

Check our menu

P3

(South Indian)

- breakfast



[Ragi porridge](#)

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



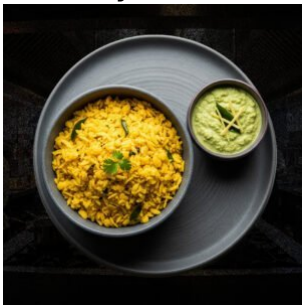
[Broken Rice porridge](#)

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



[upma](#)

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



[poha](#)

Humbled breakfast with flattened rice



[Rice 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.



[Ragi Mudde](#)

Karnataka's pride and a superfood disguised as a soft, earthy sphere



[Pongal](#)

Has soothed hearts and bellies for centuries across South India

- lunch
- dinner



lemon rice

Light, digestible, Vitamin C-rich, immune-boosting, and flavourful.



coriander rice

Refreshing, digestive-friendly comfort food



curry leaf rice

Fragrance, nutrition, and simplicity in a single bowl



[jeera ghee rice](#)

Light, sattvic, yet deeply nourishing experience



[Carrot Rice](#)

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



[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



[vangi bath](#)

Zingy, earthy, and heartwarming



[vegetable biryani](#)

Zingy, earthy, and heartwarming



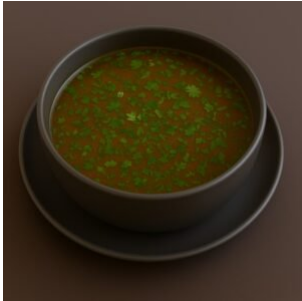
[sattvic sambar](#)

Gentle, grounding, and deeply nourishing.



[neem rasam](#)

Celebrates simplicity and digestive strength



[rasam](#)

Celebrates simplicity and digestive strength



[Lemon 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.



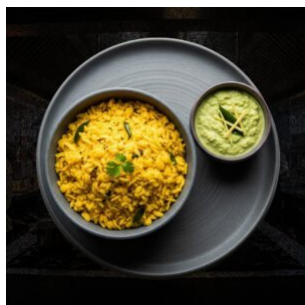
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Sattvic, grounding, and tridoshic meal — especially healing for vata and pitta conditions



[upma](#)

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



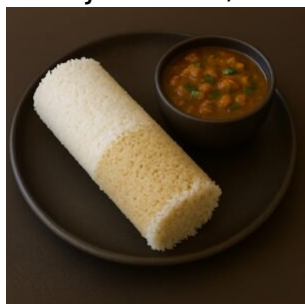
[poha](#)

