



BOMBAY SPICE

Sometimes, the most important part of the meal happens the moment you leave the restaurant. We've all been somewhere, loved the food, then felt that calorie-aden, both induced by added sugars and mega-calorie entrées. At Bombay Spice, a new Indian cuisine venture from one of the co-owners of Roxa Akor, all dishes are prepared without sugar, butter, or cream. Most clock in at less than 500 calories and are cooked with extra virgin olive oil. This translates to feeling better, even if you over eat. With say, an order of lamb chops, vegetable samosa, an entrée with chicken and beef tikka, basmati rice and two dipping sauces for your whole wheat chapatti, and a dessert of homemade red pudding. What's more, Bombay Spice is affordable—most items clock in around \$10 to \$13 and every one of the 40 glasses of wine are \$6.

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