

Check our menu

P23

(North Indian)

- breakfast



Ragi porridge

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



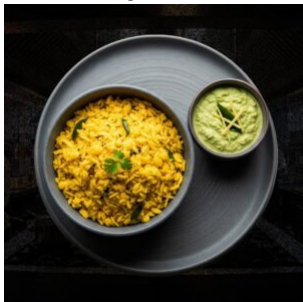
Broken Rice porridge

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



Jowar Rotti

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



Rava khichdi

Gentle on digestion and packed with flavour



BARley porridge

Warming for Vata, light for Kapha, and cooling enough for Pitta

- 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



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



Sattvic Veg Kadai

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



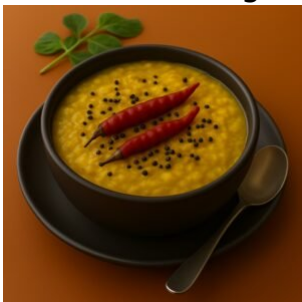
Kaddu Ki Sabzi

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



Lauki Ki Sabzi

Sattvic, calming, and digestion-friendly meal.



Methi Dal

Spiced dal infused with the goodness of fresh fenugreek leaves .



Masoor Dal

Rustic, earthy, and deeply satisfying.



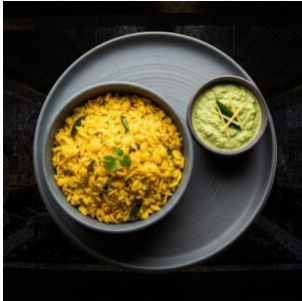
Bhindi Do Pyaza

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



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



Jasmine Tea

Calms the senses and lifts the spirit



Green Tea

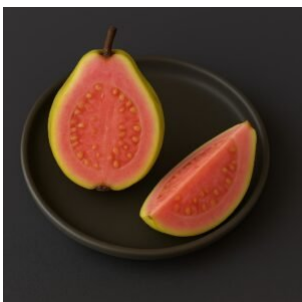
Sattvic tonic rather than a stimulant

To Consume

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



Dragon fruit



Guava



Kiwi



Pomegranate

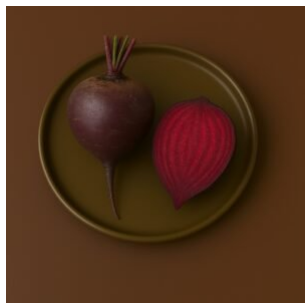


Small elakki banana

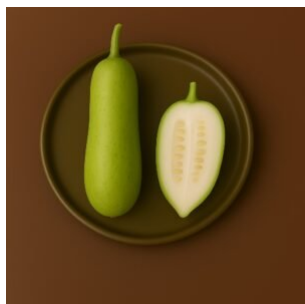
*** Consume the above fruits only during their natural growing season**