Humbled breakfast with flattened rice



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



[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



Carrot Ginger Soup

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



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



Hibiscus Herbal Tea

Cooling, cleansing, and heart-supportive



ROSE PETAL Tea

Nurture your inner glow



Cinnamon Clove Tea

Herbal infusion



green tea

Sattvic tonic rather than a stimulant

to consume

- Fruits
- vegetables
- green leaves
- Spices
- OILS and butter



DRAGON FRUIT



KIWI



Pomegranate



Small Elakki Banana

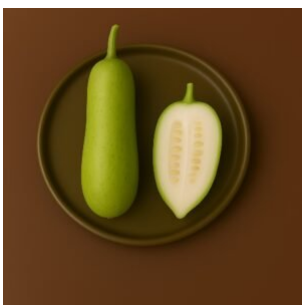


Mosambi

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



Ash gourd



bottle gourd



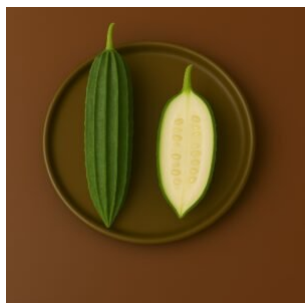
carrot



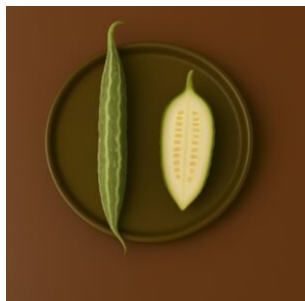
Chow chow



Okra/Ladies finger



Ridge Gourd



Snake Gourd



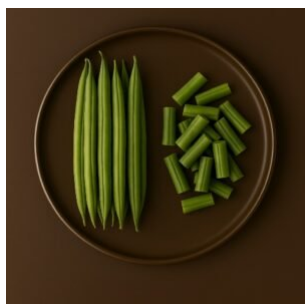
Flat Beans



Onion



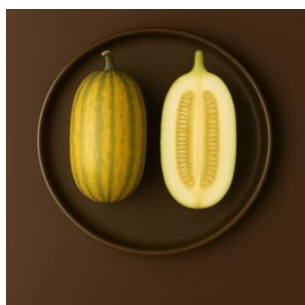
Drumstick



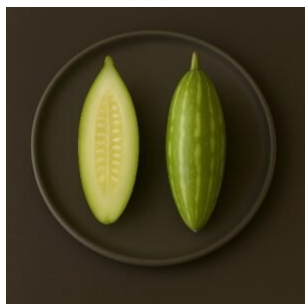
Beans



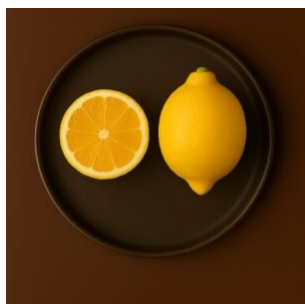
Ginger



Mangalore Cucumber



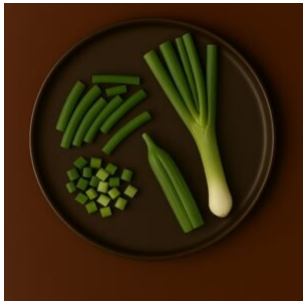
Ivy gourd/ Cocinna



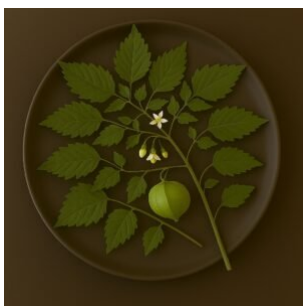
Lemon



Chilli



Spring Onion



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Coriander



curry leaves



Indian Nettle/Kuppigida



Sissoo spinach/ Hongone



Pudina



Purslane



Sunberry

*** Avoid Green leaves during rainy season**



Asafoetida



Bayleaf



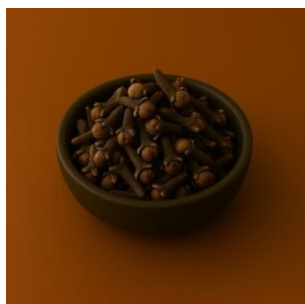
Cardamom



Carom seeds/Ajwain



Cinnamon



Cloves



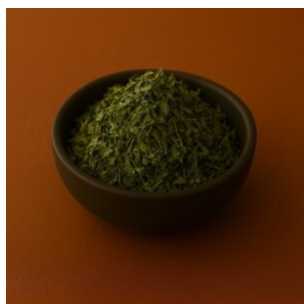
Coriander seeds



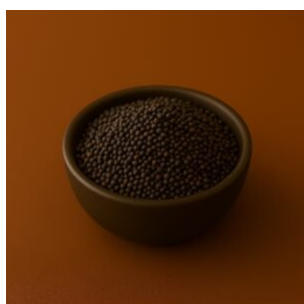
Fenugreek



Cumin seeds



Kasuri Methi



Mustard



Nigella



Nutmeg



Pepper



Red chilli powder



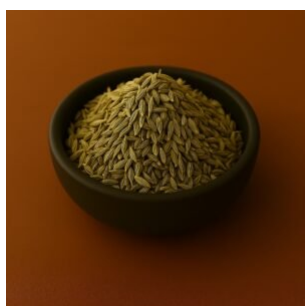
Star anise



Turmeric



Chia seeds



Fennel seeds



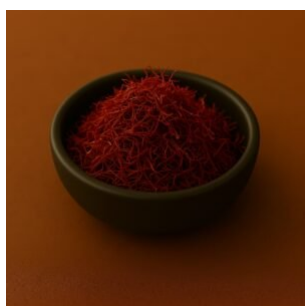
Flax seeds



Garden cress/Alvi seeds



Poppy seeds



Saffron



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



Groundnut Oil



Coconut 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!



