

Check our menu

P7

(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



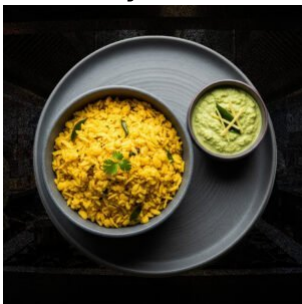
[upma](#)

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



[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



Rice (Rava/Ragi) Vermicelli

Light and nourishing: rice vermicelli, an easily digestible breakfast.



RAVA IDLI

Whole grain goodness, warm, nourishing, and a gentle start.



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.



[Ragi Rotti](#)

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



[Akki Rotti](#)

Traditional Karnataka's gluten free diet



[Jowar Rotti](#)

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



[Pongal](#)

Has soothed hearts and bellies for centuries across South India

- lunch
- dinner



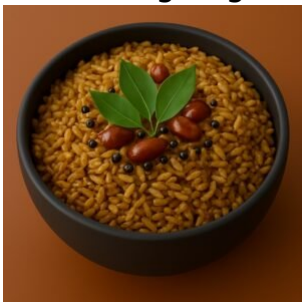
lemon rice

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



coriander rice

Refreshing, digestive-friendly comfort food



puliogre

South Indian treasure that delights the senses and satisfies the soul



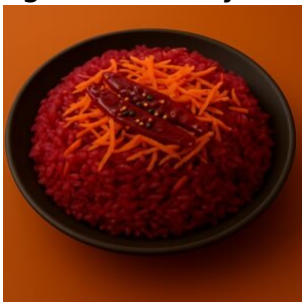
[curry leaf rice](#)

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.**



[Majjige Huli/Mor Kuzhambu](#)

Grace any simple meal with its soulful depth



[pulav](#)

Grace any simple meal with its soulful depth



tomato rice

Zingy, earthy, and heartwarming



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



Pepper rasam

Calming yet energising, perfect for light dinners or sipping as a detox broth



Lemon rasam

Calming yet energising, perfect for light dinners or sipping as a detox broth



Tomato rasam

Perfect for pitta-pacifying meals, fasting days, or anyone who wants rasam without the acidity of seeds



Amla rasam

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



RAW MANGO rasam

Soothing for digestion and hydration.



Sunberry rasam(Manathakkali Keerai)

Soothing for digestion and hydration.



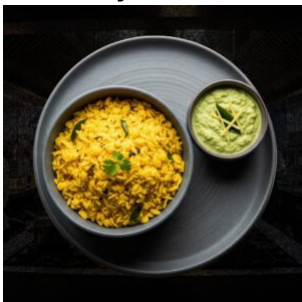
Broken Rice porridge

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



[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.



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



Steeped black TEA

lightness and mental clarity



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



Black Coffee

Boosts alertness, rich in antioxidants, aids focus, and energy.



green tea

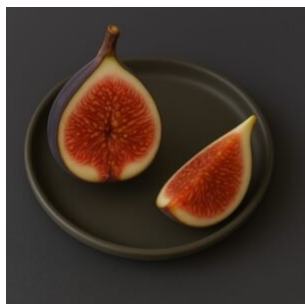
Sattvic tonic rather than a stimulant

to consume

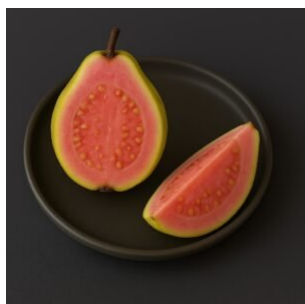
- Fruits
- vegetables
- green leaves
- Spices
- Oils and Butter



