

Check our menu

P18

(South Indian)

- breakfast



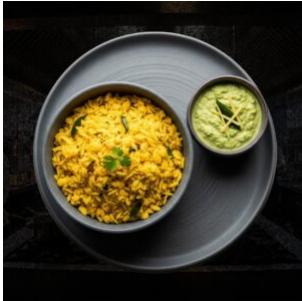
Broken Rice porridge

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



upma

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



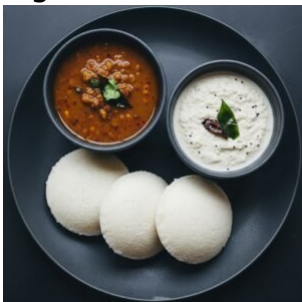
[poha](#)

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



[RAVA IDLI](#)

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



[Sabudana Khichdi](#)

Warmth, texture, and quiet satisfaction with every bite



[Jowar Rotti](#)

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

- 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.



[Lemon rasam](#)

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



[coriander rice](#)

Refreshing, digestive-friendly comfort food



[curry leaf rice](#)

Fragrance, nutrition, and simplicity in a single bowl



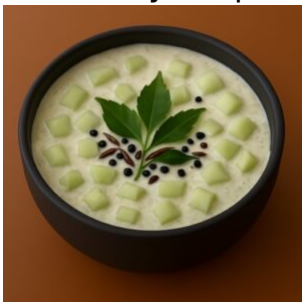
Beetroot Carrot Rice

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



Majjige Huli/Mor Kuzhambu

Grace any simple meal with its soulful depth



tambuli

Medicinal, minimalist, and deeply refreshing



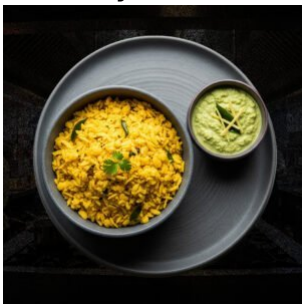
Broken Rice porridge

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



[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.



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



[Butterfly Blue Pea Flower Tea](#)

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



[green tea](#)

Sattvic tonic rather than a stimulant

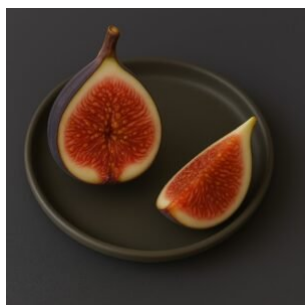
to consume

- Fruits

- vegetables
- green leaves
- spices
- Oils and Butter



DRAGON FRUIT



Fig



KIWI



Pomegranate



Small Elakki Banana



Mosambi

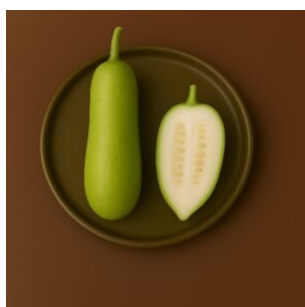


Muskmelon

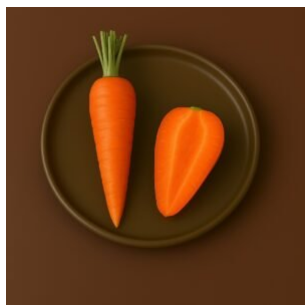
*** Consume the above fruits only during their natural growing season**



