

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

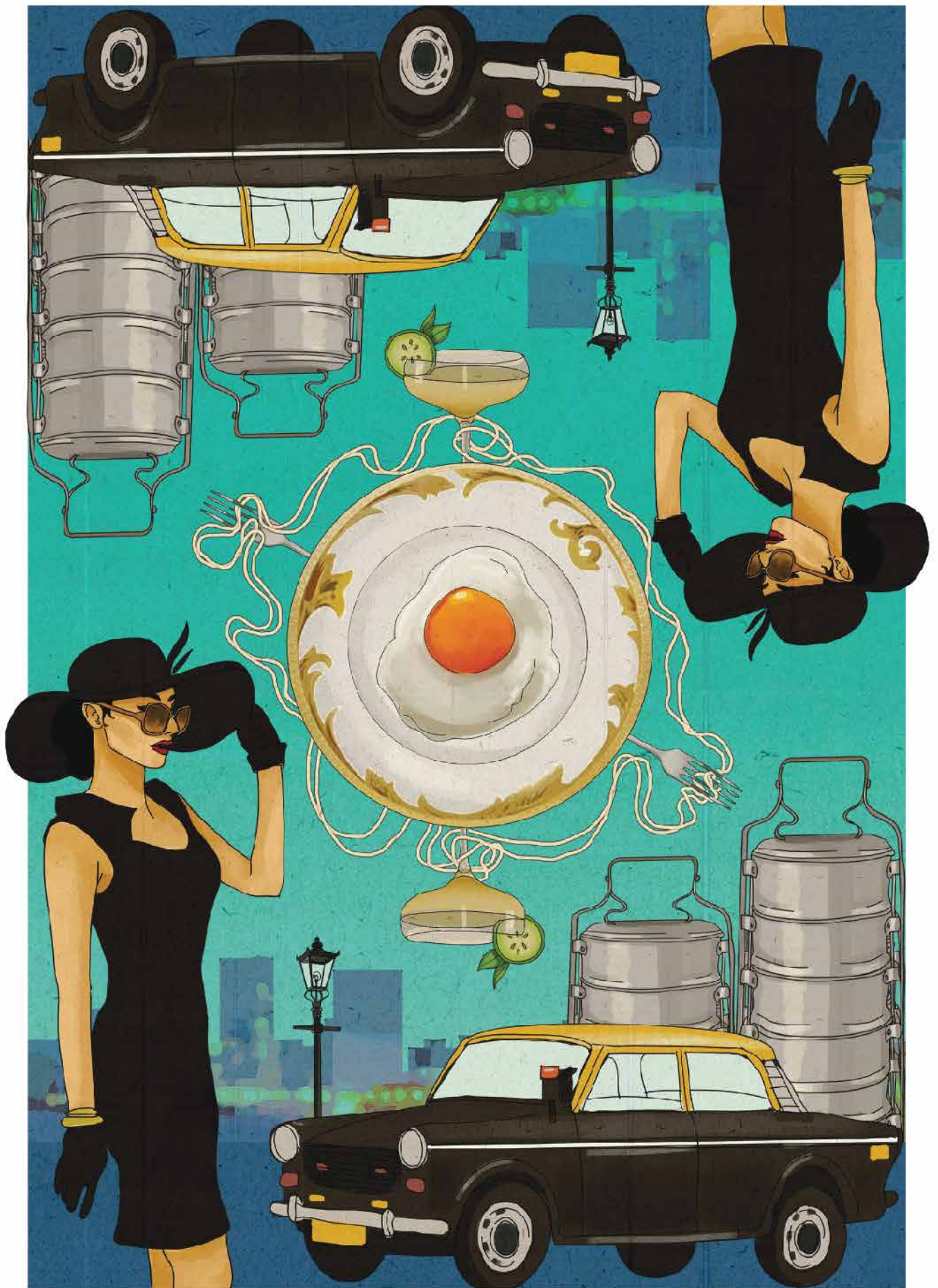
Bombay's favorite masala scrambled egg with pav

