



BIG FLAVORS, ONE BOWL, ZERO HASSLE

Savor bold, global flavors crafted with care.
Every bite takes you on a delicious adventure!



BUTTER CHICKEN
with peas pilaf

CHICKEN TIKKA MASALA with pilaf

Marinated boneless chicken simmered in a creamy tomato
gravy served with ginger and garlic infused basmati rice



Nutrition Facts	
1 serving per container	
Serving size 1 entree (198g)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 3 1/2g	7%
Trans Fat 0g	0%
Cholesterol 45mg	10%
Sodium 420mg	10%
Total Crap 10g	20%
Dishes 7g	7%
Total Sugar 4g	8%
Protein 10g	20%
Vitamin A	2%
Calcium	4%
Iron	10%
Vitamin C	10%

Contains: Milk, Cashews
Size: 7oz (198g) | 12 units/case
Item #: E002



CHICKEN CURRY with ginger garlic pilaf

Traditionally seasoned chicken served in a zesty gravy
accompanied with ginger garlic infused basmati rice



Nutrition Facts	
1 serving per container	
Serving size 1 Entree (198g)	
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 9g	18%
Saturated Fat 2 1/2g	5%
Trans Fat 0g	0%
Cholesterol 30mg	6%
Sodium 250mg	5%
Total Crap 10g	20%
Dishes 7g	7%
Total Sugar 4g	8%
Protein 10g	20%
Vitamin A	2%
Calcium	4%
Iron	10%
Vitamin C	10%

Contains: Milk, Cashews
Size: 7oz (198g) | 12 units/case
Item #: E007





BUTTER CHICKEN with peas pilaf

Marinated boneless chicken simmered in a rich buttery
gravy served with sautéed green peas and basmati rice



Nutrition Facts	
1 serving per container Serving size 1 entree (198g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0 0mg	0%
Sodium 400mg	8%
Total Carbohydrate 52g	10%
Dietary Fiber 2g	4%
Total Sugar 5g	10%
Protein 12g	
Vitamins	
Vitamin A	2%
Calcium	4%
Iron	10%
Vitamin C	0%

Contains: Milk, Cashews
Size: 7oz (198g) | 12 units/case
Item #: E003



CHICKEN LO MEIN with lo mein noodles

Noodles topped with chicken, peppers, onions, carrots
and broccoli all combined with a sweet soy and ginger sauce



Nutrition Facts	
1 serving per container Serving size 1 entree (198g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0 0mg	0%
Sodium 250mg	5%
Total Carbohydrate 34g	7%
Dietary Fiber 2g	4%
Total Sugar 1g	2%
Protein 19g	
Vitamins	
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 6.7mg	1%
Potassium 200mg	4%

Contains: Wheat, Soy
Size: 7oz (198g) | 12 units/case
Item #: E009



CHICKEN PAD THAI with rice noodles

Rice noodle bowl with chicken, topped with carrots and
green onions in a peanut-based pad thai sauce



Nutrition Facts	
1 serving per container Serving size 1 entree (198g)	
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 0 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 54g	12%
Dietary Fiber 2g	4%
Total Sugar 1g	2%
Protein 12g	
Vitamins	
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 6.7mg	1%
Potassium 200mg	4%

Contains: Soy, Peanuts
Size: 7oz (198g) | 12 units/case
Item #: E008



SESAME CHICKEN STIR FRY with white rice

Marinated chicken breast tossed in a sesame ginger sauce,
topped with bell peppers, broccoli, carrots, onions and
tossed sesame seeds



Nutrition Facts	
1 serving per container Serving size 1 entree (198g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0 0mg	0%
Sodium 400mg	8%
Total Carbohydrate 52g	10%
Dietary Fiber 2g	4%
Total Sugar 1g	2%
Protein 19g	
Vitamins	
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 6.7mg	1%
Potassium 200mg	4%

Contains: Soy, Sesame
Size: 7oz (198g) | 12 units/case
Item #: E010



MANDARIN ORANGE CHICKEN with white rice

Marinated chicken breast in a spicy orange and
mandarin flavored sauce, topped with mixed peppers



Nutrition Facts	
1 serving per container Serving size 1 entree (198g)	
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0 0mg	0%
Sodium 400mg	8%
Total Carbohydrate 52g	10%
Dietary Fiber 2g	4%
Total Sugar 1g	2%
Protein 19g	
Vitamins	
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 6.7mg	1%
Potassium 200mg	4%

Contains: Soy, Sesame
Size: 7oz (198g) | 12 units/case
Item #: E011



COMING SOON

CHICKEN BIRYANI RICE BOWL
Item #: E001

VEGETABLE KORMA RICE BOWL
Item #: E004

SAAG PANEER RICE BOWL
Item #: E005

CHANA MASALA RICE BOWL
Item #: E006