Ash gourd



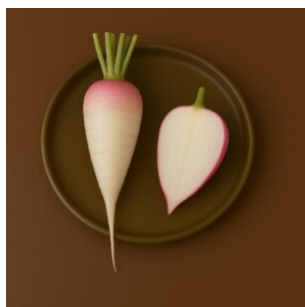
bottle gourd



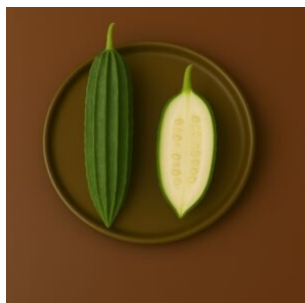
carrot



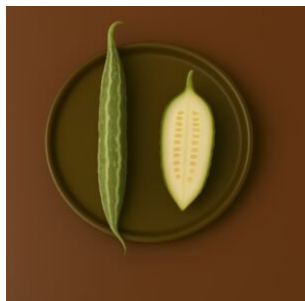
Chow chow



Radish



Ridge Gourd



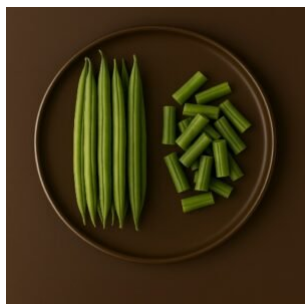
Snake Gourd



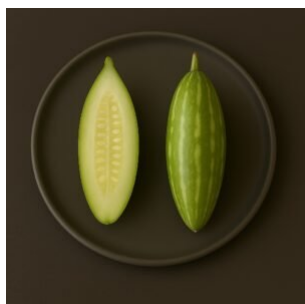
Flat Beans



Onion



Beans



Ivy gourd/ Cocinna

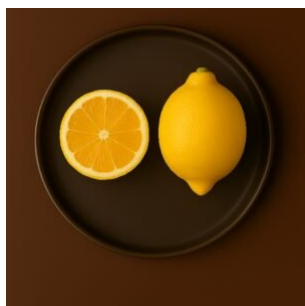


Bitter gourd

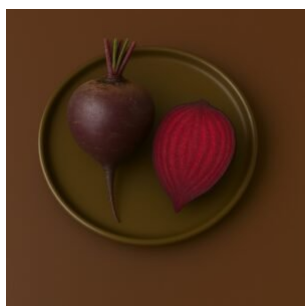
Cut and soaked overnight, steamed the next morning



Disco Pumpkin



Lemon



Beetroot



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Bayleaf



Cardamom



Coriander seeds



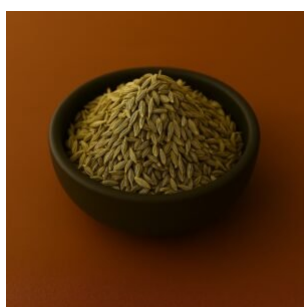
Fenugreek



Cumin seeds



Turmeric



Fennel seeds



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



Coconut Oil



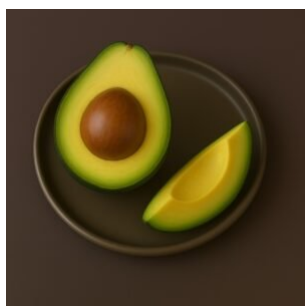
Basil Rosemary Thyme Infused Oil

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

to avoid

- Fruits

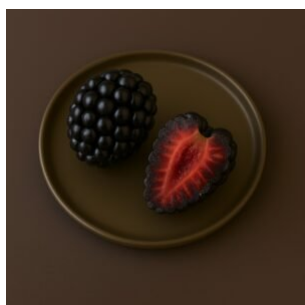
- vegetables
- green leaves
- spices
- Oils and Butter
- Others



