

Check our menu

P13

(South Indian)

- breakfast



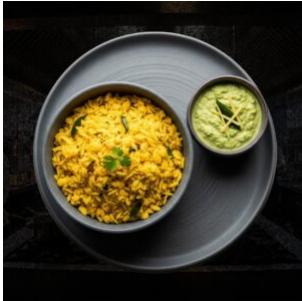
Broken Rice porridge

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



upma

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



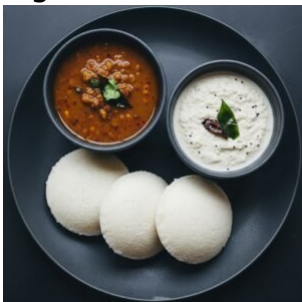
[poha](#)

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](#)

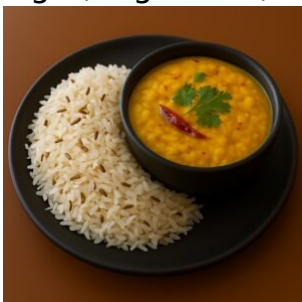
Traditional Karnataka's gluten free diet

- 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



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.



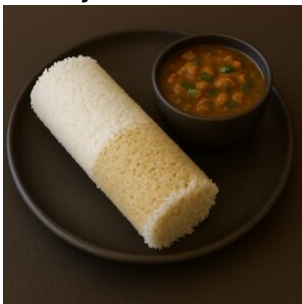
[poha](#)

Humbled breakfast with flattened rice



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[puttu](#)

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



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

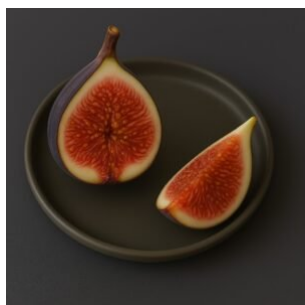
to consume

- Fruits

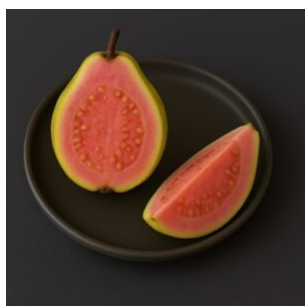
- vegetables
- green leaves
- spices
- Oils and butter



DRAGON FRUIT



Fig



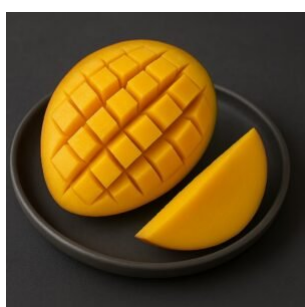
Guava



Jamun



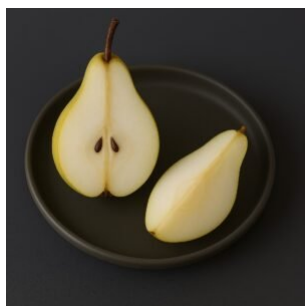
KIWI



Mango



Papaya



Pear



Pomegranate

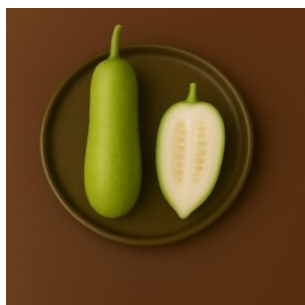


Mosambi

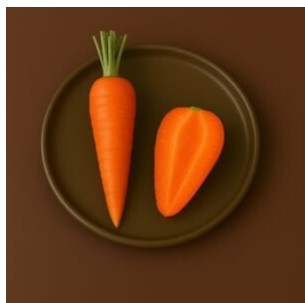
*** Consume the above fruits only during their natural growing season**



