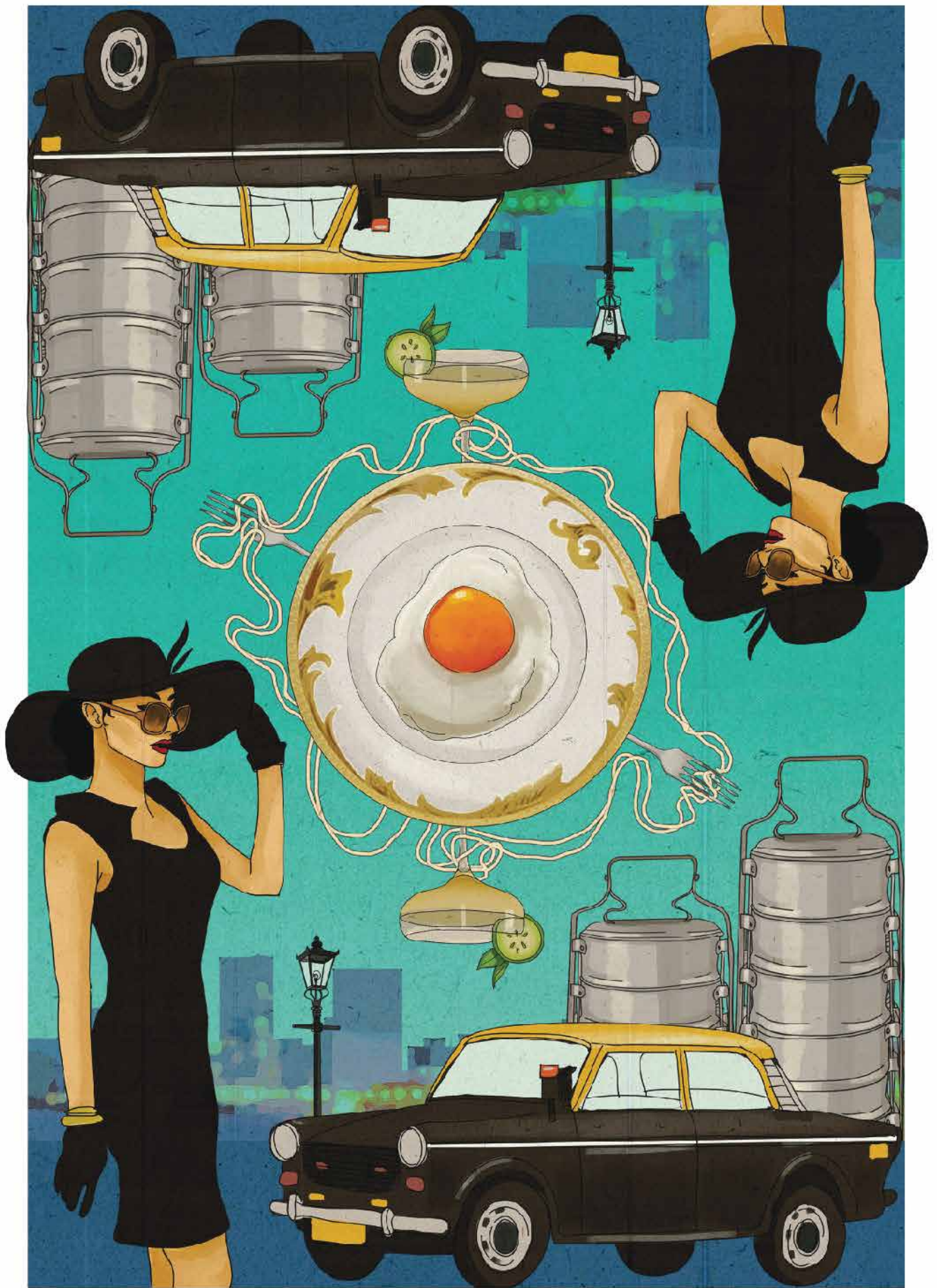
SIGNATURE DISH •



HEALTHY OPTION •

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



SMALL PLATES GLOBAL

- CREAM CHEESE KOREAN BUN** 🍴 385
A soft, golden bun oozing with luscious cheese
A perfect blend of sweetness and savory richness ●
- CRISPY CORN & WATERCHESTNUT** 🍴 385
Crispy corn and water chestnuts tossed in a savory
chili garlic sauce ●
- ANIMAL STYLE FRIES** 435
French fries topped with cheese, caramelized
onion & our own secret sauce ●
- CHIPOTLE CHICKEN TACOS** 🍴 490
Smashed guacamole, coriander, onion &
crema verde
- MUSHROOM TOASTIES** 375
Shiitake & button mushrooms cooked in a
cheesy cream sauce served on a French
baguette toast ●
- SPAGHETTI YOLO** 340
Spaghetti aglio olio tossed with
chilli, garlic, herbs & cheese ●
- CRUNCHY CORN TEMPURA** 320
Crispy corn fritters served with
spicy mayo ●
- FISH AND CHIPS** 475
English-origin battered fried fish served
with french fries and tartar sauce
- CHICKEN TIKKA CIGARS** 355
Smoky deep fried chicken and cheese
cigars served with spiced mayo
- 145'S SIGNATURE NACHOS** 🍴 525
Available with cheese, sour cream,
jalapeños and salsa ●
(Add guacamole: 100)
- ASSORTED MEZZE PLATTER** 475
Chickpeas blended with Egyptian Dukkah & spicy
red pepper hummus served with assortment of pita ●
- BLACK PEPPER PRAWNS** 525
Singaporean style prawns stir fry in a
spicy black pepper sauce
- POPCORN CAULIFLOWER TACOS** 475
Smoked chilli mayo, spiced pumpkin seeds,
queso fresco, mint, coriander ●
- JALAPEÑO POPPERS** 390
Fried jalapeño peppers stuffed with
salsa flavoured cheese ●
- TRUFFLE MAC N CHEESE** 475
Truffle infused macaroni and cheese
with burnt garlic ●
- CHICKEN POKE BOWL** 525
Chicken karaage, Avocado & edamame smash,
wood ear mushrooms, nori sheets, seasoned sushi
rice, wasabi mayo
- HUMMUS PITA SPICED CHICKEN** 🍴 330
Spiced hummus & grilled chicken served with
pita bread
(Veg option available)

