Check our menu

P27

(North Indian)

- breakfast



Ragi porridge

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



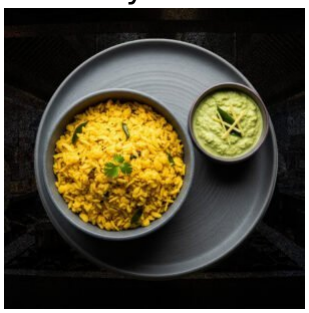
Broken Rice porridge

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



Jowar Rotti

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



Rava khichdi

Gentle on digestion and packed with flavour

- lunch
- Dinner



jeera ghee rice

Light, sattvic, yet deeply nourishing experience



Dal Khichdi with Masoor or Moong Dal

Soulful Simmer



Jowar Rotti

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



Beans carrot sabzi

Lightly spiced, easy to digest, and deeply nourishing



Kaddu Ki Sabzi

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



Lauki Ki Sabzi

Sattvic, calming, and digestion-friendly meal.



pulav

Grace any simple meal with its soulful depth



vegetable biryani

Zingy, earthy, and heartwarming



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



Green Tea

Sattvic tonic rather than a stimulant

To Consume

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



Dragon fruit



Kiwi



Pomegranate

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



Ash Gourd



Beetroot



bottle Gourd



carrot



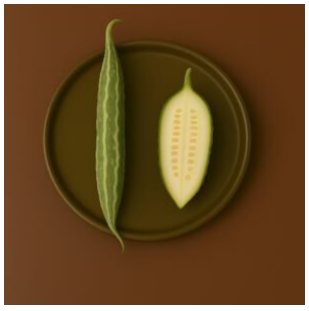
Chow chow



Disco Pumpkin



ridge Gourd



snake Gourd



cluster beans



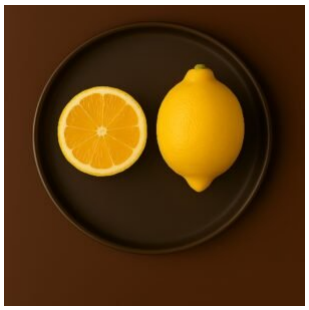
Flat beans



onion



ivy gourd



Lemon



radish



beans



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

to avoid

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



Avacado



Apple



Blackberry



Blueberry



Strawberry



Mulberry



Rasberry



Cranberry



Cherry



Jackfruit



Orange



Pineapple



watermelon



Wood apple



Ice apple



Litchi



Muskmelon



Pear



Mosambi



Jamun



fig



Mango



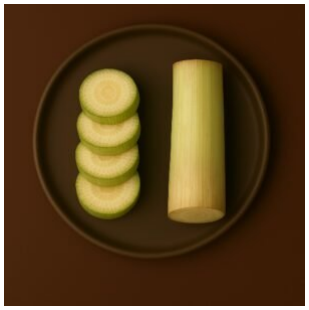
Papaya



Guava



Small elakki banana



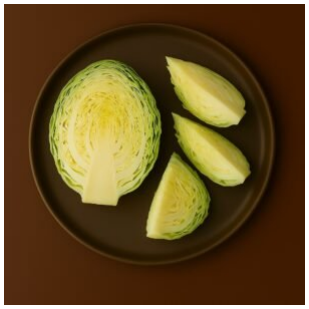
banana stem



Brinjal



broccoli



cabbage



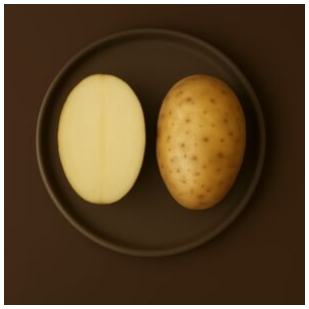
Capsicum



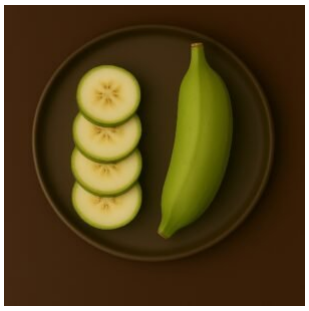
Cauliflower



Garlic



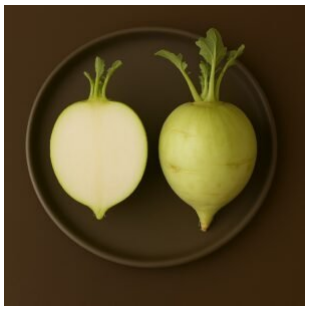
Potato



Raw banana



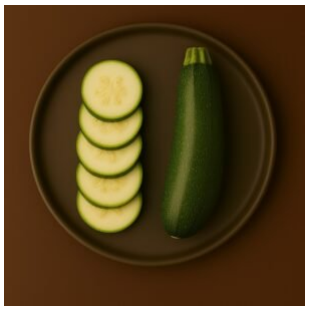
Sweet Potato



Turnip



Peas



Zuccini



Tinda



Arbi



drumstick



Bitter Gourd

Cut and soaked overnight, steamed the next morning



mangalore cucumber



Corn



tomato



ginger



Chilli



Okra/
Ladies finger



Spring Onion



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



Dil leaves



Palak



Methi



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



Pepper



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



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!



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



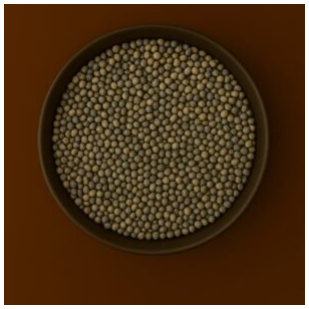
Cheese



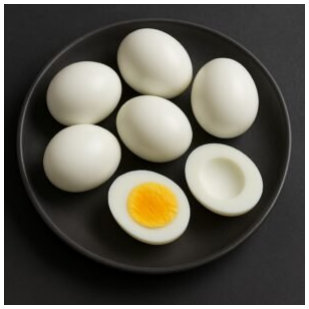
Cheela



Channa



Bajra



egg



Sugarcane