

Check our menu

P20

(North Indian)

- breakfast



Ragi porridge

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



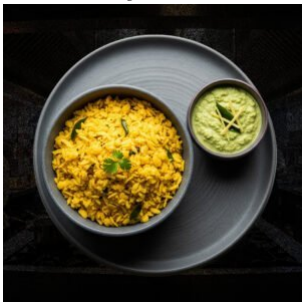
Broken Rice porridge

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



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



Sabudana Khichdi

Warmth, texture, and quiet satisfaction with every bite



Ragi Rotti

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



Jowar Rotti

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



Sooji ka Cheela

Gentle on digestion and packed with flavour



[Rava khichdi](#)

Gentle on digestion and packed with flavour

- lunch
- Dinner



[jeera ghee rice](#)

Light, sattvic, yet deeply nourishing experience



[pulav](#)

Grace any simple meal with its soulful depth



[Dal Khichdi with Masoor or Moong Dal](#)

Soulful Simmer



[vegetable biryani](#)

Zingy, earthy, and heartwarming



[Jowar Rotti](#)

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



Ragi Rotti

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



BHindi Masala

Low-spice masala sabzi lets the natural sweetness and texture of bhindi shine



Bharwa Bhindi

Filled with a delicately spiced mixture and sautéed to perfection



Beans carrot sabzi

Lightly spiced, easy to digest, and deeply nourishing



Kashmiri Pulav

Subtle sweetness, warm spices, and vibrant garnish of dry fruits



Methi Pulav

Ideal for light lunches or healing days



Sattvic Veg Kadai

Easy-to-digest vegetables wrapped in a gentle, spiced tomato base



Green Moong Dal

Hearty curry perfect for daily nourishment



Sattvic Veg Handi

Gentle, nourishing gravy.



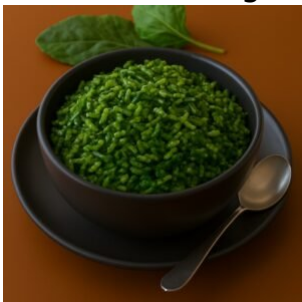
Kaddu Ki Sabzi

Calming, nourishing, and balancing properties—especially for Pitta and Vata doshas.



Lauki Ki Sabzi

Sattvic, calming, and digestion-friendly meal.



Palak Rice (Not on rainy days)

Sattvic, calming, and digestion-friendly meal.



Palak saag (Not on rainy days)

Gravy that brings together soft, wilted greens and mild spices.



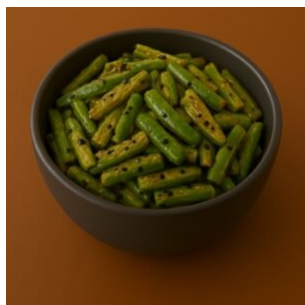
Methi Dal

Spiced dal infused with the goodness of fresh fenugreek leaves .



Masoor Dal

Rustic, earthy, and deeply satisfying.



Tindora Tadka

Supports digestion while delivering a deliciously creamy texture.



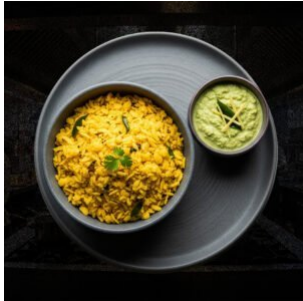
Bhindi Do Pyaza

Support digestion while retaining the richness of taste and texture.



Broken Rice porridge

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



[poha](#)

Humbled breakfast with flattened rice



[Rava khichdi](#)

Gentle on digestion and packed with flavour



[Carrot Beans Soup](#)

Fragrance, nutrition, and simplicity in a single bowl

- 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



Carrot Ginger Soup

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



Steeped Lemon Tea

Provides balance, hydration, and digestive ease.



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



Green Tea

Sattvic tonic rather than a stimulant



Steeped ginger Lemon tea

Soothes the stomach, kindles digestion



Steeped black TEA

lightness and mental clarity



Black Coffee

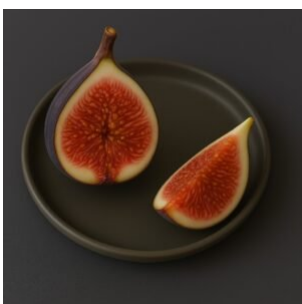
Boosts alertness, rich in antioxidants, aids focus, and energy.

