

Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

Mann Made Food Cart
& Catering Project
is an initiative, to empower
people with disabilities
by providing them
the opportunity to work
and earn a living

We need you to support us
by ordering snacks for your
office events / board meetings.

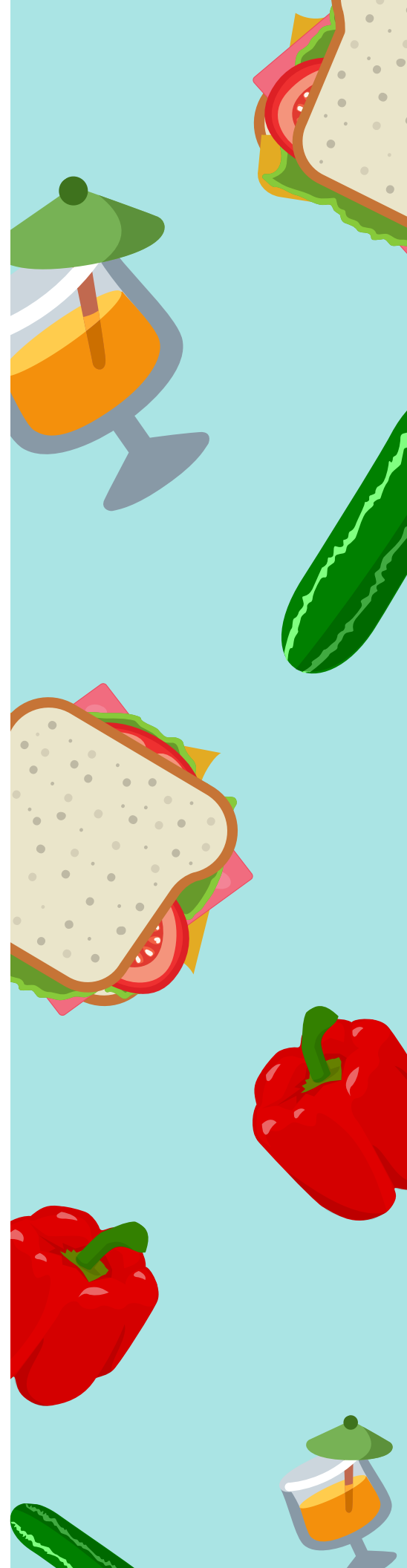
Orders to be placed a week in
advance.

Chaffing dishes can be provided at
extra cost.

Packaging and conveyance charges
as per actuals.

CONTACT:

Geetanjali +91 98198 81949



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

BREAKFAST/HIGH TEA MENU

Poha

A melange of puffed rice tempered with finely chopped, cilantro, peanuts seasoned with a squeeze of lime **40**

Upma

The humble upma is traditionally cooked as a thick porridge from dry roasted semolina and fresh vegetables **40**

Sabudana Khichdi

A simple yet flavourful, vegan, gluten-free fasting dish made from sago pearls **40**

Sabudana Vada (2" x 2" diameter)

A traditional crunchy deep fried Maharashtrian snack served with spicy green chutney **25**

Hard Boiled Eggs

Healthy tasty and quick; boiled eggs are a great feature on the breakfast table **30**

White Dhokla (2" x 2")

A tangy Gujarati snack made with chickpea batter seasoned with delicious condiments, served with a coconut chutney **25**

Dahi Vada

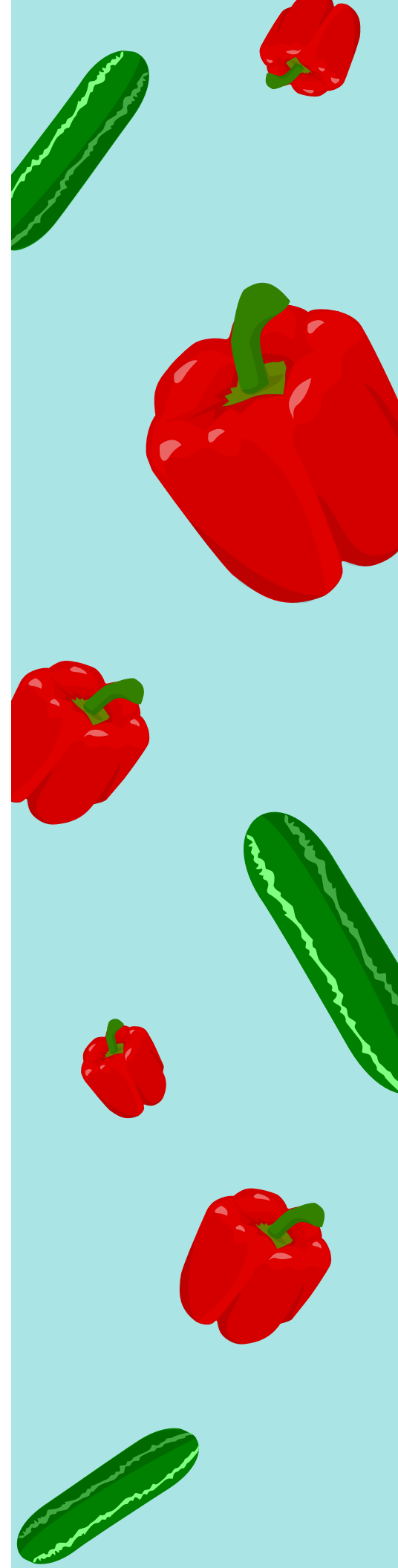
Savoury balls made from urad dal, smothered with fresh curds, sprinkled with spices and doused with a tangy-sweet tamarind chutney. **40**

