

YOUR DAILY HEALTH BOOM

If you need to grab a meal in a hurry but don't want to settle for unhealthy fast food, Kaboom may be just what you're looking for. **Rhea Dhanbhoora** checks out the new quick service eatery to see how it fares

I shouldn't have been surprised about the cow that was pointed out to me as it sauntered past the pavement, right in front of Kaboom — especially since there was a sign above the door that served as fair warning. But, it still came as a bit of a shock — although that's slightly fitting for a restaurant whose signboard could blind you.

Ballard Estate can be confusing for anyone who isn't familiar with the area, so look for the neon green signboard before (or after) the iconic Britannia & Co. I'm wildly against neon and considering how austere the brick and mortar heavy, corporate-friendly area is, it could have very easily stuck out like a sore thumb. Luckily, it's nestled comfortably close to natural green cover, so it stands out, but doesn't blind you. The green spot seems perfect because of what they have on offer — completely natural ingredients.

Kaboom is reminiscent of a food truck, from the counter (made from a shipping container) and the paver block floor, to the tables (made using the scraps of pedestal fans) and chalkboard menus. So, we asked the obvious question — why not just start a food truck? Why go through the trouble of making it look like one? Well, because getting permissions to set up a food truck in the city is, unfortunately, near impossible. But, Kaboom serves as a good alternative.

I usually avoid places that promise to be all-natural and organic — but not because I'm not a fan of wholesome ingredients. It's because most restaurants that claim to be all-natural can border on snooty. The holier than thou attitude is missing here, which makes it easier to get involved with the food, there rather than



get caught up in the fanfare of organic produce. Organic food is also usually exorbitantly priced. But, with prices that skim near, but rarely cross the ₹200 mark, it's the perfect place for a quick, healthy lunch. It's difficult to try everything at Kaboom because of its rotating menu, which is why you're going to have to (and this is a good thing) go back often to try everything on offer. I got a well-rounded trial of a few dishes from their American, Middle Eastern and dessert menu, as well as a few picks off their breakfast and snack menu.

I first sank my teeth into a Cheese and



Mushroom omelette (₹120), served on rye bread that was a little too chewy, but the omelette was fluffy, light and filled with delectable cheddar. The Bombay Sandwich (₹90) was up next, but I'm usually never impressed with restaurant versions, always going back to delicious roadside ones. But, one bite of this and you're hooked. The spiced potatoes, capsicum, onions and tomatoes are slathered generously with delicious chutney. The Tex Mex Corn Salad (₹170) introduced me to the American menu. The bits of corn were grilled perfectly, while the salsa and nacho chips added a much-needed crunch. While the chicken filling in the Chicken Shawarma (₹230) was delicious, the casing was a little too thick. Dunk it in their delicious, homemade sesame tahini sauce and hot sauce, the secret to which lies in red peppers.

I'm not a big fan of rice, but surprisingly, my favourite dish was the Ful with Vermicelli Pilaf (₹250). The spicy stew was just right; it was served with fava beans that were flavourful (if you've eaten these often, you know that they can be bland and chewy), resting on a bed of long grain rice. The bits of vermicelli were a helpful addition.

The well portioned dishes are packaged in ready-to-go containers that are 100% biodegradable, more so than most because they don't even have their logo printed on it, making them ink and dye-free as well. The cutlery is soft wood that's a throwback to ice-cream stick spoons and the music is carefully

selected to match the day's menu, adding to the 'different day, different experience' that they promise. However, the one thing that I was most impressed by was that I could eat so much and still get back to work after, without feeling like I needed to lie down. It's filling food, but it's not heavy on your tummy. If you're looking for a sweet treat, a must-try is the Lemon Syrup tea cake with Semolina (₹80). It's not too sweet or too tangy, perfectly moist without being wet and is loaded with lemony goodness. The Coffee Walnut Cake (₹80) is a good option for coffee lovers and tastes great, but was a little too dry, even for a tea cake. With aromatic, freshly brewed coffee sourced from Philips next door and some seriously fancy spring water in hand, I left a pretty happy customer.

If you're thinking of visiting on a weekend or want to head over for dinner, you're going to be disappointed because for the moment, they're only open till around 7pm and their delivery radius is pretty small. But, Kaboom is a friendly restaurant with good food that you know you can indulge in without feeling guilty or emptying your pockets. Besides, when someone tells you that they named their restaurant after something that made them smile, you can't help but break into a smile in return. It's not worth a trip all the way to Ballard Estate if you're not in the area, so here's hoping they open up a few more outlets in the near future.

Where Kaboom @ Café Model, 3A Spott Road, Near Grand Hotel, Ballard Estate
Alcohol served No Meal for two ₹700
Contact 22614489



>> Kabooms decor is bright, fun and easygoing



>> Torrp it Up's new menu is a mixed bag

A NEW AVATAR

Torrp it Up! has introduced a new menu. **Dev Goswami & Sara Shah** try it out and tell you what they thought of the new items

CBLT SANDWICH (₹160)

Ah! The sandwich that rules the roost. If you are a sandwich aficionado, you should try a hearty CBLT from Torrp It Up. Their version consists of the classic chicken, bacon, lettuce and tomatoes, but also includes a special sauce. The bread was warm and soft. I prefer a generous serving of meat, but unfortunately, the chicken-bacon filling in this sandwich was sparse, while the lettuce was in abundance. I liked their sauce, which was slightly spicy, without being overwhelming.

SPICY BBQ CHICKEN WRAP (₹60)

BBQ chicken is a popular option, whether it's on a pizza or in a sandwich, and not without reason. Just like their breads, Torrp it Up! serves their wraps in warm, lightly toasted tortilla breads. The chicken was well-cooked, with a combination of roasted peppers, grilled onions and jalapenos. But, I can't say that I enjoyed it. Quite frankly, I don't think the combination of BBQ chicken and wraps go together.

SOFT DOUGH COOKIES (₹30)

Who doesn't like soft, chewy cookies with creamy chocolate chips? Torrp it Up's cookies weren't really warm, but they were definitely chewy and soft. Although slightly greasy, they were the perfect dessert. The one thing that I didn't like was their size. Priced at ₹30 each, I'd expect a much bigger cookie.

CHICKEN WINGS (₹90)

The chicken wings were well-flavoured, and while I couldn't stop myself from devouring them, they were a bit too spicy. After a point the spice tends to overpower the rest of the dish, resulting in a rather lacklustre flavour.

PESTO CHICKEN WRAP (₹160)

I love pesto, and for any pesto-based dish, the condiment should be fresh and of extremely good quality. So, did Torrp it Up! deliver? Not really. I've definitely had better pesto-flavoured wraps. However, this version is still worth a try. The flavours were well-balanced and the chicken was cooked perfectly.

LAMB KEBABI WRAP (₹160)

This was our favourite. The lamb mixture was well-prepared and flavourful. The wrap had a good bite to it, giving way to moist, delicious filling. It's a must-try.

TUNA CHILI SALAD CROISSANT (₹160)

While I was excited about this dish, it just didn't work. None of the flavours stood out and the lack of balance between the different ingredients was quite clear. Torrp it Up! usually has well-made breads, but the croissant didn't meet my standards. It was a bit chewy, with not enough moistness in the filling to counter the doughy taste.

LEMON ICE TEA AND ICED COFFEE (₹60)

Ice tea that is prepared without sickeningly sweet doses of sugar is quite hard to find. But I really particularly loved this one. It was not too sweet or too bland and served as the perfect accompaniment to my sandwich. I even liked the Iced Coffee, which, just like the tea, had well-balanced flavours.