

EAT OUT GET FIT

Food So Tasty! You Won't Believe It's Healthy!

Tasty

Fast
Food

Healthy

24
Hours




ORDER 24 X 7

+91 8800537606/8606

WWW.EATOUTGETFIT.COM

 Qutub Service Station, Indian Oil, South,
Block C, Adchini, New Delhi, Delhi 110017

 107A, Ground Floor, DLF Avenue Mall,
Saket, South Delhi 110017

PROTEIN BURGERS



Chicken Tikka

P: 25g | C: 35g | F: 10g | Energy: 330kcal

179/-

Smoked Chicken

P: 25g | C: 35g | F: 10g | Energy: 330kcal

179/-

Egg

P: 15g | C: 35g | F: 10g | Energy: 290kcal

149/-

Paneer Tikka

P: 20g | C: 35g | F: 15g | Energy: 355kcal

169/-

Sweet & Spicy Tofu /

P: 20g | C: 40g | F: 5g | Energy: 285kcal

159/-



HEALTHY GRILLED SANDWICH



Chicken Tikka

P: 30g | C: 40g | F: 15g | Energy: 415kcal

249/-

Smoked Chicken

P: 30g | C: 40g | F: 15g | Energy: 415kcal

249/-

Egg

P: 25g | C: 40g | F: 15g | Energy: 395kcal

219/-

Paneer Tikka

P: 25g | C: 40g | F: 20g | Energy: 440kcal

239/-

BBQ Tofu Grilled Cheese

P: 25g | C: 45g | F: 10g | Energy: 370kcal

229/-



HIGH PROTEIN SUBS / SALADS



Multigrain

Egg

P: 25g | C: 55/15g | F: 10g | Energy: 410/230kcal

219/-

Chicken Tikka

P: 35g | C: 55/15g | F: 15g | Energy: 495/335kcal

269/-

Smoked Chicken

P: 35g | C: 55/15g | F: 15g | Energy: 495/335kcal

269/-

Paneer Tikka

P: 30g | C: 55/15g | F: 20g | Energy: 520/360kcal

259/-

Sriracha Tofu /

P: 30g | C: 60/20g | F: 10g | Energy: 450/290kcal

249/-



Visit Website For Calorie
Count And Nutrition





LOW FAT PASTA



Red Sauce

P: 15g/25g | C: 60g | F: 10g | Energy: 390kcal/430kcal

259/- 289/-

White Sauce

P: 20/30g | C: 60g | F: 20g | Energy: 500kcal/540kcal

289/- 319/-

Mix Sauce

P: 20/30g | C: 60g | F: 15g | Energy: 455kcal/495kcal

279/- 309/-



HIGH PROTEIN WRAPS



Chicken Tikka

P: 35g | C: 45g | F: 15g | Energy: 455kcal

259/-

Paneer Tikka

P: 30g | C: 45g | F: 20g | Energy: 480kcal

249/-

Smoked Chicken

P: 35g | C: 45g | F: 15g | Energy: 455kcal

259/-

Hot Garlic Tofu

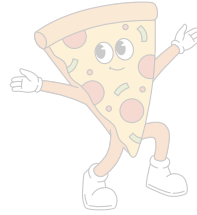
P: 30g | C: 50g | F: 10g | Energy: 410kcal

239/-

Egg

P: 25g | C: 45g | F: 15g | Energy: 415kcal

209/-



PROTEIN PIZZA



Wheat Thin Crust

Paneer Tikka

P: 30g | C: 50g | F: 25g | Energy: 545kcal

309/-

Chicken Tikka

P: 40g | C: 50g | F: 20g | Energy: 540kcal

319/-

Veggie Delight

P: 20g | C: 55g | F: 20g | Energy: 480kcal

269/-

Smoked Chicken

P: 40g | C: 50g | F: 20g | Energy: 540kcal

319/-

Farmhouse

P: 25g | C: 55g | F: 20g | Energy: 500kcal

299/-

Peri-Peri Paneer Pizza

P: 30g | C: 40g | F: 25g | Energy: 545kcal

319/-

Soy Delight

P: 30g | C: 55g | F: 15g | Energy: 520kcal

289/-

Peri-Peri Chicken

P: 40g | C: 50g | F: 20g | Energy: 540kcal

329/-

Cheese Loaded

P: 25g | C: 50g | F: 25g | Energy: 525kcal

279/-

Supreme Chicken

P: 50g | C: 50g | F: 20g | Energy: 580kcal

359/-



Healthy & Tasty Sides



Cheese Garlic Bread

(P: 15g | C: 40g | F: 10g | Energy: 310kcal)

239/-

Herbed Chicken Garlic Bread

(P: 25g | C: 40g | F: 10g | Energy: 350kcal)

269/-

Air Fried Chicken Nuggets

(P: 20g | C: 15g | F: 10g | Energy: 230kcal)

279/-



Healthy Cheat Meals



Air
Fried



Aloo Tikki Burger (P: 10g C: 50g F: 10g Energy: 330kcal)	119/-
Aloo Patty Sub / Wrap / Salad (P: 10g C: 60/50/25g F: 10g 370/330/230kcal)	119/-
Cheese Aloo Tikki Burger (P: 15g C: 50g F: 15g Energy: 395kcal)	139/-
Fries with Salsa (P: 5g C: 35g F: 5g Energy: 195kcal)	109/-
Peri Peri Fries (P: 5g C: 40g F: 5g Energy: 225kcal)	139/-
Aloo Patty Sandwich (P: 15g C: 40g F: 15g Energy: 395kcal)	209/-



ZERO CALORIE COOLERS



Fresh Lime Soda	99/-	Masala Lemon Soda	109/-
Cucumber Mojito	129/-	Lemon Mojito	129/-
Green Apple Mojito	129/-	Mint Mojito	149/-
Peach Mojito	129/-	Black Currant Mojito	149/-
Watermelon Mojito	129/-	Cranberry Mojito	149/-



LOW CALORIE SHAKES/ SMOOTHIES



Cold Coffee (P: 10g C: 15g F: 5g Energy: 145kcal)	169/-
Cold Coffee with Ice Cream (P: 10g C: 15g F: 10g Energy: 190kcal)	189/-
Banana Shake (P: 10g C: 30g F: 10g Energy: 250kcal)	189/-
Vanilla Shake (P: 10g C: 20g F: 10g Energy: 210kcal)	199/-
Chocolate Shake (P: 10g C: 20g F: 10g Energy: 210kcal)	209/-
Mango Shake (P: 10g C: 25g F: 10g Energy: 230kcal)	199/-
Peach Smoothie (P: 10g C: 20g F: 10g Energy: 210kcal)	229/-
Cranberry Smoothie (P: 10g C: 20g F: 10g Energy: 210kcal)	249/-
Black Currant Smoothie (P: 10g C: 25g F: 10g Energy: 230kcal)	249/-



Food So Tasty! You Won't Believe It's Healthy!

Extra Egg - Rs.30

Extra Vegetables - Rs.40

Whole Wheat Penne - Rs.30

Extra Cheese - Rs.60

Double Protein - Rs.80

Cheese Slice - Rs.30

EXTRA