Tea/ Green Tea

get your boost of creative energy with your trusty companion **25**

Nescafe Coffee

30



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

SANDWICH MENU

Veggie Mayo Sandwich 45

Two slices of whole wheat bread, carrot cabbage and mayonnaise relish [Grilled : optional]

Chicken Mayo Sandwich 60

Two slices of whole wheat bread, sautéed chicken in spices and a mayonnaise relish [Grilled : optional]

Coriander Mint Chutney Sandwich 45

Made with two slices of whole wheat bread and homemade chutney using fresh greens

Tomato Cheese Sandwich 45

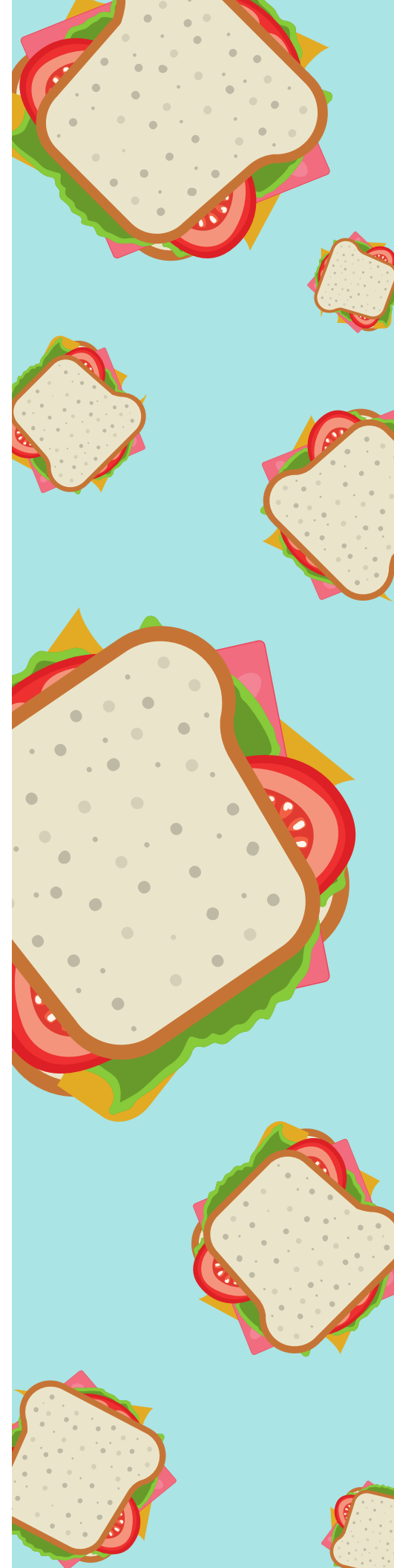
Two slices of whole wheat bread, one slice of cheese and tomatoes

Vegetable Sandwich 45

Garden fresh vegetables in a tangy minty homemade chutney served up between slices of whole wheat bread

Chilly Cheese Sandwich 45

Whole wheat bread topped with relish made from green peppers and cheese



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

SALAD MENU

Sprouts and Barley Salad 45

A delicious salad, high on nutrition made with a mix of barley grains, mixed with healthy sprouts, pomegranate seeds, red onion and tomatoes

Chicken Pasta Salad 60

A scrumptious blend of roasted chicken with pasta, exotic vegetables, herbs and olive oil