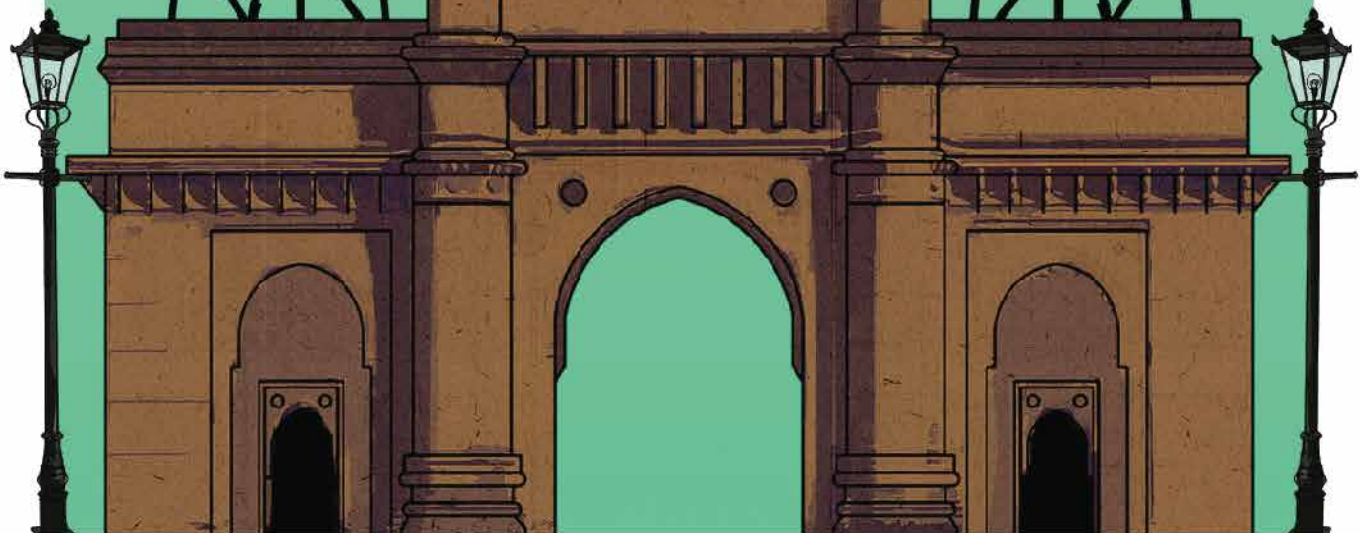
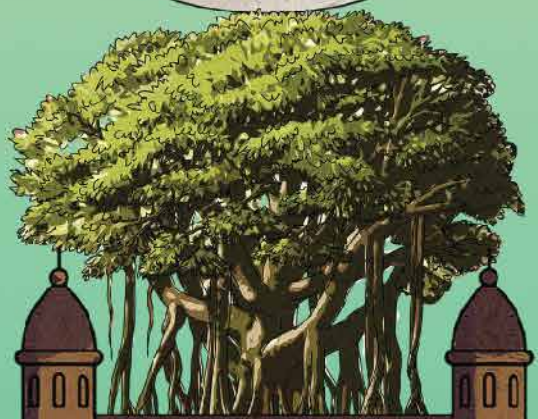
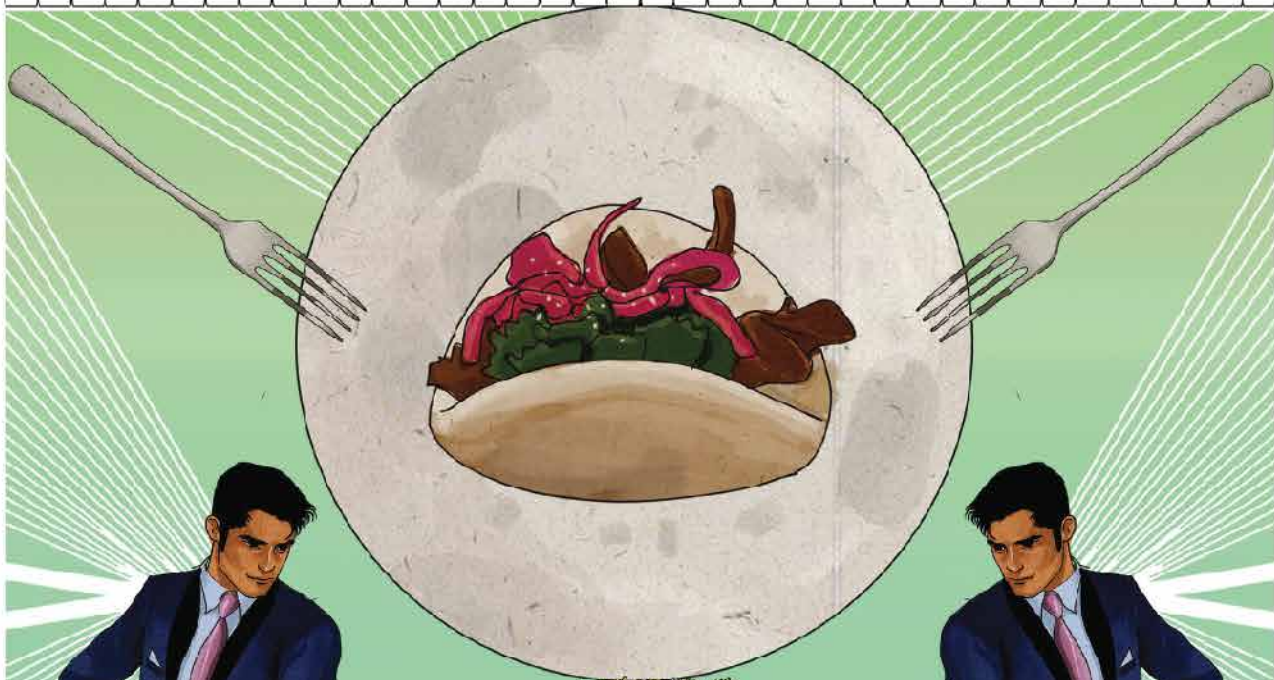