280








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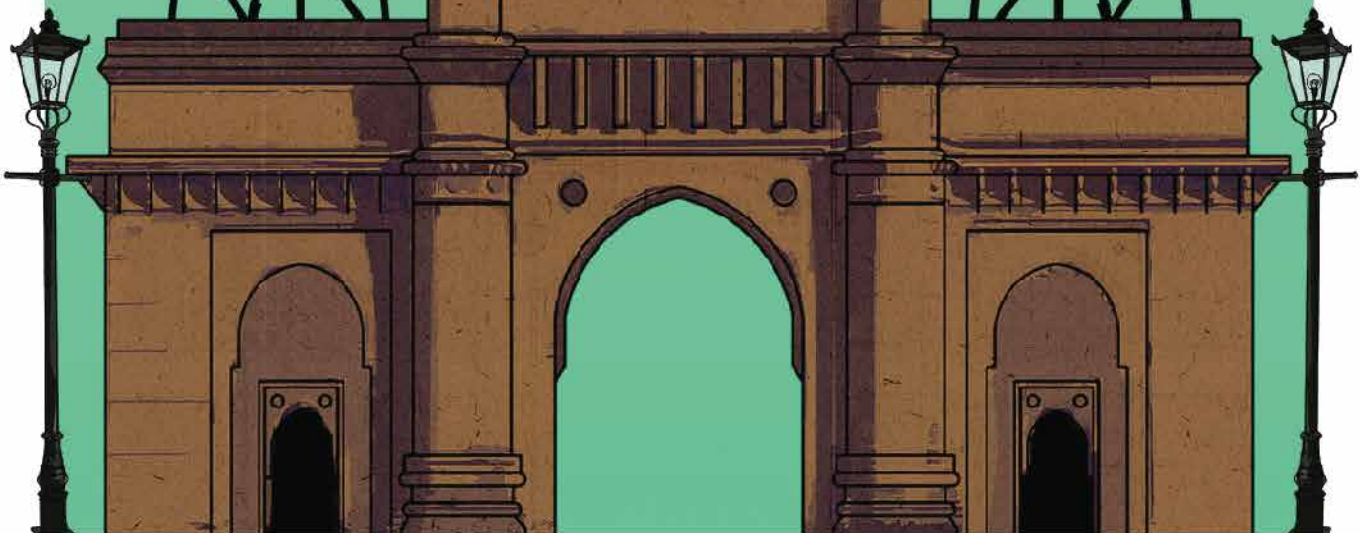
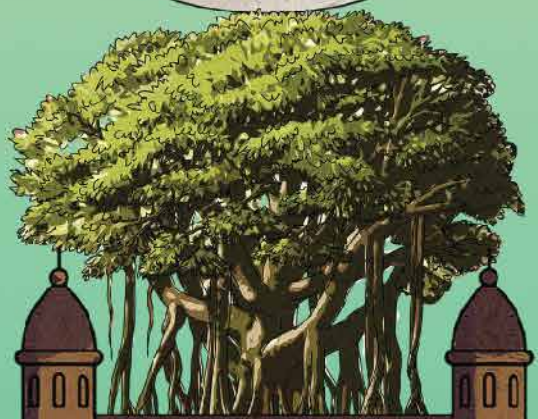
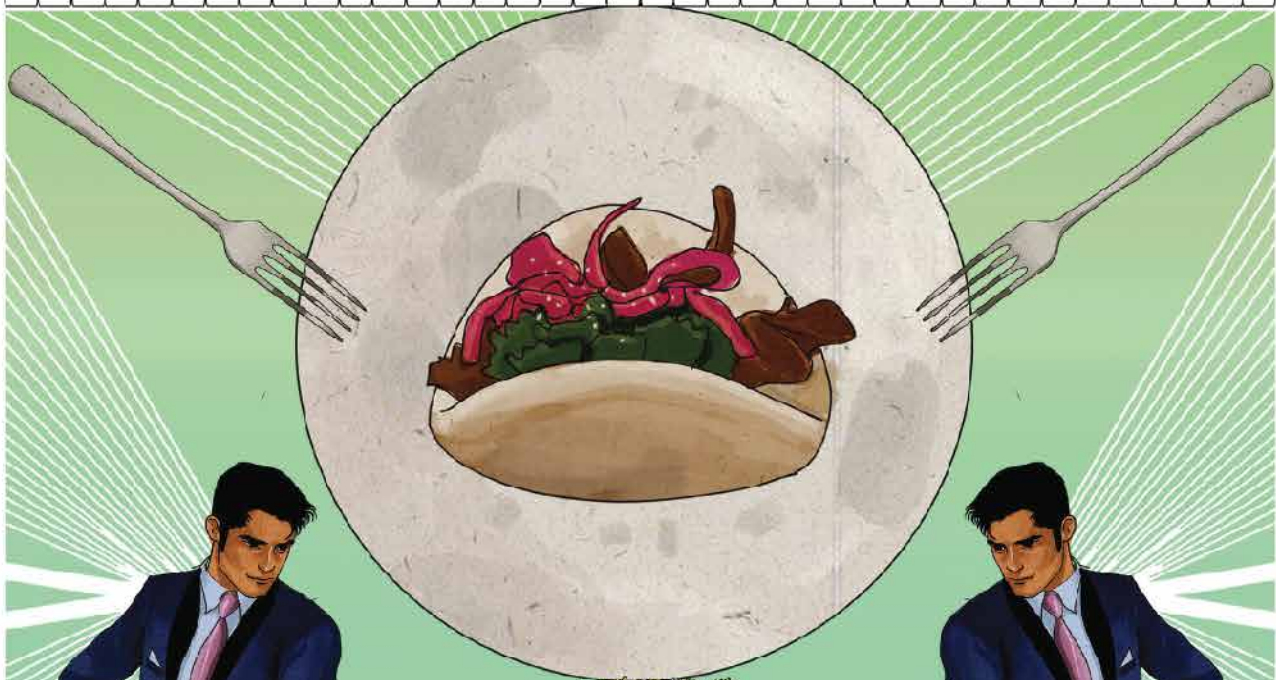
SMALL PLATES GLOBAL

