

## Check our menu

### P8

#### (South Indian)

- breakfast



#### [Ragi porridge](#)

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



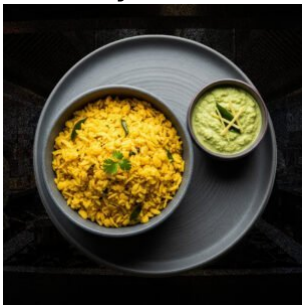
#### [Broken Rice porridge](#)

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 \(Rava/Ragi\) Vermicelli](#)

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



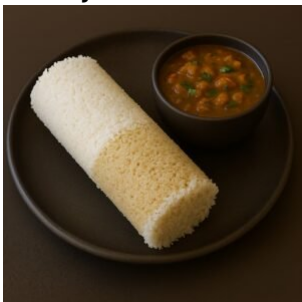
### [RAVA IDLI](#)

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  
\$44



### [Kara Kadubu](#)

Savory filling wrapped in soft rice flour dough  
\$44



### [Ragi Mudde](#)

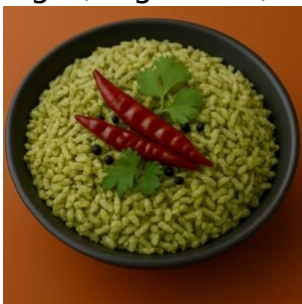
Karnataka's pride and a superfood disguised as a soft, earthy sphere  
\$44

- 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



### [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





### [Dal Khichdi with Masoor or Moong Dal](#)

Soulful Simmer



### [vegetable biryani](#)

Zingy, earthy, and heartwarming



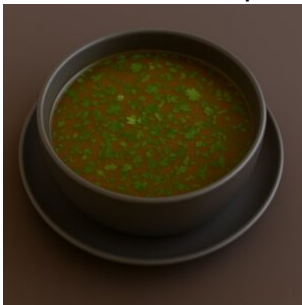
### [sattvic sambar](#)

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



### **Amla rasam**

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



### **Sunberry rasam(Manathakkali Keerai)**

Soothing for digestion and hydration.



### [vangi bath](#)

Zingy, earthy, and heartwarming



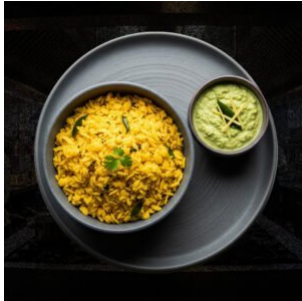
### [Broken Rice porridge](#)

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



### [upma](#)

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



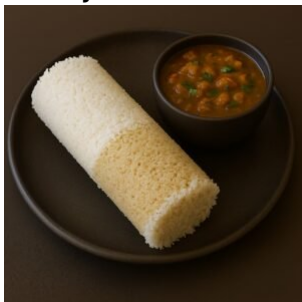
### poha

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





### **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



### green tea

Sattvic tonic rather than a stimulant



### Cinnamon Clove Tea

Herbal infusion

## to consume

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



## DRAGON FRUIT



## KIWI



## Mango



## Papaya



**Pomegranate**



**Small Elakki Banana**

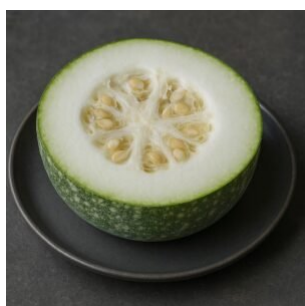


**Mosambi**

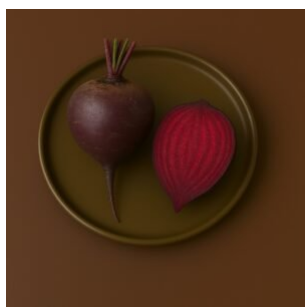
**\* Consume the above fruits only during their natural growing season**