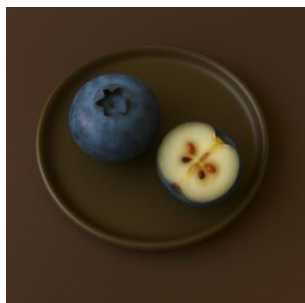
Avacado



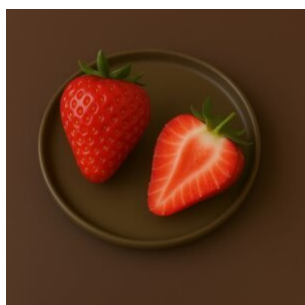
Apple



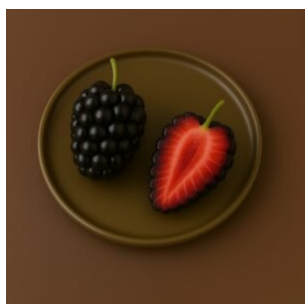
Blackberry



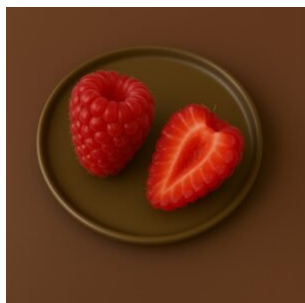
Blueberry



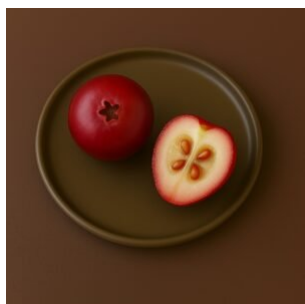
Strawberry



Mulberry



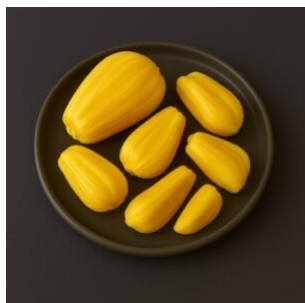
Raspberry



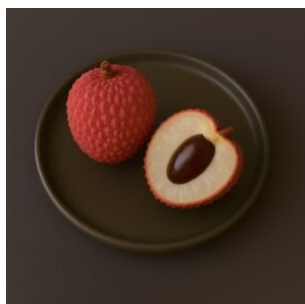
Cranberry



Cherry



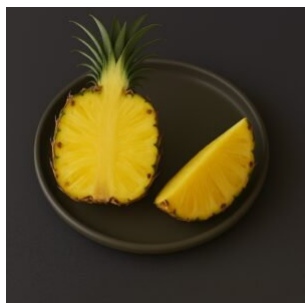
Jackfruit



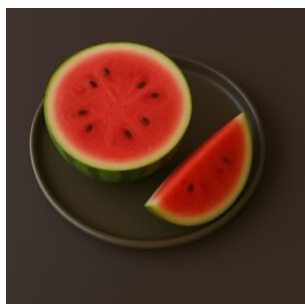
Litchi



Orange



Pineapple



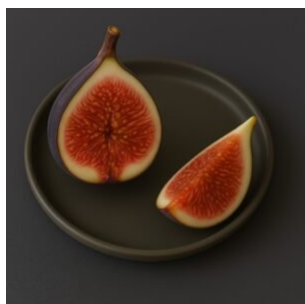
watermelon



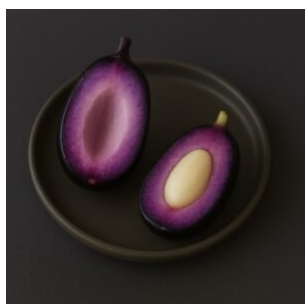
Ice Apple



Wood apple



Fig



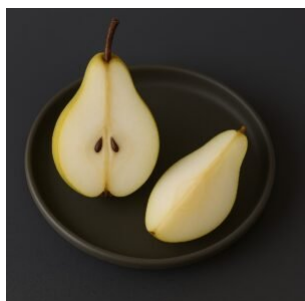
Jamun



Mango



Papaya



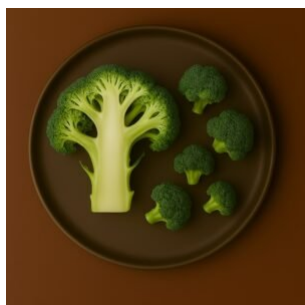
Pear



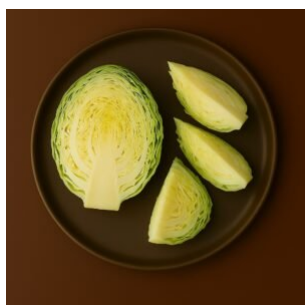
banana stem



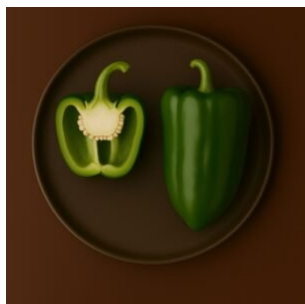
Brinjal



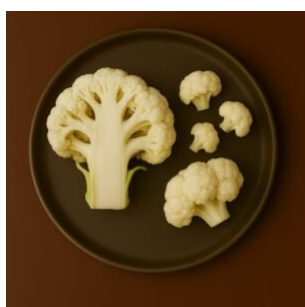
broccoli



cabbage



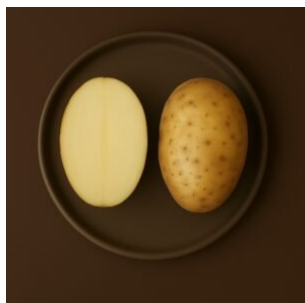
Capsicum



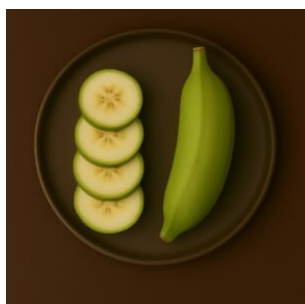