To Consume

- fruits
- Vegetables
- green leaves
- spices
- Oils and Butter



Dragon fruit



fig



Guava



Kiwi



Pomegranate



Small elakki banana



Mosambi



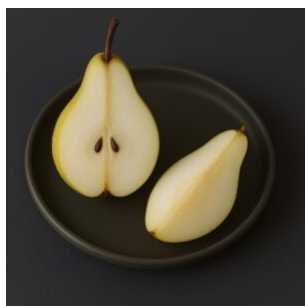
Jamun



Mango



Papaya

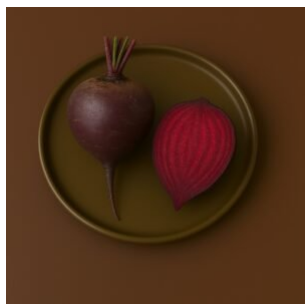


Pear

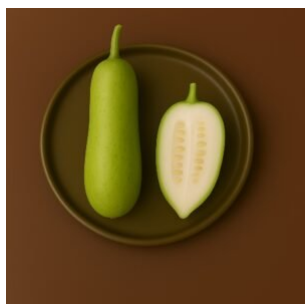
*** Consume the above fruits only during their natural growing season**



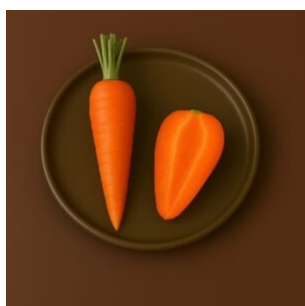
Ash Gourd



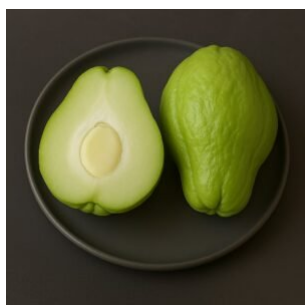
Beetroot



bottle Gourd



carrot



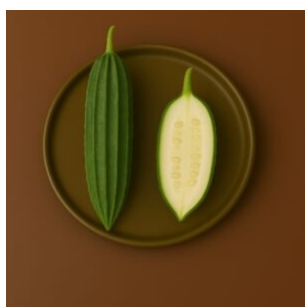
Chow chow



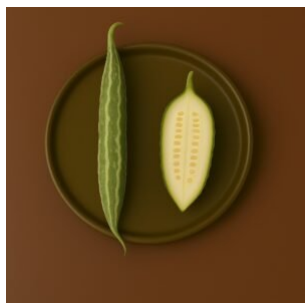
Okra/ Ladies finger



Disco Pumpkin



ridge Gourd



snake Gourd



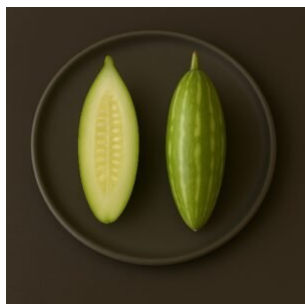
cluster beans



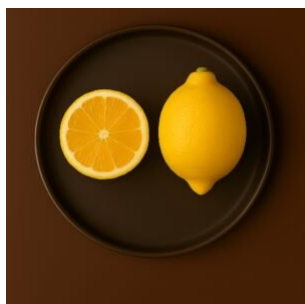
Flat beans



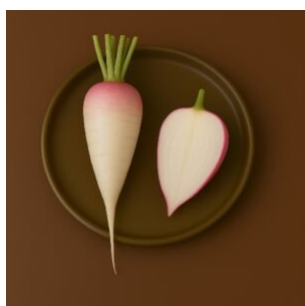
onion



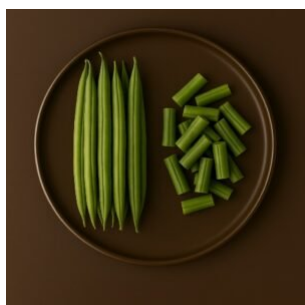
ivy gourd



Lemon



radish



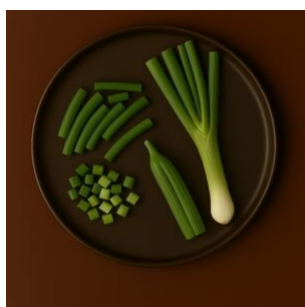
beans



ginger



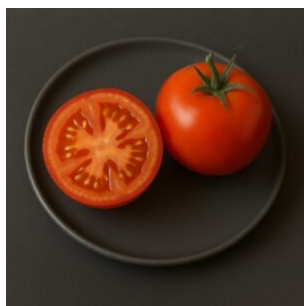
