

Check our menu

P15

(South Indian)

- breakfast



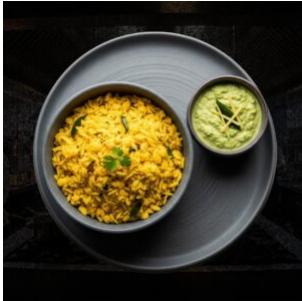
Broken Rice porridge

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



[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



Sabudana Khichdi

Warmth, texture, and quiet satisfaction with every bite



RAVA IDLI

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

- 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



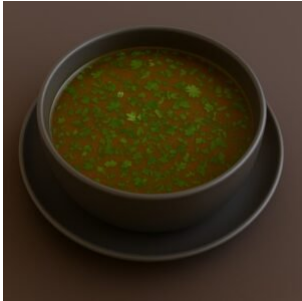
[sattvic sambar](#)

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.



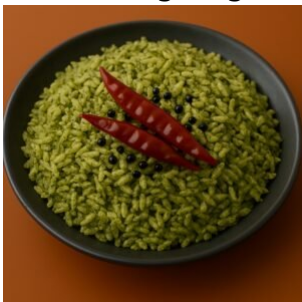
[Sunberry rasam\(Manathakkali Keerai\)](#)

Soothing for digestion and hydration.



[coriander rice](#)

Refreshing, digestive-friendly comfort food



[curry leaf rice](#)

Fragrance, nutrition, and simplicity in a single bowl



Carrot Rice

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



puliogre

South Indian treasure that delights the senses and satisfies the soul



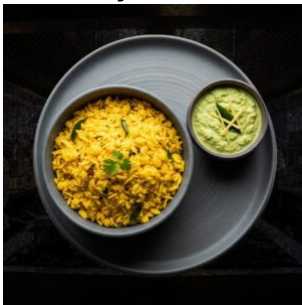
Broken Rice porridge

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



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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



Pumpkin Soup

Deeply grounding, nourishing, and perfect for all doshas



Lemon Coriander Soup

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



Butterfly Blue Pea Flower Tea

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



green tea

Sattvic tonic rather than a stimulant



Cinnamon Clove Tea

Herbal infusion

to consume

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



DRAGON FRUIT



KIWI



Mango



Papaya



Pomegranate



Small Elakki Banana

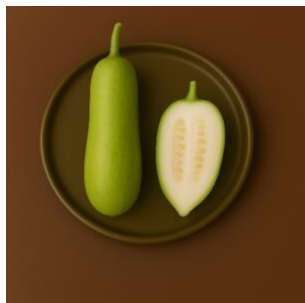


Muskmelon

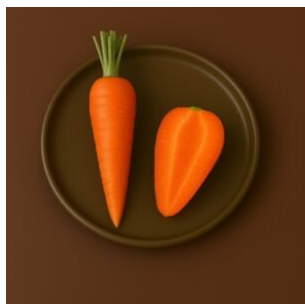
*** Consume the above fruits only during their natural growing season**