- 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

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

BAOS / FRANKIES

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



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

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|---|-----|---|-----|
| GRECA PIZZA NEW 🍷 | 575 | SMOKEY BBQ CHICKEN NEW 🍷 | 625 |
| Black olives, sundried tomatoes, onions with feta cheese ● | | Savor the smoky perfection of grilled chicken, bathed in rich BBQ sauce. | |
| POPPIN' PESTO NEW 🍷 | 575 | PEPPERONI & JALAPEÑO NEW 🍷 | 625 |
| Aromatic basil pesto, fresh mozzarella and sun-dried tomatoes on a crispy thin crust. ● | | Authentic Italian pepperoni and Jalapeño topped with mozzarella and herbed marinara sauce | |
| 145'S CLASSIC MARGHERITA | 575 | BLAZIN' FIAMMA NEW 🍷 | 605 |
| A Classic ● | | A perfect harmony of zesty tomato sauce, premium mozzarella and a fiery blend of hand-selected spices ● | |
| WILD MUSHROOM TRUFFLE | 605 | | |
| Portobello mushrooms, shiitake in burnt garlic with truffle oil ● | | | |

MUNCHIES

- | | |
|----------------------------------|-----|
| FLAVORED POPCORN | 185 |
| GARLIC BREAD | 199 |
| SWEET POTATO FRIES | 360 |
| KOREAN CREAM CHEESE BUN 🍷 | 370 |



