

SIGNATURE BOWLS

FOOD
KARMA

our favorite combinations designed to keep you feeling balanced and energized

CHICKEN + RICE \$9.00

basmati rice
+ chicken thigh
slaw, tomatoes, coconut
tahini, citrus hot sauce,
crispy shallots
(GF | DF)

CURRY FLOWER \$11.00 / \$10.00

cauliflower "rice"
+ curry chicken or tofu
supergreens, beets,
cucumbers, raisins, golden
curry sauce, crispy shallots
(GF | DF)

(G)RAINBOW(L) \$8.00

quinoa
+ pickled egg
squash, supergreens,
tomatoes, avocado crema,
lentil crisp
(GF | DF | VG)

CAULI'FORNIA \$10.50

cauliflower "rice"
+ baked falafel
supergreens, beets, coconut
chutney, cucumbers,
coconut tahini, seeds
(GF | DF | V)

SEASONAL BOWLS

made with warming spices + immunity-boosting ingredients for the cold weather

RED ELEPHANT \$11.50

quinoa
+ turkey meatballs
slaw, radishes, red curry
sauce, yogurt, crispy
shallots
(GF)

RICE AGE \$12.00

basmati rice
+ bbq chicken breast
chickpea curry, squash,
cucumbers, avocado crema,
seeds
(GF | DF)

HEY CHICKPEA! \$7.50

basmati rice
+ chickpea curry
roots, pickled onions,
coconut chutney,
lentil crisp
(GF | DF | V)

WINTER GREENS \$8.00

chopped salad
+ supergreens
beets, coconut crack,
avocado crema
(GF | DF | V)

(GF) gluten-free
(DF) dairy-free
(V) vegan
(VG) vegetarian
(CF) caffeine-free

GET FOOD KARMA ON-THE-GO
order pick-up + delivery
online at www.indaynyc.com
or download our app from the app store

SWAP OR ADD
A PROTEIN
sustainably-raised
+ antibiotic-free

| | |
|------------------------------|---------|
| Chicken Thigh (GF DF) | +\$3.00 |
| BBQ Chicken Breast (GF DF) | +\$4.00 |
| Curry Chicken (GF DF) | +\$3.50 |
| Grilled Salmon (GF DF) | +\$5.25 |
| Turkey Meatballs (GF DF) | +\$3.50 |
| Baked Falafel (GF DF V) | +\$2.50 |
| Curry Tofu (GF DF V) | +\$2.50 |

MAKE YOUR OWN \$8.25

GRAINS + VEGGIES (CHOOSE 3)

| | |
|--------------------|----------------|
| basmati rice | chickpea curry |
| quinoa | slaw |
| cauliflower "rice" | squash |
| chopped salad | supergreens |
| roots | |

GARNISHES (CHOOSE 2)

| | |
|-----------------|-------------------|
| coconut chutney | pickled onions |
| cucumbers | raisins |
| tomatoes | pickled egg |
| beets | charcoal eggplant |
| radishes | |

SAUCES (CHOOSE 1)

| | |
|------------------|--------------------|
| avocado crema | golden curry sauce |
| citrus hot sauce | red curry sauce |
| coconut tahini | shallot yogurt |

CRUNCHES (CHOOSE 1)

| | |
|-----------------|---------------|
| coconut crack | lentil crisps |
| crispy shallots | seeds |

ADD A PROTEIN

sustainably-raised
+ antibiotic-free

| | |
|------------------------------|---------|
| Chicken Thigh (GF DF) | +\$3.00 |
| BBQ Chicken Breast (GF DF) | +\$4.00 |
| Curry Chicken (GF DF) | +\$3.50 |
| Grilled Salmon (GF DF) | +\$5.25 |
| Turkey Meatballs (GF DF) | +\$3.50 |
| Baked Falafel (GF DF V) | +\$2.50 |
| Curry Tofu (GF DF V) | +\$2.50 |

SMALL BITES

KARMA CUP \$6.00

quinoa, chickpea curry,
supergreens, slaw,
coconut chutney
(GF | DF | V)

DESSERTS

AVO COCOA \$6.00

dark chocolate, avocado,
coconut milk
(GF | DF | V)

DATE YOGURT \$4.50

yogurt, dates, orange,
coconut crack
(GF | VG)

DRINKS ON TAP

SELECTION OF TEAS

\$3.00
(DF | V)

BOTTLED

LEMON AID \$4.00

(CF | DF | V)

ARNOLD KARMA \$3.50

(CF | DF | V)

SARATOGA WATER \$2.50

HOT

BONE BROTH \$4.00

(CF | DF)

HOMEMADE CHAI \$3.50

(DF | V)

INDAY

INDAYNYC.COM
MON. - SUN. 11AM - 9PM
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