

Check our menu

P1

(South Indian)

- breakfast



[Ragi porridge](#)

Ragi Porridge is a deeply nourishing and traditional food which is widely used



[Broken Rice porridge](#)

Sattvic, grounding, and tridoshic meal — especially healing for vata and pitta conditions



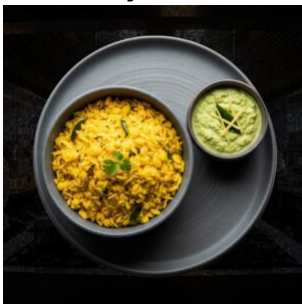
[upma](#)

Savoury semolina dish, quick, wholesome, and a versatile breakfast.



[Broken Wheat Porridge\(Without Dal\)](#)

Light, warm, and soft, making it ideal for mild Vata-Kapha pacification, and gut recovery.



[poha](#)

Humbled breakfast with flattened rice



Rice (Rava/Ragi) Vermicelli

Light and nourishing: rice vermicelli, an easily digestible breakfast.



RAVA IDLI

Whole grain goodness, warm, nourishing, and a gentle start.



IDLI

Isn't just food, it's comfort on a plate



[Kara Kadubu](#)

Savory filling wrapped in soft rice flour dough



[puttu](#)

Sri Lankan breakfast comfort in cylindrical form



[Sabudana Khichdi](#)

Warmth, texture, and quiet satisfaction with every bite



[idiyappam](#)

Steamed rice noodle light on the stomach and rich in satisfaction.



[Ragi Mudde](#)

Karnataka's pride and a superfood disguised as a soft, earthy sphere



[Ragi Rotti](#)

Rich in calcium, iron, and fiber, ragi, a powerhouse grain



[Akki Rotti](#)

Traditional Karnataka's gluten free diet



[Jowar Rotti](#)

Rich in calcium, iron, and fiber, ragi, a powerhouse grain



[Pongal](#)

Has soothed hearts and bellies for centuries across South India

- lunch
- Dinner



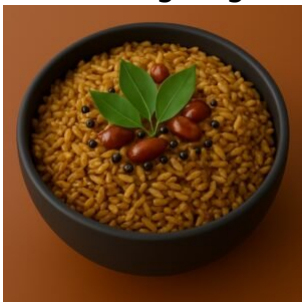
lemon rice

Light, digestible, Vitamin C-rich, immune-boosting, and flavourful.



coriander rice

Refreshing, digestive-friendly comfort food



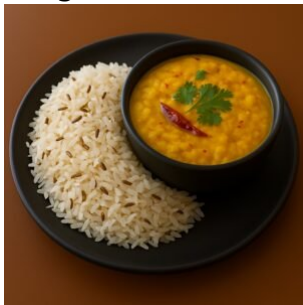
puliogre

South Indian treasure that delights the senses and satisfies the soul



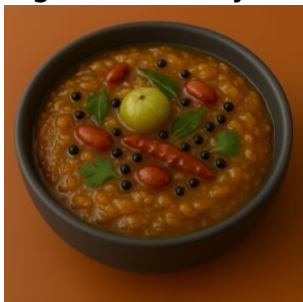
[curry leaf rice](#)

Fragrance, nutrition, and simplicity in a single bowl



[jeera ghee rice](#)

Light, sattvic, yet deeply nourishing experience



[Amla gojju](#)

Tantalising blend of sour, sweet, bitter, and spicy



Beetroot Carrot Rice

Perfect sattvic plate, for lunch, and/or even a light dinner.



Bisi bele bath(Masoor Dal Version)

Bisibelebath is Karnataka's answer to a hug in a bowl.