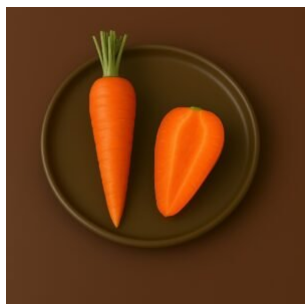
Ash Gourd



Beetroot



bottle Gourd



carrot



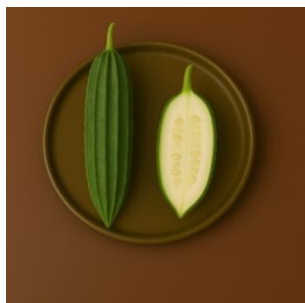
Chow chow



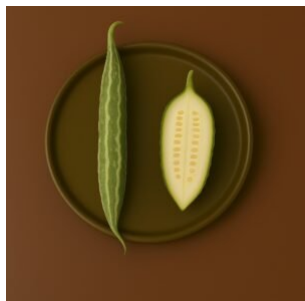
**Okra/
Ladies finger**



Disco Pumpkin



ridge Gourd



snake Gourd



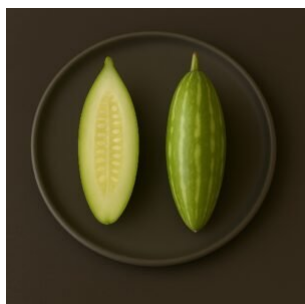
cluster beans



Flat beans



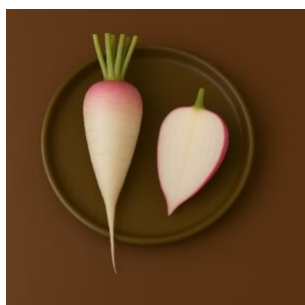
onion



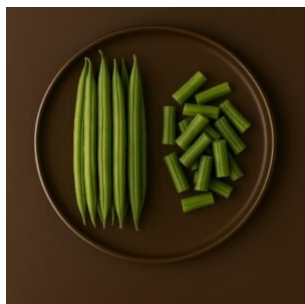
ivy gourd



Lemon



radish



beans



Methi



Coriander



curry leaves

*** Avoid Green leaves during rainy season**



Bayleaf



Cardamom



Coriander seeds



Fenugreek



Cumin seeds



Pepper



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!

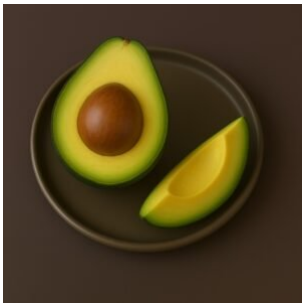


Olive Oil

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

to avoid

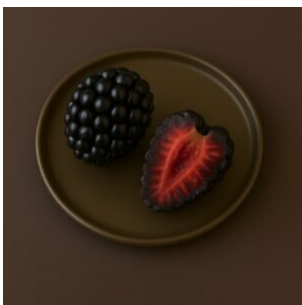
- Fruits
- vegetables
- green leaves
- spices
- Oils and Butter
- Others



