

REPUBLIC OF SPICE

BOWLS

Served with basmati rice  , naan  and salad

Butter Chicken (300 Cals)   \$12.49

Beef Vindaloo (330 Cals)    \$12.49

Chicken Curry (190 Cals)    \$12.49

Channa Masala (290 Cals)   \$9.49

Spinach Paneer (280 Cals)   \$9.49

Mixed Vegetable Curry (120 Cals)    \$10.49

SAMOSA

Beef Samosa (340 Cals)  \$4.20

Vegetable Samosa (330 Cals)  \$4.00

WRAPS

Comes with mint cilantro lime yogurt sauce   and cucumber, onion & tomato salad

Paneer (560 Cals)  \$8.49

Combo w/ Mango Lassi (980 Cals) \$11.49

Chicken (Thighs) (540 Cals)  \$9.49

Combo w/ Mango Lassi (960 Cals) \$12.49

VALUE PICKS

Veggie Curry w/ Rice (170 Cals)     \$6.00

Chicken Curry w/ Rice (210 Cals)     \$6.00

Mango Lassi (420 Cals)    \$4.99

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.