Groundnut Gojju

Tangy, nutty, spicy, and soul-satisfying



[Ladies Finger gojju](#)

Tangy tamarind, gentle heat, and a velvety base



[Majjige Huli/Mor Kuzhambu](#)

Grace any simple meal with its soulful depth



[pulav](#)

Grace any simple meal with its soulful depth



[Sunberry Gojju](#)

Tangy, slightly bitter, deeply satisfying gravy is a traditional South Indian



[tambuli](#)

Medicinal, minimalist, and deeply refreshing



[tomato gojju](#)

Celebration of ripe tomatoes, transformed into a rich



tomato rice

Zingy, earthy, and heartwarming



Dal Khichdi with Masoor or Moong Dal

Soulful Simmer



vangi bath

Zingy, earthy, and heartwarming



[vegetable biryani](#)

Zingy, earthy, and heartwarming



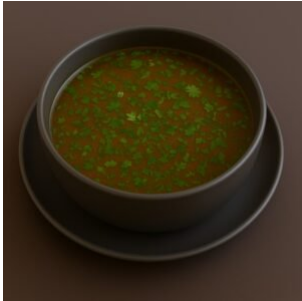
[sattvic sambar](#)

Gentle, grounding, and deeply nourishing.



[neem rasam](#)

Celebrates simplicity and digestive strength



rasam

Celebrates simplicity and digestive strength



Pepper rasam

Calming yet energising, perfect for light dinners or sipping as a detox broth



Lemon rasam

Calming yet energising, perfect for light dinners or sipping as a detox broth



Tomato rasam

Perfect for pitta-pacifying meals, fasting days, or anyone who wants rasam without the acidity of seeds



Amla rasam

Perfect for calming inflammation, kindling digestion, and rejuvenating your inner systems.



RAW MANGO rasam

Soothing for digestion and hydration.



[Sunberry rasam\(Manathakkali Keerai\)](#)

Soothing for digestion and hydration.



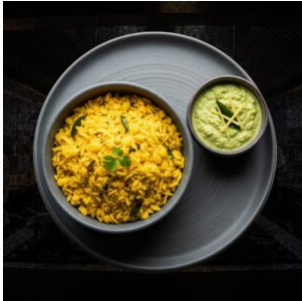
[Broken Rice porridge](#)

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poha

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Sri Lankan breakfast comfort in cylindrical form



[idiyappam](#)

Steamed rice noodle light on the stomach and rich in satisfaction.



[Rice/Rava Vermicelli](#)

Light and nourishing: rice vermicelli, an easily digestible breakfast.

- SOUPS(For Breakfast)
- beverages



Carrot Beans Soup

Fragrance, nutrition, and simplicity in a single bowl



Green Moong Soup

Light, detoxifying, and packed with protein



Tomato Soup

Perfect for healing and balancing Pitta



Pumpkin Soup

Deeply grounding, nourishing, and perfect for all doshas



Carrot Ginger Soup

Supports digestion, detox, and emotional ease — perfect for all seasons



Lemon Coriander Soup

Supports digestion, clears ama (toxins), and uplifts your mood



Steeped Lemon Tea

Provides balance, hydration, and digestive ease.



Steeped ginger Lemon tea

Soothes the stomach, kindles digestion



Steeped black TEA

lightness and mental clarity



Butterfly Blue Pea Flower Tea

Caffeine-free, sattvic, and adaptable for both hot and cold servings



Hibiscus Herbal Tea

Cooling, cleansing, and heart-supportive



ROSE PETAL Tea

Nurture your inner glow



Jasmine Tea

Calms the senses and lifts the spirit



Cinnamon Clove Tea

Herbal infusion



Black Coffee

Boosts alertness, rich in antioxidants, aids focus, and energy.



