

Check our menu

P6

(South Indian)

- breakfast



Ragi porridge

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



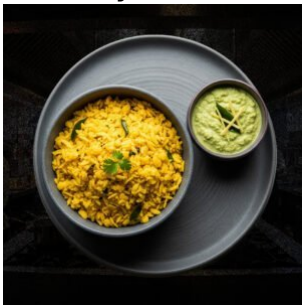
Broken Rice porridge

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



[puttu](#)

Sri Lankan breakfast comfort in cylindrical form



[idiyappam](#)

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



Pongal

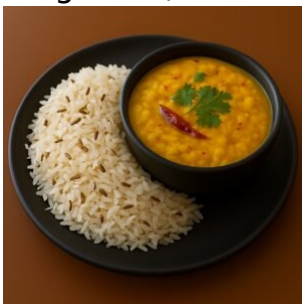
Has soothed hearts and bellies for centuries across South India

- 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



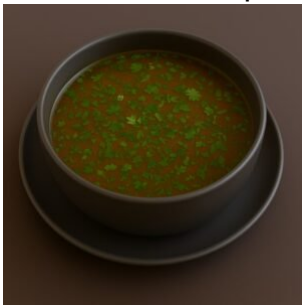
[sattvic sambar](#)

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.



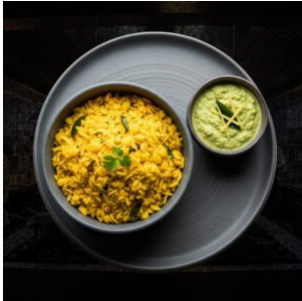
[Broken Rice porridge](#)

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



[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



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



Kiwi



Pomogranate

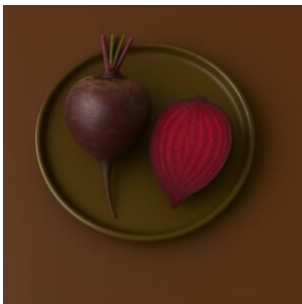


Small elakki banana

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



Ash Gourd



Beetroot



Bitter Gourd

Cut and soaked overnight, steamed the next morning



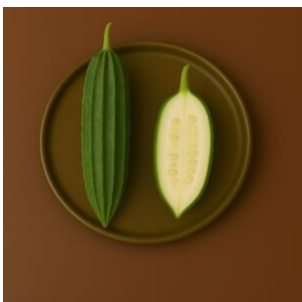
Bottle Gourd



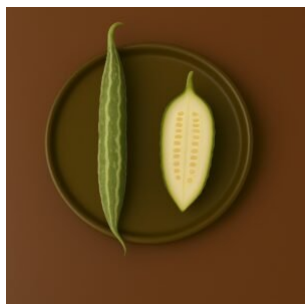
carrot



chow chow



Ridge Gourd



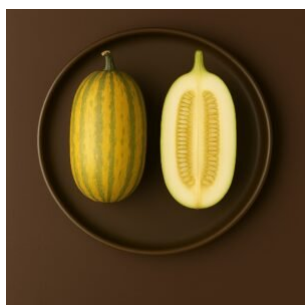
Snake Gourd



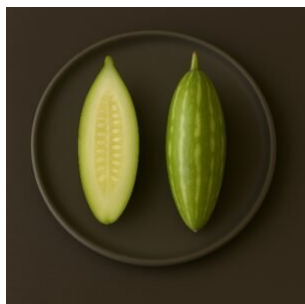
Flat Gourd



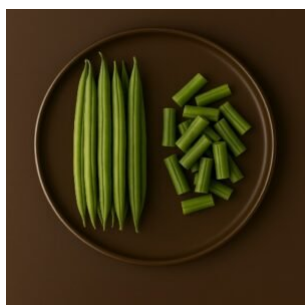
onion



mangalore cucumber



ivy gourd



beans



Lemon



Balloon Vine/ Agni balli



Bhringaraja



Coriander



curry leaves



Indian Nettle/Kuppigida



Sunberry



Bramhi

*** Avoid Green leaves during rainy season**



Bayleaf



Cardamom



Cinnamon



Coriander seeds



Fenugreek



Cumin seeds



Pepper



Turmeric



Chia seeds



Fennel seeds



Flax seeds



Melted Ghee

Melt using double boil method, do not directly heat



Sesame Oil



Groundnut Oil



Coconut Oil

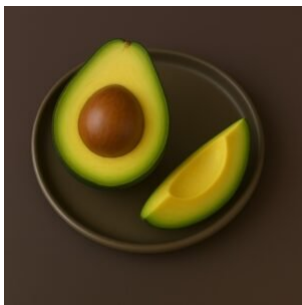


Basil Rosemary Thyme Infused Oil

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

to avoid

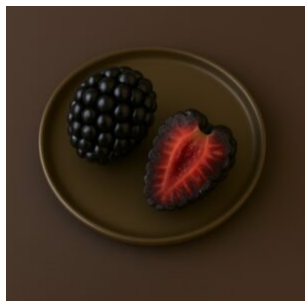
- Fruits
- vegetables
- green leaves
- Spices
- Others
- Oils and Butter



