

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



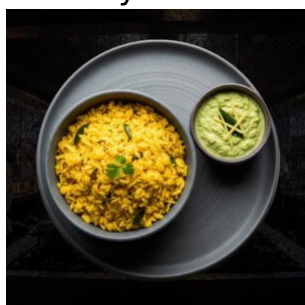
Broken Rice porridge

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



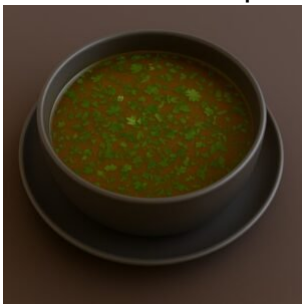
[sattvic sambar](#)

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.



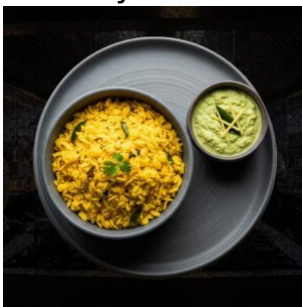
Broken Rice porridge

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[upma](#)

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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



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

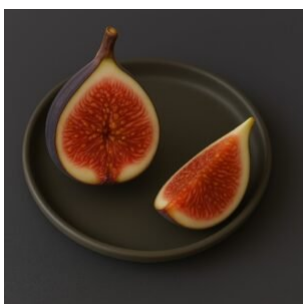
Sattvic tonic rather than a stimulant

to consume

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



Dragon fruit



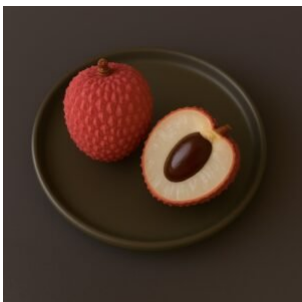
fig



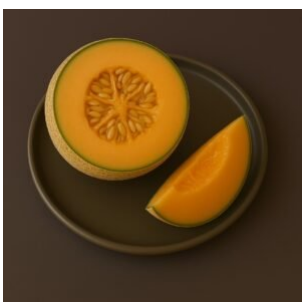
Guava



Kiwi



Litchi



Musk Melon



Pomegranate



Small elakki banana



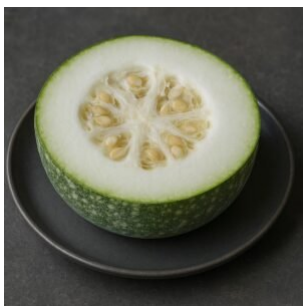
Mosambi



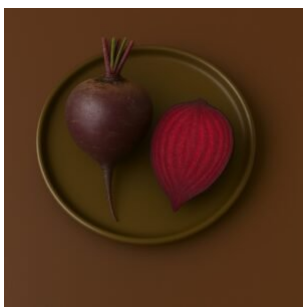


Ice apple

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



Ash Gourd

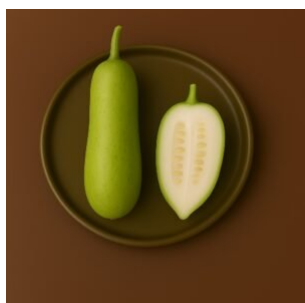


Beetroot

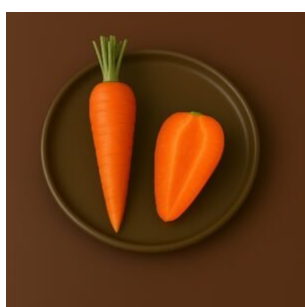


Bitter Gourd

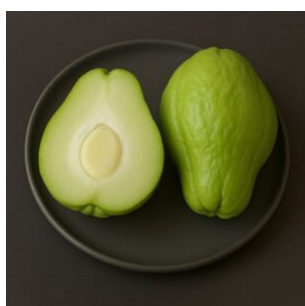
Cut and soaked overnight, steamed the next morning