SIGNATURE DISH •



HEALTHY OPTION •

• IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER
• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



KEBABS AND GRILLS

ACHARI SHROOMS	445	PANEER BHUTTE KI SEEKH	505
Mushrooms marinated in spicy pickled masala ●		Cottage cheese crumbled with American corn, royal cumin seeds, ground chilli, wrapped on skewers ●	
TANDOORI PANEER TIKKA	505	RESHMI BROCCOLI	525
Classic cottage cheese marinated with spicy red masala ●		Broccoli dipped in cream & yogurt with fragrant spices ●	
CHILLI RAWAS TIKKA	550	MUTTON GALOUTI KEBAB	525
Spicy marinated Indian salmon grilled to perfection		Lucknow's famous kebab - prep'd fresh and served with malai paratha	
AFGHANI CHICKEN TIKKA 🍴	525	TANDOORI CHICKEN TIKKA	525
Chicken marinated in saffron-infused yogurt then grilled		Tender chicken pieces in spicy red masala.	
KHEEMA SEEKH	550	CHICKEN RESHMI KEBAB	525
Minced lamb kebab with ginger, garlic & green chilli		Chicken marinated in creamed yogurt	
ASSORTED VEG KEBAB PLATTER 🍴	795	ASSORTED NON VEG KEBAB PLATTER 🍴	795
Reshmi Broccoli, Achari Mushroom and Paneer Tikka ●		Chicken Tikka, Afgani Chicken Tikka and Kheema Seekh	
THE OLYMPIC VEG KEBAB PLATTER 🍴	1550	THE OLYMPIC NON-VEG KEBAB PLATTER 🍴	1550
Dahi Jalapeno Tikki, Beetroot Seekh Kebab, Reshmi Broccoli, Achari Mushroom & Paneer Tikka ●		Chicken Tikka, Afgani Chicken Tikka, Kheema Seekh, Chilli Rawas Tikka & Mutton Galouti Kebab	



