

LUNCH / DINNER



FARM SOURCED | NUTRIENT DENSE | ORGANIC

STARTERS

KALE CHIPS • 225 (O) (V)
Oven baked with (O) lime, (O) Himalayan pink salt.

CHARRED RED PEPPER HUMMUS • 325 (O) (V)
Served with (O) super food crackers (house made mixed seeds - almond - buckwheat crackers).

OVEN BAKED ORANGE SWEET POTATO FRIES WITH CUMIN • 275 (V) (O) (TAKES 20 MINUTES)

AVOCADO, (O) CASHEW, (O)PUMPKIN SEED PESTO • 550 (V)
Served with (O) super food crackers (house made mixed seeds - almond - buckwheat crackers).

GUACAMOLE WITH (O) CHARRED HEIRLOOM TOMATO AND (O) BELL PEPPER COULIS • 600 (V)
Served with (O) chickpeas, (O) sesame seed, (O) turmeric crackers.

SALADS

THE ENERGY BOWL • 625 (V)
Hass avocado, (O) roasted baby carrot, (O) sundried tomato, (O) capers, (O) heirloom tomato, house made (O) oven baked rosemary almond croutons, (O) cranberries, Kashmiri walnuts, (O) butterhead lettuce, (O) kale, house made(O) cashew cheese
Extra virgin cold pressed olive oil, maple syrup, (O) flax seed, (O) lime dressing.

VEGAN PROTEIN BOWL • 550 (V) (O)
Oven baked millet, spinach & green pea falafel, sundried tomato, capers, heirloom tomato, olives, gherkins, roasted chickpeas, roasted baby carrot, kale, Charred red pepper hummus, extra virgin cold pressed olive oil, lime dressing.

THE WHOLESOME BOWL • 550
Hass avocado, (O) snow peas, (O) zoodles, (O) heirloom tomato, (O) pomegranate, house made (O) oven baked rosemary almond croutons, (O) toasted cashews, (O) cranberries, (O) butterhead lettuce, parmesan- Extra virgin cold pressed olive oil, kashmiri raw honey, (O) lime, (O) sumac, (O) dried mint dressing.

AVO BABY BURRATA & SAUERKRAUT BOWL • 700
Hass avocado, (O) house fermentedred red sauerkraut, (O) heirloom tomato, house made (O) oven baked rosemary almond croutons, (O) roasted chickpeas, (O) butterhead lettuce, (O) toasted cashews, prunes, baby burrata
Extra virgin cold pressed olive oil kashmiri raw honey, (O) lime, (O) oregano dressing.

MIXED SIGNALS • 525
Hass avocado, (O) zucchini ribbons, (O) heirloom cherry tomato, (O) pomegranate, (O) cranberries, Kashmiri walnuts, (O) butterhead lettuce, (O) Goat & sheep feta
Extra virgin cold pressed olive oil, kashmiri honey, (O) lime dressing.

GREEN GODDESS • 450
Hass avocado, (O) house fermented white sauerkraut house made (O) oven baked rosemary almond croutons, (O) baby zucchini, (O) heirloom cherry tomato, (O) pomegranate, (O) kale, parmesan
Extra virgin cold pressed olive oil, (O) lime dressing.

CON ARTIST • 650 (O)
Zoodles, hass avocado, (O) edamame, (O) gherkins, (O) caper berries, (O) cranberries, (O) kashmiri walnuts, barrel aged goat cheese, (O) mint
Extra virgin cold pressed olive oil, (O) lime, (O) sumac dressing

ITALIAN HERITAGE • 475 (O)
Zoodles, (O) sundried tomato, (O) heirloom tomato in (O) baby kale (O) sunflower seed - (O) sundried tomato pesto. Topped with (O) barrel aged goat cheese.

(Can be made vegan on request)

AUTUMN AFTERNOON • 500
Fermented (O) carrot, (O) baby zucchini, (O) house fermented white sauerkraut, (O) pomegranate, (O) roasted chickpeas, (O) roasted pumpkin seeds, (O) kale, barrel aged goat cheese - Extra virgin cold pressed olive oil, kashmiri honey, (O) lime, (O) sumac dressing.

RED PIRATE • 450 (O)
Peruvian tricolor quinoa, roasted baby beets, roasted baby carrots, roasted chickpeas, red apple, prunes, Kashmiri walnuts, kale, feta- Red wine vinaigrette.

PRETTY IN PINK • 750 (DF)
Norwegian smoked salmon, hass avocado, (O) Florence fennel, (O) baby zucchini, fermented (O) red radish, green apple, (O) caper berries, (O) butterhead lettuce, (O) dill (O) Himalayan apple
Cider vinaigrette.