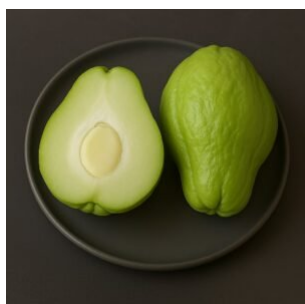
Ash gourd



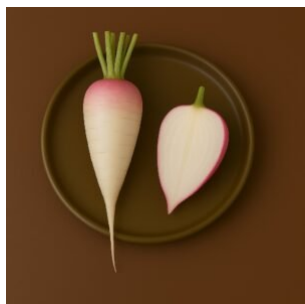
bottle gourd



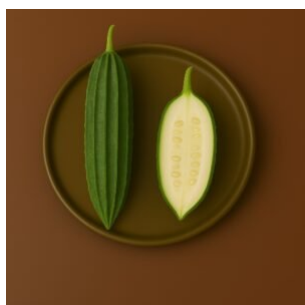
carrot



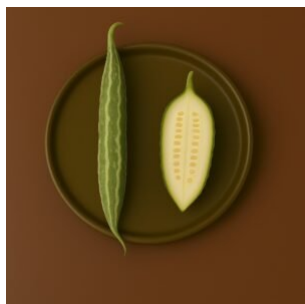
Chow chow



Radish



Ridge Gourd



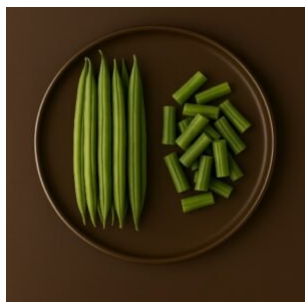
Snake Gourd



Flat Beans



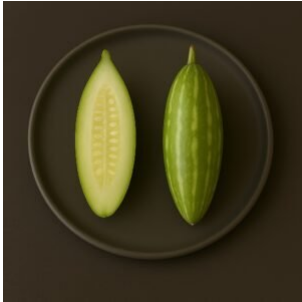
Onion



Beans



Ginger



Ivy gourd/ Cocinna



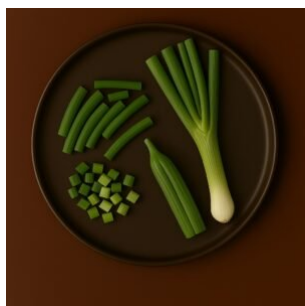
Disco Pumpkin



Okra/Ladies finger



Lemon



Spring Onion



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Asafoetida



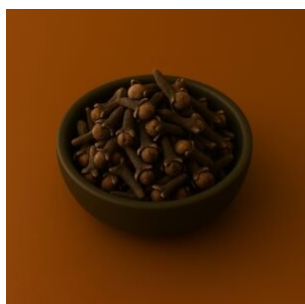
Bayleaf



Cardamom



Cinnamon



Cloves



Coriander seeds



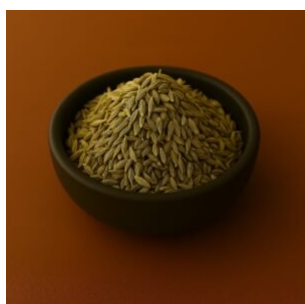
Fenugreek



Cumin seeds



Turmeric



Fennel seeds



Garden cress/Alvi seeds



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



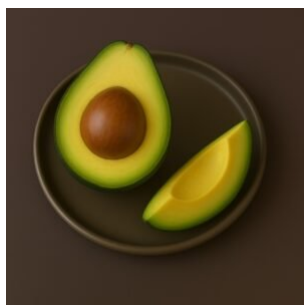
Groundnut Oil



Coconut Oil

to avoid

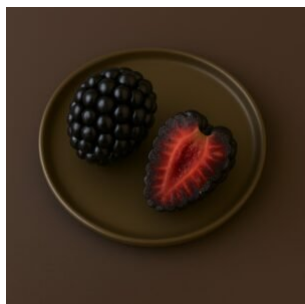
- Fruits
- vegetables
- green leaves
- spices
- Oils and Butter
- Others



