



**CHOLA  
LAH**

Nutritional content may vary due to changes in growing seasons, different suppliers, or variations in portions sizes or recipes. We may update this chart from time to time.

The recommended limits for a 2000 calorie daily diet are 20 grams of saturated fat and 2300 milligrams of sodium. A 2000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.

UPDATED: 8.12.19

## NUTRITIONAL INFORMATION

<b>CHOLA BOWL</b>	For nutritional calculation add your choice of protein + choice of rice + choice of masala or daal
<b>PERFECT BALANCE BOWL</b>	For nutritional calculation add choice of protein + choice of rice (1/2 portion) + choice of masala or daal (1/2 portion)
<b>PRO BOWL</b>	For nutritional calculation add choice of protein + 2x roasted veggies
<b>CHOLA SALAD</b>	For nutritional calculation add choice of protein + choolaah salad w/o Chips + choolaah salad chips

PROTEINS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken	240	90	9	2.5	0	155	470	1	0	0	36
Lamb Meatballs	350	200	23	10	1.5	160	400	6	2	2	32
Salmon	290	170	19	3.5	0	70	230	3	<1	0	27
Paneer	480	310	34	21	1	125	290	10	3	2	33
Veggie Croquettes	450	189	21	3	0	0	510	57	9	3	15
Tofu	230	150	17	1.5	0	0	100	0	0	0	20
Roasted Veggies	220	80	9	0	0	0	360	32	6	14	4

# NUTRITIONAL INFORMATION

SIDES	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Naan w/o toppings	250	45	5	1	0	20	390	43	1	3	8
Naan with toppings	280	70	8	3	0	30	400	43	1	3	8
Wheat Naan w/o toppings	240	60	6	<1	0	0	320	40	4	<1	7
Wheat Naan with toppings	280	80	9	1.5	0	20	400	43	1	3	8
White Basmati Rice	330	50	6	0	0	0	620	61	0	0	5
Brown Basmati Rice	330	50	6	0	0	0	620	61	2	0	7
White Basmati Rice 1/2 portion	165	25	3	0	0	0	310	30.5	0	0	2.5
Brown Basmati Rice 1/2 portion	165	25	3	0	0	0	310	30.5	1	0	3.5
1/2 Greens + 1/2 White Basmati Rice	170	30	3	0	0	0	330	32	<1	0	3
1/2 Greens + 1/2 Brown Basmati Rice	170	30	3	0	0	0	330	32	2	0	4
Tikka Masala Sauce	330	252	28	13	0	70	710	16	3	7	2
Chickpea Masala	380	171	19	1	0	0	780	46	7	7	16
Yellow Lentil Daal	250	81	9	1	0	0	540	31	7	2	11
Black Lentil Daal	310	153	17	8	0	40	710	30	7	3	10
Veggie Bhaji	250	153	17	3.5	0	10	880	24	6	5	4
Tikka Masala Sauce 1/2 portion	165	126	14	6.5	0	35	355	8	1.5	3.5	1
Chickpea Masala 1/2 portion	190	85.5	9.5	0.5	0	0	390	23	3.5	3.5	8
Yellow Lentil Daal 1/2 portion	125	40.5	4.5	0.5	0	0	270	15.5	3.5	1	5.5
Black Lentil Daal 1/2 portion	155	76.5	8.5	4	0	20	355	15	3.5	1.5	5
Choolaah Salad Plain w/o chips & dressing	120	35	4	1	0	<5	240	18	5	6	6
Choolaah Salad chips	130	63	7	0.5	0	0	120	15	2	0	3
Side Salad w/o dressing	30	0	0	0	0	0	40	6	2	3	2

# NUTRITIONAL INFORMATION

WRAPS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken	490	160	18	6	0	135	920	50	2	7	31
Lamb Meatball	570	230	27	11	1	145	890	54	3	8	30
Paneer	630	290	32	17	0.5	115	810	56	3	8	29
Cauliflower & Chickpea	540	190	22	2	0	20	940	74	7	10	18

STREET SNACKS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Samosa	320	140	16	1.5	0	0	450	36	3	4	6
Samosa Chaat	640	250	28	3.5	0	10	1150	80	6	25	15
Pav Bhaji	520	180	20	3.5	0	10	1330	75	6	11	13

DRINKS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Mango Lassi	280	60	7	4.5	0	30	130	43	8	40	11
Mango Lemonade Small	130	0	0	0	0	0	10	34	7	31	1
Mint Ginger Lemonade Small	130	0	0	0	0	0	85	33	0	30	<1
Mango Lemonade Large	260	0	0	0	0	0	20	68	14	62	2
Mint Ginger Lemonade Large	260	0	0	0	0	0	170	66	0	60	<1
Choolaah Chai	90	20	2	1	0	5	45	16	0	15	2
Kids Apple Juice	100	0	0	0	0	0	15	24	0	22	0
Kids Chocolate Milk	170	25	3	1.5	0	15	150	28	0	27	8

