

ZOIL: The World's First Zero-Oil Kitchen Takes Gurugram by Storm – A Healthy Dining Revolution with Stellar Ratings

Category: Business

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In just two months after its launch, **ZOIL**, the world's first zero-oil kitchen for North Indian cuisine, is making waves in Gurugram's culinary scene. This innovative concept, delivers over **Swiggy** and **Zomato**, where it already boasts an impressive 4-star rating on both platforms. Available exclusively at Reflex Bar, Brewery & Dining, ZOIL offers health-conscious diners a guilt-free way to indulge in their favorite Indian dishes without compromising on taste.

Blending traditional recipes with a revolutionary zero-oil approach, ZOIL's specially curated menu combines signature spices and thoughtfully chosen ingredients to deliver both flavor and [health](#). To add to their commitment to sustainability, ZOIL offers all their deliveries in Zero Plastic packaging – because zero truly is the hero!

The concept has resonated with Gurugram residents, with patrons praising the [innovation and dedication behind the offerings](#).

Customer Testimonials

I never thought [health](#) and indulgence could coexist in the same dish, but ZOIL has proven me wrong. Their zero-oil Makhmali Chicken and Kashmiri Dum Aloo are game-changers, and the [convenience](#) of ordering on Swiggy makes it even better!

Their zero plastic packaging is also heartening to see,” said Kiran Ray Chaudhary, a resident of Vatika City, Gurugram.

As a foodie who’s also health-conscious, ZOil is the perfect blend of my [worlds](#). I’ve ordered several times on Zomato, and every meal has been fresh, flavorful, and satisfying,” shared Girisha Chauhan, a resident from Sohna Road.

Why ZOIL Works

With growing awareness about heart health and an increasing demand for clean eating, ZOIL’s unique offering has struck a chord with health-conscious [food](#) lovers. North [India’s](#) traditional, Mughlai cuisine, known for its richness, often relies heavily on oil. ZOIL reimagines these beloved recipes to [meet modern](#) dietary preferences while staying true to authentic flavors.

“Health doesn’t have to mean compromise,” said Suman Bharti, Founder, ZOIL [and Reflex Bar, Brewery & Dining](#). “Our kitchen proves that you can [enjoy the full-bodied flavors of North Indian](#) cuisine with zero oil. This is about crafting an experience where [taste and wellness](#) go hand in hand. It’s rewarding to see people embrace this concept so wholeheartedly.”

Located in the heart of Gurugram, Reflex Bar, Brewery & Dining provides the perfect setting for this trailblazing kitchen, [drawing food enthusiasts and health-conscious diners alike](#). As ZOIL continues to gain traction, it [sets a new benchmark](#) for guilt-free dining in India’s food landscape.

About ZOIL

ZOIL is the [world’s](#) first cooked, zero-oil kitchen for North Indian cuisine. Available on the menu of the landmark Reflex Bar, Brewery & Dining in Gurugram, this unique [culinary concept looks to bring audiences flavourful Indian recipes](#) with a heart healthy twist. With a specially crafted menu with

signature spices, thoughtfully picked ingredients and a zero oil approach, ZOil promises a guilt-free dining experience for those looking for healthy [choices](#), without compromising on taste.

About Reflex, Bar, Brewery & Dining

Reflex Bar Brewery and Dining is an uber-luxe restaurant and brewery located in the [busy](#) hub of Golf Course Extension Road of Gurugram. The upscale bistro and brewery has garnered four major accolades – Times [Business](#) Award North 2023- Trendsetting Restobar & Microbrewery award, The Times Food Awards 2023 Noteworthy Newcomer- Microbrewery, Times Hospitality icons 2022- Most Promising New Microbrewery Brand Gurugram, Debutant Nightlife Venue and Emerging Entrepreneur in F&B- Gurugram and ET Restaurant Nightlife Awards 2024.