Cauliflower



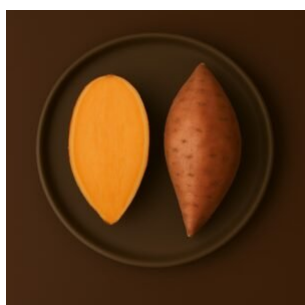
Garlic



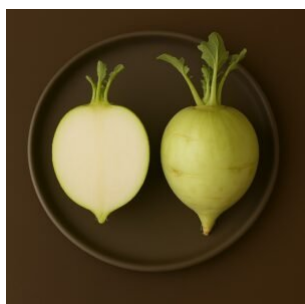
Potato



Raw banana



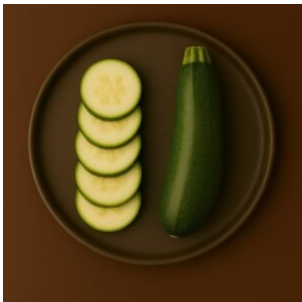
Sweet Potato



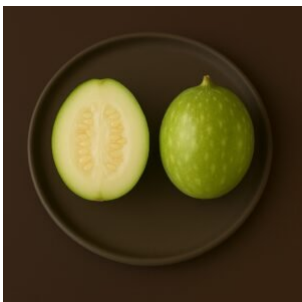
Turnip



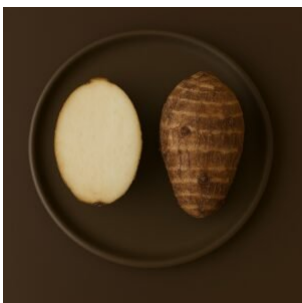
Peas



Zucchini



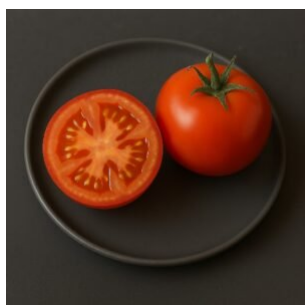
Tinda



Arbi



Okra/Ladies finger



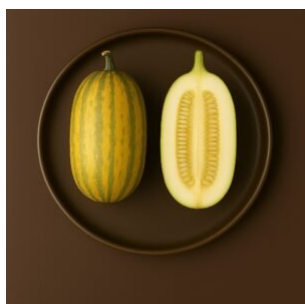
Tomato



Cluster Beans



Drumstick



**Mangalore
Cucumber**



Ginger



Chilli



Spring Onion



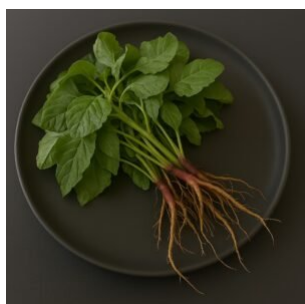
Corn



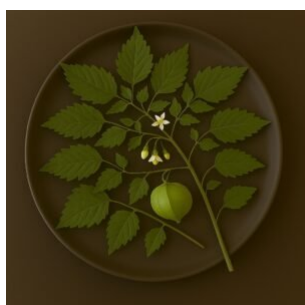
YAM



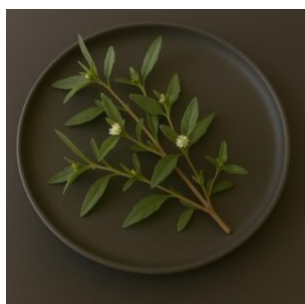
Amaranthus/Dantu



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



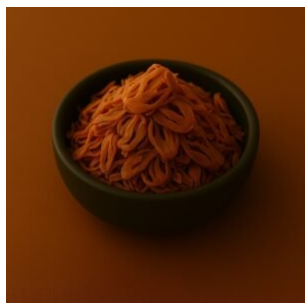
carrot leaves



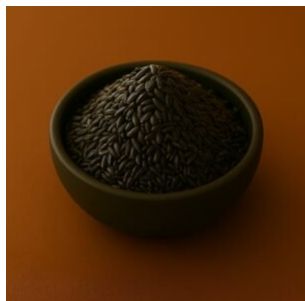
raddish leaves



Mountain spinach/ chakota



Mace



Niger



Chia seeds



Flax seeds



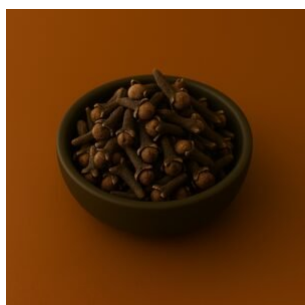
Amchur



Carom seeds/Ajwain