Basil Rosemary Thyme Infused Oil

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

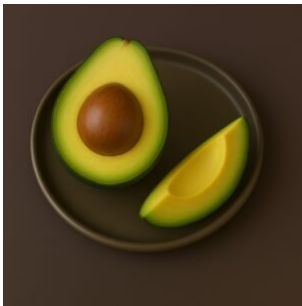


Pumpkin Seed Oil

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

to avoid

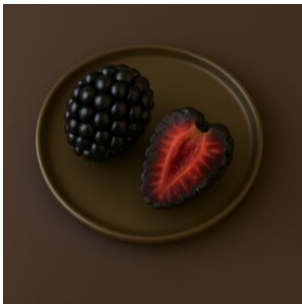
- Fruits
- vegetables
- green leaves
- Spices
- OILS and BUTTER
- Others



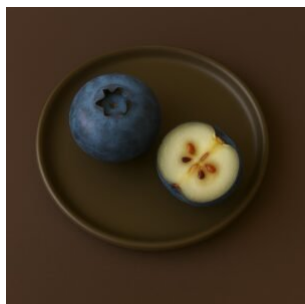
Avacado



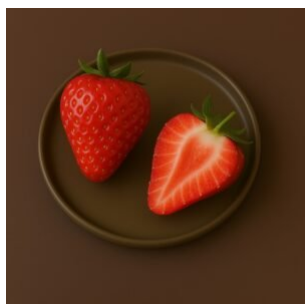
Apple



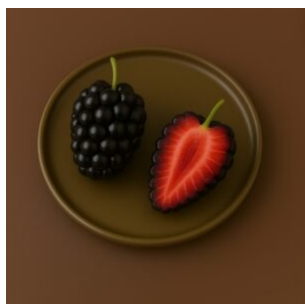
Blackberry



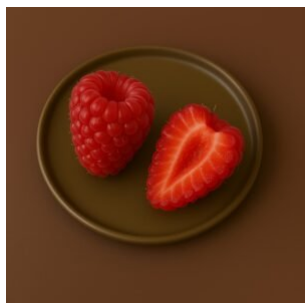
Blueberry



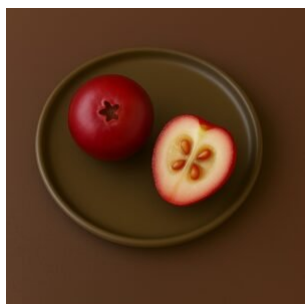
Strawberry



Mulberry



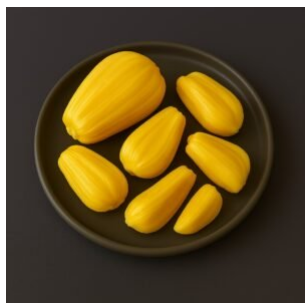
Raspberry



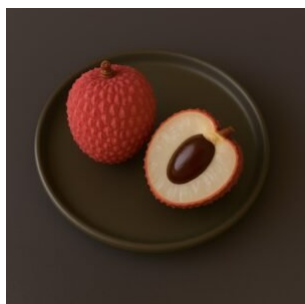
Cranberry



Cherry



Jackfruit



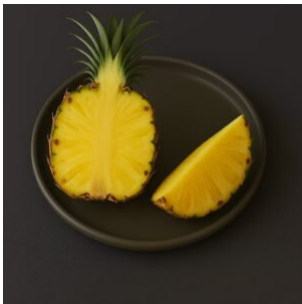
Litchi



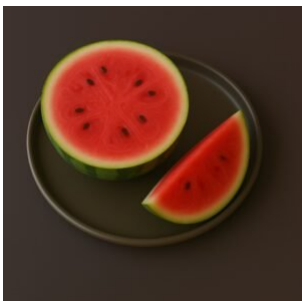
Muskmelon



Orange



Pineapple



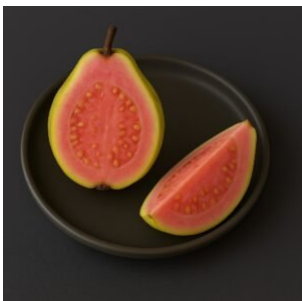
watermelon