Vegetable Pasta Salad 45

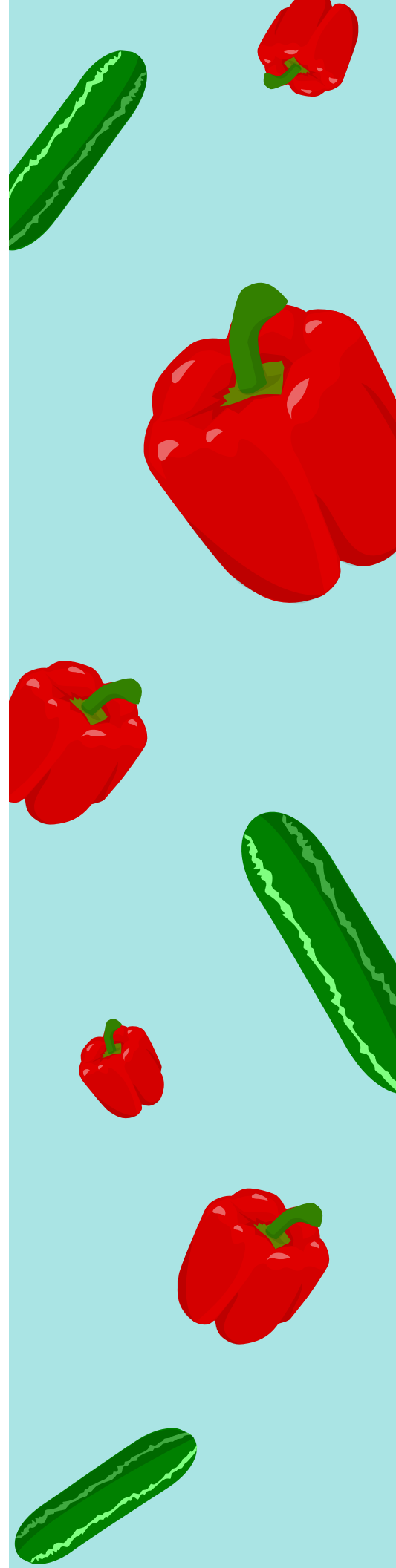
A healthy mix of roasted exotic veggies with pasta, herbs and olive oil

Cucumber & Mint Salad 30

A refreshing blend of minced cucumber, mint and yoghurt

Yoghurt & Fruit 60

A combination of yogurt and diced fresh fruit which works as a super healthy dessert or snack.



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

LUNCH MENU

Pav Bhaji **140**

A popular street food from Mumbai consisting of spiced buttery mashed mix of red onion, tomatoes, potatoes, cauliflower, peas served with pan

Kheema Pav **180**

Our take on a breakfast special, minced chicken cooked lovingly with spices, tomatoes and onion served with warm 'pao'

Paneer Burji **160**

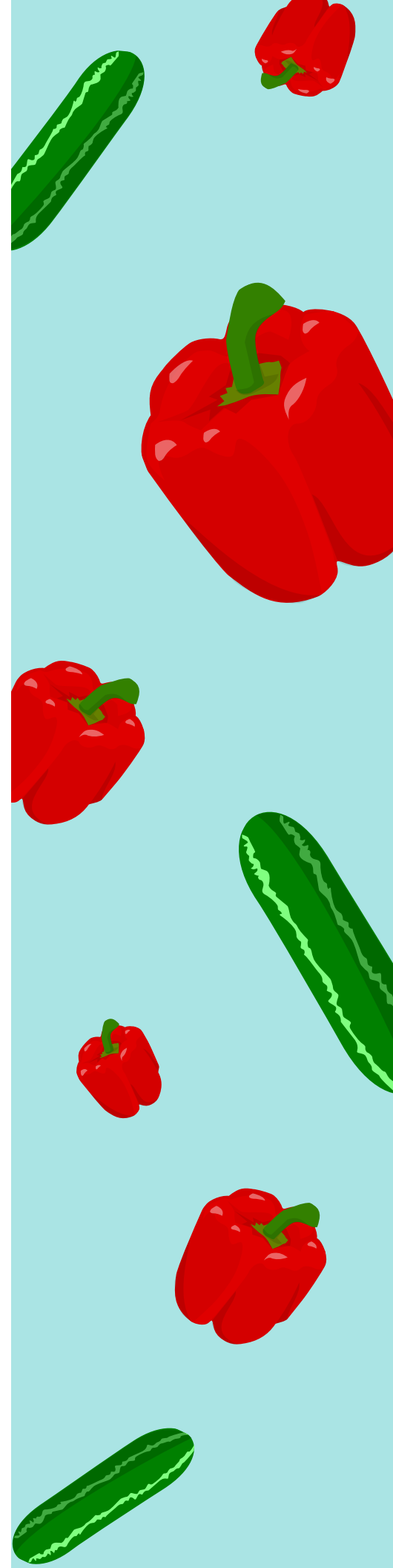
Vegetarian's delight - scrambled Indian cottage cheese with onion, tomatoes and spices, served with two paos

Vegetable Pulao and Raita **160**

An assortment of spiced carrots, bell peppers, peas and red onion cooked with aromatic rice. Served with a refreshing cucumber and mint raita.