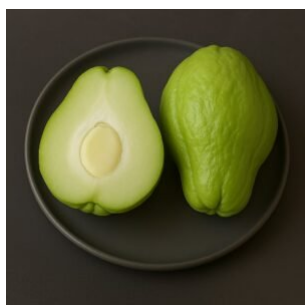
Ash gourd



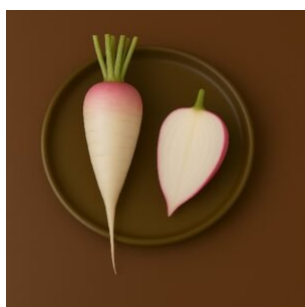
bottle gourd



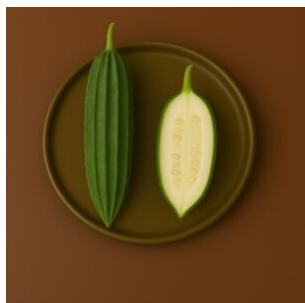
carrot



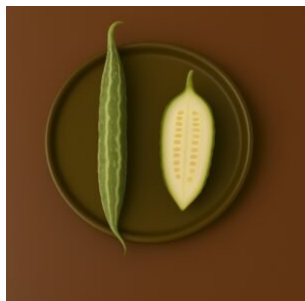
Chow chow



Radish



Ridge Gourd



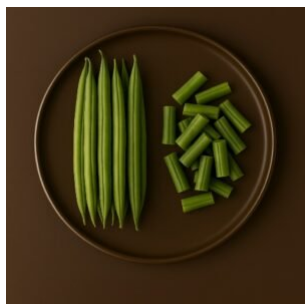
Snake Gourd



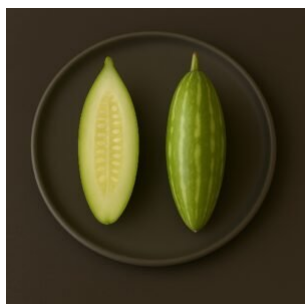
Flat Beans



Onion



Beans



Ivy gourd/ Cocinna



Lemon



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Asafoetida



Bayleaf



Cardamom



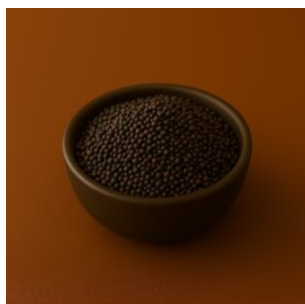
Coriander seeds



Fenugreek



Cumin seeds



Mustard



Nutmeg



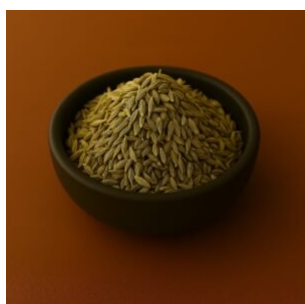
Pepper



Star anise



Turmeric



Fennel seeds



Melted Ghee

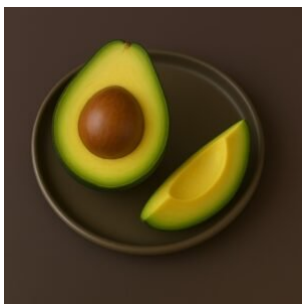
Melt using double boil method, do not directly heat



Sesame Oil

to avoid

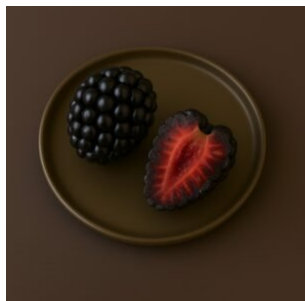
- Fruits
- vegetables
- green leaves
- spices
- Oils and butter
- Others