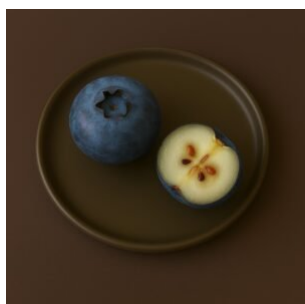
Avacado



Apple



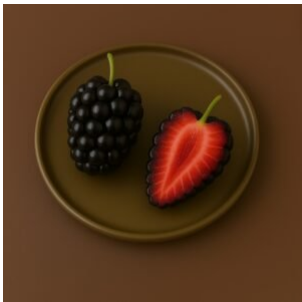
Blackberry



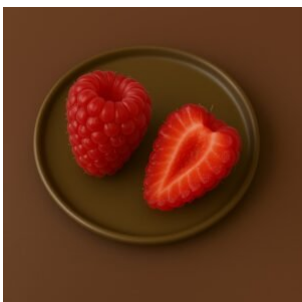
Blueberry



Strawberry



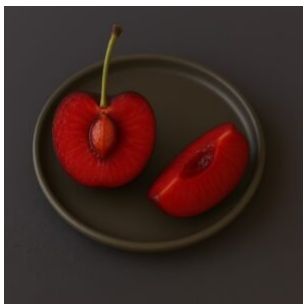
Mulberry



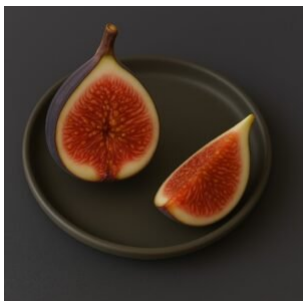
Raspberry



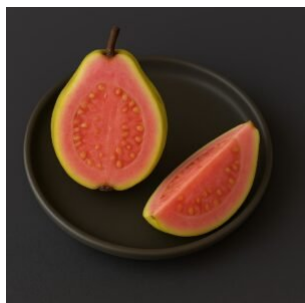
Cranberry



Cherry



fig



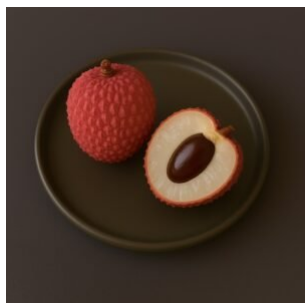
guava



Jamun



Jackfruit



Litchi



mango



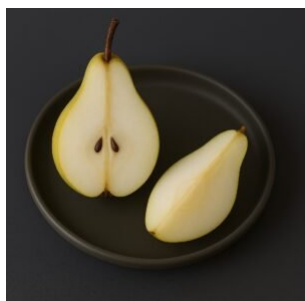
Muskmelon



Orange



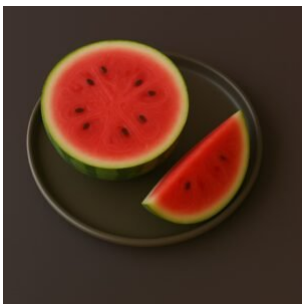
papaya



pear



Pineapple



watermelon



Wood apple



Ice apple



mosambi



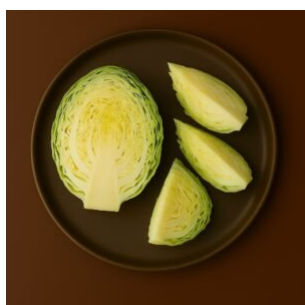
banana stem



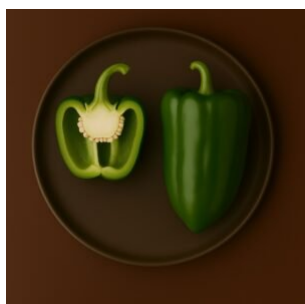
Brinjal



broccoli



cabbage



Capsicum



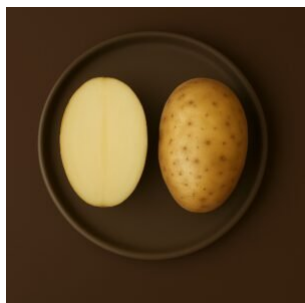
Cauliflower



Garlic



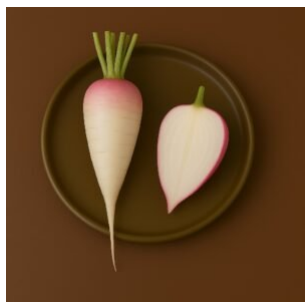
Ladies finger



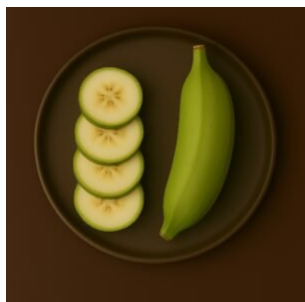
Potato



Pumpkin



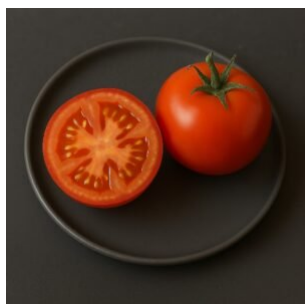
