



CATALOGUE & PARTNERSHIP PROPOSAL

A live counter, built
for the working day.

*Bring the math of eating well to your
team, your work space, your daily life.*



THE OPPORTUNITY

Offices have coffee solved. Lunch is still the gap.

A few thousand people in a tower, forty minutes, and a choice between something fried downstairs or something sad from a fridge. The genuinely healthy option is either an hour away or priced like a restaurant on a working Tuesday.

Bowlsome is not a restaurant looking for a floor. It is the daytime amenity a building can't otherwise cover — one counter, three complete meals, built fresh in front of the person eating them, at desk prices.

30 minutes

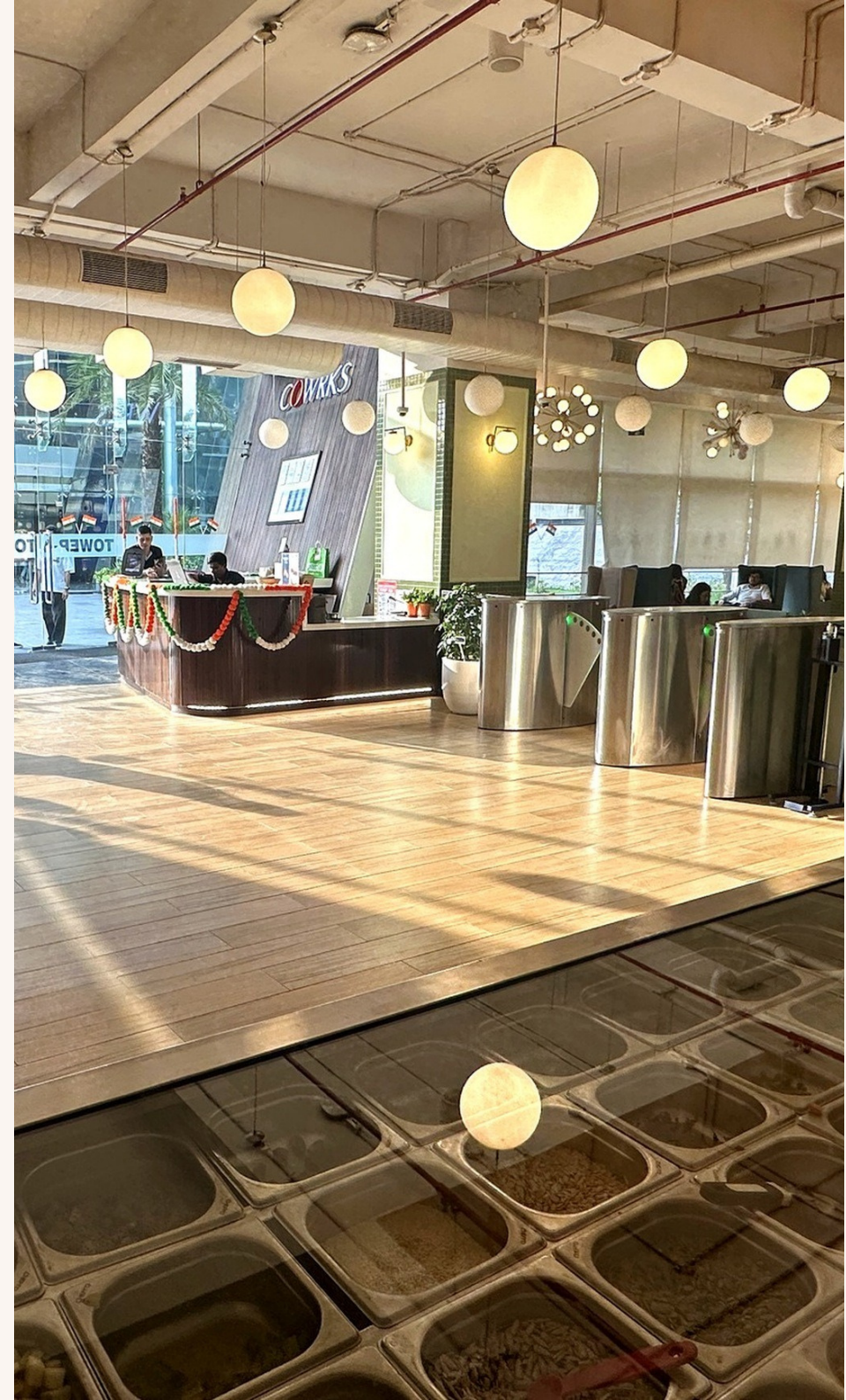
from queue to desk,
comfortably

No kitchen

no gas, flame,
smoke or drainage

Multiple sizes

Small, medium and
large bowls at different
price points



WHOLE INGREDIENTS

FRESHLY MADE

PRESERVATIVE-FREE

NO ADDED SUGAR

PLANT-FORWARD

WHERE IT BELONGS

Built for four walls.

