



ABSOLUTE BARBEQUE PVT LTD
























FOOD PRODUCTS WITH NUTRITION INFORMATION

S.No	Product Name	Allergen Information	Energy per 100g Approx (kcal)	Carbohydrates (gm)	Protein (gm)	Fat (gm)
01	MINT CHUTNEY		38.40 kcal	2.72	3.52	1.52
02	HARABARA KEBAB		213.60 kcal	16.97	3.99	13.46
03	PANEER TIKKA		233.16 kcal	8.2	16.7	21.4
04	CRISPY FRIED CORN		304.73 kcal	21	2.76	24.31
05	CHEESY POTATO		326.61 kcal	13.74	1.25	29.75
06	BEETROOT KEBAB		185 kcal	18.4	4.2	10.6
07	KHASTA KEBAB		472 kcal	4.33	0.57	50.2
08	YELLOW DAL		316.61 kcal	42.16	19.2	6.71
09	PANEER CURRY		332.50 kcal	8.86	12.78	20.57
10	DAL MAKHANI		299.67 kcal	24.44	10.16	22.02
11	PARATHA		389.46 kcal	54.63	7.93	15.02
12	PLAIN RICE		200.26 kcal	22.31	2.4	10.62
13	RASGULA		172.19 kcal	29.49	3.71	4.39
14	GULAB JAMUN		316 kcal	55	6	8
15	RAITHA		51.38 kcal	5.32	2.85	1.96
16	GREEN SALAD		63.88 kcal	11.04	3.48	0.42
17	MUSHROOM		189.04 kcal	17.58	5.82	4.93
18	COTTAGE CHEESE		122.47 kcal	7.04	4.09	8.68
19	GRILLED VEGETABLES		115.87 kcal	15.8	1.29	5.06
20	CHURRASCO PINEAPPLE		75.38 kcal	18.9	0.72	0.22
21	CRISPY CORN		385.26 kcal	23.16	2.11	33.68
22	POTATO WEDGES		389.47 kcal	15.79	1.75	35.09
23	STEAMED PEANUT CHAT		408.40 kcal	15.27	19.08	30.53



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24	RUSSIAN SALAD	 	95.65 kcal	8.7	4.35	4.35
25	ALOO ANARI SALAD		102.44 kcal	12.2	2.44	4.88
26	MIXED FRUIT SALAD		78.95 kcal	15.79	0	2.63
27	DAHI BHALLA		370.04 kcal	31.41	11.74	21.45
28	CURD RICE		107.76 kcal	19.4	2.87	1.44
29	VEG BIRYANI		64.19 kcal	4.78	0.96	4.46
30	DAL MAKHANI		299.67 kcal	43.61	18.96	4.41
31	PHIRNI		110.57 kcal	16.16	2.95	3.77
32	MOONG DAL HALWA		377.89 kcal	50.76	12.07	13.68
33	HOT JALEBI		475.50 kcal	67.13	5.18	20.39
34	MIX FRUIT JELLY		233.05 kcal	55.1	4.3	0.02
35	PASTA		217.20 kcal	21.18	4.13	13
36	PINEAPPLE PASTRY	 	279.90 kcal	53.28	3.49	5.99
37	MANGO CHEESE CAKE		293.69 kcal	38.92	5.01	13.37
38	WHITE SAUCE	 	294.50 kcal	19.76	6.24	21.08
39	NAAN		321.28 kcal	56.98	7.9	6.44
40	ROTI		370.90 kcal	65.43	10.54	7.35
41	KOFTA CURRY		255.50 kcal	13.47	9.34	18.35
42	MIXED VEG		151.78 kcal	5.71	2.38	13.09
43	NOODLES	 	222.89 kcal	36.23	5.84	5.67
44	VEG MANCHURIAN		116.71 kcal	14.8	2.41	5.38