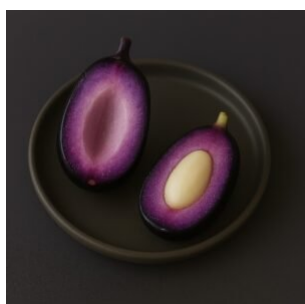
DRAGON FRUIT



Fig



Guava



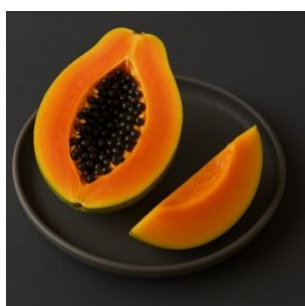
Jamun



KIWI



Mango



Papaya



Pomegranate



Small Elakki Banana

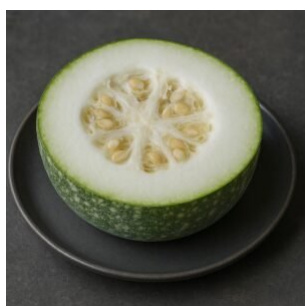


Mosambi

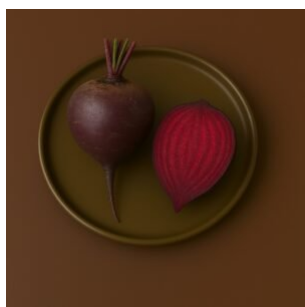
*** Consume the above fruits only during their natural growing season**