The counter is designed to live indoors, in air conditioning, on a floor with steady weekday footfall. Not a market stall that happens to move inside.

Everything is prepped and soaked through the night at our kitchen and travels chilled. The counter assembles; it never cooks. That is precisely why it can sit inside a working building without a kitchen being built around it.

A cooled room

Fresh produce and dairy hold their texture and their food safety indoors. Sun and wind do not agree with either.

A covered floor

Thirty open components need four walls around them. Indoors, the counter stays as clean as the kitchen it came from.

A weekday crowd

The same people, the same floor, five days a week — which is what turns a first bowl into a habit.

An office is the room this counter was designed for.



THE FORMAT

One counter.
Thirty components.
No kitchen required.

Two trained staff, one counter, and a menu small enough that every bowl is made properly. Set up in twenty minutes, cleared in twenty, nothing left behind.

FOOTPRINT

A 10 ft × 10 ft pitch. The counter is about 6 ft; the rest is server, queue and bin.

SERVICES

A single power point and access to water. No gas, no exhaust, no drainage.

TURNAROUND

30 minutes to set up, 30 to clear. Nothing left behind.



WHY IT CONVERTS

Assembled in front of you.

Grains and chia soaked overnight, vegetables steamed at dawn, fruit and greens cut that morning — thirty components in a single bowl.

Nothing arrives pre-mixed and nothing sits waiting. The bowl is built while the person watches, which is also the reason they believe what's in it. Across counters in Gurgaon offices, this is the single thing that turns a curious passer-by into a customer.

We believe in complete transparency. People should know the precise nutritional value of the bowl they have chosen — and at a live counter they can watch it go in.

4 minutes

to build a bowl to order

Zero

preservatives, added sugar, or hidden oil

WHOLE INGREDIENTS

FRESHLY MADE

PRESERVATIVE-FREE

NO ADDED SUGAR

PLANT-FORWARD

NUTRITIONAL APPROACH

More nutrition per calorie.

Every Bowlsome carries the broadest range we can put in one bowl — essential amino acids, minerals, antioxidants and the fats the body cannot make for itself.

A meal with all essential macro and micronutrients. Just real food, sourced widely and prepared with as little processing as possible, so the nutrition actually reaches you.

01 NO ADDED SUGAR

02 NO HYDROGENATED OILS

03 NO PRESERVATIVES

04 NO CHEMICAL TASTE ENHANCERS

Meals crafted with intention and joy.

NOURISHMENT MADE VISIBLE

These bowls weren't designed in a lab.

They were built at home, in our own kitchen, out of pure joy and a real dedication to health — then refined over months until every ingredient earned its place.

Chia is soaked, so it works instead of passing through.

Flax is toasted and ground for full benefit.

Millet is soaked overnight to make them fully bioavailable.

Every nut and seed is placed in a complementary way to the others. And we don't believe in a forty-item menu — Bowlsome offers signature bowls, each a complete meal, refined over the years.



THE CATALOGUE

Three signature bowls.

We don't believe in a forty-item menu. Three bowls, each a complete meal, each refined over years — in varied sizes.



EARTH BOWL

Savoury, crisp & nourishing

Quinoa under ten-plus raw seasonal vegetables and sprouts, fresh paneer and chickpeas, dressed with cold-pressed mustard oil, lemon and mint.



SUN BOWL

Fruit-forward & refreshing

Chia soaked overnight in yogurt, muesli, six fruits, a wide mix of nuts and seeds, finished with cinnamon.



MOON BOWL

Light, soothing & restorative

Millets folded into cool herbed probiotic yogurt over vegetables, paneer and toasted nuts and seeds.



QUINOA · TEN+SEASONAL VEGGIES · FRESH PANEER · MUSTARD OIL & LEMON

Earth Bowl

Savoury, crisp & deeply nourishing

Quinoa under ten-plus raw seasonal vegetables and sprouts, fresh paneer and chickpeas, dressed with cold-pressed mustard oil — olive oil on request — lemon and mint. The savoury bowl, and the one that eats like a full lunch.

