FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

MENU BOOKLET

FAT LOSS | MUSCLE GAIN | ENERGY | CLEAN EATING



FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

CHOOSE YOUR GOAL. FUEL YOUR BODY.

FAT LOSS
Low Calorie / High Nutrition

MUSCLE GAIN
High Protein / Build Strength

ENERGY
Balanced Meals / All Day Fuel

CLEAN EATING
Fresh Ingredients / No Compromise

MENU AT A GLANCE

- LEAN MEALS
- HIGH-PROTEIN MEALS
- BOWL BAR
- HEALTHY STREET FOOD
- WRAPS & ROLLS
- MOMOS
- EGG POWER
- PROTEIN SHAKES
- GUILT-FREE TREATS
- SIGNATURE COMBOS
- BUILD YOUR OWN BOWL



CLEAN INGREDIENTS | MADE FRESH EVERYDAY | HIGH PROTEIN OPTIONS | GREAT TASTE

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

LEAN MEALS

Light. Filling. Goal Friendly.



Sprout Power Bowl ₹149
Protein-packed sprouts, fresh veggies.



Grilled Chicken Salad Bowl ₹199
Grilled chicken, greens, high protein.



Chickpea Protein Salad ₹149
Chickpeas, fresh veggies, clean protein.



Green Detox Bowl ₹139
Greens, seeds, detox superfoods.



Grill 'n' Go Chicken Strips ₹199
Grilled chicken strips, high protein.



Fat Loss Green Shake ₹149
Light, nutritious, fat-loss friendly.



HEALTHY STREET FOOD

Street favourites, healthier twist.





Protein Wada Pav ₹99
Classic wada pav, with a protein boost.



Protein Pav Bhaji ₹149
High-protein bhaji, lighter & wholesome.



High Protein Misal Bowl ₹139
Classic misal, high in protein.



Protein Bhel Bowl ₹129
A protein-rich take on the street classic.

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

MUSCLE GAIN / HIGH-PROTEIN MEALS

Bigger protein. Greater results.

HIGH PROTEIN | CLEAN INGREDIENTS | MADE FRESH EVERYDAY | BALANCED MEALS



PROTEIN RICE BOWL ₹199
(Chicken / Paneer / Soya)



FLEX ROLL ₹179
(Egg + Chicken)



MIGHTY MASALA ROLL ₹179
(Chicken / Paneer)



TIKKA TRIO SKEWERS ₹199
(Paneer / Chicken / Soya)



PERI PERI CHICKEN BOX ₹219

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

BOWL BAR

Clean. Fresh. Balanced.



CHICKEN PROTEIN BOWL | ₹219



PANEER POWER BOWL | ₹199



SOYA CHUNK MUSCLE BOWL | ₹179



HUMMUS & PITA BOWL | ₹179



MEXICAN PROTEIN BOWL | ₹229



POWER MOMOS

Power Momos
(Chicken / Paneer / Soya / Egg White) | ₹149

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

EGG POWER

High-protein egg meals.

HIGH PROTEIN | ENERGY | NUTRITIOUS MEALS | CLEAN INGREDIENTS

3-EGG MASALA OMELETTE



₹149

2-EGG BHURJI WHOLE-WHEAT WRAP



₹169

3-EGG PROTEIN RICE BOWL



₹209

4-EGG-WHITE SCRAMBLE



₹199

EGG & PANEER POWER WRAP



₹249

4-BOILED-EGG SNACK BOX



₹119

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

60g+ HIGH PROTEIN SERIES

SERIOUS FUEL FOR SERIOUS GOALS.

FAT LOSS | MUSCLE GAIN | ENERGY | CLEAN EATING

FLEX BEAST BOWL

Grilled chicken, double protein, rice, veggies, house sauce

60g+ PROTEIN



₹349

DOUBLE CHICKEN PROTEIN BOWL

Extra chicken, rice, veggies, signature sauce

55–60g PROTEIN



₹329

ULTIMATE PROTEIN PLATTER

Chicken + paneer + egg + salad, power packed

60g+ PROTEIN



₹349

PROTEIN SHAKES

MUSCLE MOCHA SHAKE

₹179

250 kcal | 25g Protein



ULTRA MASS GAINER SHAKE

₹249

700 kcal | 50–60g Protein



CLEAN INGREDIENTS NO COMPROMISE. | HIGH PROTEIN EVERY MEAL. | MADE FRESH EVERYDAY. | NO PALM OIL NO MAIDA. | NUTRITION LABELED.

FLEX & FRAME CAFÉ

SNACK SMART. LIVE STRONG.

FAT LOSS | MUSCLE GAIN | ENERGY | CLEAN EATING

SIGNATURE COMBOS



FAT LOSS COMBO
Salad Bowl + Green Shake
~450 kcal | 40g Protein
₹299

MUSCLE GAIN COMBO
Rice Bowl + Muscle Mocha Shake
~650 kcal | 50g Protein
₹349

QUICK COMBO
Protein Wada Pav + Shake
~500 kcal | 35g Protein
₹249

GUILT-FREE TREATS



PROTEIN BROWNIE BITES
180 kcal | 10g Protein
₹99

GREEK YOGURT CRUNCH
200 kcal | 12g Protein
₹119

BUILD YOUR OWN BOWL

STARTING AT ₹179

1. **BASE**
   Pick One
   Brown Rice / Quinoa / Lettuce
2. **PROTEIN**
   Pick One
   Chicken / Paneer / Soya / Egg
3. **VEGGIES**
   Pick Any
   Mix Greens / Cucumber / Bell Peppers / Broccoli / Corn
4. **TOPPINGS**
   Pick Any
   Seeds / Nuts / Olives / Jalapenos / Cherry Tomato / Onion
5. **SAUCE**
   Pick One
   Hummus / Chipotle / Yogurt / Mustard / Peanut

ADD-ONS

- Extra Chicken ₹49
- Extra Paneer ₹39
- Extra Egg ₹29
- Extra Sauce ₹19

CONTACT US: 9185241318 / 9185251318