green tea

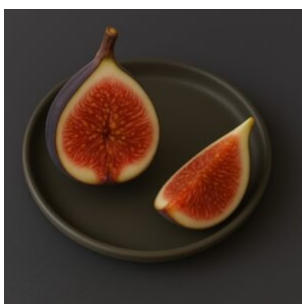
Sattvic tonic rather than a stimulant

To Consume

- Fruits
- vegetables
- green leaves
- Spices
- Oils and Butter



DRAGON FRUIT



Fig



Guava



Jamun



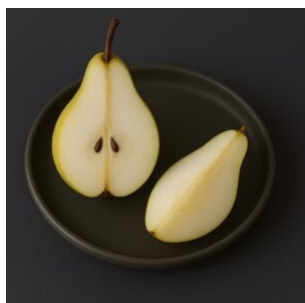
KIWI



Mango



Papaya



Pear



Pomegranate



Small Elakki Banana

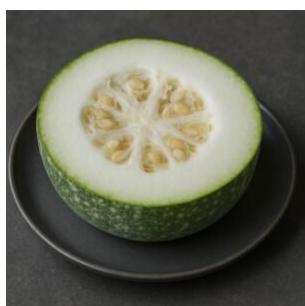


Mosambi

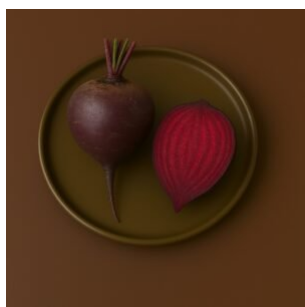
*** Consume the above fruits only during their natural growing season**