Fig



Wood apple



Guava



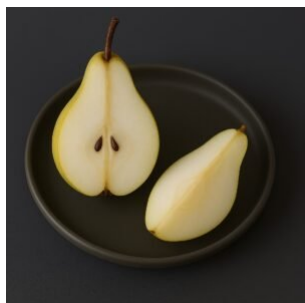
jamun



Mango



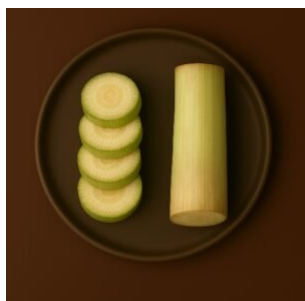
Papaya



Pear



Ice apple



banana stem



beetroot



bitter gourd



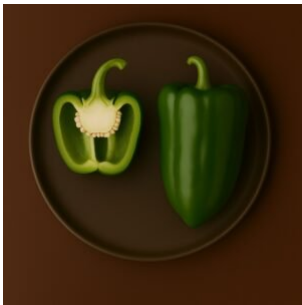
Brinjal



broccoli



cabbage



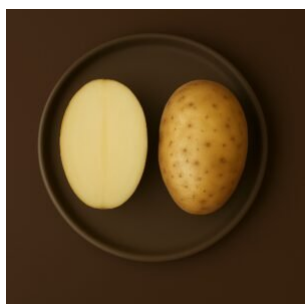
Capsicum



Cauliflower



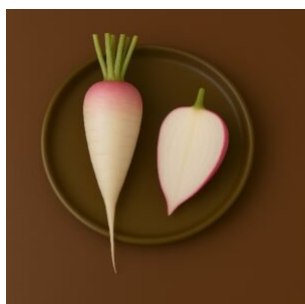
Garlic



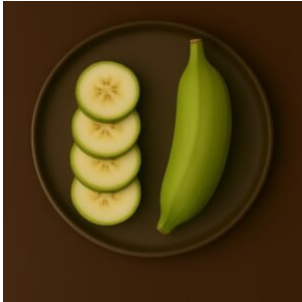
Potato



Pumpkin



raddish



Raw banana



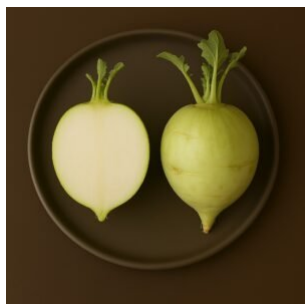
Sweet Potato



tomato



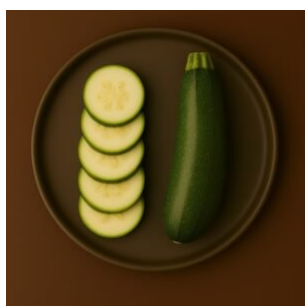
Cluster beans



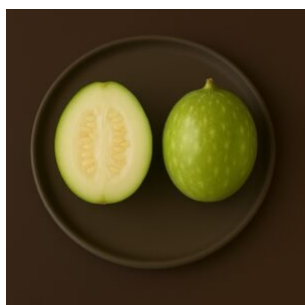
Turnip



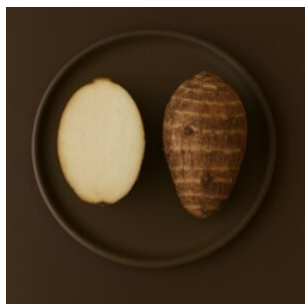
Peas



Zucchini



Tinda



Arbi



Corn



YAM



beetroot leaves



carrot leaves



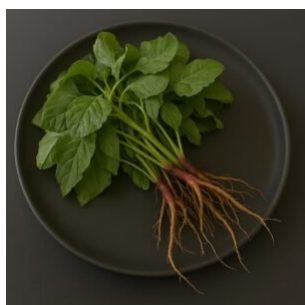
raddish leaves



Mountain spinach/ chakota



Amaranthus/Dantu



Amaranthus tristis/Arave