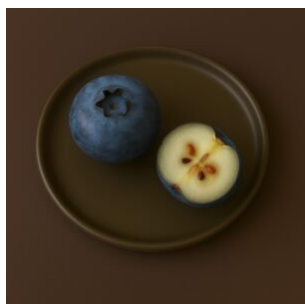
Avacado



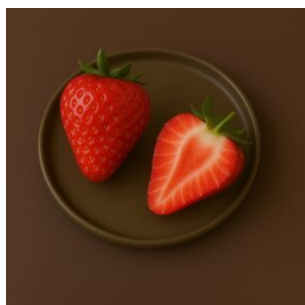
Apple



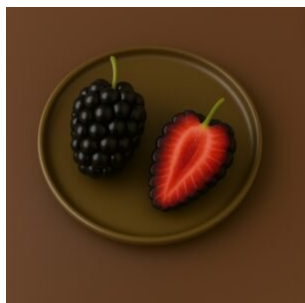
Blackberry



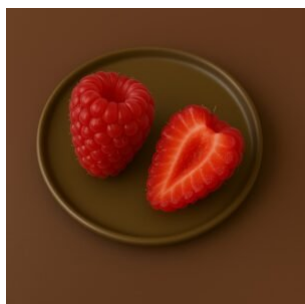
Blueberry



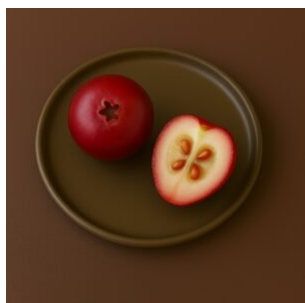
Strawberry



Mulberry



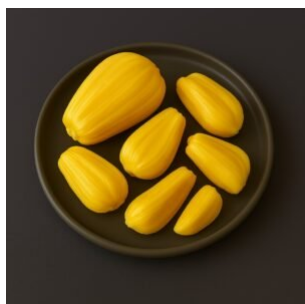
Raspberry



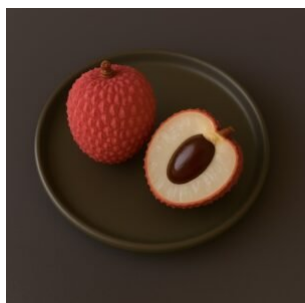
Cranberry



Cherry



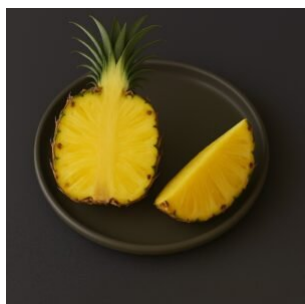
Jackfruit



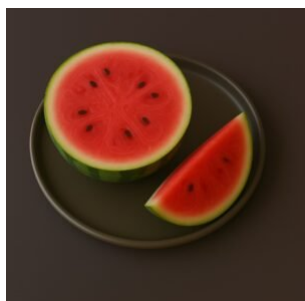
Litchi



Orange



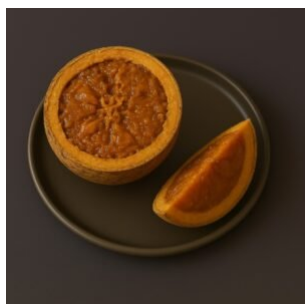
Pineapple



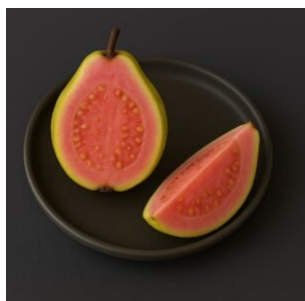
watermelon



Ice Apple



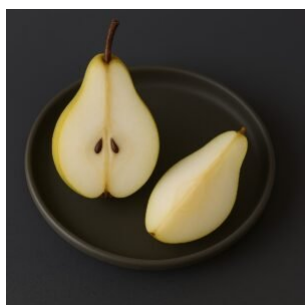
Wood apple



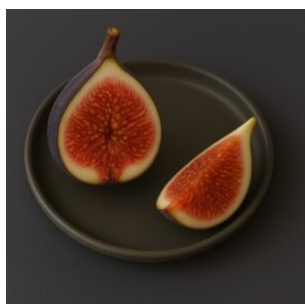
Guava



Jamun



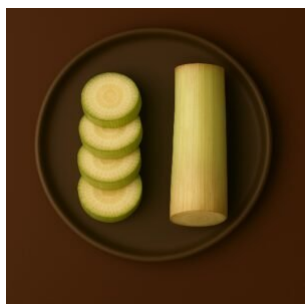
Pear



Fig



Mosambi



banana stem



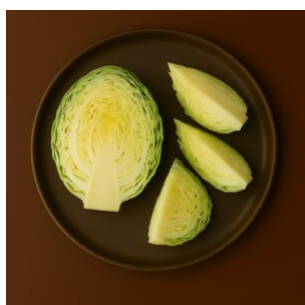
bitter gourd



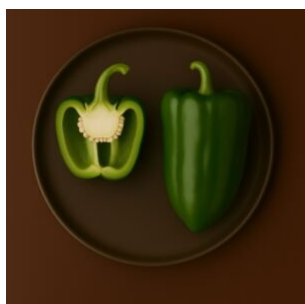
Brinjal



broccoli



cabbage



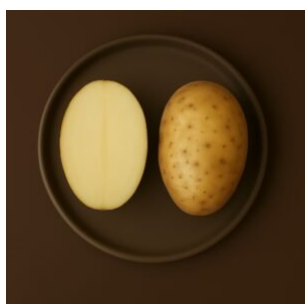
Capsicum



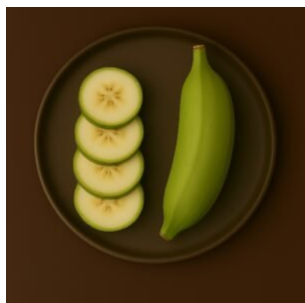
Cauliflower