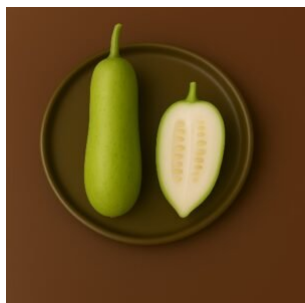
Disco Pumpkin



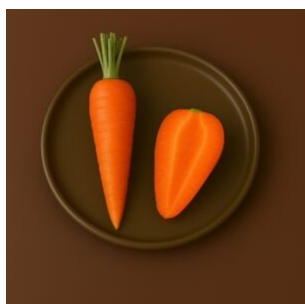
Ash gourd



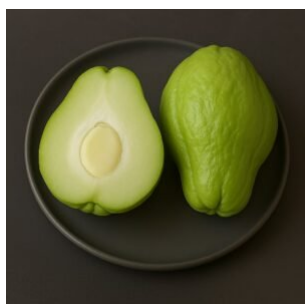
Beetroot



bottle gourd



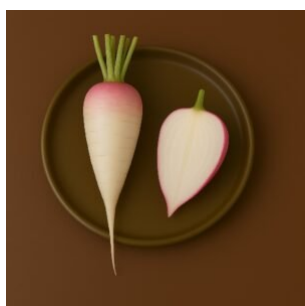
carrot



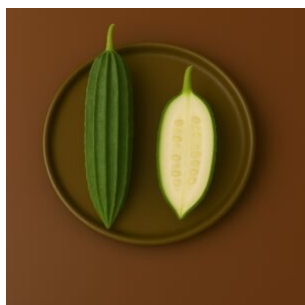
Chow chow



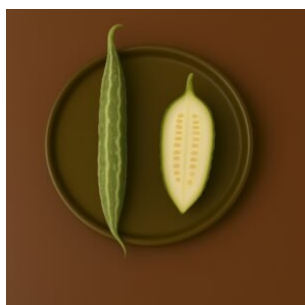
Okra/Ladies finger



Radish



Ridge Gourd



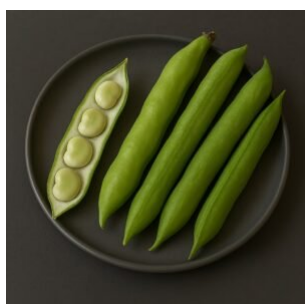
Snake Gourd



Tomato



Cluster Beans



Flat Beans



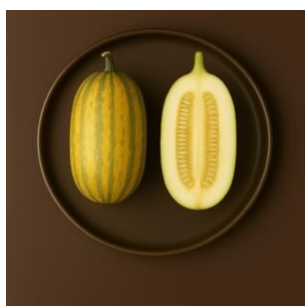
Onion



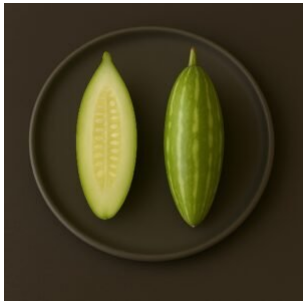
Drumstick



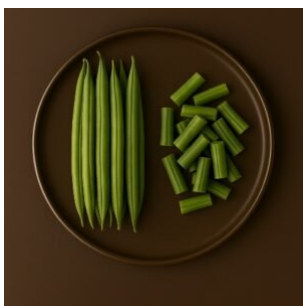
Ginger



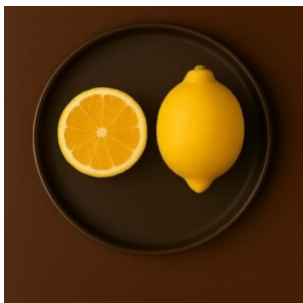
Mangalore Cucumber



**Ivy gourd/
Cocinna**



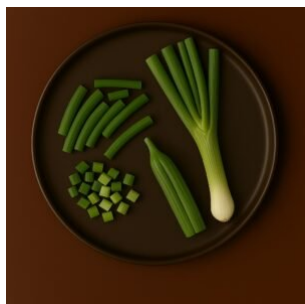
beans



Lemon



Chilli



Spring Onion



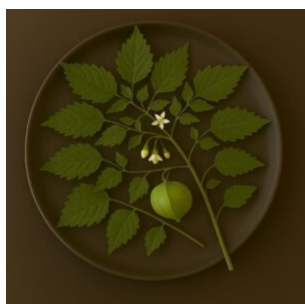
YAM



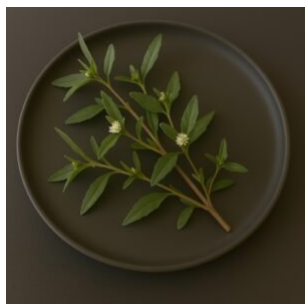
Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Wild Amaranthus/ChiLikere



Coriander



curry leaves



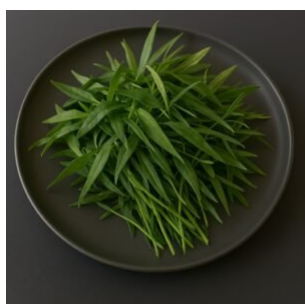
Indian Nettle/Kuppigida



Methi



Palak



Sissoo spinach/ Hongone



Pudina



Purslane



Sunberry



Dil leaves

*** Avoid Green leaves during rainy season**



Amchur



Asafoetida



Bayleaf



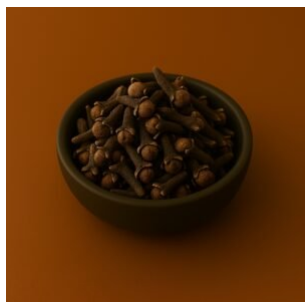
Cardamom



Carom seeds/Ajwain



Cinnamon



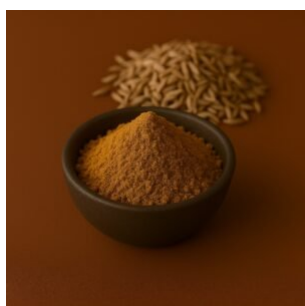
Cloves



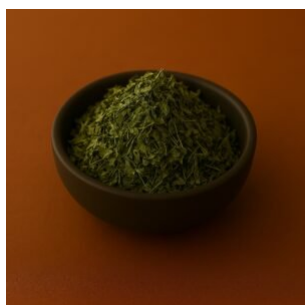
Coriander seeds



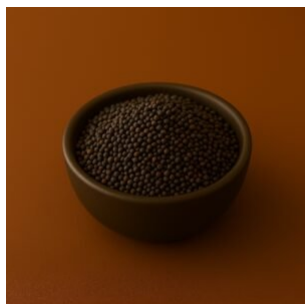
Fenugreek



Cumin seeds



Kasuri Methi



Mustard



Nigella



Nutmeg



Pepper



Red chilli powder



Star anise



Tamrind



Turmeric



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!