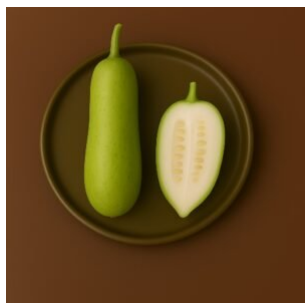
Disco Pumpkin



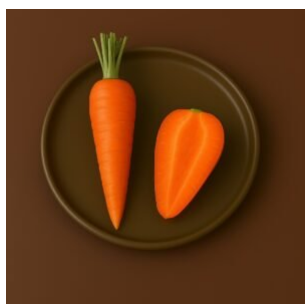
Ash gourd



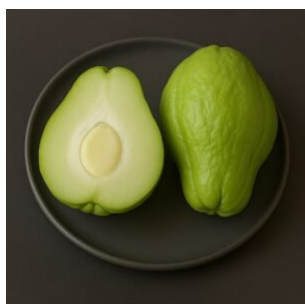
Beetroot



bottle gourd



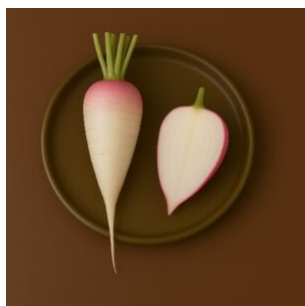
carrot



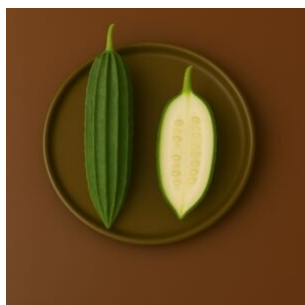
Chow chow



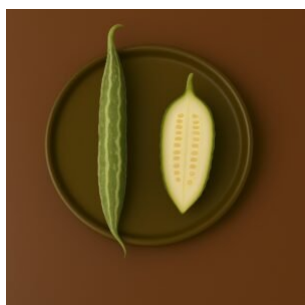
Okra/Ladies finger



Radish



Ridge Gourd



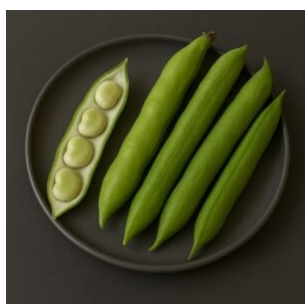
Snake Gourd



Tomato



Cluster Beans



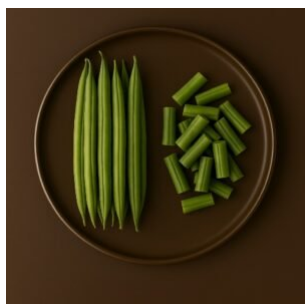
Flat Beans



Onion



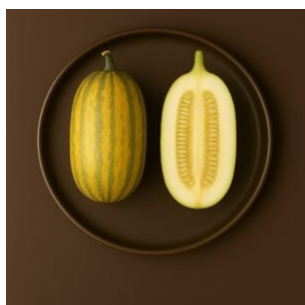
Drumstick



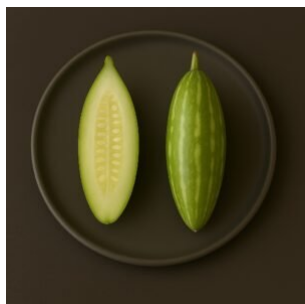
Beans



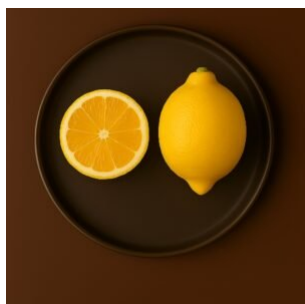
Ginger



Mangalore Cucumber



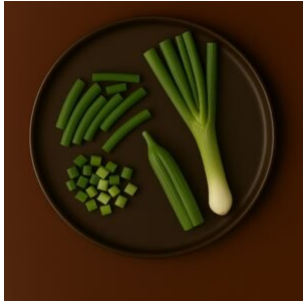
Ivy gourd/ Cocinna



Lemon



Chilli



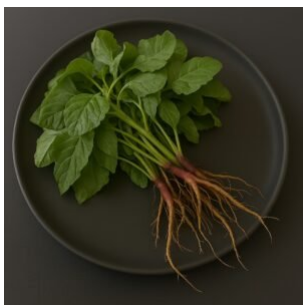
Spring Onion



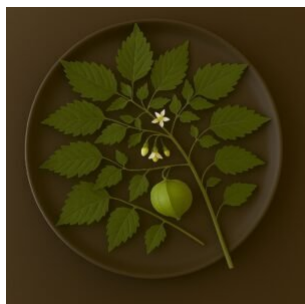
YAM



Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Coriander



curry leaves



Indian Nettle/Kuppigida



Methi



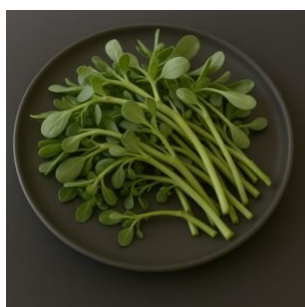
Palak



Sissoo spinach/ Hongone



Pudina



Purslane



Sunberry



Dil leaves

*** Avoid Green leaves during rainy season**



Asafoetida