Wild Amaranthus/ChiLikere



Methi



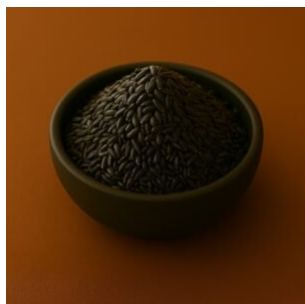
Palak



Dil leaves



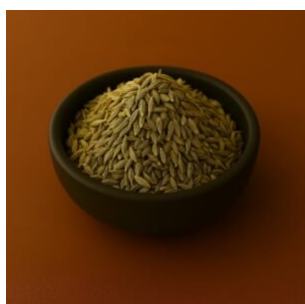
Mace



Niger



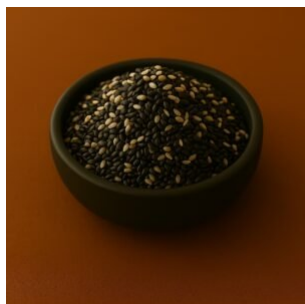
Chia seeds



Fennel seeds



Poppy seeds



Black and White Sesame



Amchur



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



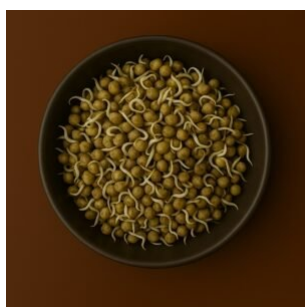
Wheat



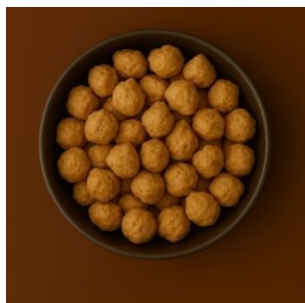
Urad papad



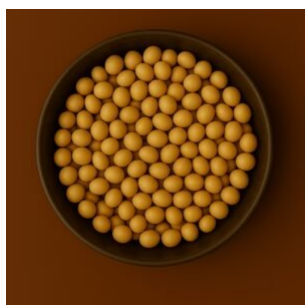
**Sweets and
confectionaries**



Sprouts



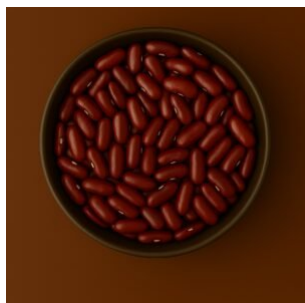
Soya chunks



Soya



Sea Food



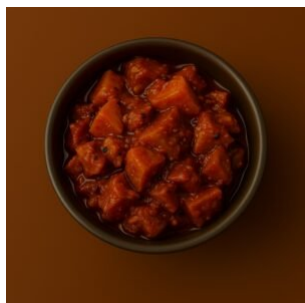
Rajma



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



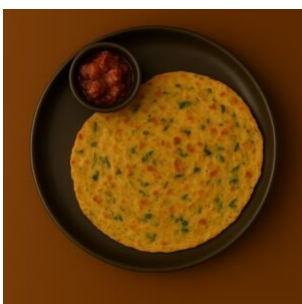
Dosa



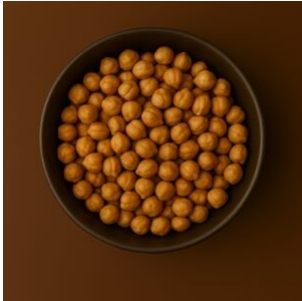
Curd



Cheese



Cheela



Channa



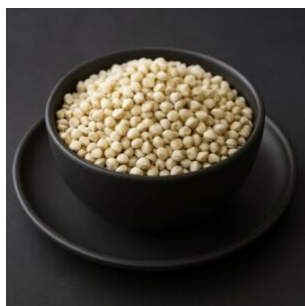
Bajra



egg



Sugarcane



JOWAR