



Bombay Spice

GRILL & WINE

NUTRITIONAL INFORMATION

SOUPS & SALADS	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Lentil Soup (7oz)	95	7	1	17	8	2
Lentil Soup, with chicken (7oz)	190	24	3	17	8	4
Mango Salad	65	1	0	15	3	1
Mango Salad, with tofu	182	15	8	18	4	5
Mango Salad, with chicken	200	27	3	14	3	5
Mango Salad, with shrimp	145	19	1	14	3	3
Curry Salad	100	7	4	9	1	3
Curry Salad, with tofu	140	11	6	9	1	3
Curry Salad, with chicken	205	30	5	8	1	5
Curry Salad, with shrimp	150	22	3	9	1	4
APPETIZERS	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Tikka Kebab, chicken (3oz)	100	10	5	2	0	2
Tikka Kebab, shrimp (4oz)	230	25	11	5	2	2
Seekh Kebab, grnd chicken (3oz)	125	9	9	2	1	3
Seekh Kebab, grnd lamb (3oz)	355	22	27	5	2	9
Paratha (8oz)	475	14	3	96	3	12
Humus, chickpea (4oz)	133	6	3	21	4	3
Humus, eggplant (4oz)	100	6	3	17	5	3
Vegetable Samosa (2.5oz)	235	5	9	33	1	6
Vegetable Biryani (8oz)	220	4	5	40	3	6
Chicken Biryani (8oz)	325	20	16	24	3	8
Lamb Chops (4.5oz)	300	33	18	0	0	8
Aloo Tikki	70	3	1	8	2	1
Aloo Tikki+lentil cake (2oz)	115	7	1	22	8	3
Chickpea Ceviche	325	16	7	43	12	7
Bhel Puri	220	5	3	40	3	5
Dahi Papdi	355	9	13	51	2	10
Tandoori Wings	520	42	36	4	0	14
Seared Eggplant	170	2	9	22	5	4
Garlic Chili Shrimp	330	30	16	15	1	8
SIDES	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Dosa Mix (4oz)	245	16	1	73	8	9
Garlic Naan (6 oz)	390	12	3	77	3	10
Raita (7oz)	115	8	2	17	0	3
Mango Lassi (8oz)	215	6	6	36	1	6
Naan (6oz)	360	11	2	72	3	9
Roti (2oz)	115	5	1	24	4	3
DESSERTS	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Carrot Halawa (7oz)	120	4	5	16	1	3
Rice Pudding (7oz)	230	7	7	37	1	4
Mango Sorbet (4oz)	150	0	0	38	0	4

RICE & NOODLES	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Bowl, white rice (10oz)	370	7	1	38	1	5
Wrap, white rice (2oz)	75	1	0	16	0	2
Bowl, brown rice (10oz)	320	7	2	67	5	8
Wrap, brown rice (2oz)	65	1	0	13	1	1
Noodle (10oz)	380	15	1	78	4	10
WRAP	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Naan (3oz)	180	5	1	36	1	5
Roti (3oz)	175	7	1	37	6	4
VEGETABLES	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Potato (5oz)	105	3	0	223	2	3
Potato (3oz)	65	2	0	14	1	3
Cauliflower (5oz)	35	3	1	6	4	1
Cauliflower (3oz)	20	2	0	4	2	0
Lentil (5oz)	165	13	1	29	11	4
Lentil (3oz)	100	8	0	17	7	2
Chickpea (5oz)	235	13	4	39	11	6
Chickpea (3oz)	140	8	2	23	7	3
Eggplant (5oz)	50	1	0	12	4	1
Eggplant (3oz)	30	1	0	7	2	1
Mix Vegetable (5oz)	50	2	1	12	2	2
Mix Vegetable (3oz)	30	1	0	7	1	1
PROTEINS	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Tofu (5oz)	165	17	8	2	2	4
Tofu (3oz)	100	10	5	1	1	2
Chicken (5oz)	235	44	5	0	0	5
Chicken (3oz)	140	26	3	0	0	3
Chicken Keema (5oz)	200	25	11	0	0	5
Chicken Keema (3oz)	160	20	9	0	0	4
Beef Keema (5oz)	245	39	9	0	0	6
Beef Keema (3oz)	150	23	5	0	0	3
Shrimp (5oz)	140	30	2	0	0	3
Shrimp (3oz)	85	18	1	0	0	2
Scallops (5oz)	160	33	2	0	0	4
Scallops (3oz)	95	20	1	0	0	2
Fish (5oz)	260	36	12	0	0	6
Fish (3oz)	155	22	7	0	0	4
Lamb (5oz)	300	40	14	0	0	7
Lamb (3oz)	175	24	8	0	0	4
PARATHA	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Onion Paratha	410	10	11	67	3	11
Herb Paratha	445	14	12	73	6	12
BIRYANI	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Lamb Biryani	450	28	24	32	3	12
Shrimp Biryani	365	23	16	32	3	12
FLATBREAD	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Mixed Veggie Flatbread	470	11	16	70	5	9
Tandoori Chicken Flatbread	530	20	20	66	4	14
Tandoori Lamb Flatbread	555	17	24	66	4	15
NAAN-WICH	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Tofu Tikka Naan-wich	465	22	13	69	5	12
Veggie Naan-wich	410	11	8	74	6	11
Chicken Tikka Naan-wich	470	22	12	68	4	12
Lamb Seekh Naan-wich	520	20	19	68	4	14
SAUCES	Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	WW Pt+*
Tikka Masala (5oz)	130	2	10	11	1	4
Tikka Masala (2oz)	50	1	4	4	0	2
Curry Sauce (5oz)	50	1	3	7	1	2
Curry Sauce (2oz)	20	0	1	3	0	1
Korma Sauce (5oz)	150	2	13	10	1	5
Korma Sauce (2oz)	30	1	5	4	0	2
Spinach Sauce (5oz)	70	4	4	8	4	2
Spinach Sauce (2oz)	30	2	2	3	2	1

Menu items may vary and might not include the entire list of menu items displayed in this nutritional guide. Please order accordingly. Due to customers individual selections nutritional values may vary. Nutritional values are based on suggested recipes. *WW Points = Weight Watches Points