Bayleaf



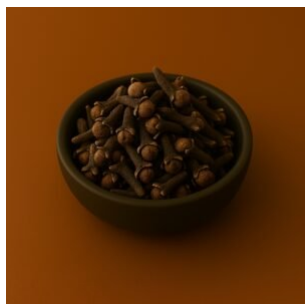
Cardamom



Carom seeds/Ajwain



Cinnamom



Cloves



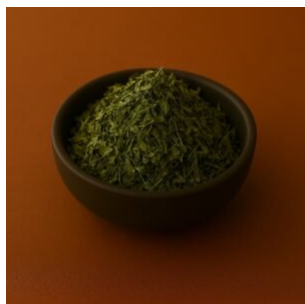
Coriander seeds



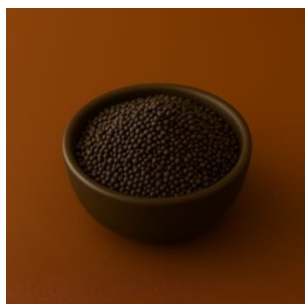
Fenugreek



Cumin seeds



Kasuri Methi



Mustard



Nigella



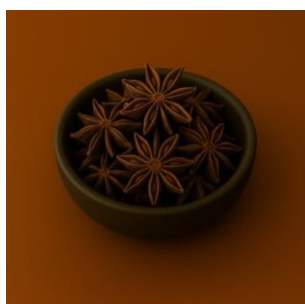
Nutmeg



Pepper



Red chilli powder



Star anise



Tamrind



Turmeric



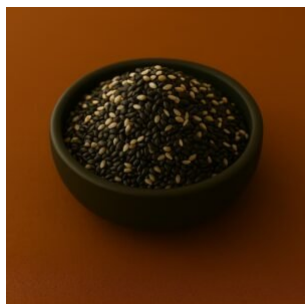
Fennel seeds



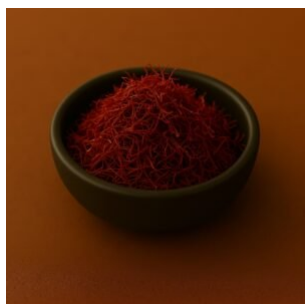
Garden cress/Alvi seeds



Poppy seeds



Black and White Sesame



Saffron



Dry Mango Powder



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



Groundnut Oil



Coconut Oil



Avacado Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!



Flaxseed Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!



Olive Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!



Chilli Infused Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!

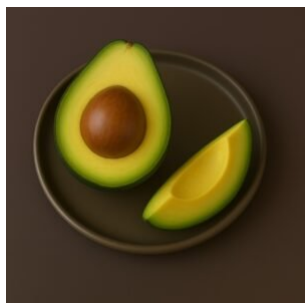


Basil Rosemary Thyme Infused Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!

To Avoid

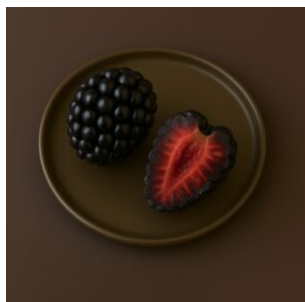
- Fruits
- vegetables
- green leaves
- Spices
- Oils and Butter
- Others