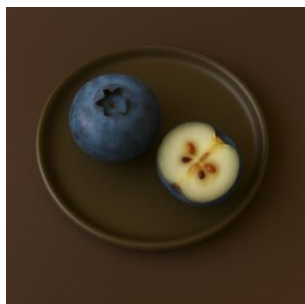
Avacado



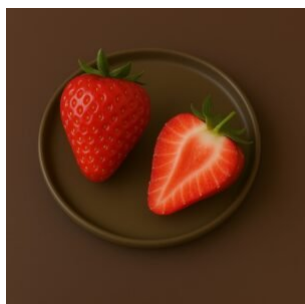
Apple



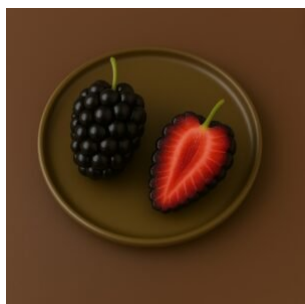
Blackberry



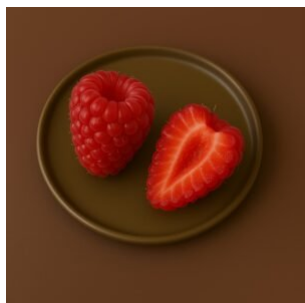
Blueberry



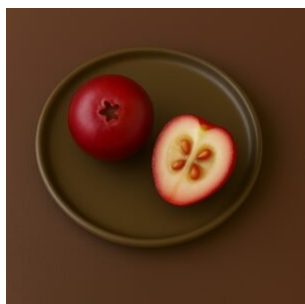
Strawberry



Mulberry



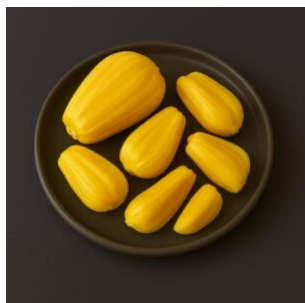
Raspberry



Cranberry



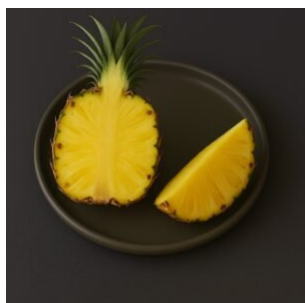
Cherry



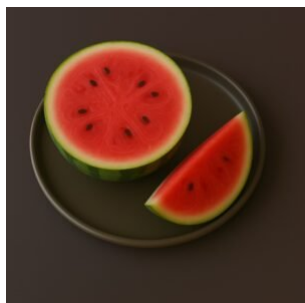
Jackfruit



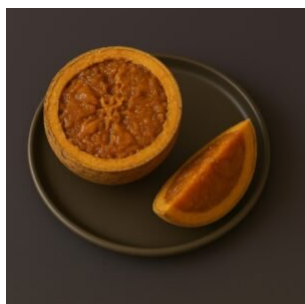
Orange



Pineapple



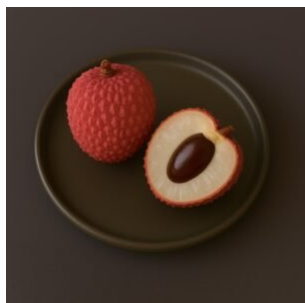
watermelon



Wood apple



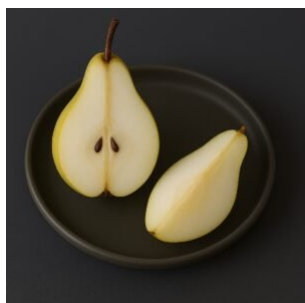
Ice apple



Litchi



Muskmelon



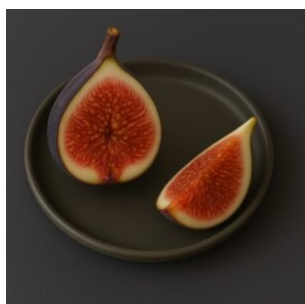
Pear



Mosambi



Jamun



fig



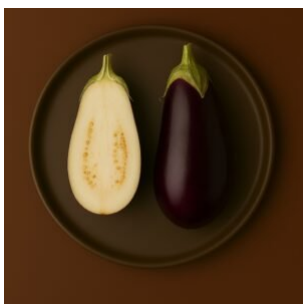