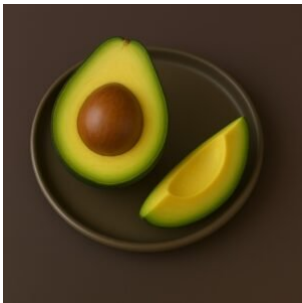


Basil Rosemary Thyme Infused Oil

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

to avoid

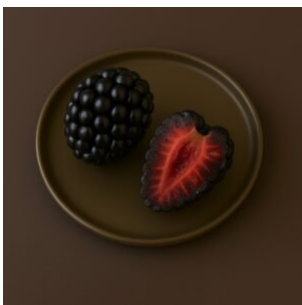
- Fruits
- vegetables
- green leaves
- Spices
- Oils and Butter
- Others



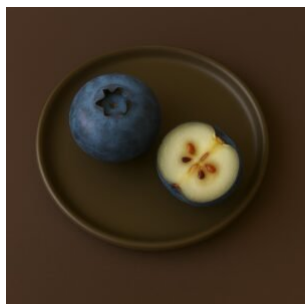
Avacado



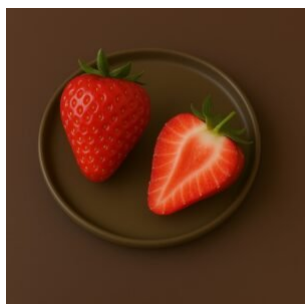
Apple



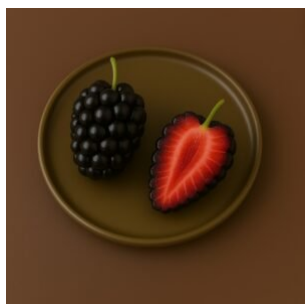
Blackberry



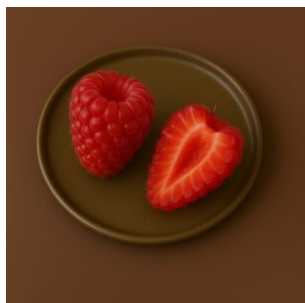
Blueberry



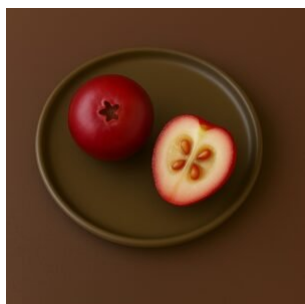
Strawberry



Mulberry



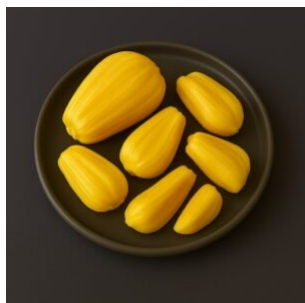
Raspberry



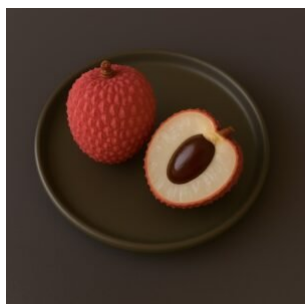
Cranberry



Cherry



Jackfruit



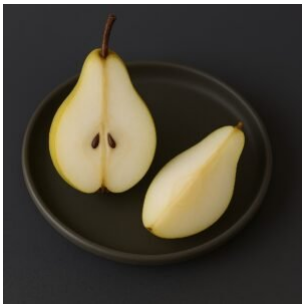
Litchi



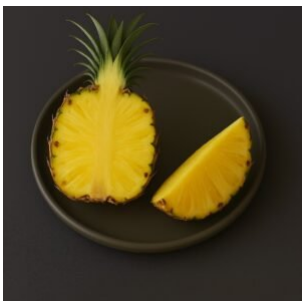
Muskmelon



Orange



pear



Pineapple



watermelon



Ice Apple



Wood apple



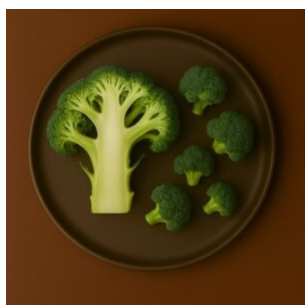
banana stem