Chilli



Spring Onion



YAM



tomato



Dil leaves



Methi



Palak



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Bayleaf



Cardamom



Cinnamon



Coriander seeds



Fenugreek



Cumin seeds



Pepper



Turmeric



Fennel seeds



Amchur



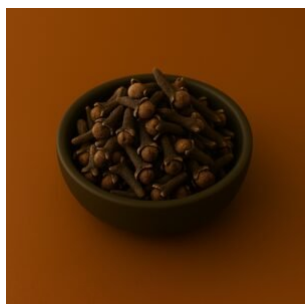
Tamrind



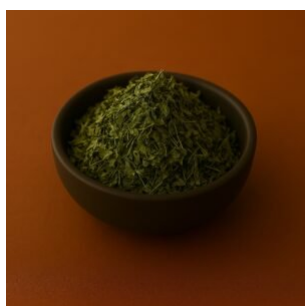
Asafoetida



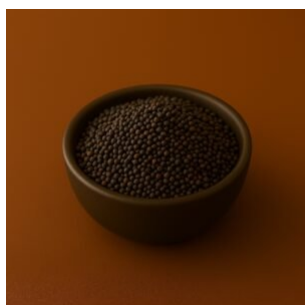
Carom seeds/Ajwain



Cloves



Kasuri Methi



Mustard



Nigella



Nutmeg



Poppy seeds



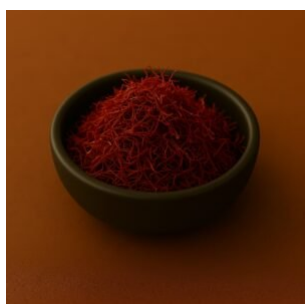
Red chilli powder



Star anise



Black and White Sesame



Saffron



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



Groundnut Oil



Coconut Oil



Basil Rosemary Thyme Infused Oil

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

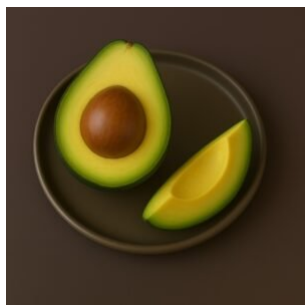


Olive Oil

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

to avoid

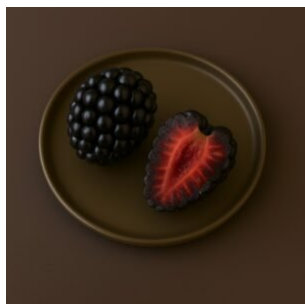
- Fruits
- vegetables
- green leaves
- spices
- Oils and Butter
- Others