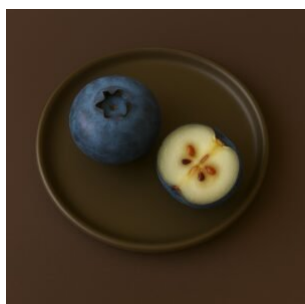
Avacado



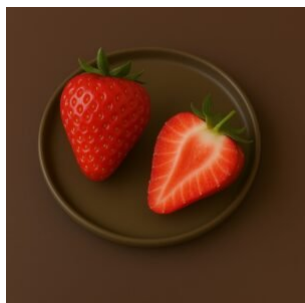
Apple



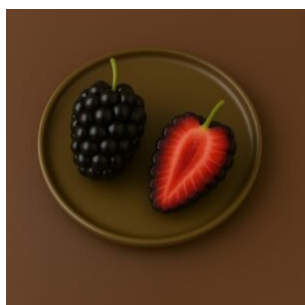
Blackberry



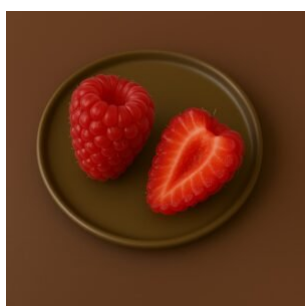
Blueberry



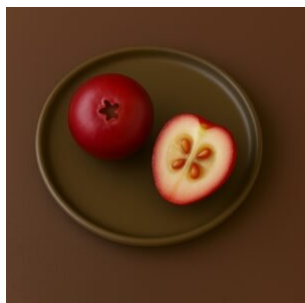
Strawberry



Mulberry



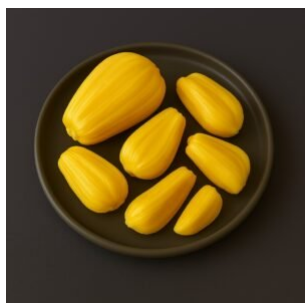
Raspberry



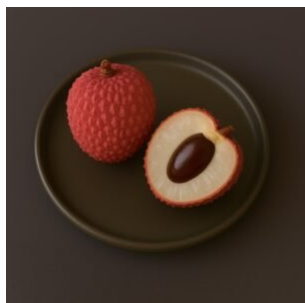
Cranberry



Cherry



Jackfruit



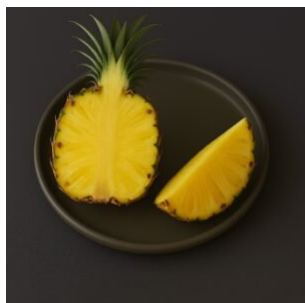
Litchi



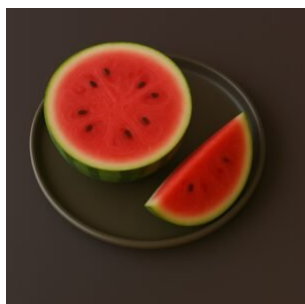
Muskmelon



Orange



Pineapple



watermelon



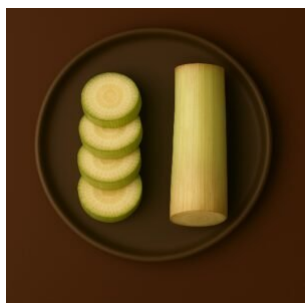
Ice Apple



Wood apple



Small Elakki Banana



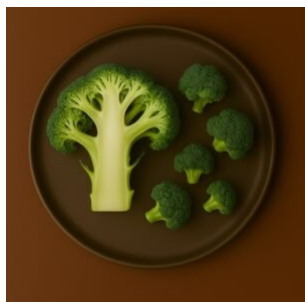
banana stem



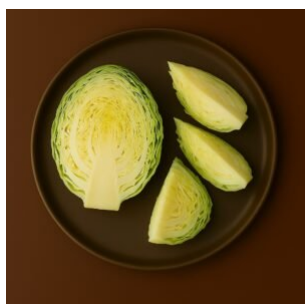
bitter gourd



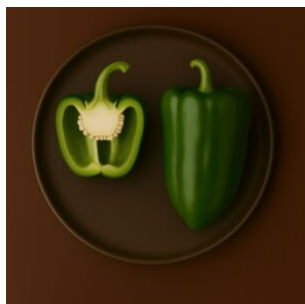
Brinjal



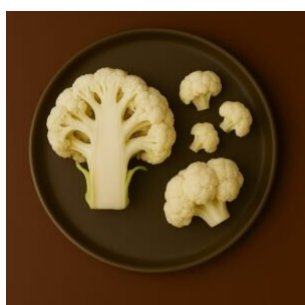
broccoli



cabbage



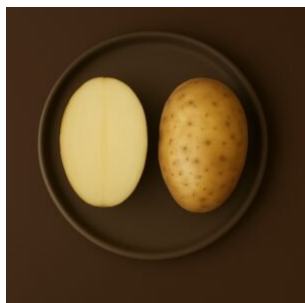
Capsicum