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45	KOFTA SAMSAMBERA		140.69 kcal	10.4	6.53	8
46	GRILLED MUSHROOM		250.25 kcal	4	3.54	17.56
47	GUCH-O-BAHAR		85.02 kcal	5.94	2.68	5.41
48	DIPLOMAT PUDDING		239.21 kcal	28.57	2.68	12.76
50	BREAD PUDDING		243.90 kcal	40.94	3.02	7.78
51	CHOCOLATE CRONCHI MUNCHI		513.85 kcal	55.3	7.03	29.94
52	TANDOORI MUSHROOM		161.85 kcal	9.57	5.33	11.08
53	CHILLI PANEER		452.28 kcal	6.22	10.37	43.57
54	CHICKEN WINGS		182.47 kcal	3.91	12.65	12.86
57	FISH FINGERS		316.36 kcal	21.4	9.5	21.29
59	GRILLED FISH		101.95 kcal	3.27	10.5	5.14
60	GRILLED PRAWNS SATEY		76.56 kcal	4.94	9.68	1.86
62	EGG CURRY		212.25 kcal	8.3	7.68	16.22
63	BROWNIE		362.41 kcal	41.6	7.84	18.28
64	CHICKEN BIRAYNI		145.04 kcal	8.72	7.21	8.8
65	BBQ CHICKEN		132.94 kcal	8.8	17.39	5
66	MUTTON CURRY		276.94 kcal	3.73	11.91	23.45
67	BBQ PRAWNS		88.68 kcal	6.34	10.62	2.09
68	FISH TIKKA		91.58 kcal	3.24	10.15	4.19
69	CHICKEN SEEKH KEBAB		143.33 kcal	1.44	17.41	6.45
70	DRUMSTICK		145.64 kcal	20.28	6.87	4.19



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71	HANDI GOSHT		229.81 kcal	0.01	25.96	13.99
72	CHICKEN KORMA		212.89 kcal	7.95	11.35	10.22
73	SRILANKAN FISH CURRY		193.06 kcal	3.98	5.41	17.21
74	GRILLED CHICKEN		176.81 kcal	6.54	14.54	9.57
75	CHICKEN TANGDI		177.21 kcal	5.75	14.03	10.91
76	GRILLED PRAWNS		76.56 kcal	7.22	10.72	10.39
77	CHICKEN CHILLI WITH BONE		246.63 kcal	11.79	11.58	16.95
78	BANANA CAKE		342.91 kcal	43.03	5.44	16.74
79	EGYPTIAN LAMB KEFTA		280.98 kcal	1.6	14.51	23.64
80	BLUEBERRY CHEESE CAKE		277.55 kcal	9.62	6.87	23.55
81	PINEAPPLE POKE CAKE		331.68 kcal	52.89	2.18	12.37
82	CARROT RAISIN CAKE		339.33 kcal	41.67	5.66	16.77
83	GARLIC BUTTER CHICKEN WITH LEMON		170.81 kcal	3.91	16.06	9.76
84	Biryani Kebab		180.15kcal	27.31	4.59	5.12
85	Cheese Cigarello		150.47kcal	18.61	4.76	6.31
86	Chicken Mishakaki		145.99kcal	4.33	16.25	6.58
87	Corn Dog		145.33kcal	24.74	4.69	4.16
88	Éclair Cheese Cake		298.90kcal	22.37	6.65	20.33
89	Fruit Cake		452.8kcal	53.75	3.81	24.46
90	Gola Kebab		235.35kcal	7.63	9.21	18.31
91	Mellow Garlic Dip		211.46kcal	15.61	1.34	15.91



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92	Missisipi Delta Prawns		218.18kcal	3.19	10.12	18.2
93	Mutton Yakhni shorba		197.53kcal	2.52	9.71	16.14
94	Nadru Yakhni Shorba		142.07kcal	12	4.41	8.37
95	Steamed fish Paturi		220kcal	6.1	8.7	17.74

Note: An average active adult requires 2,000kcal energy per day,however, Calorie needs may Vary".