# NUTRITIONAL INFORMATION

KIDS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Naan Pizza	500	190	21	10	0	100	960	49	4	5	28
Cheesy Naan Pizza	450	170	19	10	0	70	870	49	4	5	21
Chicken & Rice	310	80	9	1.5	0	95	590	32	0	0	24
Paneer & Rice	450	210	23	13	0.5	75	490	37	2	1	22
Tofu & Rice	170	30	3.5	0	0	0	310	31	0	0	3

DESSERTS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Mango Kulfi	280	135	15	9	0	55	65	9	2	27	5
Malai Kulfi	310	162	18	11	0	70	75	6	0	27	6
Chocolate Truffle	140	99	11	7	0	20	0	11	1	9	1

SAUCES & DRESSINGS	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)
Tamarind Apple	25	0	0	0	0	0	190	6	0	5	0
Mint Yogurt	20	4.5	0.5	0	0	5	135	3	0	2	1
Spicy Mango	30	0	0	0	0	0	15	7	3	6	0
Tamarind Ginger Dressing	80	63	7	0.5	0	0	20	4	0	3	0
Choolaah Ranch Dressing	160	162	18	3	0	10	180	1	0	1	0
Whoa Hot Sauce	0	0	0	0	0	0	150	0	0	0	0
Ouch Hot Sauce	0	0	0	0	0	0	25	0	0	0	0
OMG Hot Sauce	0	0	0	0	0	0	15	0	0	0	0

# DIETARY INFORMATION

We have items that may contain milk, eggs, fish, wheat and gluten and there may be a potential for cross contamination with your food due to shared cooking and kitchen equipment. Please speak to a manager upon your arrival to provide any clarity needed on your food choices.

We do not use nuts in any of our recipes. However, some of our ingredients are processed in facilities that also process nuts. As such, we cannot guarantee that our ingredients did not come in contact with any nuts.

PROTEINS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Chicken						X
Lamb Meatballs				X		X
Salmon						X
Paneer	X					X
Veggie Croquettes	X	X	X			
Tofu	X	X			X	
Roasted Veggies	X	X				

# DIETARY INFORMATION

SIDES	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Naan w/o toppings	X		X	X		X
Naan with toppings	X		X	X		X
Wheat Naan w/o toppings	X	X	X			
Wheat Naan with toppings	X	X	X			
White Basmati Rice	X	X				
Brown Basmati Rice	X	X				
White Basmati Rice 1/2 portion	X	X				
Brown Basmati Rice 1/2 portion	X	X				
1/2 Greens + 1/2 White Basmati Rice	X	X				
1/2 Greens + 1/2 Brown Basmati Rice	X	X				
Tikka Masala Sauce	X					X
Chickpea Masala	X	X				
Yellow Lentil Daal	X	X				
Black Lentil Daal	X					X
Veggie Bhaji	X					X
Tikka Masala Sauce 1/2 portion	X					X
Chickpea Masala 1/2 portion	X	X				
Yellow Lentil Daal 1/2 portion	X	X				
Black Lentil Daal 1/2 portion	X					X
Choolaah Salad Plain w/o chips & dressing	X					X
Choolaah Salad chips	X	X	X			
Side Salad w/o dressing	X	X				

# DIETARY INFORMATION

WRAPS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Chicken			X			X
Lamb Meatball			X	X		X
Paneer	X		X			X
Cauliflower & Chickpea	X	X	X			

STREET SNACKS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Samosa	X	X	X			
Samosa Chaat	X		X			X
Pav Bhaji	X		X		X	X

DRINKS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Mango Lassi	X					X
Mango Lemonade Small	X	X				
Mint Ginger Lemonade Small	X	X				
Mango Lemonade Large	X	X				
Mint Ginger Lemonade Large	X	X				
Choolaah Chai	X					X
Kids Apple Juice	X	X				
Kids Chocolate Milk	X					X

# DIETARY INFORMATION

KIDS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Chicken Naan Pizza			X	X		X
Cheesy Naan Pizza	X		X	X		X
Chicken & Rice						X
Paneer & Rice	X					X
Tofu & Rice	X	X			X	

DESSERTS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Mango Kulfi	X					X
Malai Kulfi	X					X
Chocolate Truffle	X				X	X

SAUCES & DRESSINGS	Vegetarian	Vegan	Wheat	Egg	Soy	Dairy
Tamarind Apple	X	X				
Mint Yogurt	X					X
Spicy Mango	X	X				
Tamarind Ginger Dressing	X	X				
Choolaah Ranch Dressing	X			X		X
Whoa Hot Sauce	X	X				
Ouch Hot Sauce	X	X				
OMG Hot Sauce	X	X				