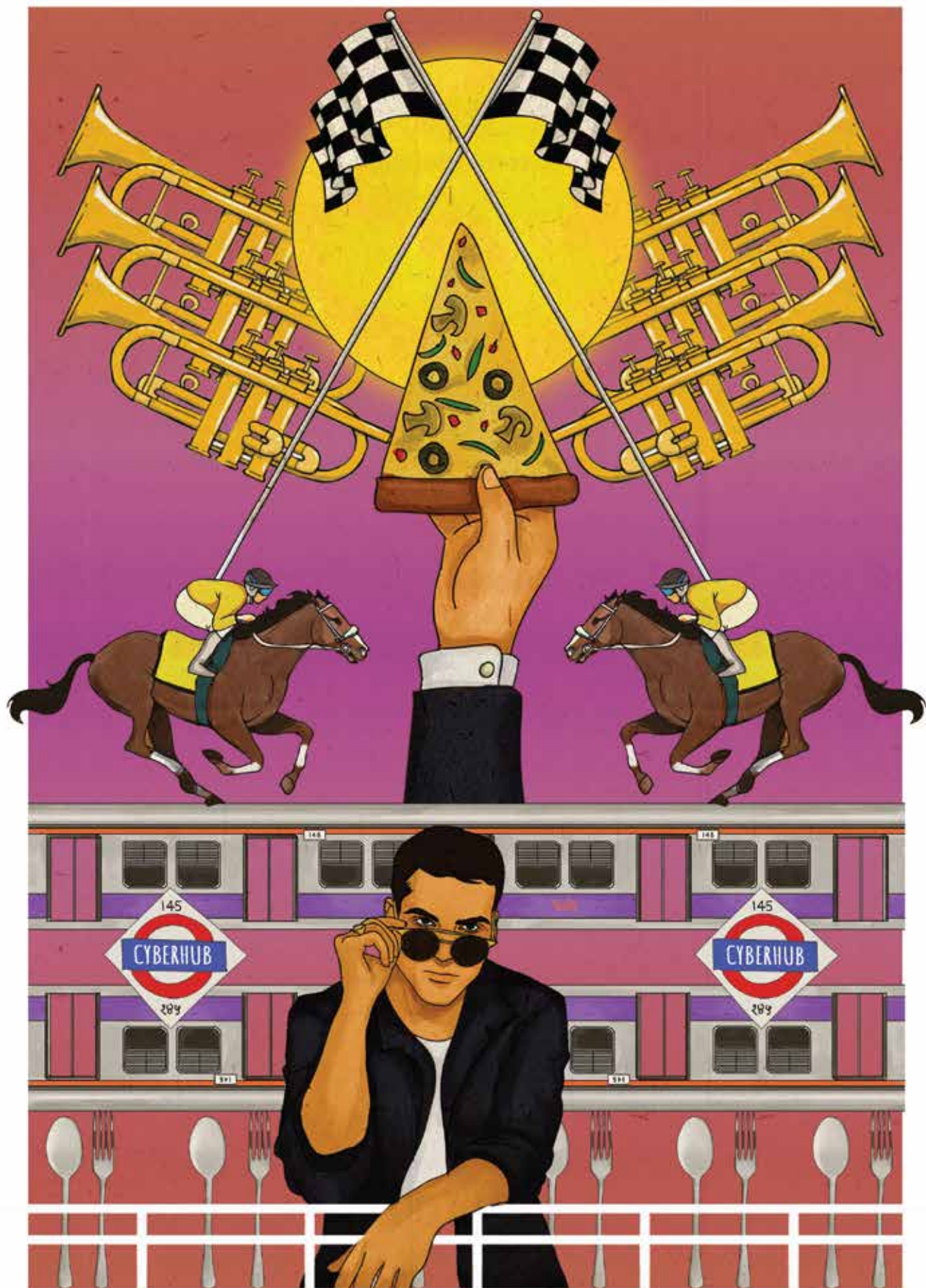
SIGNATURE DISH •



HEALTHY OPTION •

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



BAOS / FRANKIES

PANEER PASANDA BAO

Spiced paneer filled in a steamed bao ●

340

BUTTER CHICKEN BAO

Chicken cooked in rich butter & tomato gravy filled in a steamed bao

375

RAAN BAO 🍗

A lavishly spiced slow-cooked leg of lamb stuffed in a steamed bun

405

SOYA BEAN FRANKIE 🍗

High protein soya chunks tossed in spicy schezwan sauce rolled in a butter roti ●

305

CHICKEN FRANKIE 🍗

Succulent marinated chicken, fried to perfection, nestled in soft steamed buns

395

BOTI KEBAB FRANKIE 🍗

Tenderly marinated boneless mutton cooked in a clay oven then rolled in a butter fried egg roti