bottle Gourd



carrot



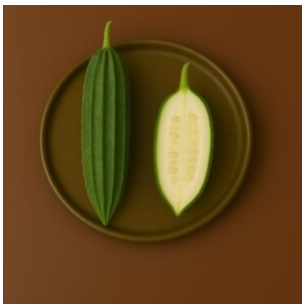
Chow chow



**Okra/
Ladies finger**



Disco Pumpkin



ridge Gourd



snake Gourd



cluster beans



Flat beans



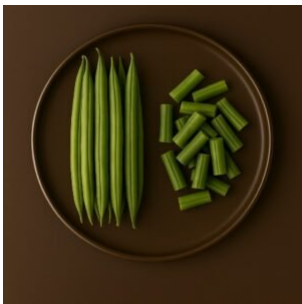
onion



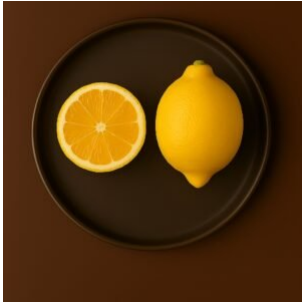
**mangalore
cucumber**



ivy gourd



beans



Lemon



Balloon Vine/ Agni balli



Bhringaraja



Coriander



curry leaves



Indian Nettle/Kuppigida

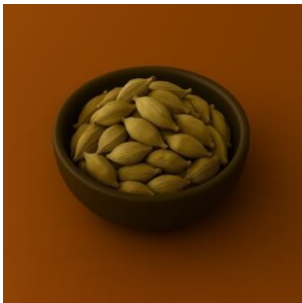


Sunberry

* 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



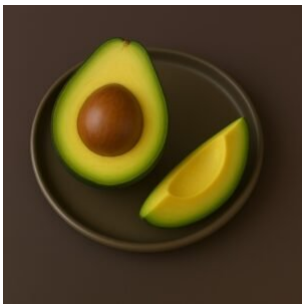
Basil Rosemary Thyme Infused Oil

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

to avoid

- Fruits

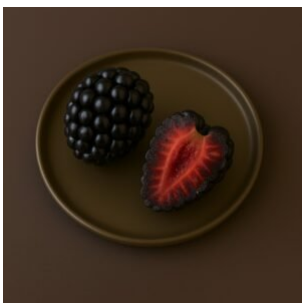
- vegetables
- green leaves
- Spices
- Oils and Butter
- Others