Radish



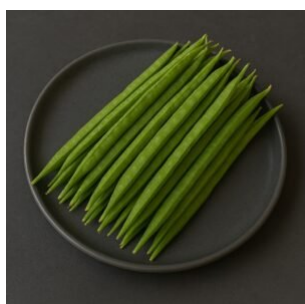
Raw banana



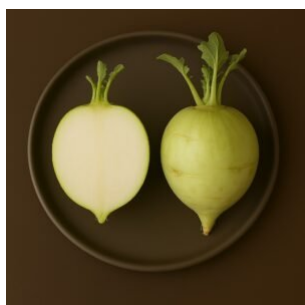
Sweet Potato



tomato



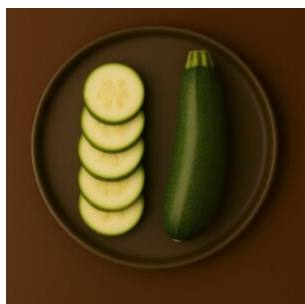
cluster beans



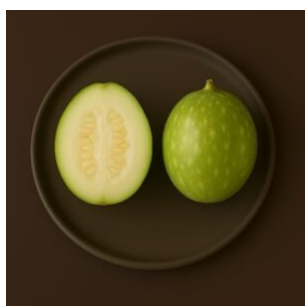
Turnip



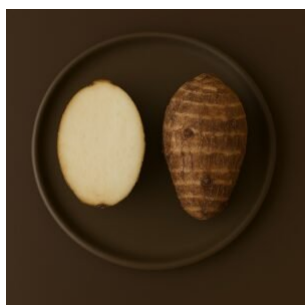
Peas



Zucchini



Tinda



Arbi



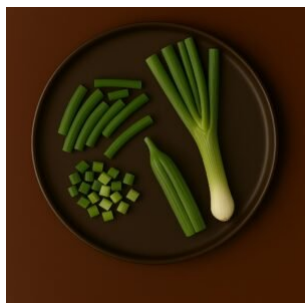
drumstick



ginger



Chilli



Spring Onion



Corn



YAM



beetroot leaves



carrot leaves



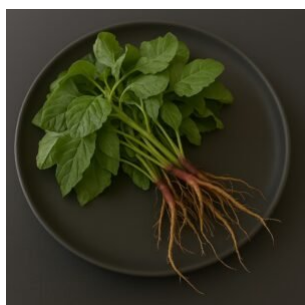
raddish leaves



Mountain spinach/ chakota



Amaranthus/Dantu



Amaranthus tristis/Arave



Wild Amaranthus/ChiLikere



Methi



Palak



**Sissoo spinach/
Hongone**



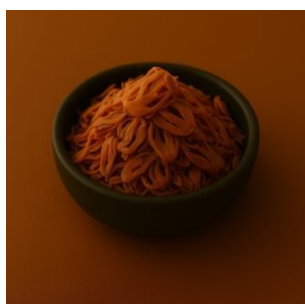
Pudina



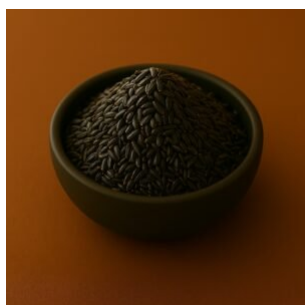
Purslane



Dil leaves



Mace



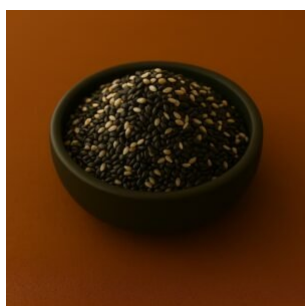
Niger



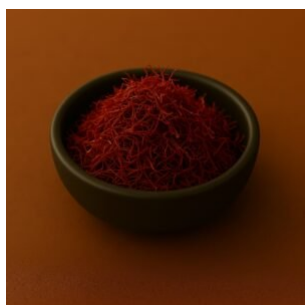
Garden cress/Alvi seeds



Poppy seeds



Black and White Sesame



Saffron



Amchur