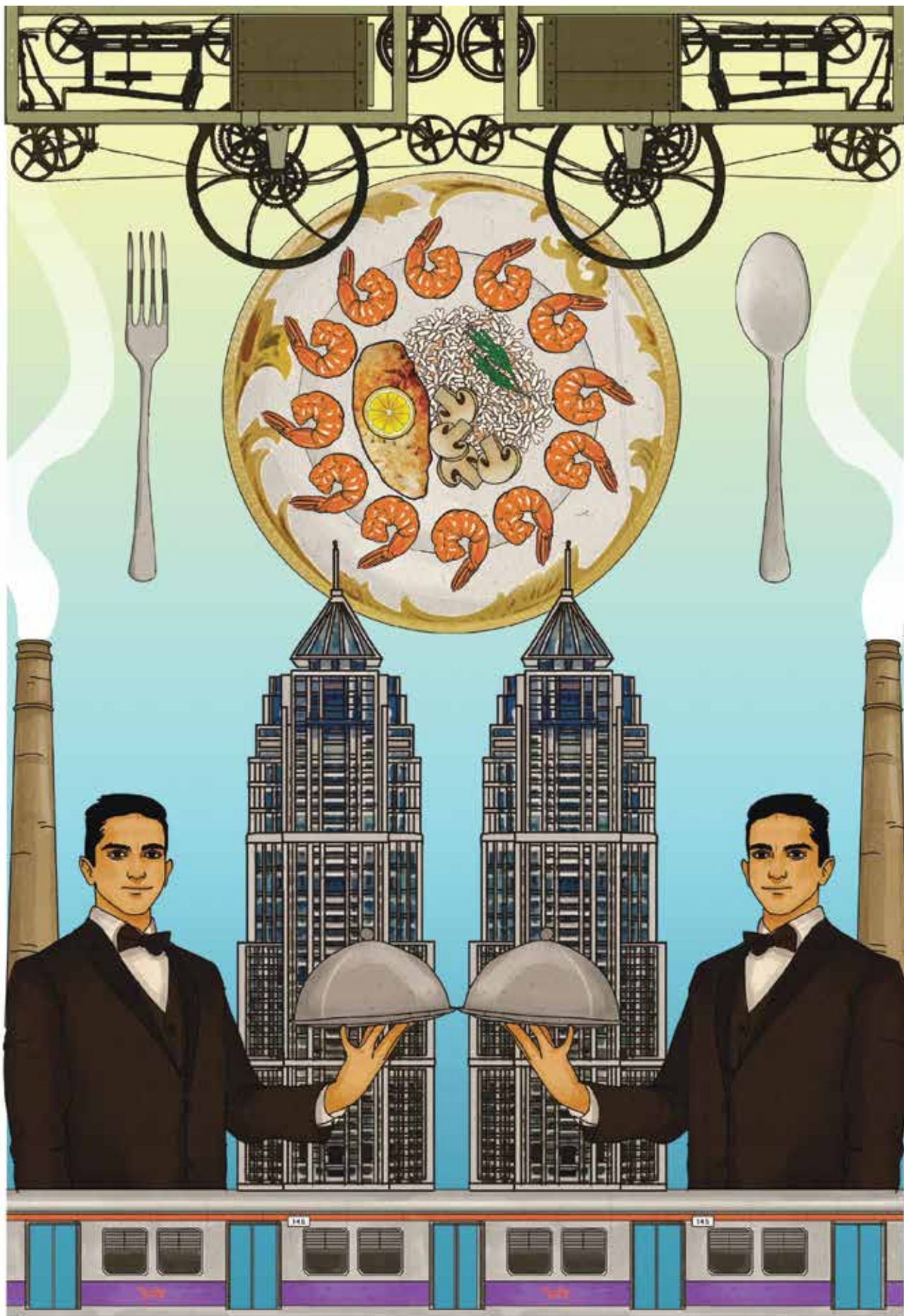
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MAINS

- 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

MALAI KULFI NEW 	310	LOTUS BISCOFF ICE CREAM SANDWICH 	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	
OG COOKIE DOUGH PIZZA 	305	STICKY TOFFEE PUDDING	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	
IN-HOUSE CHEESECAKE	325	VEGAN CHOCOLATE CAKE	310
New York style baked cheese cake topped with a strawberry compote (Contains egg)		For all you vegans - We've got you covered!	
CHOCOLATE GANACHE	325	FOUR LAYERED CHOCOLATE BOMB	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 *(Contains egg)	

SHAKES

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

COFFEE

CAPPUCCINO	147	AMERICANO	120
ESPRESSO	120	COLD COFFEE	170



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