

FARM SOURCED | NUTRIENT DENSE | ORGANIC

# ALL NATURAL SMOOTHIES

## PERUVIAN CACAO SMOOTHIE • 350 (O) (V)

Peruvian cacao, jumbo oats, sunflower seeds, almond, Iranian dates, house made almond milk. Topped with chia seeds. Get Glowing with raw Cacao!

#### SUPER FOOD COCONUT WATER BLEND • 350 (V)

(O) Peruvian cacao, (O) Peruvian maca root, (O) Peruvian acai berry, coconut water. Hydrate with coconut water & Improve your stamina with maca root!

#### SUPER GREEN SMOOTHIE • 500 (V)

Hass avocado, (O) baby spinach, (O) celery, (O) cucumber, (O) mango pulp, (O) banana, oats, (O) sunflower seeds. Topped with (O) seeds, raspberries. Be stress free & relaxed with baby spinach!

#### AVOLICIOUS • 550 (V)

Hass avocado, (O) pineapple, raspberries, blueberries, (O) sweet basil. Keep youthful with avocados!

#### RASPBERRY & SOUR CHERRY JAR • 525 (V)

Sour cherries, raspberries, (O) banana, (O) mango pulp, house made (O) cashew milk. Topped with Mexican (O) dark chocolate, (O) Peruvian cacao nibs, (O) chia seeds, (O) sunflower seeds, raspberries. Hydrate with raspberries!

### PERUVIAN ACAI BERRY JAR • 525 (DF)

Peruvian (O) acai, (O) banana, (O) mango pulp, raspberries, blueberries, house made (O) cashew milk. Topped with our signature house made (O) granola, Mexican (O) dark chocolate chips. Boost your immunity with acai!

#### MIXED BERRY JAR • 425 (V)

Cranberries, blueberries, raspberries, (O) banana, house made almond milk. Topped with (O) chia seeds, (O) pumpkin seeds. Get your dose of vitamins with mixed berries!

#### KASHMIRI SAFFRON INFUSED ALMOND MILK • 300 (DF) (O)

House made almond milk with Kashmiri saffron, raw buckwheat groats, cinnamon, Kashmiri honey. Get that radiant skin with saffron!

#### BLUEBERRY MANGO JAR • 350

Blueberries, (O) mango pulp, (O) banana, (O) yogurt. Topped with (O) Peruvian chia seeds. Improve your brain function with blueberries!

#### **BEELICIOUS BLUEBERRY • 450 (O)**

Blueberry, (O) ginger, (O) banana, (O) mango pulp, (O) coconut yogurt, (O) almond milk. Topped with beepollen and (O) chia seeds. Strengthen your immunity with beepollen and get your daily dose of probiotics

# COFFEES

#### ESPRESSO SINGLE • 100 | DOUBLE • 125

CAPPUCCINO / LATTE • 160

#### Made it with:

(O) Whole milk | (O) Almond milk  $\cdot$  125 | (O) Coconut Milk  $\cdot$  150 | (O) Cashew milk  $\cdot$  150

AMERICANO SINGLE • 100 | DOUBLE • 125

#### **BULLETPROOF ESPRESSO • 190**

MACCHIATO SINGLE • 120 | DOUBLE • 150

# WHOLESOME COLD PRESSED JUICES

There's juice and then there's cold pressed juice. What's the difference? When fruits and vegetables are put through a cold pressed juicer, the juice retains the maximum amount of nutrients because of the hydraulic press. Therefore, no nutrients are lost as no additional heat is used during the entire juicing process.

# KICKSTART • 250 (O)

Apple, carrot, wheatgrass, a big dose of ginger

D'S PICK ME UP • 250 (O) Kale, (O) celery, (O) chocolate mint, orange

DETOX • 300 (O) Carrot, baby beet, celery, wheatgrass, ginger, apple

DEEP CLEANSE • 300 (O) Red cabbage, (O) mint, (O) lime, pear

CRUSHER • 300 Cranberry, blackberry, orange, (O) sweet basil

EAT YOUR GREENS • 250 (O) Kale, (O) chocolate mint, (O) pineapple, green apple

RECHARGE • 250 (O) Carrot, baby beets, celery, ginger, apple

DAILY DOSE OF VITAMIN C • 350 Raspberry, blueberry, cranberry, orange, (O) sweet basil

UNBEETABLE GLOW • 300 (O) Baby beets, (O) lemongrass, (O) sweet basil, (O) apple, orange

LEAN & GREEN • 350 (O) Cucumber, baby fennel, baby spinach, sweet basil, pineapple

SKINNY MINNIE • 300 (O) Carrot, pomegranate, chocolate mint

#### GRASSHOPPER • 300

(O) Baby spinach, (O) pea shoots, (O) celery, (O) lemongrass, orange Add (O) flax seed meal  $\cdot 25 \mid$  (O) spirulina  $\cdot 100 \mid$  (O) Peruvian chia seeds • 50 (O) Moringa  $\cdot 50 \mid$  (O) Bee Pollen  $\cdot 100 \mid$ 

# TEAS

CHAMOMILE (POT FOR 2) • 300 Soft and soothing with rare chamomile flowers

**MOROCCAN MINT TEA • 200 | (POT FOR 2) • 300** Green tea blended with strong Sahara mint

GEISHA BLOSSOM TEA • 200 | (POT FOR 2) • 300 Highly refined blend of green tea with refreshing ripe southern fruits

KASHMIRI SAFFRON TEA · TOPPED WITH ALMOND • 350

MATCHA LATTE WITH ALMOND MILK • 350 (O) (V)

HOT CACAO • 450 (V)

Peruvian cacao, (O) Peruvian maca, almond, maple syrup, green tea



Sequel's philosophy is 'Wholesome World Cuisine' with an emphasis on natural and organic ingredients. With that as our goal, we source high-quality organic ingredients from the 'Far corners of the world' - The Himalayas to Peru.

We go local while sourcing fresh organic produce from the select farms in Pune, Karjat & Nashik. At Sequel, we are committed to nutrition, taste & minimally processed food. Our menu is completely gluten free, refined sugar free and free from additives /chemicals.

# SEQUEL

(DF) Dairy free (V) Vegan (O) Organic | Government Taxes Extra | 8% Service Charge Applicable