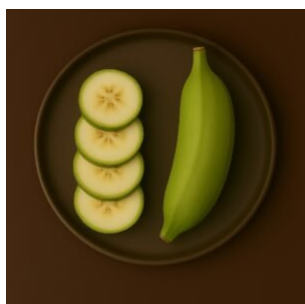
Cauliflower



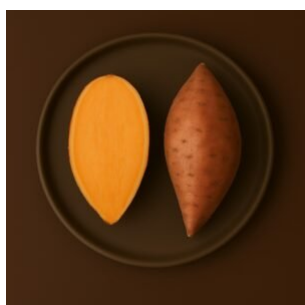
Garlic



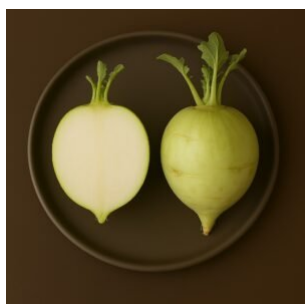
Potato



Raw banana



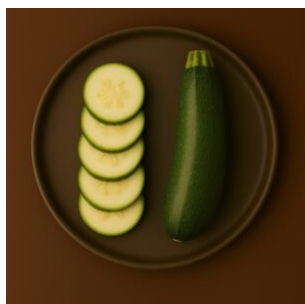
Sweet Potato



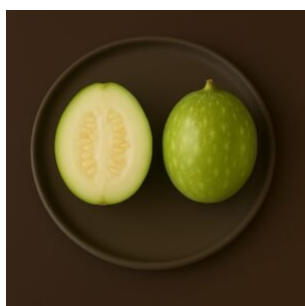
Turnip



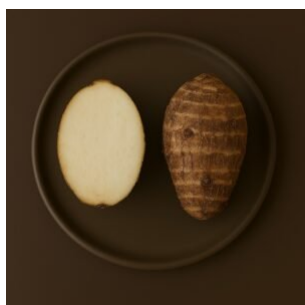
Peas



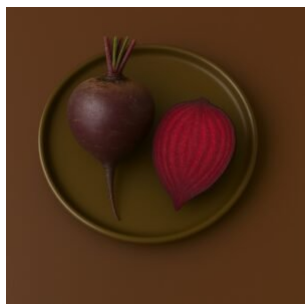
Zucchini



Tinda



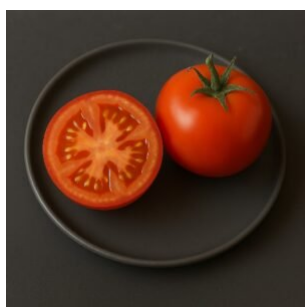
Arbi



Beetroot



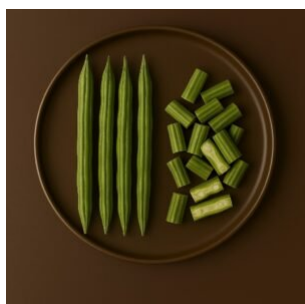
Okra/Ladies finger



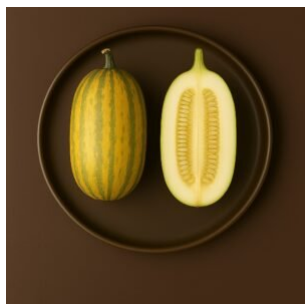
Tomato



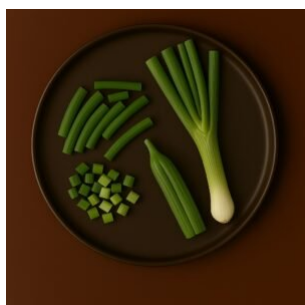
Cluster Beans



Drumstick



**Mangalore
Cucumber**



Spring Onion



Corn



Chilli



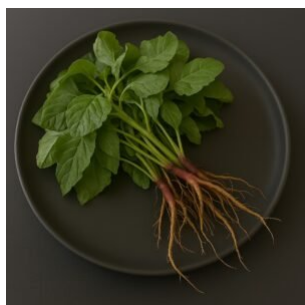
Ginger



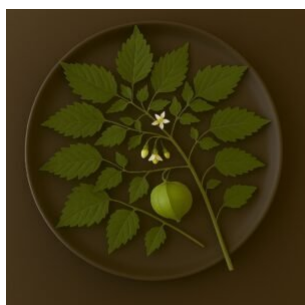
YAM



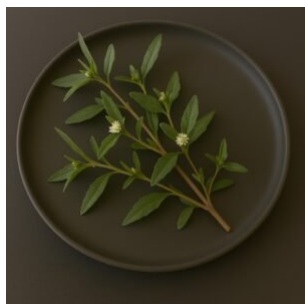
Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Wild Amaranthus/ChiLikere