**Disco Pumpkin**



**Ash gourd**



**Beetroot**



**bottle gourd**



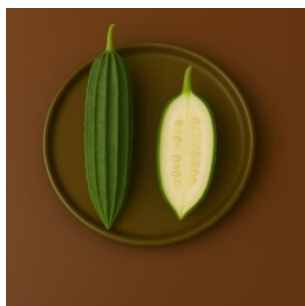
**carrot**



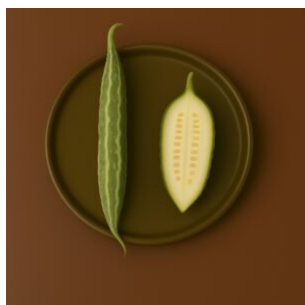
**Chow chow**



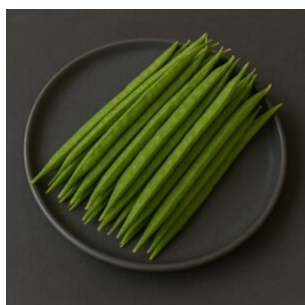
**Okra/Ladies finger**



**Ridge Gourd**



**Snake Gourd**



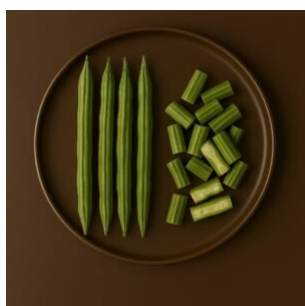
## Cluster Beans



## Flat Beans



## Onion

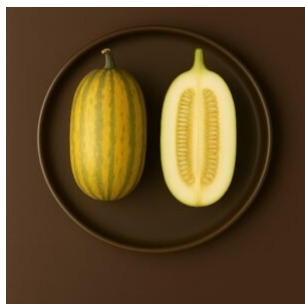


## Drumstick

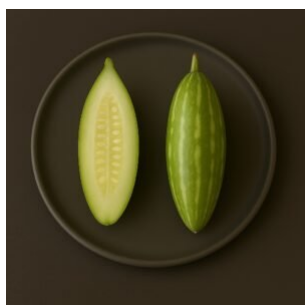




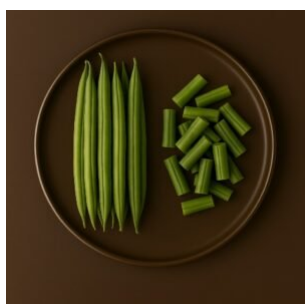
## Ginger



## Mangalore Cucumber



## Ivy gourd/ Cocinna



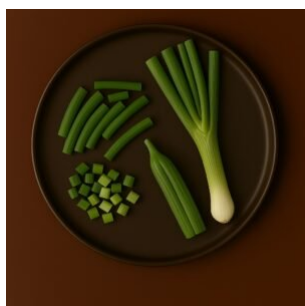
## beans



**Lemon**



**Chilli**



**Spring Onion**



**YAM**



**Balloon Vine/ Agni balli**



**Bhringaraja**



## **Bramhi**



## **Coriander**



## **curry leaves**



## **Indian Nettle/Kuppigida**



## Sissoo spinach/ Hongone



## Pudina



## Purslane



## Sunberry



**Dil leaves**

**\* Avoid Green leaves during rainy season**



**Asafoetida**



**Bayleaf**



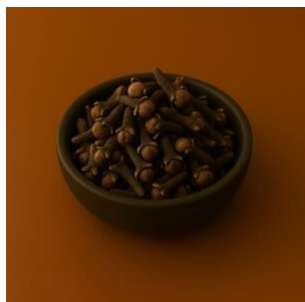
**Cardamom**



**Carom seeds/Ajwain**



**Cinnamon**



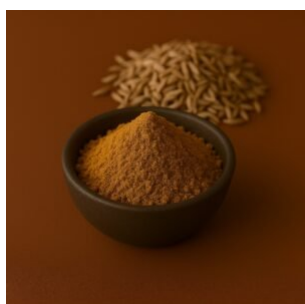
## Cloves



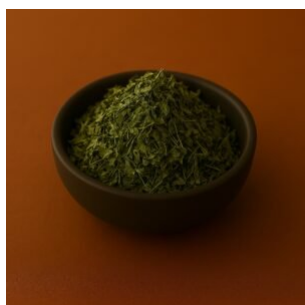
## Coriander seeds



## Fenugreek

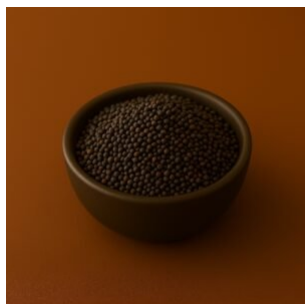


## Cumin seeds





## Kasuri Methi



## Mustard



## Nigella



## Nutmeg



## Pepper



## Red chilli powder



## Star anise



## Turmeric



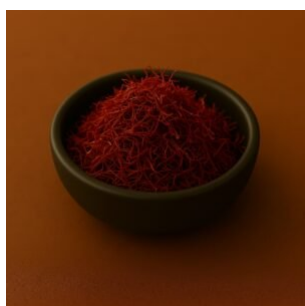
### **Fennel seeds**



### **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!

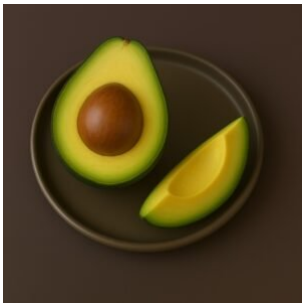


### **Pumpkin Seed Oil**

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

## to avoid

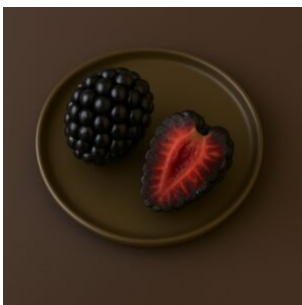
- Fruits
- vegetables
- green leaves
- Spices
- Oils and Butter
- Others