Avacado



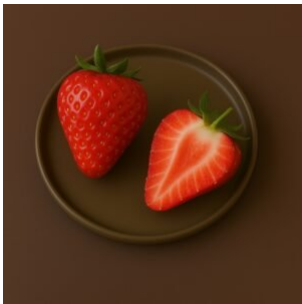
Apple



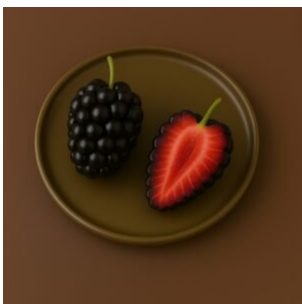
Blackberry



Blueberry



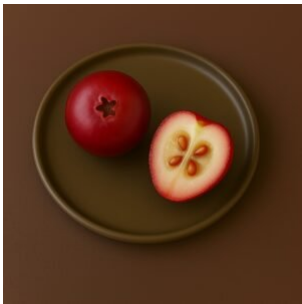
Strawberry



Mulberry



Raspberry



Cranberry



Cherry



Jackfruit



Jamun



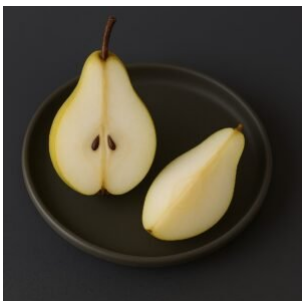
mango



Orange



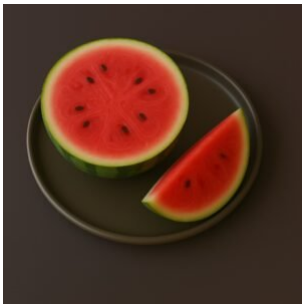
papaya



pear



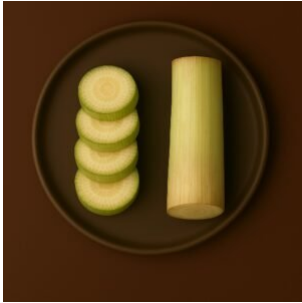
Pineapple



watermelon



Wood apple



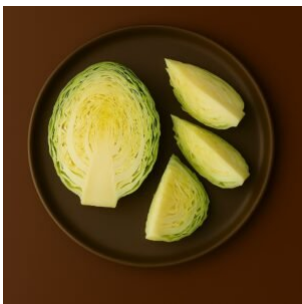
banana stem



Brinjal



broccoli



cabbage



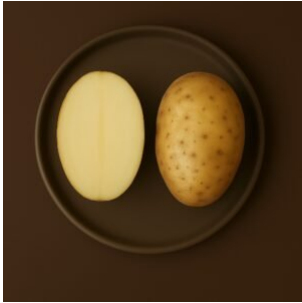
Capsicum



Cauliflower



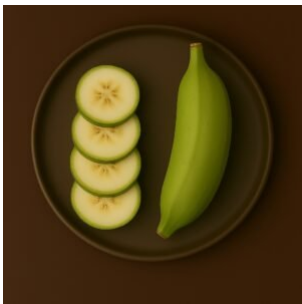
Garlic



Potato



radish



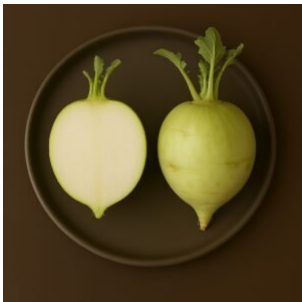
Raw banana



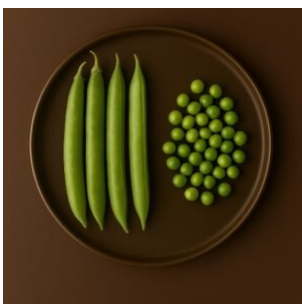
Sweet Potato



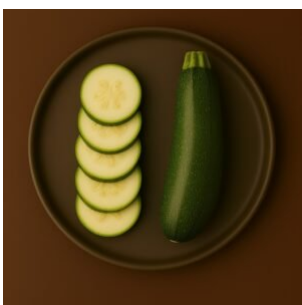
tomato



Turnip



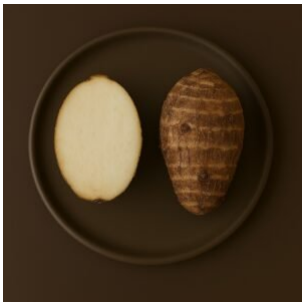
Peas



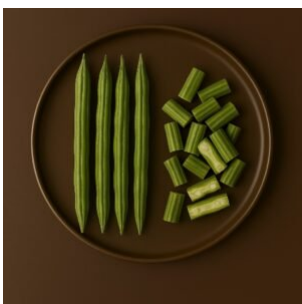
Zucchini



Tinda



Arbi



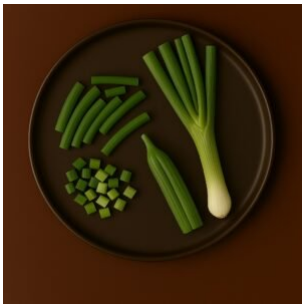
drumstick



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



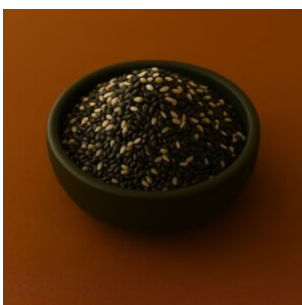
Flax seeds



Garden cress/Alvi seeds



Poppy seeds



Black and White Sesame



Saffron



Amchur



Tamrind



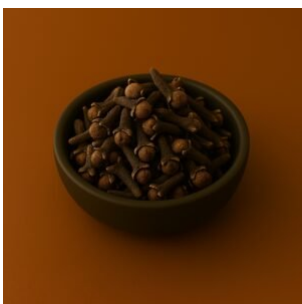
Asafoetida



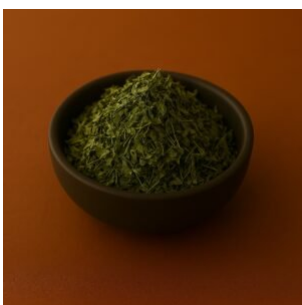
Carom seeds/Ajwain



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



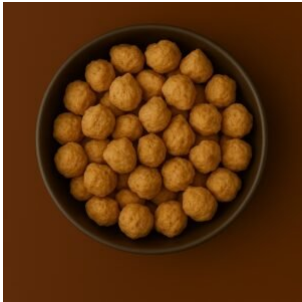
Urad papad



**Sweets and
confectionaries**



Sprouts



Soya chunks



Soya



Sea Food



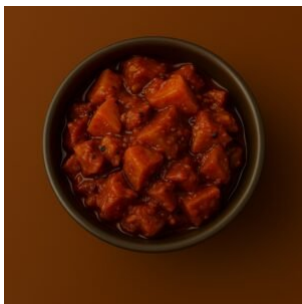
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



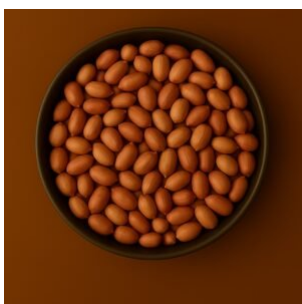
Masala chai



Instant coffee



**Highly processed
and preserved
food**



Peanut/Groundnut



Dosa



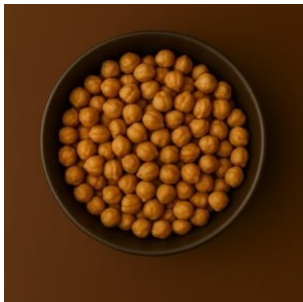
Curd



Cheese



Cheela



Channa



Bajra



egg



Jowar



Sugarcane