Mango



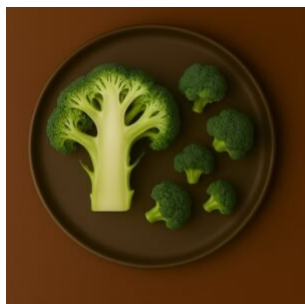
Papaya



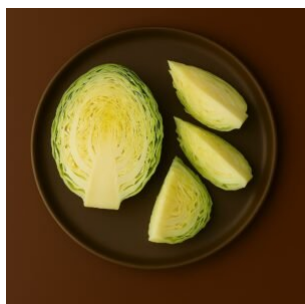
banana stem



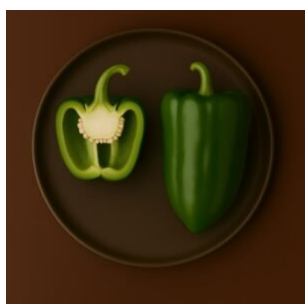
Brinjal



broccoli



cabbage



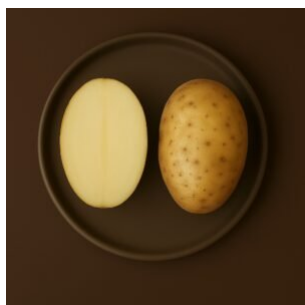
Capsicum



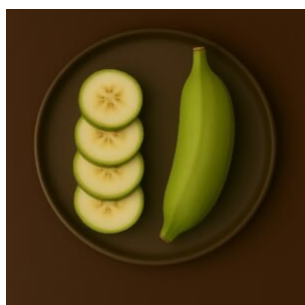
Cauliflower



Garlic



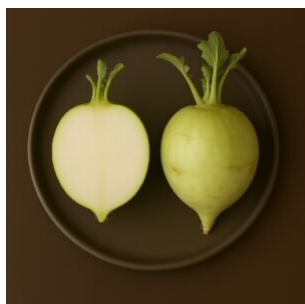
Potato



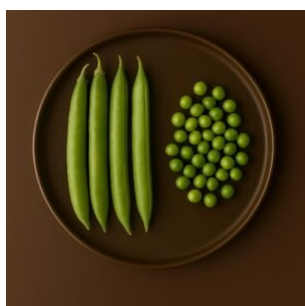
Raw banana



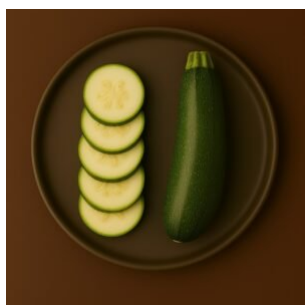
Sweet Potato



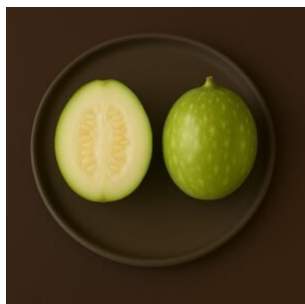
Turnip



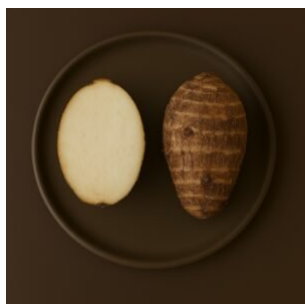
Peas



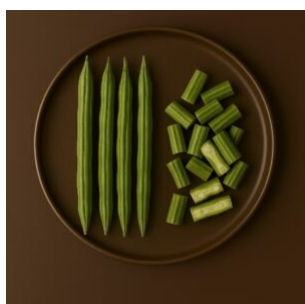
Zucchini



Tinda



Arbi



drumstick



Bitter Gourd

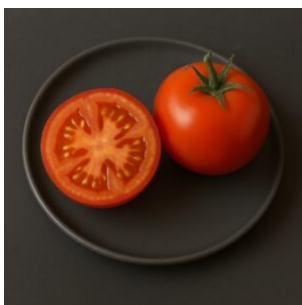
Cut and soaked overnight, steamed the next morning



