

ALL DAY

BREAKFAST



FARM SOURCED | NUTRIENT DENSE

ENERGIZE

COCONUT YOGURT & GRANOLA • 475 (DF) (O)

House made vegan coconut yogurt. Topped with all natural berry & chia compote, raspberries, (O) chia seeds, signature house made (O) granola

PROTEIN BOWL • 350 (V)

Overnight soaked protein bowl with house made (O) almond milk, (O) Peruvian cacao, (O) cacao nibs, (O) jumbo oats (O) kashmiri walnuts, (O) almond, (O) Iranian dates, (O) sunflower, (O) chia seeds, (O) pumpkin seeds.

Topped with blueberries. raspberries

GOING NUTS • 360 (DF) (O)

Chia pudding in almond milk with house made all natural cacao peanut butter, berry & chia compote. Served with signature house made granola

FOREST TRAIL • 450 (DF)

Himalayan polenta porridge made with almond milk. Topped with raspberries, blueberries, (O) cinnamon, kashmiri honey and our signature (O) house made granola

DETOX & REJUVENATE WITH OUR SMOOTHIE BOWLS

THE MATCHA DETOX BOWL • 750 (DF) (O)

Japanese Matcha, (O) baby spinach (O) pumpkin seeds, (O) sunflower seeds, (O) alphonso mango, (O) house made coconut milk. Topped with (O) pomegranate, (O) banana, (O) chia seeds, (O) house made granola

THE POWER BOWL • 600 (DF)

Hass avocado, (O) Peruvian raw cacao, carob powder, (O) Iranian dates, (O) house made coconut milk. Topped with raspberries, (O) banana (O) chia seeds. (O) house made granola.

THE IMMUNITY BOOSTER ACAI BOWL • 725 (DF)

(O) Peruvian acai berry, (O) banana, raspberries, blueberries, (O) house made cashew milk. Topped with (O) pomegranate, (O) raspberries, (O) Mexican dark chocolate chips, (O) chia seeds, (O) house made granola

THE PROBIOTIC BOWL WITH MORINGA • 750 (V) (O)

baby spinach (O) moringa greens, hass avocado (O) all natural mango pulp (O) coconut yogurt, (O) almond milk, Topped with (O) house made vegan raw cacao granola, (O) chia seeds, (O) flax seeds, (O) pomegranate, (O) strawberries

Smoothie Bowls can be made with vegan house made (O) granola 50

PROBIOTIC DRINKS

KAMBOUCHA (125 ML) • 225 (O) (V)

Pineapple & Baby fennel

Organic

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

AVOCADO TOAST & FREE RANGE EGGS

AVOCADO SUNSHINE • 475

(O) wholegrain oat buckwheat - sorghum toast with hass avocado, barrel aged goat cheese, (O) baby kale pesto, house made (O) probiotic sauerkraut, (O) mustard microgreens, free range sunny side up

PERFECT POACH • 475 (DF)

Poached free range egg with hass avocado in Himalayan apple cider vinegar sauce on (O) whole grain oat - buckwheat - sorghum flour bread. Topped with (O) edamame, (O) pomegranate

Add norwegian smoked salmon • 275

THE SEQUEL TARTINE • 500 (V) (O)

Super food toast made of nuts & seeds. Topped with smashed hass avocado, (O) house made cashew cheese, (O) sundried tomatoes, (O) capers

Add free range poached egg • 30 Add norwegian smoked salmon • 275

JIGSAW 300 • (O)

Scrambled free range eggs with mushrooms, caramelized onions, heirloom cherry tomatoes, sweet basil and feta on wholegrain oat - buckwheat-sorghum flour bread

THE FOLD OVER 525 • (DF) (O)

Free range egg omelette with mushrooms, pea shoots and baby kale - sunflower seed - sundried tomato pesto. Served with wholegrain oat - buckwheat - sorghum flour bread

THE MEDITERRANEAN EGGS • 750 (DF)

Soft scrambled free range eggs cooked in house made (O) Zaatar spice mix. Served with Norwegian smoked salmon, hass avocado, (O) heirloom tomato, (O) butterhead lettuce

WHOLESOME PANCAKES & WAFFLES

ORANGE SWEET POTATO WAFFLES • 450 (O) (V)

Sweet potato, coconut yogurt, buckwheat, brown rice flour waffles. Topped with strawberries, house made raw cacao granola, maple syrup

ALMOND & COCONUT PANCAKES • 450 (DF)

Almond, coconut & oat meal pancakes. Topped with raspberries, all natural berry & chia compote, Kashmiri honey, (O) pumpkin seeds, (O) chia seeds

(Our Pancake Batter contains Eggs)
(Pancakes available only on weekends)