SEQUEL BOWL • 525 (DF)
Hass Avocado, (O) roasted chickpeas, (O) baby zucchini, (O) pea shoots, (O) heirloom cherry tomato, (O) pomegranate, (O) cranberries, prunes, (O) butterhead lettuce, (O) kale, free range boiled egg
Extra virgin cold pressed olive oil, kashmiri honey, (O) lime dressing.

DEEP SEA DIVING • 600
Poached prawns, (O) Peruvian tricolor quinoa, (O) sun dried tomato, (O) heirloom cherry tomato, (O) bell pepper, (O) butterhead lettuce, barrel aged goat cheese (O) baby kale (O) sunflower seed (O) sundried tomato pesto.

SOUP • 475 (O) (DF)

Oyster mushroom, heirloom tomato, lemongrass, tamari broth.
Served with nut & seed toast.

WARM & SUSTAINING

THE ROOT BOWL • 475 (DF) (O)
Roasted squash, Steamed bok choy, swiss chard, rainbow carrots, baby zucchini, baby fennel, baby beets.
Topped with house made tahini-tamari dressing, cashews, sesame seeds.

THE GOODNESS BOWL • 550 (V) (O)
Oven roasted Peruvian tricolor quinoa-kale roundels with roasted tomato salsa.Served with steamed bok choy, house made kimchi, purple sweet potato mash, steamed swiss chard.

BUDDHA BOWL • 625 (V)
Hass avocado, (O) oyster mushroom bacon, (O) roasted orange sweet potato, (O) turmeric roasted cauliflower, (O) house made sauerkraut, (O) kale, (O) harrisa, (O) roasted pumpkin seeds.

HEARTY VEG STEW • 525 (V) (O)
Butternut squash, orange sweet potato, bell pepper, san marzano tomato stew.
Served with nut & seed toast.

SEQUEL CRACKER PIZZA • 600 (V) (O)
Two almond, buckwheat, amaranth flour mini tarts.Topped with san marzano tomato & fennel sauce, roasted oyster mushrooms, kale pesto tossed aubergine. Served with roasted baby carrots, roasted baby beets, pomegrante, rucola salad.

SWEET POTATO & RED KIDNEY BEAN FRITTERS • 550 (V) (TAKES 20 MINUTES)
Oven baked (O) sweet potato, (O) red kidney bean, (O) sunflower seed fritters. Topped with hass avocado, (O) heirloom tomato, (O) sundried tomato salsa. Served with (O) rucola, hass avocado salad.

RUSTIC GARDEN • 450 (V) (O)
Himalayan brown rice, Peruvian black quinoa with mushrooms, sundried tomato, heirloom tomato in baby kale, sunflower seed - sundried tomato pesto

Add poached prawns • 225

THE BIG HEIST • 450
Poached free range eggs, roasted (O) veggies in (O) Provençal herbs with (O) yogurt & apple cider mustard hollandaise. Served on (O) wholegrain oat - buckwheat - sorghum flour bread

Add Norwegian smoked salmon • 275

PERUVIAN TRICOLOR QUINOA TABBOULEH • 475 (DF) (O)
Quinoa with gherkins, edamame, zucchini, heirloom tomato, sundried tomato, pomegranate, fresh herbs in flax seed, sumac, raw honey dressing.
Topped with oven roasted chickpeas, pumpkin seeds.

STEAMED COLLARD WRAPS • 525 (O) (DF)
Stuffed with house made Sauerkraut, oyster mushroom, kale
Topped with Tahini - Tamari Dressing.

ROASTED NORWEGIAN SALMON & FOREST MUSHROOMS • 1150 (DF)
Organic salmon with forest mushrooms in truffle oil. Served with (O) hassleback sweet potato.

DESSERTS

We use 70% dark (O) stone ground vegan Mexican chocolate, (O) Peruvian cacao, natural sweeteners such as fruits, nutritious (O) palm sugar, nutritious (O) alternative grains, nuts & super seeds to create wholesome and nutrient - dense desserts.

CHOCOLATE LUST • 250 (V) (O)
(O) Peruvian cacao almond butter cookie with 70% dark (O) stone ground Mexican chocolate chips, raspberries.

CHOCOLATE HEAVEN • 250 (V) (O)
Peruvian cacao peanut butter cookie with 70% dark (O) stone ground Mexican chocolate chips.

DECADENCE • 400 (DF) (O)
(O) Mexican dark chocolate brownie, topped with Peruvian cacao nibs, berries & sunflower seeds.

RAW AVO MOUSSE • 525 (V) (O)
Peruvian cacao, hass avocado mousse. Topped with (O) Peruvian cacao nibs & raspberries.

ORGANIC NICE CREAM • 450 (V) (O)
Ask for Flavour of the day

APPLE & BERRY CRUMBLE • 325 (V) (O)

ASK FOR TODAYS SPECIAL DESSERT

Organic

Sequels 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