Check our menu

P4

(South Indian)

- breakfast



BARLey porridge

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



Ragi porridge

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



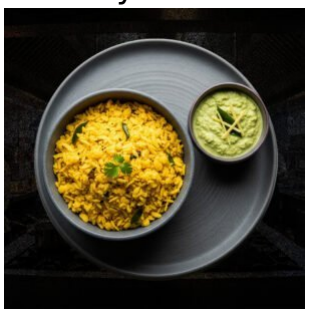
Broken Rice porridge

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



puttu

Sri Lankan breakfast comfort in cylindrical form



idiyappam

Steamed rice noodle light on the stomach and rich in satisfaction.



Pongal

Has soothed hearts and bellies for centuries across South India



MOR KAZHI

Soft, tangy, and mildly spiced, humble dish

- lunch
- dinner



curry leaf rice

Fragrance, nutrition, and simplicity in a single bowl



jeera ghee rice

light, sattvic, yet deeply nourishing experience



Beetroot 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



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



Amla rasam

Perfect for calming inflammation, kindling digestion, and rejuvenating your inner systems.



Sunberry rasam(Manathakkali Keerai)

Soothing for digestion and hydration.



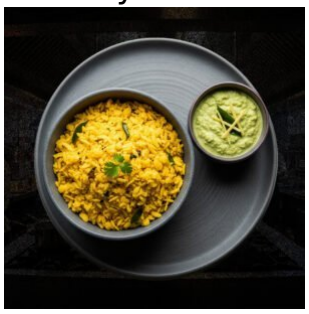
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Rice/Rava Vermicelli

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.



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



fig



Guava



Kiwi



Litchi



Musk Melon



Pomegranate



Small elakki banana



Mosambi



Ice apple

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



Ash Gourd



Beetroot



Bitter Gourd

Cut and soaked overnight, steamed the next morning



bottle Gourd



carrot



Chow chow



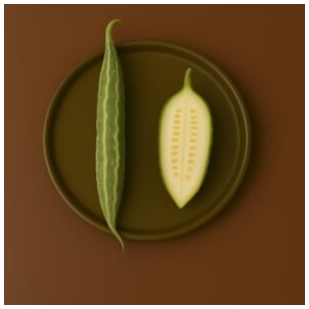
Okra/
Ladies finger



Disco Pumpkin



ridge Gourd



snake Gourd



cluster beans



Flat beans



onion



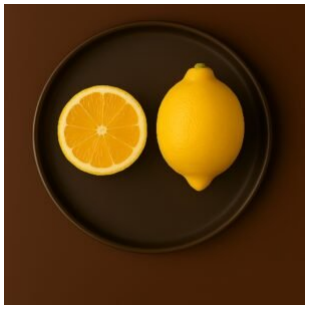
mangalore cucumber



ivy gourd



beans



Lemon



Balloon Vine/ Agni balli



Bhringaraja



Coriander



curry leaves



Indian Nettle/Kuppigida



Sunberry

*** Avoid Green leaves during rainy season**



Bayleaf



Cardamom



Cinnamon



Coriander seeds



Fenugreek



Cumin seeds



Pepper



Turmeric



Fennel seeds



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!

to avoid

- Fruits

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



Avacado



Apple



Blackberry



Blueberry



Strawberry



Mulberry



Rasberry



Cranberry



Cherry



Jackfruit



Jamun



mango



Orange



papaya



pear



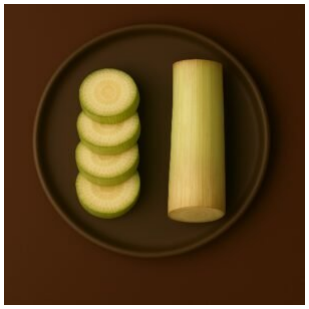
Pineapple



watermelon



Wood apple



banana stem



Brinjal



broccoli



cabbage



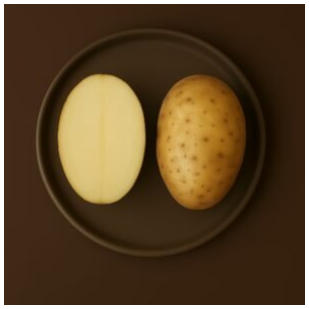
Capsicum



Cauliflower



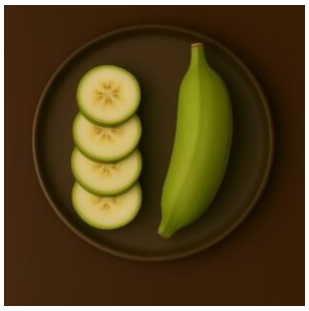
Garlic



Potato



radish



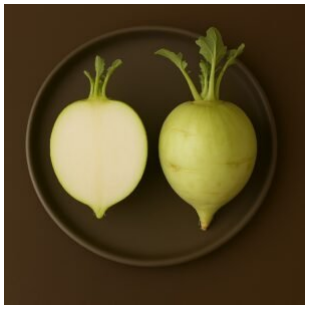
Raw banana



Sweet Potato



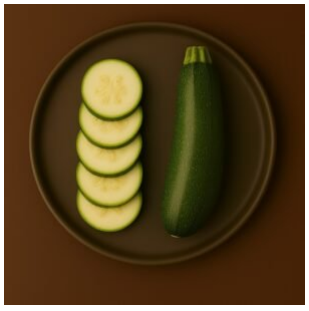
tomato



Turnip



Peas



Zuccini



Tinda



Arbi



drumstick



ginger



Chilli



Spring Onion



Corn



YAM



beetroot leaves



carrot leaves



raddish leaves



Mountain spinach/ chakota



Amaranthus/Dantu



Amaranthus tristis/Arave



Bramhi



Wild Amaranthus/ChiLikere



Methi



Palak



Sissoo spinach/ Hongone



Pudina



Purslane



Dil leaves



Mace



Niger



Chia seeds



Flax seeds



Garden cress/Alvi seeds



Poppy seeds



Black and White Sesame



Saffron



Amchur



Tamrind



Asafoetida



Carom seeds/Ajwain



Cinnamon



Cloves



Kasuri Methi



Mustard



Nigella



Nutmeg



Red chilli powder



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!



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



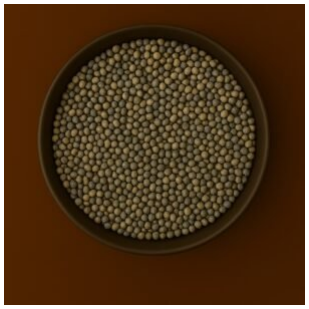
Cheese



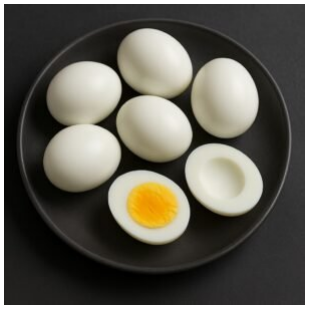
Cheela



Channa



Bajra



egg



Jowar



Sugarcane