405

PIZZA

GRECA PIZZA 🍗

Black olives, sundried tomatoes, onions with feta cheese ●

605

POPPIN' PESTO 🍗

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

605

145'S CLASSIC MARGHERITA

A Classic ●

605

WILD MUSHROOM TRUFFLE

Portobello mushrooms, shiitake in burnt garlic with truffle oil ●

640

SMOKEY BBQ CHICKEN 🍗

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

655

PEPPERONI & JALAPEÑO 🍗

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

655

BLAZIN' FIAMMA 🍗

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

640

MUNCHIES

FLAVORED POPCORN

195

GARLIC BREAD

210

MAGIC MASALA POTATO SKINS

305

CREAM CHEESE KOREAN BUN 🍗

385



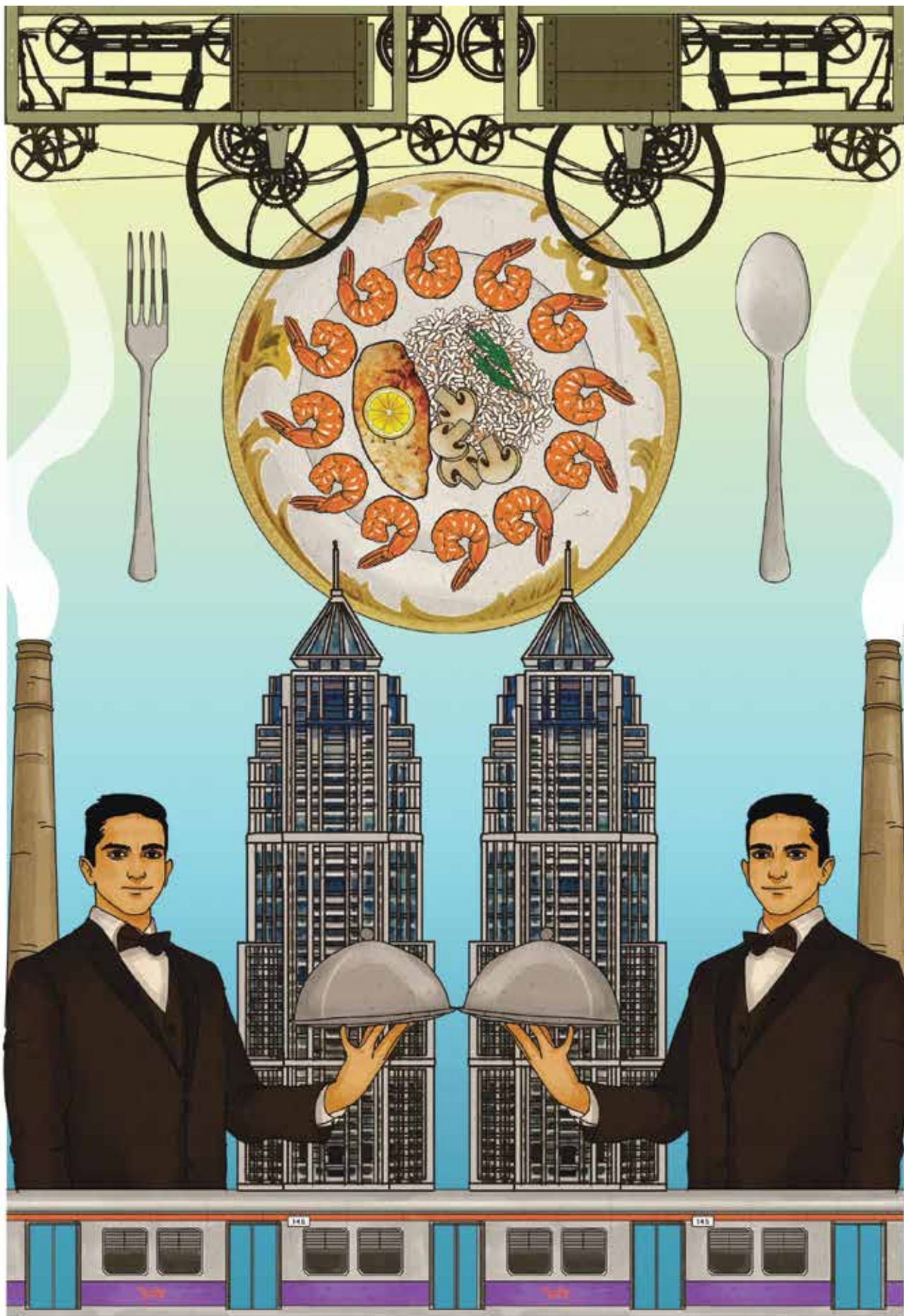
SIGNATURE DISH



HEALTHY OPTION

• IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



MAINS

KUNG WOW CHICKEN 🍴

A bold and spicy Sichuan classic, wok-tossed tender chicken, peanuts, & chili peppers

495

BBQ FISH WITH XO SAUCE 🍴

Grilled to perfection, our tender fish is generously glazed with savory XO sauce

715

THAI GREEN CURRY 🍴

Coconut flavored green vegetable curry served with steamed rice ●

525

VEG KHOW SUEY

Burmese vegetable curry served with accompaniments ●

525

NASI GORENG

Indonesian stir fried rice with a combination of prawn & chicken, topped with fried egg