mangalore cucumber



Corn



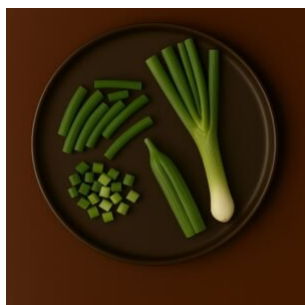
tomato



ginger



Chilli



Spring Onion



YAM



beetroot leaves



carrot leaves



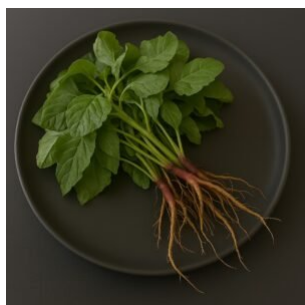
raddish leaves



**Mountain spinach/
chakota**



Amaranthus/Dantu



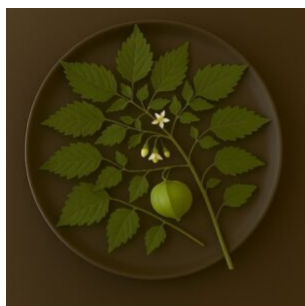
Amaranthus tristis/Arave



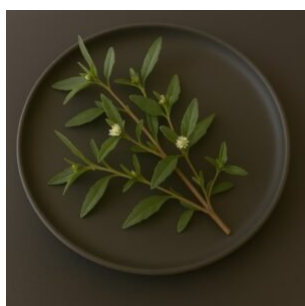
Bramhi



Wild Amaranthus/ChiLikere



Balloon Vine/ Agni balli



Bhringaraja



Indian Nettle/Kuppigida



Sunberry



Sissoo spinach/ Hongone



Pudina



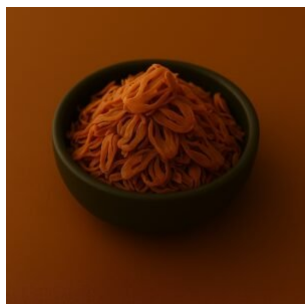
Purslane



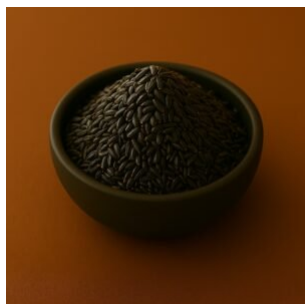
Dill leaves



Palak



Mace



Niger



Black and White Sesame



Amchur



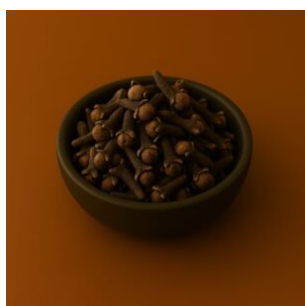
Tamrind



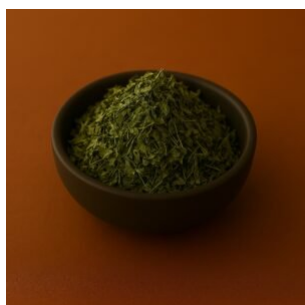
Asafoetida



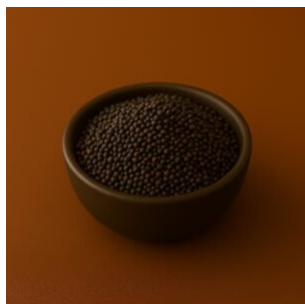
Carom seeds/Ajwain



Cloves



Kasuri Methi



Mustard



Nigella



Nutmeg



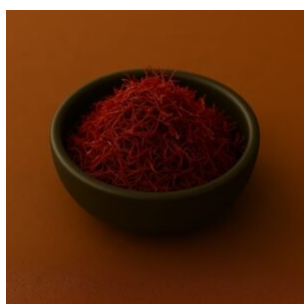
Poppy seeds



Red chilli powder



Star anise



Saffron



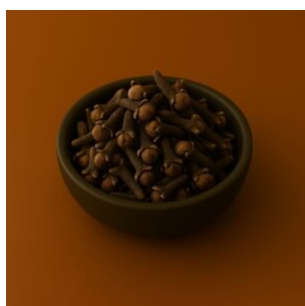
Garden cress/Alvi seeds



Flax seeds



Chia seeds



Cloves



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!



Groundnut Oil



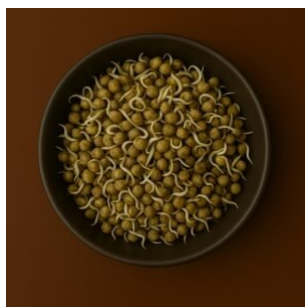
Wheat



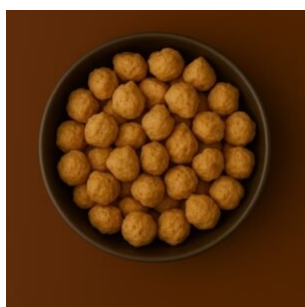
Urad papad



**Sweets and
confectionaries**



Sprouts



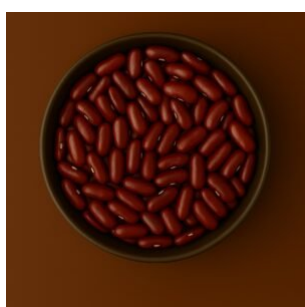
Soya chunks



Soya



Sea Food



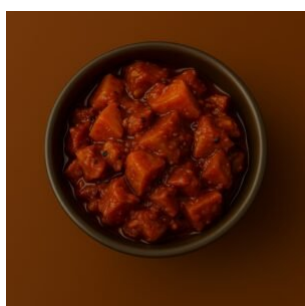
Rajma



Puffed Rice



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



Pickle



Panner



Milk



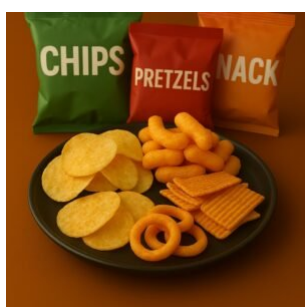
Meat



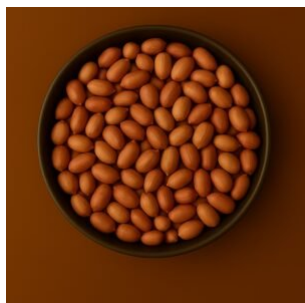
Masala chai



Instant coffee



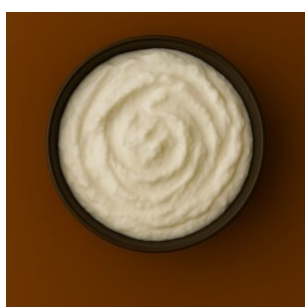
**Highly processed
and preserved
food**



Peanut/Groundnut



Dosa



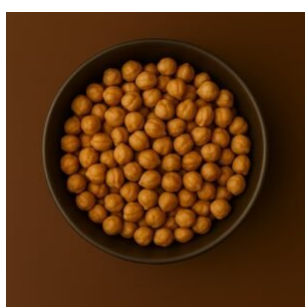
Curd



Cheese



Cheela



Channa



Bajra



egg



Sugarcane