

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

mung beans with masala 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 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) (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

+ 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

(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

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

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

INDAY
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