

INDAY

We believe in an ancient Indian wellness philosophy that emphasizes good food as the foundation of good health

Our "INDAYAN Summer" menu is designed to give your body what it needs as we transition from the warmer to the cooler months. Drawing on the abundant late-summer harvest, we focus on soothing vegetables and clean proteins, cooked with cooling spices and herbs to help boost immunity and digestion

Our menu is **100% free of gluten, dairy, and refined sugar**. Our proteins are **antibiotic-free & pasture-raised**, and our grains are **organic**

HOW TO ORDER

CHOOSE

1

1 BOWL



CHOOSE

2

1 BASE

(V) Vegan | (Vg) Vegetarian | (TN) Tree Nuts
menu is 100% free of gluten, dairy, and refined sugar

① SIGNATURE BOWLS

GREEN FALAFEL (V) \$10.50

green pea + sweet potato baked "falafel"

+ romaine hearts, roasted carrots, pickled onions, harvest radishes, golden hummus, coconut tahini, sumac

YOGA LENTILS (V) \$9.50

steamed mung beans with vadouvan spices

+ supergreens, charred broccoli, roasted sweet potatoes, coconut yogurt, turmeric mango, cooling green chutney

CHARRED CHICKEN \$10.85

charred chicken thigh with toasted cumin

+ romaine hearts, pickled cabbage, pickled onions, cucumbers, coconut tahini, chili sauce, crispy shallots, cilantro

CURRY CHICKEN \$11.50

charred chicken thigh tossed in coconut curry

+ supergreens, pickled cabbage, pickled onions, cucumbers, curry "mayo", INDAY curry, crispy shallots, cilantro

TURKEY MEATBALLS \$12.00

ground turkey with fresh herbs and spices

+ supergreens, cooling green chutney, turmeric mango, cucumbers, pickled onions, crispy shallots, cilantro

MISO SALMON \$13.50

sustainable salmon w miso-sesame glaze

+ roasted carrots, cucumbers, harvest radishes, ginger miso dressing, superseed crisp

② BASES

basmati rice (V)

quinoa (V)

cauliflower rice (+\$1.50) (V)

salad (base greens w/ lemon turmeric vin) (V)

SEASONAL SPECIALS

HOLY MACRO (V) \$10.00

grainbowl complete in essential nutrition

+ quinoa, supergreens, roasted sweet potatoes, charred broccoli, avocado, candy-stripe beets, ginger miso dressing, superseed crisp

BBQ CHICKEN BREAST \$12.50

grilled chicken breast with our favorite late summer sides

+ cauliflower rice, charred broccoli, roasted sweet potatoes, avocado, corn salsa

'INDAYAN SUMMER' SALAD (V) \$8.50

grounding and bright summer harvest salad

+ salad w/ lemon turmeric vinaigrette, cucumbers, candy-stripe beets, corn salsa, hemp seed

+ CHICKEN THIGH: \$3.5

+ CHICKEN BREAST \$5

+ TURKEY MEATBALLS: \$4

+ GREEN FALAFEL: \$3

+ TOFU: \$3

+ MISO SALMON: \$5.5

SIDES

YOGA LENTILS (V) \$3.50

steamed mung beans with masala spices

CHARRED BROCCOLI (V) \$3.50

roasted, with cooling spices

SWEET POTATOES (V) \$3.50

with cooling spices + herbs

ROASTED CARROTS (V) \$3.50

with cooling spices + coconut yogurt

AVOCADO (V) \$2.50

1/2 avocado with cooling spices

DRINKS

BONE BROTH (CF) \$5.00

chaga mushroom, turmeric, apple cider vinegar, house blend spices. Made with 100% organic chicken bones

MASALA CHAI (Vg) \$3.50

assam tea, cardamom, cinnamon, coconut milk, honey

BOTTLED DRINKS

LEMONAID (CF | Vg) \$3.50

lemon juice, water, honey, turmeric, ginger, rose water, cayenne, salt

ARNOLD KARMA (Vg) \$3.50

homemade LemonAid + assam tea

DESSERTS

BANANA BREAD (V | TN) \$4.00

vegan banana bread

AVOCOCOA (Vg) \$5.00

dark chocolate, avocado and coconut milk mousse

ZUCCHINI BREAD (V | TN) \$4.75

vegan + paleo zucchini bread

BROWNIE (Vg | TN) \$4.75

paleo, rich chocolate brownie

(V) Vegan | (CF) Caffeine Free | (Vg) Vegetarian | (TN) Tree nuts
menu is 100% free of gluten, dairy, soy and refined sugar
All drinks are made in-house

MAKE YOUR OWN

\$8.25

GRAINS + VEGGIES (CHOOSE 3)

basmati rice	sweet potatoes
quinoa	charred broccoli
cauliflower "rice"	roasted carrots
supergreens	salad w/lemon turmeric
romaine hearts	vinaigrette
yoga lentils	

GARNISHES (CHOOSE 2)

pickled cabbage	turmeric mango
candy-stripe beets	corn salsa
golden hummus	avocado (+1.5)
pickled onions	harvest radishes
cucumbers	

SAUCES (CHOOSE 1)

coconut tahini	cooling green chutney
chili sauce	curry "mayo"
coconut yogurt	golden hummus
ginger miso dressing	

CRUNCHES (CHOOSE 1)

crispy shallots	sumac
superseed crisp	hemp seeds

ADD A PROTEIN

sustainably-raised + antibiotic-free

Charred Chicken (GF DF)	+\$3.50
BBQ Chicken Breast (GF DF)	+\$5.00
Curry Chicken (GF DF)	+\$4.00
Turkey Meatballs (GF DF)	+\$4.00
Miso Salmon (GF DF)	+\$5.50
Green Falafel (GF DF V)	+\$3.00
Curry Tofu (GF DF V)	+\$3.00

WE CATER!

Get started by emailing
eat@indaynyc.com or visiting our [website](https://www.indaynyc.com)

INDAY

NOMAD (1133 BROADWAY)

M-F: 11:00 AM — 9:00 PM

SAT-SUN: 12:00 PM - 8:00 PM

INDAYNYC.COM