

After SESH

MENU



SANDWICHES

(GRILLED/TOASTED)

- | | | |
|----|--|-------------|
| 01 | Farm Fresh (Veggies / Chicken)
Honey Mustard, With Lettuce, Capsicum, Onions,
Black Olives, Gherkin Tomatoes, Feta Cheese | 280/330 |
| 02 | Wild Mushroom & Cheese
Sourdough, Mustard Mayo, Mushrooms, Cheddar, Jalapeños | 330 |
| 03 | Pesto Grilled (veggies/paneer/chicken)
Pesto, Zucchini, Bell Peppers, Mushroom, Black Olives,
Tomato, Cheese, Caramelized Onion | 280/300/340 |
| 04 | Cajun Slaw (Chicken / Paneer)
Southern Style Coleslaw, Cheese, Louisiana Hot Sauce | 330 |
| 05 | The Mediterranean
Herbed Focaccia Filled With Protein-Packed Chickpea
Kebabs, Creamy Hummus And Greek Yogurt | 350 |
| 06 | Ham & Cheese
Chicken ham, Mustard Mayo And Cheddar Cheese | 330 |
| 07 | Peri Peri (Veggies / Chicken)
Grilled Veggies/Lean Lhicken Breast, Tossed In A Peri-Peri Sauce,
Layered With Tomato And Grilled Onion | 350 |
| 08 | Classic BLT
Smoked bacon, Crisp lettuce, Vine-ripened Tomatoes And House
Mayo Layered in Freshly Baked Herbed Focaccia | 360 |

SERVED WITH SIDE SALAD
& SOUTHWEST CHIPOTLE

Choice of Bread

Sourdough | Multigrain | Whole wheat

TOASTIE

- | | | |
|----|---|-----------------|
| 01 | Wild Mushroom
Creamy Mushroom , Sourdough | 200 |
| 02 | Avocado
Greek Yogurt , Sourdough | 270 |
| 03 | Smoked Salmon
Cream Cheese , Sourdough | 390 |
| 04 | Garlic Toast
Plain Cheese Chilli Cheese | 180 / 230 / 230 |

SALADS

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|----|--|-----|
| 01 | Caesar Salad
Salad Greens, Baked Croutons, Parmesan Cheese,
Caesar Dressing | 280 |
| 02 | The Greek
Salad Greens, Baby Spinach, Onions, Black Olives,
Cucumber, Cherry Tomato, Feta Cheese, Greek Vinaigrette | 280 |
| 03 | Beet Orange & Feta
Roasted Beetroot, Orange segments, Greens, Goat Cheese,
Orange Vinaigrette | 280 |
| 04 | Smoked Chicken
Mesclun Mix, Confit Cherry Tomato, Amaranth | 350 |
| 05 | Lean Green Salad
Quinoa, Spinach, Chickpeas, Cucumber, Lemon dressing | 280 |
| 06 | Quinoa, Orange And Feta
Quinoa, Lettuce, Feta Cheese, Cucumber, Bell Pepper, Orange | 350 |

SERVED WITH SIDE SALAD & SOUTHWEST CHIPOTLE

Choice of Bread

Sourdough | Multigrain | Whole wheat

ADD ON

Smoked Chicken	99
Boiled Egg	69
Grilled Chicken	99
Smoked Salmon	150
Cottage Cheese/Paneer	99

COFFEE SELECTION

01	Espresso Rich Concentrated Shot of Coffee	90
02	Americano Espresso Topped Up With Hot water, Smooth & Light	130
03	Cappuccino Espresso With Equal Parts Steamed Milk & Foam	170
04	Café Latte Silky Microfoam With Bold Espresso	190
05	Café Mocha Espresso Blended With Chocolate & Steamed Milk	190
06	Iced Americano Espresso With Cold water, Served On Ice	190
07	Iced Latte Chilled Milk & Espresso Over Ice	200
08	Cold Coffee Espresso Blended With Chilled Milk, Ice, & Hint Of Sweetness	200
09	Mocha Frappe Ice cream, Espresso, Chocolate & Milk	220
10	Sesh Signature Coffee ☼ Espresso, Cranberry Juice, Ice, Top Up With Soda	220
11	Cold Brew Crisp, Bold Coffee Served Chilled	200

CUSTOMIZE YOUR CUP

Non - Dairy Option Almond milk / Oat milk / Soy milk	50
Flavor Add Ons Caramel, Hazelnut, Vanilla, Irish	50

MATCHA SELECTION

01	Matcha Latte Matcha With Silky Microfoam Milk	300
02	Matcha Iced Latte Cold Milk, Matcha Foam	300
03	Blueberry Matcha Matcha Foam, Blueberry & Cold Milk	350
04	Matcha Wave Matcha Foam, Coconut With Ginger Ale	350
05	Coconut Cloud Matcha Foam, Coconut Water, Culinary Cream	350

TEA SELECTION

01	Darjeeling First Flush	170
02	English Breakfast	150
03	Green Tea	150
04	Immunity Boost	150
05	Digestion Aid	150
06	Lemon Iced Tea	200
07	Peach Mint Iced Tea	200

CLASSIC SMOOTHIES

01	Green Reset Spinach, Cucumber, Pineapple, Coconut Water	300
02	Banana Bliss Almond, Dates, Banana	300
03	Banana PB Banana, Peanut Butter, Milk, Cinnamon	300
04	Green Boost Spinach, Cucumber, Pineapple, Coconut Water	300
05	Tropical Pineapple Pineapple, Coconut Milk, Banana & Turmeric	300
06	Berry Blend Strawberry, Banana, Yogurt	350
07	Blueberry Fuel Blueberry, Banana, Yogurt, Chia Seeds	350
08	Mango Berry Mango, Blueberry / Strawberry	350

SESH SIGNATURE

01	Peanut Protein Peanut Butter, Banana, Soy Milk, Honey, Whey Protein	250
02	Meal Fuel Strawberries, Banana, Whey Protein, Yogurt	350
03	Pre Sesh Energy Banana, Orange, Almonds, Soy Milk, Energy Blend	350
04	Post Sesh Recovery Strawberries, Banana, Soy Milk, Whey Protein	350

JUICES

01	Fresh Watermelon	200
02	Fresh Orange	230
03	Green Detox Spinach, Cucumber, Apple	230
04	Beet Boost Apple, Beetroot, Carrot	230
05	Citrus Kick Orange, Lemon, Green Apple	230
06	Super Citrus C Pineapple, Orange, Green Apple	230

COOLERS & REFRESHERS

01	Mint Ginger Refresher Ginger, Mint, Sugar Syrup, Lemon	200
02	Mint Orange Lemonade Mint Orange, Lemon	200
03	Virgin Mojito Mint, Lime, Mojito Syrup	230
04	Fresh Lime Soda Mint, Lime, Mojito Syrup	130
05	Fresh Lime Water A Refreshing Blend of Fresh Lime And Chilled Water	100

ESSENTIALS

01	Coke / Diet Coke / Coke Zero/Mountain Dew/Pepsi	60
02	Mineral Water	60
03	Red Bull	180
04	Sparkling Water (Perrier)	280
05	Adrenaline Rush	100
06	Gatorade	30/70 250ml/500ml
07	Fast & Up	40/80 250ml/500ml



After **SESH**

📍 CRPF Rd, Gurugram, Sector-63A, Haryana