Tamrind



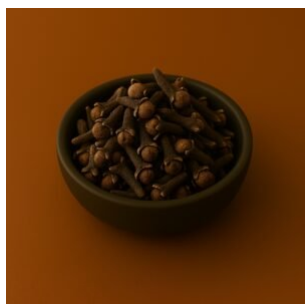
Asafoetida



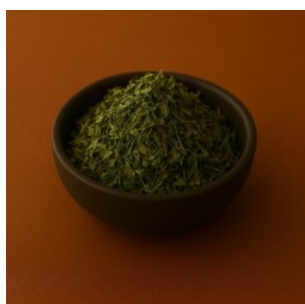
Carom seeds/Ajwain



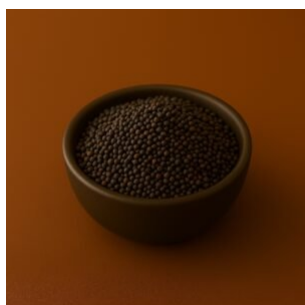
Cinnamon



Cloves



Kasuri Methi



Mustard



Nigella



Nutmeg



Red chilli powder



Star anise



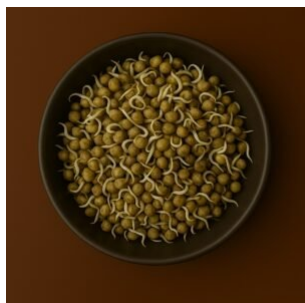
Wheat



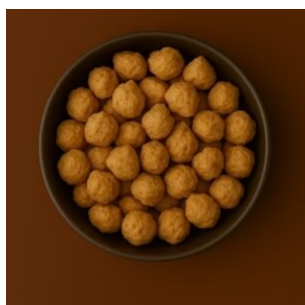
Urad papad



Sweets and confectionaries



Sprouts



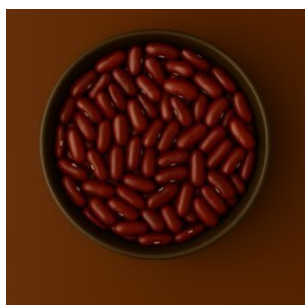
Soya chunks



Soya



Sea Food



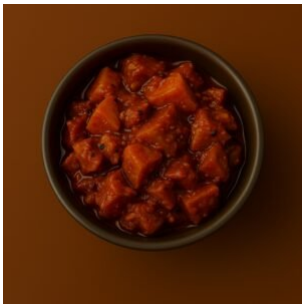
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



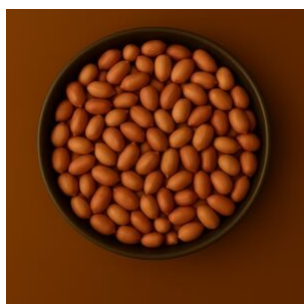
Masala chai



Instant coffee



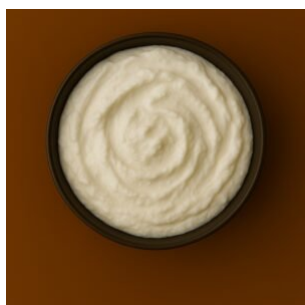
**Highly processed
and preserved
food**



Peanut/Groundnut



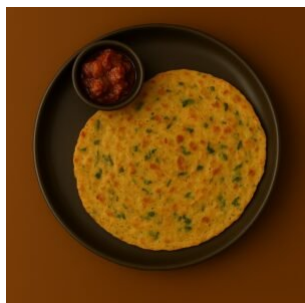
Dosa



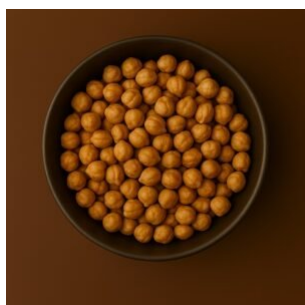
Curd



Cheese



Cheela



Channa



Bajra



egg



Sugarcane



Jowar



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!