Complete protein

Iron

Vitamin C

Folate

Healthy fats

Fibre

Complex carbs



SEASONAL FRESH FRUITS · WHOLEGRAINS · NUTS, SEEDS &
DRIED FRUITS · YOGURT

Sun Bowl

Fruit-forward & refreshing

Chia soaked overnight in yogurt, muesli, six seasonal fruits and a wide mix of nuts, seeds and dried fruits — finished with cinnamon. Made for Indian summers, and the bowl most people order first.

Omega-3 fats

Antioxidants

Gut-friendly fibre

Calcium

Plant protein



Moon Bowl

Light, soothing & restorative

MILLETS . TEN+ SEASONAL VEGGIES . HERBED PROBIOTIC YOGURT

Millets folded into cool, herbed probiotic yogurt over vegetables, paneer and toasted nuts and seeds. Light, quietly restorative, and the one people come back for on a heavy afternoon.

Probiotics

Magnesium

Iron

Calcium

Protein

Gut-friendly fibre

WAYS TO WORK TOGETHER

Four things the same counter can do.

The counter is the product. Everything below runs off it — so a wellness day, a team lunch and a catered evening need no new set-up, no new supplier and no new conversation.

01

DAILY LUNCH

The counter open through the working week in your lobby or cafeteria. Walk up, choose, watch it built, pay per bowl. Nothing for the building to administer.

02

WELLNESS DAY

A standing day in your team's week, billed to the company and served floor-side from the same counter. 15% off MRP, from 40 bowls, 48 hours' notice.

03

MONTHLY MEMBERSHIP

For teams that don't want to think about ordering lunch anymore. A members-only rate on every order for monthly subscribers — same bowl, same time, lower price.

04

PRIVATE CATERING & WORK EVENTS

Founder mixers, demo days, offsites, festive days and building events. 20% off per bowl on large parties, one week's notice, dietary requirements handled.

EVENTS & CATERING

Made to be eaten
at a desk, in a
meeting, standing up.

No gravy, no reheating, no chafing dishes, no cutlery station, no smell left in a meeting room. One sealed bowl, one wooden spoon, and a bin liner at the end of it. For an office running events in shared space, that is usually the deciding detail.

For an event we handle the food and the packaging together, dietary requirements included, and quote delivery and service per event.

PACKAGING THAT TELLS THE TRUTH

Every bowl goes out in 100% plant-based, compostable packaging by Primo by Fibmold — India-made, CPCB and FSSAI approved, free of PFAS and BPA. Sturdy enough to carry. Honest enough to break down in 90 to 180 days.





OPERATING NOTES

What we bring, and what we'd need.

WE BRING

The counter and all equipment.

All produce, prep and overnight soaking, done off site.

Two trained staff on the counter.

Our own signage, menu board and branding.

Compostable packaging and cutlery.

All waste carried out at close of day.

WE'D NEED

An indoor, air-conditioned space of about 10 ft × 10 ft with weekday footfall – a lobby, concourse or cafeteria.

One 15A power point.

Access to a water point..

Permission to display our own board at the counter.

A weekday operating window, ideally 9 am to 6 pm.



Let's put a counter in your building.

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ADDENDUM — PERMANENT PLACEMENT

A permanent counter in your building.

If there is space to give, this is what it takes and how we'd like to begin — evidence first, commercials afterwards, on whatever structure suits you.

01 WALK THE SPACE TOGETHER

Some time on site to find the 10 × 10 that works — which lobby, which wall, which power point, which hours.

02 A TASTING, THEN A SHORT PILOT

We bring the counter in and build bowls for your people, at no cost. Then two weeks, weekdays, in one location — we record bowls per day, peak hours and repeat customers, and share the numbers whichever way they go.

03 TERMS, ONCE THERE ARE NUMBERS

A licence fee, a revenue share, or a fixed monthly — we'd rather fit whatever you normally do than propose a structure in the abstract before either of us knows what the counter turns over here.



THE SPECIFICATION

FOOTPRINT

About 10 ft × 10 ft. The counter is 6 ft; the rest is server, queue and bin.

ENVIRONMENT

Indoors and air-conditioned, within four walls. Lobby, concourse or cafeteria.

SERVICES

One 15A power point and water access. No gas, exhaust or drainage.

HOURS

Weekdays, ideally 9 am to 6 pm. Set up in thirty minutes, cleared in thirty.

The math of eating well — brought to the people who work in your buildings.