Chicken Biryani and Raita **220**

A delicious Lucknowi rice dish that is loaded with spicy marinated chicken, caramelized onions, and flavorful saffron rice. Served with a refreshing cucumber and mint raita.



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

LUNCH MENU

Pomfret Gassi **350**

A spicy tangy homestyle curry with Pomfret pieces. Best had with some Rice, or better still a Neer Dosa!

Paneer Butter Masala **180**

A rich and creamy blend of pieces of paneer tossed in a spiced tomato and cashew based curry

Chicken Curry **240**

A Manglorian secret recipe of Chicken, coconut, cashews and spices.

Dal Makhani **180**

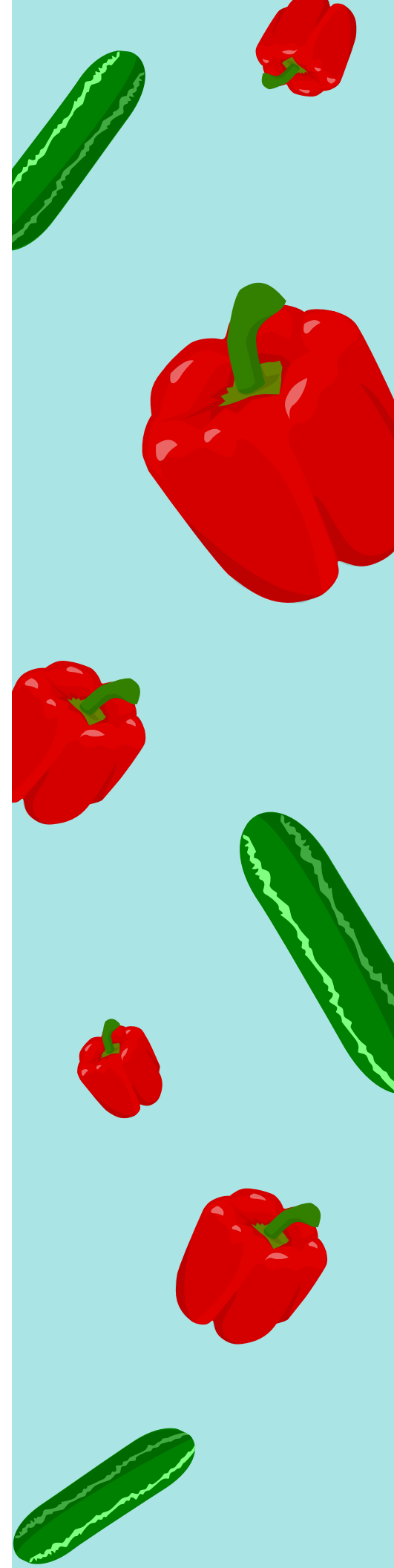
a North Indian favorite, black dal cooked for many hours with spices tempering

Neer Dosa **15**

Thin, fluffy and lacy crepes made with ground rice batter

Chapati **8**

An Indian flat bread, kneaded with wheat flour



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

DRINK MENU

Fruit Smoothie 80

Seasonal fruit shaken with a dollop of yoghurt, nuts and served with honey

Fruit Juice 45

A healthy squeeze of fresh fruits

Buttermilk 35

A refreshing Indian drink that is a blend of diluted yogurt, mild spices and mint

Lemon Iced Tea 35

A homemade thirst quencher with loads of lime and antioxidants

Kokum Sherbet 30

A popular Goan summer coolant made with kokum



Mann Made

MADE BY INDIVIDUALS WITH
INTELLECTUAL DISABILITY & AUTISM

DESSERT MENU

Fruit Cake 250

A healthy mixture of fruits and nuts helps make it a tasty treat

Banana/Date and Walnut Cake (8" Bar) 220

A super fresh blend of the naturally sweet bananas/dates and the warm toastiness of nuts

Chocolate rocks - pack of 10 140

A sinful mix of dark and light chocolate with lightly roasted nuts

Milk Cream 200 g 350

A must have East Indian Christmas delight made with milk, cashews and sugar

Marzipan 200 g 350

A delicious Goan almond fudge

Kalkals 250 g 200

A traditional Goan delicacy made with flour and semolina

Guava Cheese 200 g 150

A sweet Goan recipe that will leave your mouth watered by its tempting melange of guava, sugar and lemon

Date Rolls 200 g 220

Baked cookie stuffed with dates and walnuts