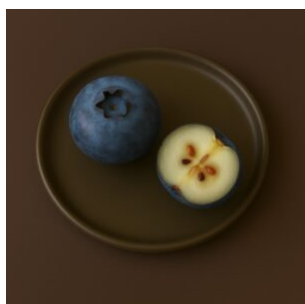
Avacado



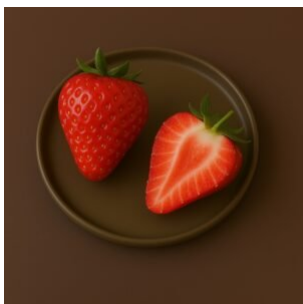
Apple



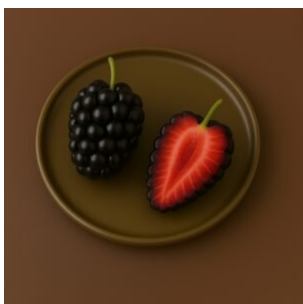
Blackberry



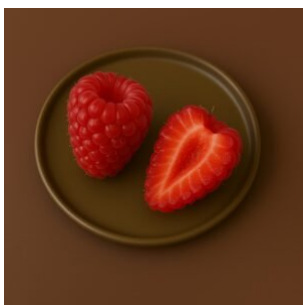
Blueberry



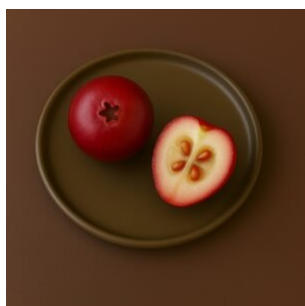
Strawberry



Mulberry



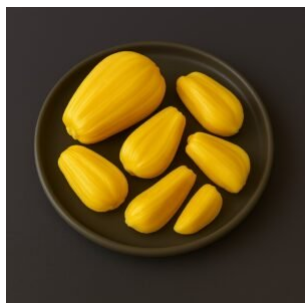
Raspberry



Cranberry



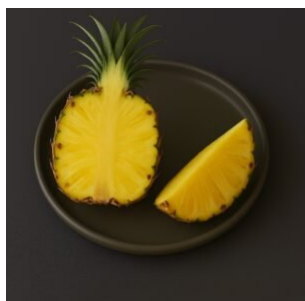
Cherry



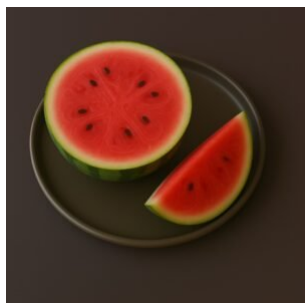
Jackfruit



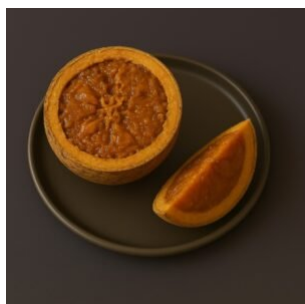
Orange



Pineapple



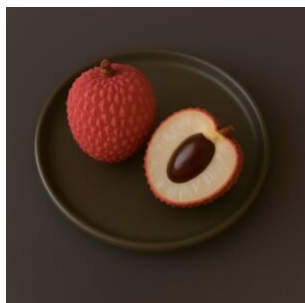
watermelon



Wood apple



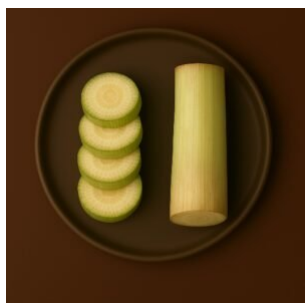
Ice apple



Litchi



Muskmelon



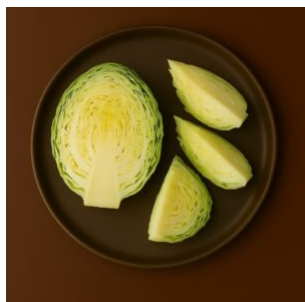
banana stem



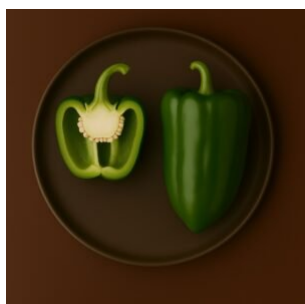
Brinjal



broccoli



cabbage



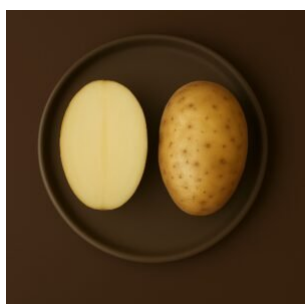
Capsicum



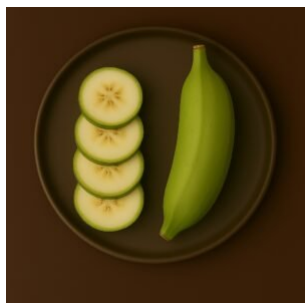
Cauliflower



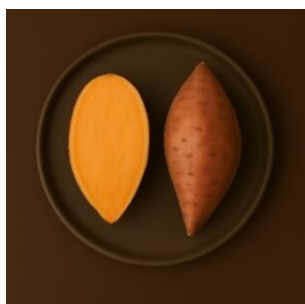
Garlic



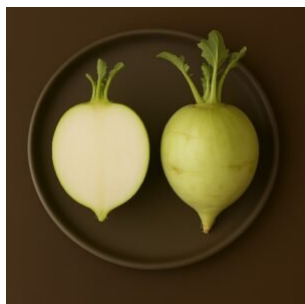
Potato



Raw banana



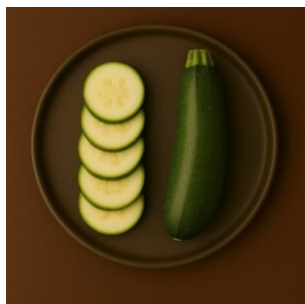
Sweet Potato



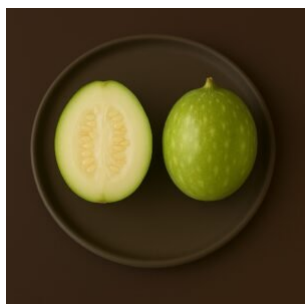
Turnip



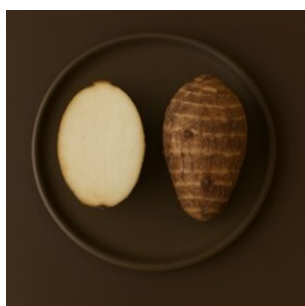
Peas



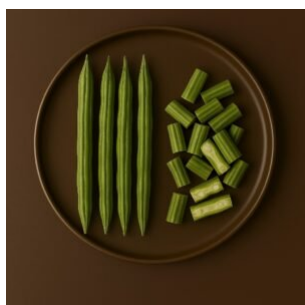
Zucchini



Tinda



Arbi

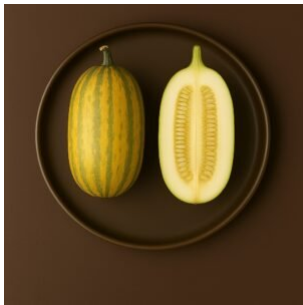


drumstick



Bitter Gourd