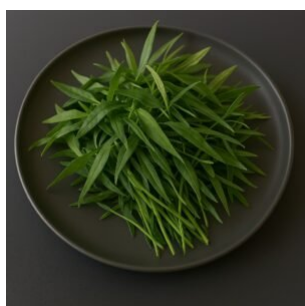
Indian Nettle/Kuppigida



Methi



Palak



Sissoo spinach/ Hongone



Pudina



Purslane



Sunberry



Dil leaves



beetroot leaves



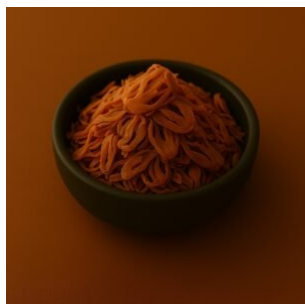
carrot leaves



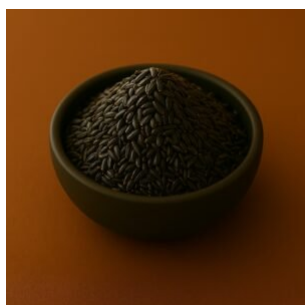
raddish leaves



Mountain spinach/ chakota



Mace



Niger



Chia seeds



Flax seeds



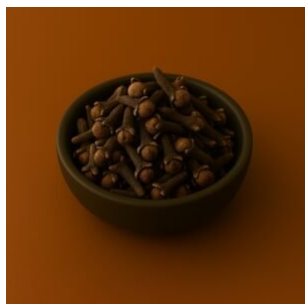
Amchur



Carom seeds/Ajwain



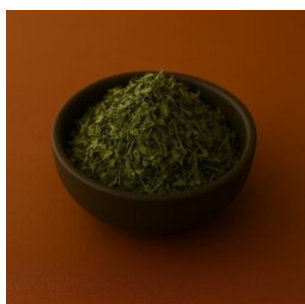
Cinnamom



Cloves



Garden cress/Alvi seeds



Kasuri Methi



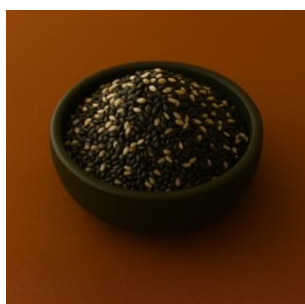
Nigella



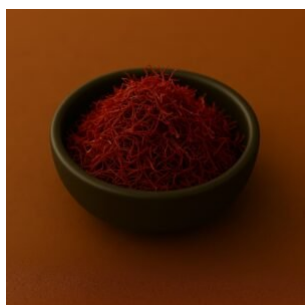
Poppy seeds



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!



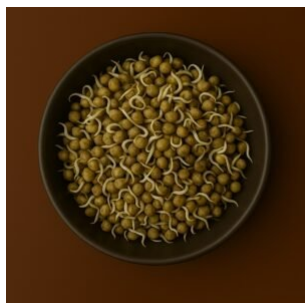
Wheat



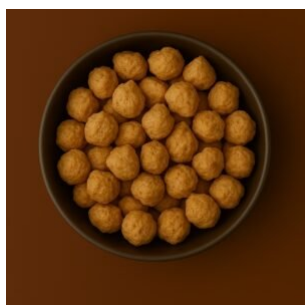
Urad papad



**Sweets and
confectionaries**



Sprouts



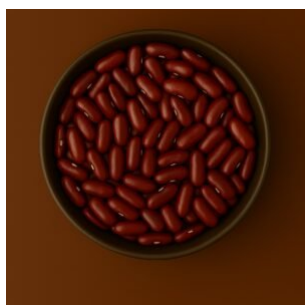
Soya chunks



SoyA



Sea Food



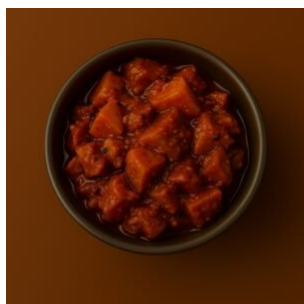
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



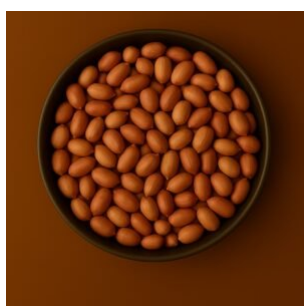
Masala chai



Instant coffee



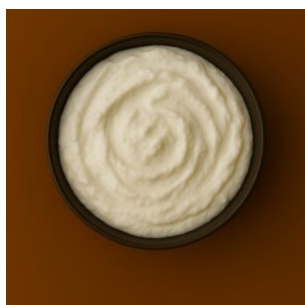
**Highly processed
and preserved
food**



Peanut/Groundnut



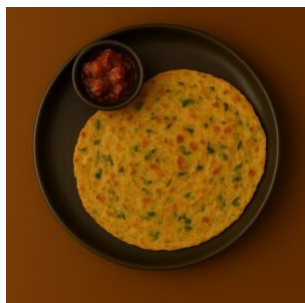
Dosa



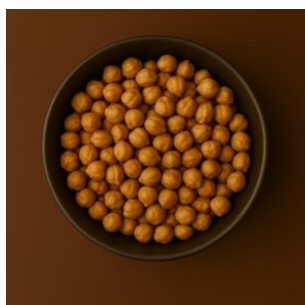
Curd



Cheese



Cheela



Channa



Bajra



egg



Ragi



Jowar



Sugarcane