Check our menu

P13

(South Indian)

- breakfast



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.



poha

Humbled breakfast with flattened rice



Rice/Rava Vermicelli

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



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



idiyappam

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



Akki Rotti

Traditional Karnataka’s gluten free diet

- lunch
- dinner



lemon rice

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



jeera ghee rice

Light, sattvic, yet deeply nourishing experience



Bisi bele bath(Masoor Dal Version)

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



pulav

Grace any simple meal with its soulful depth



Dal Khichdi with Masoor or Moong Dal

Soulful Simmer



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



Amla rasam

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



Sunberry rasam(Manathakkali Keerai)

Soothing for digestion and hydration.



Carrot Rice

Good for digestion and eye health



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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



Pumpkin Soup

Deeply grounding, nourishing, and perfect for all doshas



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



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



Mosambi

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



Ash gourd



bottle gourd



carrot



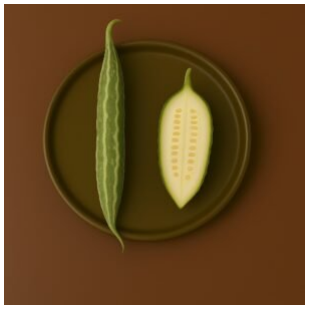
Chow chow



Radish



Ridge Gourd



Snake Gourd



Flat Beans



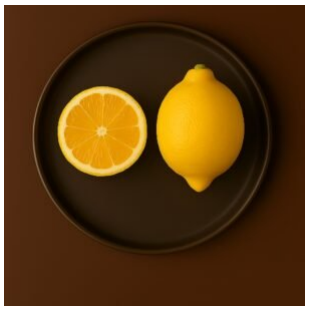
Onion



Beans



Ivy gourd/ Cocinna



Lemon



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Asafoetida



Bayleaf



Cardamom



Coriander seeds



Fenugreek



Cumin seeds



Mustard



Nutmeg



Pepper



Star anise



Turmeric



Fennel seeds



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil

to avoid

- Fruits
- vegetables
- green leaves
- spices
- Oils and butter
- Others



Avacado



Apple



Blackberry



Blueberry



Strawberry



Mulberry



Rasberry



Cranberry



Cherry



Jackfruit



Litchi



Muskmelon



Orange



Pineapple



watermelon



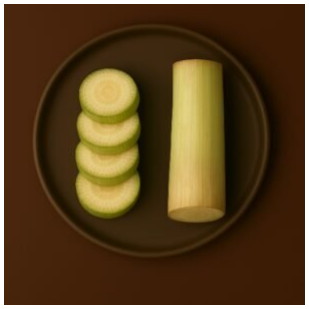
Ice Apple



Wood apple



Small Elakki Banana



banana stem



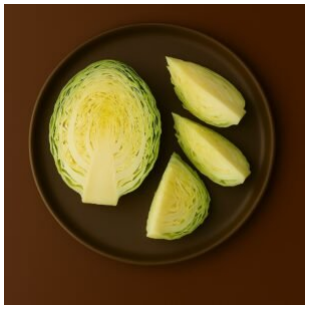
bitter gourd



Brinjal



broccoli



cabbage



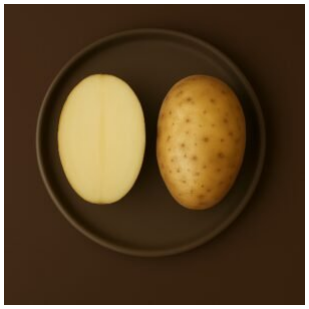
Capsicum



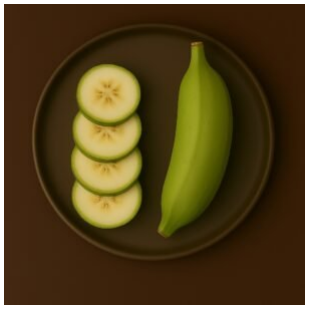
Cauliflower



Garlic



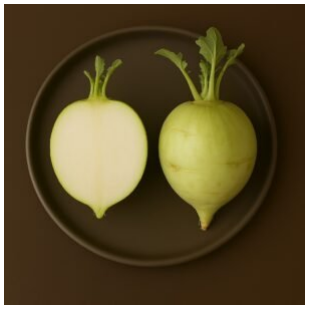
Potato



Raw banana



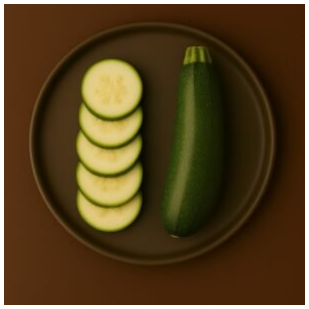
Sweet Potato



Turnip



Peas



Zuccini



Tinda



Arbi



Beetroot



Okra/Ladies finger



Tomato



Cluster Beans



Drumstick



Mangalore Cucumber



Spring Onion



Corn



Chilli



Ginger



YAM



Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Wild Amaranthus/ChiLikere



Indian Nettle/Kuppigida



Methi



Palak



Sissoo spinach/
Hongone



Pudina



Purslane



Sunberry



Dil leaves



beetroot leaves



carrot leaves



raddish leaves



Mountain spinach/ chakota



Mace



Niger



Chia seeds



Flax seeds



Amchur



Carom seeds/Ajwain



Cinnamon



Cloves



Garden cress/Alvi seeds



Kasuri Methi



Nigella



Poppy seeds



Red chilli powder



Black and White Sesame



Saffron



Tamrind



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



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!



Pumpkin Seed Oil

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



Groundnut Oil



Coconut Oil



Basil Rosemary Thyme Infused 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



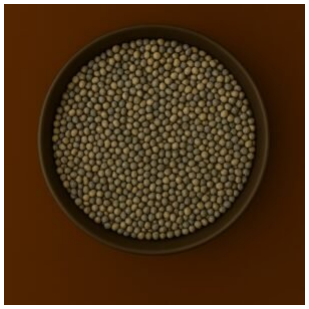
Cheese



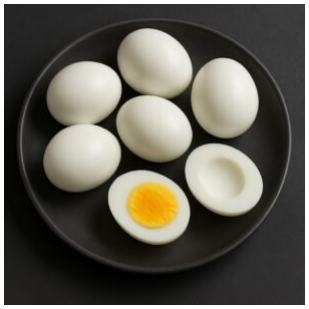
Cheela



Channa



Bajra



egg



Ragi



Jowar



Sugarcane