Cut and soaked overnight, steamed the next morning



mangalore cucumber



Corn



beetroot leaves



carrot leaves



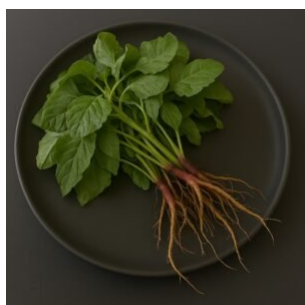
raddish leaves



Mountain spinach/ chakota



Amaranthus/Dantu



Amaranthus tristis/Arave



Bramhi



Wild Amaranthus/ChiLikere



Balloon Vine/ Agni balli



Bhringaraja



Indian Nettle/Kuppigida



Sunberry



Sissoo spinach/ Hongone



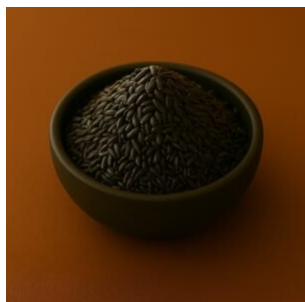
Pudina



Purslane



Mace



Niger



Chia seeds



Flax seeds



Garden cress/Alvi 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



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!



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!



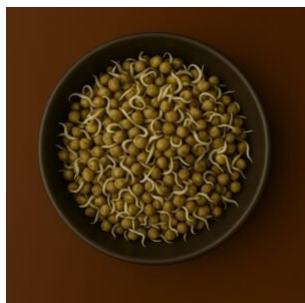
Wheat



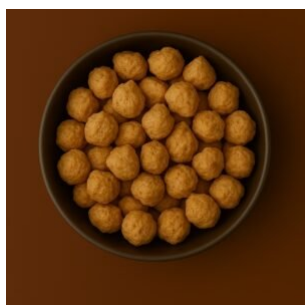
Urad papad



**Sweets and
confectionaries**



Sprouts



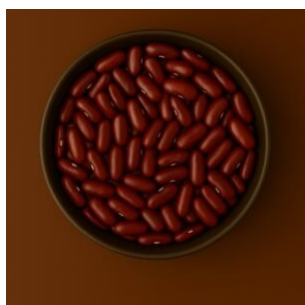
Soya chunks



Soya



Sea Food



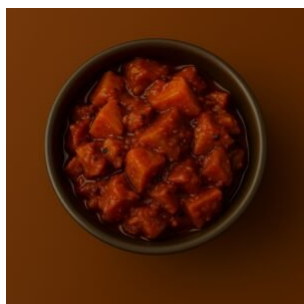
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



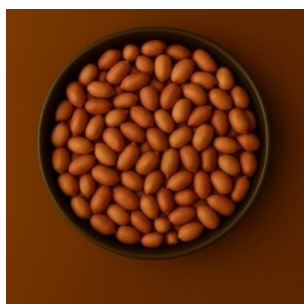
Masala chai



Instant coffee



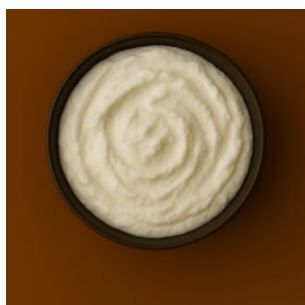
**Highly processed
and preserved
food**



Peanut/Groundnut



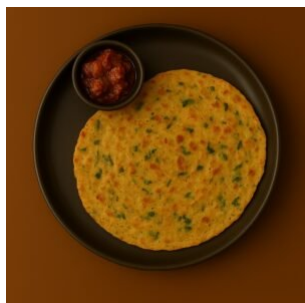
Dosa



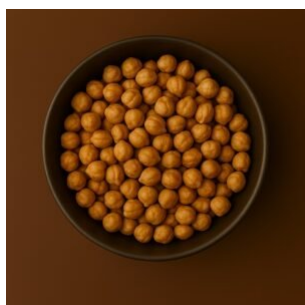
Curd



Cheese



Cheela



Channa



Bajra



egg



Sugarcane