545

GOAN PRAWN CURRY

The Indian coastal favourite: prawn curry served with steamed rice

550

PANEER MAKHANWALA BIRYANI 🍴

Fragrant basmati rice layered with succulent paneer in a rich & creamy tomato-based sauce ●

495

BUTTER CHICKEN BIRYANI 🍴

Tender chicken pieces in a creamy, buttery tomato sauce, layered with fragrant basmati rice

550

MAA KI DAAL 🍴

The traditional slow cooked dal flavored with garam masala, butter & cream ●

440

AMRITSARI CHOLE-KULCHE

Served fresh ●
(Specify your spice levels)

445

PURANI DILLI KA BUTTER CHICKEN

Creamy butter chicken served with butter naan

550

NALI NIHARI

Shank of mutton cooked in a hot stew, flavored with a blend of specially imported spice mix

660

MUSHROOM BUNNY CHOW

Cheesy mushroom served in a bread bowl ●

440

BUTTER CHICKEN BUNNY CHOW 🍴

Indo-African bread bowl filled with creamy butter chicken

495

ROCKET & BASIL PESTO LINGUINE 🍴

Basil pesto, garlic confit, roasted cashew nut, organic rocket, lemon ●

550

MUSHROOM RISOTTO

Creamy Arborio rice infused with earthy, sautéed mushrooms ●

475

PENNE ARRABBIATA / ALFREDO

Tube shaped pasta with a choice of Spicy tomato sauce with garlic or creamy sauce with butter ●

475



SIGNATURE DISH •



HEALTHY OPTION •

IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



SWEET ENDINGS

MALAI KULFI Rich and creamy Indian Kulfi infused with aromatic cardamom and saffron served with shrewsbury biscuit	335	LOTUS BISCOFF ICE CREAM SANDWICH 🍌 Creamy vanilla ice cream embraced by two indulgent Lotus Biscoff cookies	265
OG COOKIE DOUGH PIZZA 🍌 Pizza made with chocolate chip cookie dough topped with Nutella and ice cream	320	STICKY TOFFEE PUDDING Classic date and apricot pudding soaked in rich toffee sauce, topped with vanilla ice cream	320
IN-HOUSE CHEESECAKE New York style baked cheese cake topped with a strawberry compote (Contains egg)	340	VEGAN CHOCOLATE CAKE For all you vegans - We've got you covered!	335
CHOCOLATE GANACHE A rich layer of chocolate and cream with almond crumble	340	FOUR LAYERED CHOCOLATE BOMB A Chocolate lover's paradise with layers of white chocolate, red velvet, dark chocolate and brownies topped with a hot chocolate sauce *(Contains egg)	320
145'S LEGENDARY COTTON CANDY Whimsical spun sugar delight, melting in your mouth with a cloud-like sweetness	275		

SHAKES

FERRERO ROCHER MILKSHAKE	330	PEANUT BUTTER MILKSHAKE	295
RED VELVET MILKSHAKE (Contains egg)	295	145'S MIGHTY OREO MILKSHAKE 🍌	320
NUTELLA MILKSHAKE 🍌	295	COOKIE DOUGH FREAKSHAKE	330
COKE FLOAT	115	BROWNIE WAFFLE FREAKSHAKE	330
MINT CHOCOLATE CHIP MILKSHAKE	330		

COFFEE

CAPPUCCINO	155	AMERICANO	130
ESPRESSO	130	COLD COFFEE	175



SIGNATURE DISH



HEALTHY OPTION

• IF YOU HAVE AN ALLERGY OR INTOLERANCE, PLEASE TELL YOUR SERVER BEFORE PLACING YOUR ORDER

• PLEASE ASK YOUR SERVER FOR JAIN / VEG OPTIONS FOR ANY DISH • WE LEVY A 10% SERVICE CHARGE • GOVT. TAXES EXTRA AS APPLICABLE



f / @145cafeandbar

Ground Floor, DLF Tower 10th Rd, DLF Cyber City,
DLF Phase 2, Sector 25, Gurugram, Haryana 122002

www.145cafeandbar.com