

## Healthy Foods & Superfoods at Foodhall this Month

Foodhall is all set to help you reconnect to those healthy new year resolutions that you had set. Whether snacks happen to be your soft spot or you are one of those with a weakness for big burrito bowls, Foodhall has transformed your guilty pleasures into gourmet experiences that even diehard foodies can delight in.

Begin with oven baked chips for the perfect guilt-free appetizer. Whether zucchini, sweet potato or beetroot chips, they are immensely addictive, especially when dunked in the range of healthy dips available. From the low-calorie yet immensely flavourful roasted pumpkin hummus to a dip made of bell pepper, greek yoghurt, garlic, walnut and pepper dip, you might even be tempted to make a meal of it. If fresh and crusty pumpernickel or rye bread is more to your liking, pick it from the bakery to pair it with your favourite dips.

Takeaway tubs and pouches of delicious, sugar-free granola are guaranteed to make sure you start your day right. Whether it is the wholesome blueberry, walnut, almond and flax seed granola or the pistachio, raisins, pine nuts and cocoa nibs version, your tastebuds are going to be as thrilled as your waistline is sure to be. Ever heard of superfoods? Foodhall's inventive chefs have created spectacular dishes incorporating these health powerhouses helping you fight disease, feel more energetic and even lose weight. Dig into the wild rice pilaf, the exotic, gluten-free amaranth tabbouleh or the triple mushroom quinoa risotto. Have a yen for something more Indian? Not to worry! The sprouted moong flour pesarattu awaits you.

The most exciting of Foodhall's offerings this month is the new international trend of Hawaiian Poké bowls. A deconstructed version of sushi that is bursting with flavour, it is healthy and fingerlickingly good. To get yourself one, first choose from a base of brown or white rice or healthier still— a mixed spring salad. Add in your choice of protein—anything from teriyaki prawns to miso marinated fish, or soy glazed soft boiled eggs. Next comes a healthy helping of veggies, all rounded up with dressing and topped with some delectable add-ons. If you are a huge fan of meals in a bowl and can't get enough, the cafe will have you spoiled for choice with the tex-mex quinoa bowl, the healthy veggie bowl and a whole lot more.

Love sushi but worried about the calories in the polished white rice in it? Foodhall makes your favourite indulgence healthy with sushi made of quinoa and brown rice. The brown rice shiitake maki roll and the California quinoa roll made with crabstick, avocado and cucumber are both crowd-pleasers. If your favourite part of a meal is dessert, worry not! The hearty yet healthy banana and chia teacake with flaxseed and almonds, the unexpectedly divine zucchini bread or the chia bowls of goodness are bound to keep you happy.

From the best and healthiest in snacks, poké bowls, chia seed bowls, superfoods and more Foodhall is all set to woo health-conscious foodies and anyone with a serious appreciation for good food.

**About Foodhall:**

Foodhall, A premium lifestyle food superstore, Future Group's ambitious venture, is a pure gastronomical delight. Latching on to the love for global cuisines, Foodhall is an answer to every foodie's inner epicure. Launched in May 2011, Foodhall is a one-stop destination for a well-travelled urban consumer who understands the nuances of gourmet cooking. An eye-appealing exotic store captures the novel concepts from around the world on one platter. With an aesthetic mix of Indian flavours with the west, this specialty store is a den of discovery - of the finest global foods and ingredients. Foodhall appeals to every food connoisseur with its custom-made gift hampers, monthly thematic festivals, beautiful display of fruits and vegetables, a spice station, live demo kitchen and fresh sampling of ingredients in the best possible combinations. These make shopping at Foodhall an enriching experience. A perfect blend of culinary presentation and ingredients in Foodhall is at par with any international gourmet food store. It has an extensive global variety in every category – the offerings range from Tomatillo (Green Tomatoes of Mexico) to gluten-free breads such as pizza dough, bagels, to range of super-food options such as Greek Yoghurts, fat-free organic milk, Tofu, gourmet chocolates, oils and vinegars, smoked salmon, mock meats, specialty cold cuts, teas, fresh truffles and various food delights including a variety of Indian foods. Currently Foodhall is present in Mumbai, Bengaluru, New Delhi, and Gurgaon.

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