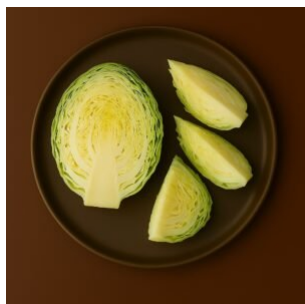
bitter gourd



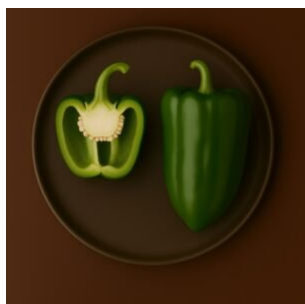
Brinjal



broccoli



cabbage



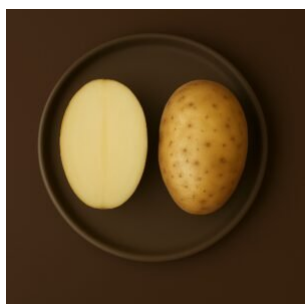
Capsicum



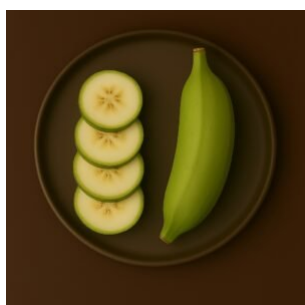
Cauliflower



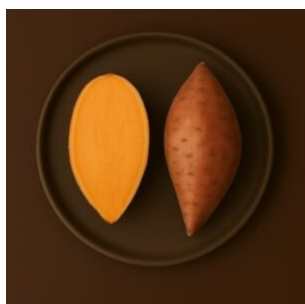
Garlic



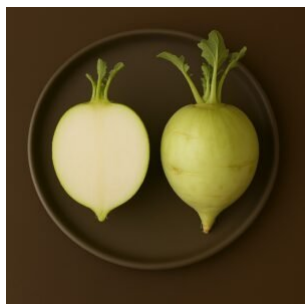
Potato



Raw banana



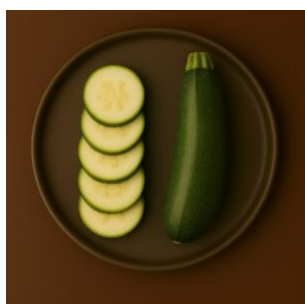
Sweet Potato



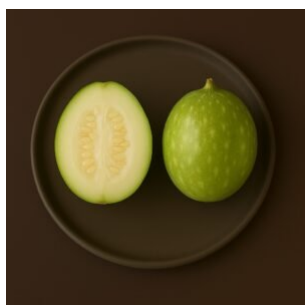
Turnip



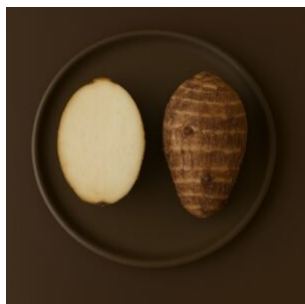
Peas



Zucchini



Tinda



Arbi



ginger



Corn



beetroot leaves



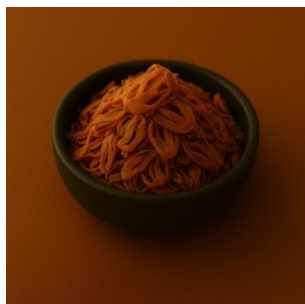
carrot leaves



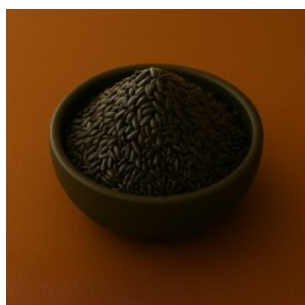
raddish leaves



Mountain spinach/ chakota



Mace



Niger



Chia seeds



Fennel seeds



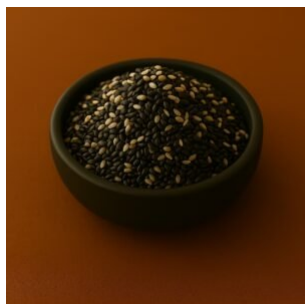
Flax seeds



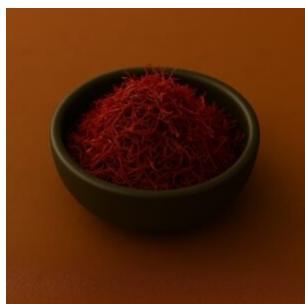
Garden cress/Alvi seeds