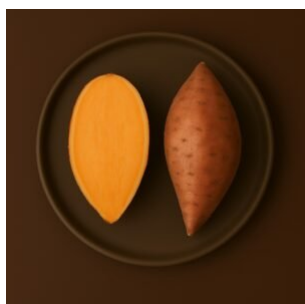
Garlic



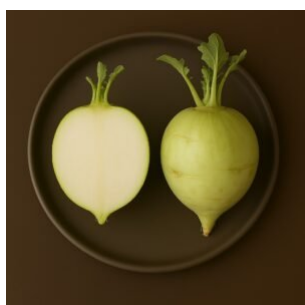
Potato



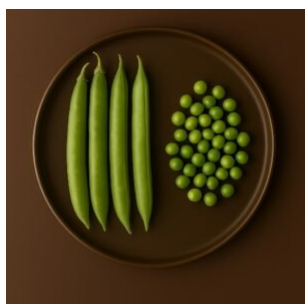
Raw banana



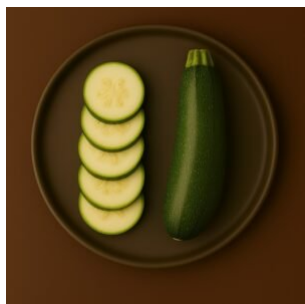
Sweet Potato



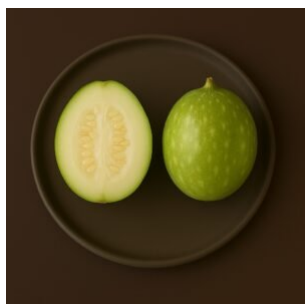
Turnip



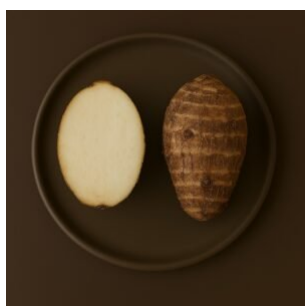
Peas



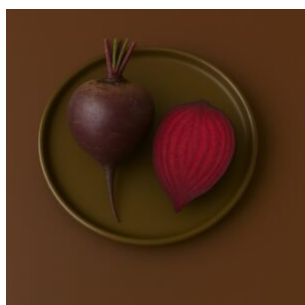
Zucchini



Tinda



Arbi



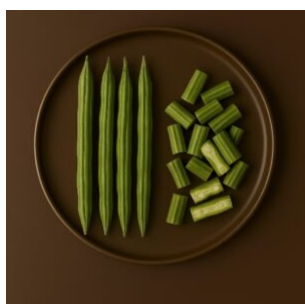
Beetroot



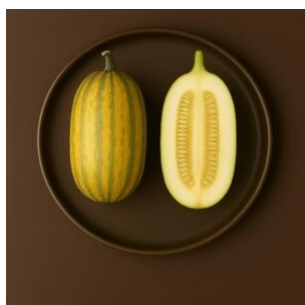
Tomato



Cluster Beans



Drumstick



Mangalore Cucumber



Corn



Chilli



Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Wild Amaranthus/ChiLikere



Indian Nettle/Kuppigida



Methi



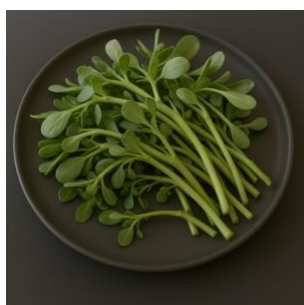
Palak



Sissoo spinach/ Hongone



Pudina



Purslane



Sunberry



Dil leaves



beetroot leaves



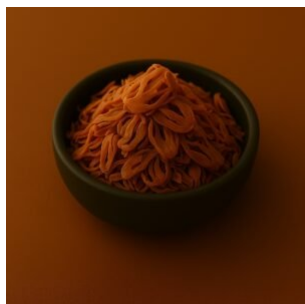
carrot leaves



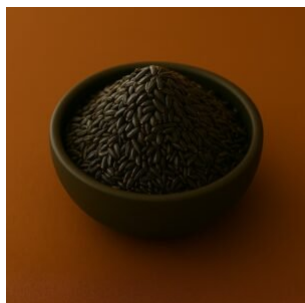
raddish leaves



Mountain spinach/ chakota



Mace



Niger



Chia seeds



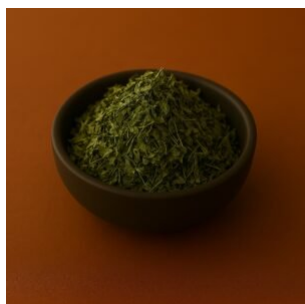
Flax seeds



