

REVIEW

What's in The Jar?

Healthy food and delicious food do not go hand in hand: that's what a lot of people think. But can you blame them? How often do we find healthier alternatives that taste equally good? Not often, I believe. Yet people are getting more and more health conscious. Be it to lose weight, to cut on cholesterol count or to maintain a healthy lifestyle, we now strive to opt for foods that are nutritious, wholesome and equally appetising.

The Jar is a new venture which promises just that. Being in its infancy (it started off about five months ago), it is still experimenting and evolving the menu whilst striving to scale up and keep up with the high demand and popularity it is enjoying.

The Jar's 'outlet' is their Facebook page. You order their food online and they will deliver to your doorstep. And they do deliver in a jar - well, for the most of it. A few items come in boxes, as there is a limitation to the shape and size - the versatility, that is - of jars.

There is something very 'neat' about jars. Handy. Convenient. Hassle-free. Mobile.

The menu is a small, simple but a unique one, giving insight about what The Jar is all about. To give an idea, one section heading is 'Oatmeals'; another, 'Protein'. And each food item listed comes with approximate number of calories.

It's not just about calories. From using extra virgin olive



oil to selecting ingredients that are very nourishing, The Jar promises healthy meals.

Take their Thai Red Curry Chicken (Tk 320) as an example. It is essentially brown rice accompanied with chunks of chicken. Brown rice is something that is often recommended by doctors for its nutritional values. Moreover, the coconut milk that is used is stripped of the cream. So, this spicy and

slightly tangy dish is a meal which is healthy and delicious at the same time.

The 400-calorie Rosemary Chicken (Tk 320) is a grilled and braised chicken piece with a variety of vegetables, such as tomatoes, carrots, etc. Tomato Soup (Tk 300) is just 140 cal. Enjoy it before lunch or as an evening meal, when you are very hungry and look for snacks that destroy your diet.

If you are an office-goer, and particularly if you are tired of the usuals in your cafeteria, The Jar would be a great option you. The foods are nourishing, filling, and delicious. If you have a Jar in your bag, or on your desk, or at your kitchen, you do not really have any excuse to munch away unhealthy snacks or indulge in the so-called 'rich food' anywhere. Who says nutritious and delicious food cannot be one and the same?

Essential info

Find 'The Jar' on Facebook. Contact number: 01752227905. Delivery hours: 11am-6.30pm. Delivery time: 1 hour and 15 minutes maximum. Days open: Sunday to Thursday. Delivery radius

comprises of Gulshan, Banani, Niketon, Baridhara, Baridhara DOHS, Gulshan-Tejgaon Link Road, Mohakhali DOHS and Banani DOHS. Delivery charge is Tk 75.

By M H Haider

Photo: M H Haider

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