Poppy seeds



Black and White Sesame



Saffron



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



Pumpkin Seed Oil

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



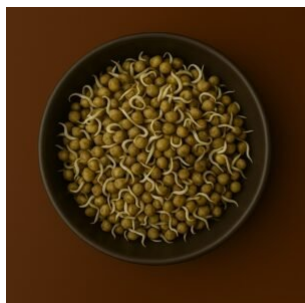
Wheat



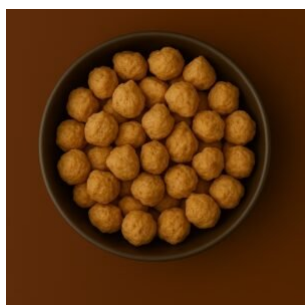
Urad papad



**Sweets and
confectionaries**



Sprouts



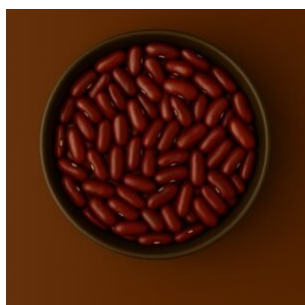
Soya chunks



Soya



Sea Food



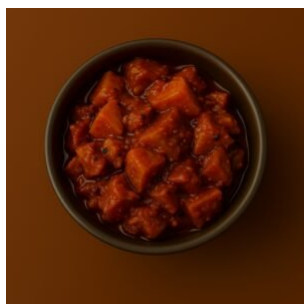
Rajma



Puffed Rice



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



Pickle



Panner



Milk



Meat



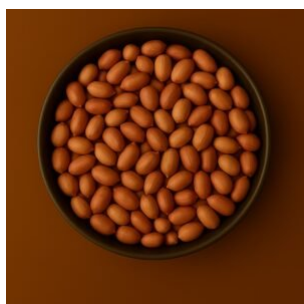
Masala chai



Instant coffee



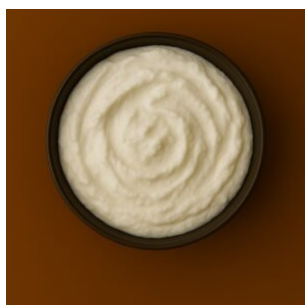
**Highly processed
and preserved
food**



Peanut/Groundnut



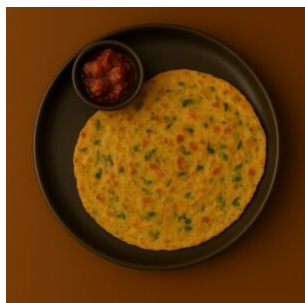
Dosa



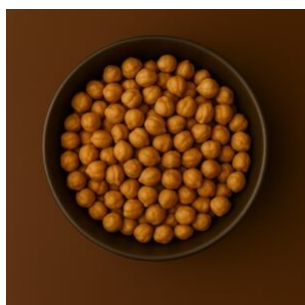
Curd



Cheese



Cheela



Channa



Bajra



egg



Sugarcane