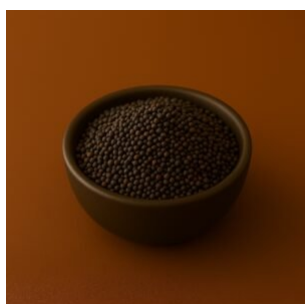
Amchur



Carom seeds/Ajwain



Kasuri Methi



Mustard



Nigella



Nutmeg



Pepper



Poppy seeds



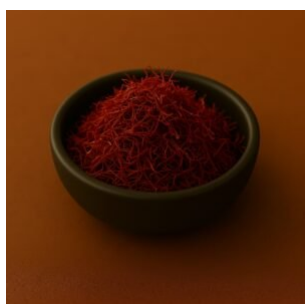
Red chilli powder



Star anise



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!



Basil Rosemary Thyme Infused Oil

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



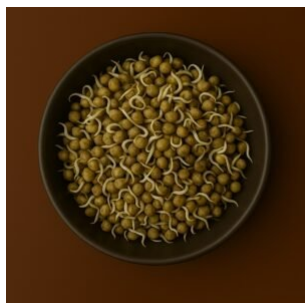
Wheat



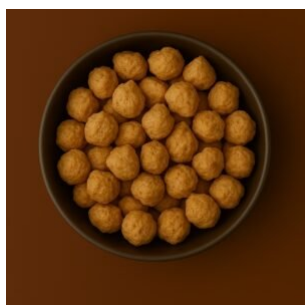
Urad papad



**Sweets and
confectionaries**



Sprouts



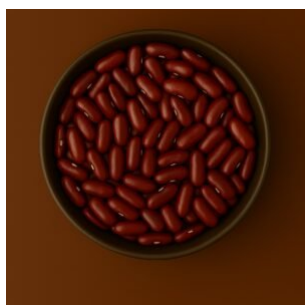
Soya chunks



Soya



Sea Food



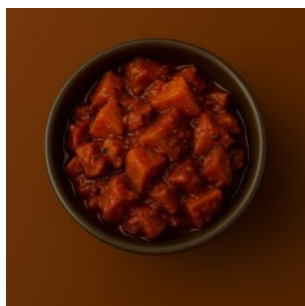
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



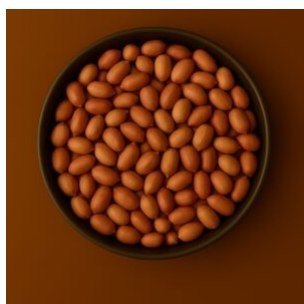
Masala chai



Instant coffee



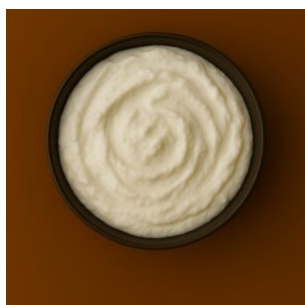
**Highly processed
and preserved
food**



Peanut/Groundnut



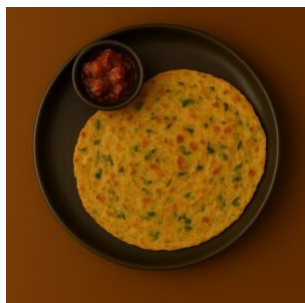
Dosa



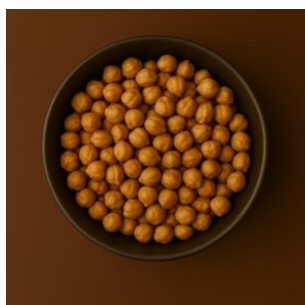
Curd



Cheese



Cheela



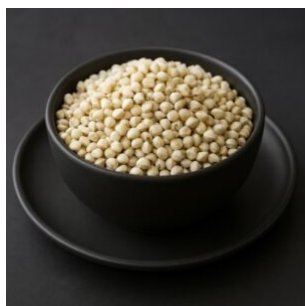
Channa



Bajra



egg



Jowar



Ragi



Sugarcane