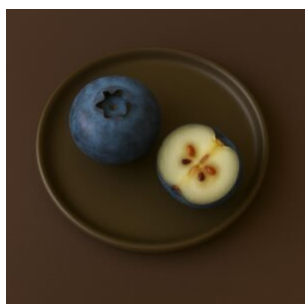
Avacado



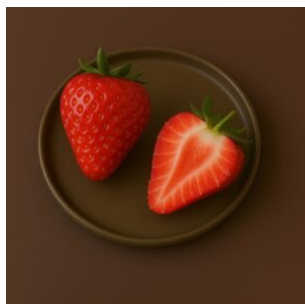
Apple



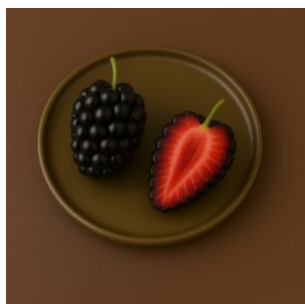
Blackberry



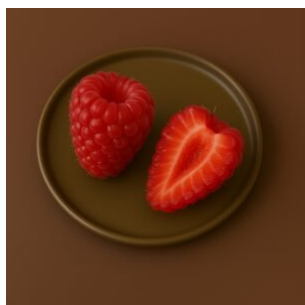
Blueberry



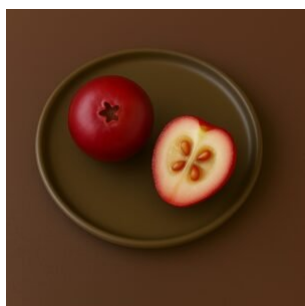
Strawberry



Mulberry



Raspberry



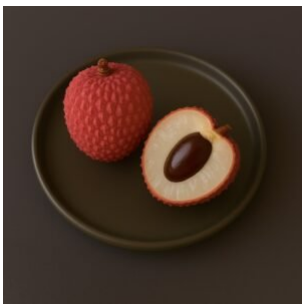
Cranberry



Cherry



Jackfruit



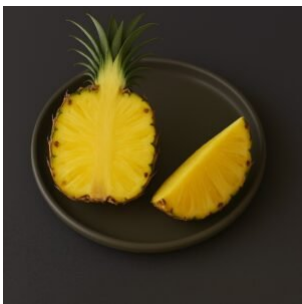
Litchi



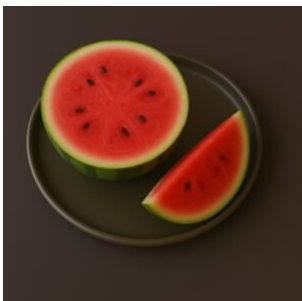
Muskmelon



Orange



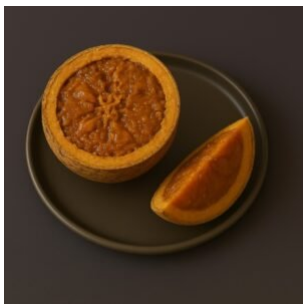
Pineapple



watermelon



Ice Apple



Wood apple



banana stem



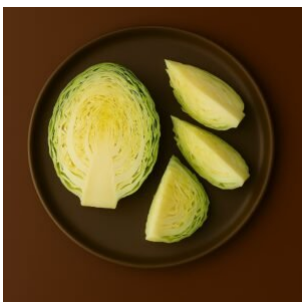
bitter gourd



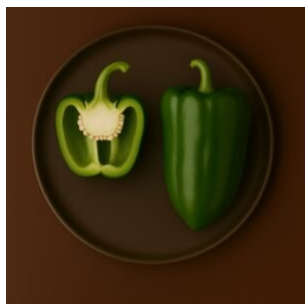
Brinjal



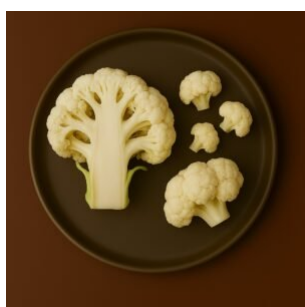
broccoli



cabbage



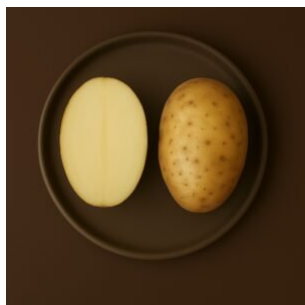
Capsicum



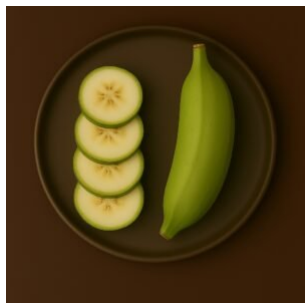
Cauliflower



Garlic



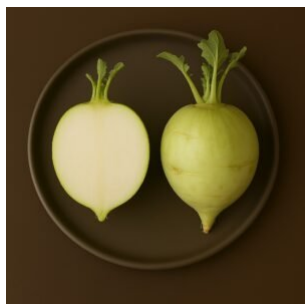
Potato



Raw banana



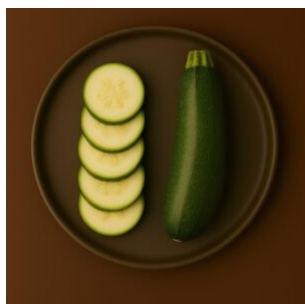
Sweet Potato



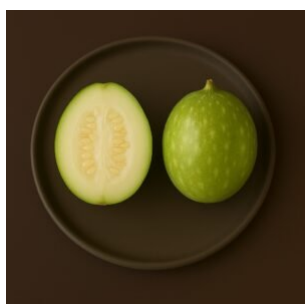
Turnip



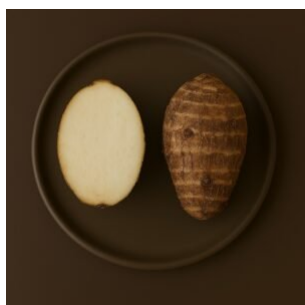
Peas



Zucchini



Tinda



Arbi



Corn



beetroot leaves