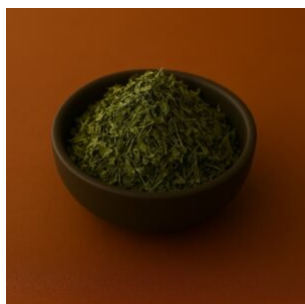
Cinnamon



Cloves



Garden cress/Alvi seeds



Kasuri Methi



Nigella



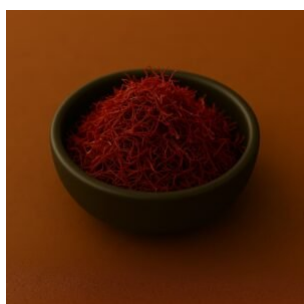
Poppy seeds



Red chilli powder



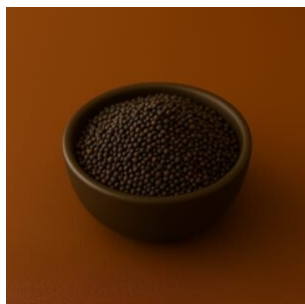
Black and White Sesame



Saffron



Tamrind



Mustard



Asafoetida



Nutmeg



Pepper



Star anise



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



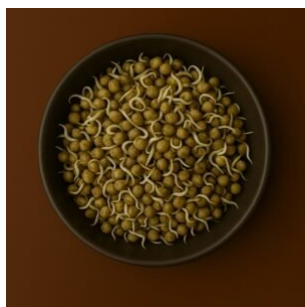
Wheat



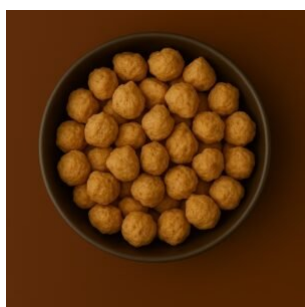
Urad papad



**Sweets and
confectionaries**



Sprouts



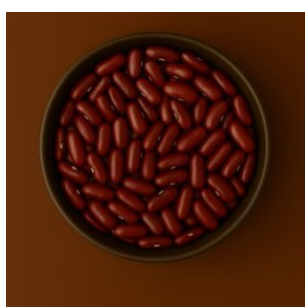
Soya chunks



Soya



Sea Food



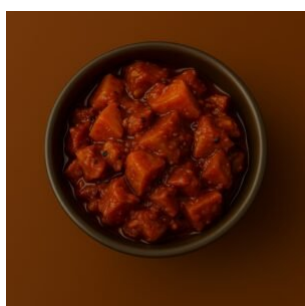
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



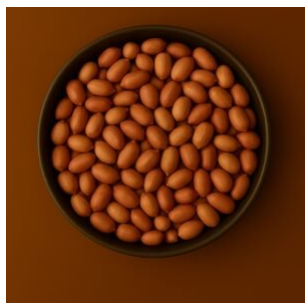
Masala chai



Instant coffee



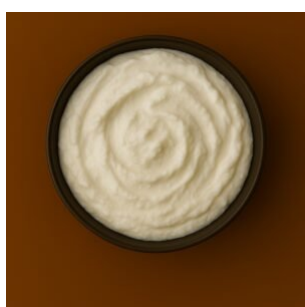
**Highly processed
and preserved
food**



Peanut/Groundnut



Dosa



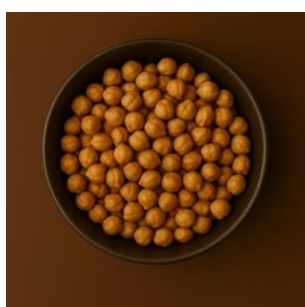
Curd



Cheese



Cheela



Channa



Bajra



egg



Ragi



Sugarcane