carrot leaves



raddish leaves



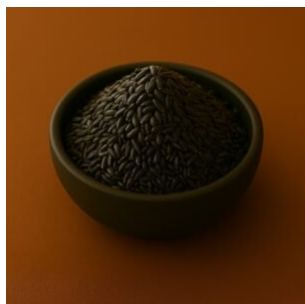
**Mountain spinach/
chakota**



Wild Amaranthus/ChiLikere



Mace



Niger



Chia seeds



Flax seeds



butter



Peanut Butter



Lard



Tallow



Sunflower Oil



Soybean Oil



Rice Bran Oil



Palm Oil



Mustard Oil



Grapeseed Oil



Garlic Infused Oil



Fish Oil



Corn Oil



Canola Oil



Walnut Oil



Pumpkin Seed Oil

Only 1tsp for seasoning – Do not heat the oil or stir fry!



Wheat



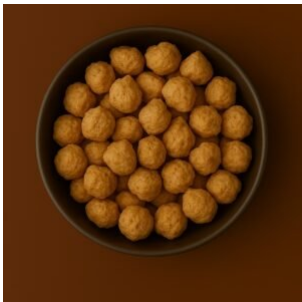
Urad papad



**Sweets and
confectionaries**



Sprouts



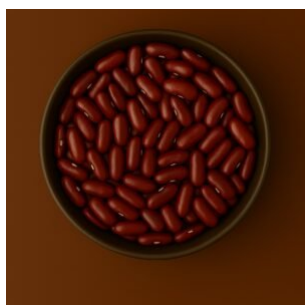
Soya chunks



Soya



Sea Food



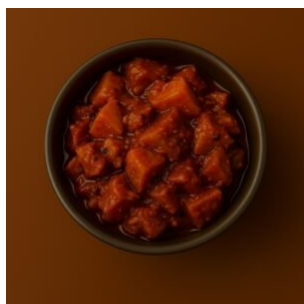
Rajma



Puffed Rice



**Aerated drinks,
Packaged juices
and drinks with preservatives.**



Pickle



Panner



Milk



Meat



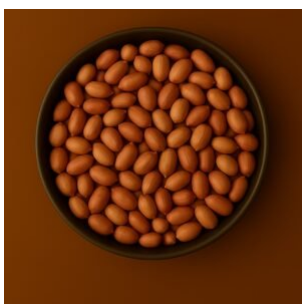
Masala chai



Instant coffee



**Highly processed
and preserved
food**



Peanut/Groundnut



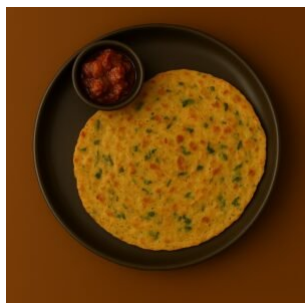
Dosa



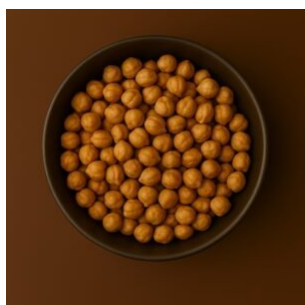
Curd



Cheese



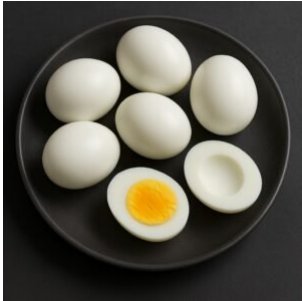
Cheela



Channa



Bajra



egg



Sugarcane