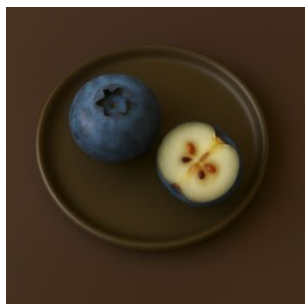
**Avacado**



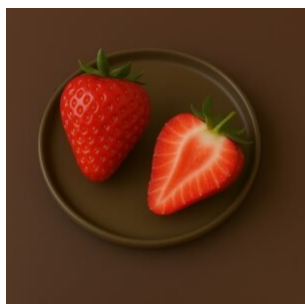
**Apple**



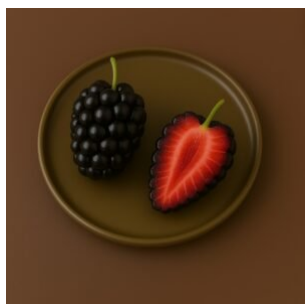
## Blackberry



## Blueberry

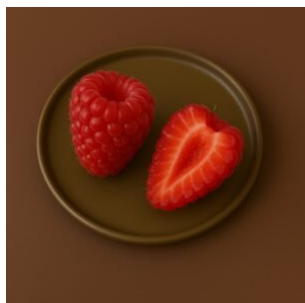


## Strawberry

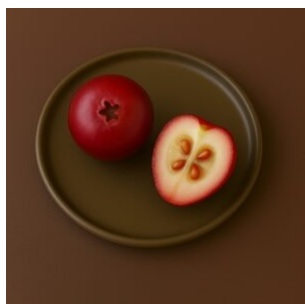


## Mulberry





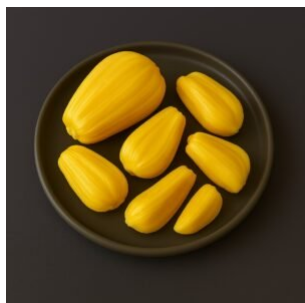
**Raspberry**



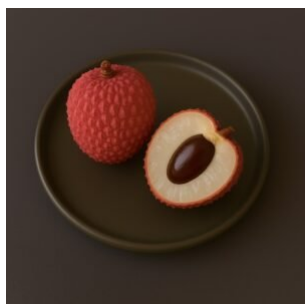
**Cranberry**



**Cherry**



**Jackfruit**



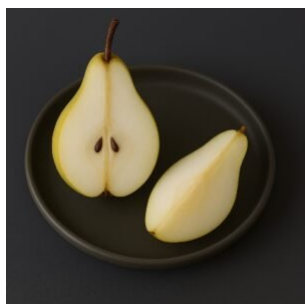
**Litchi**



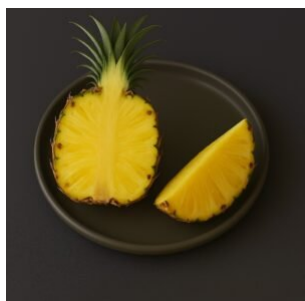
**Muskmelon**



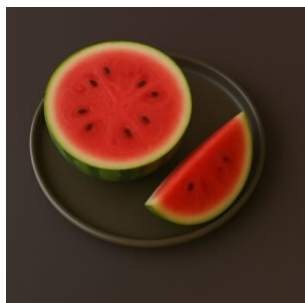
**Orange**



**pear**



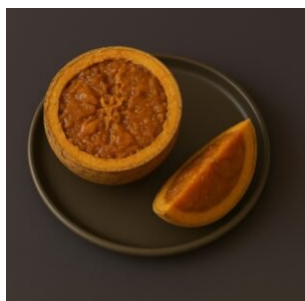
**Pineapple**



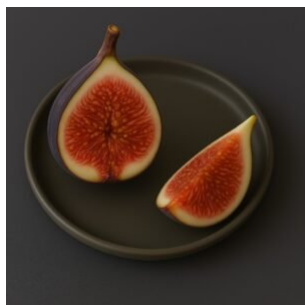
**watermelon**



**Ice Apple**



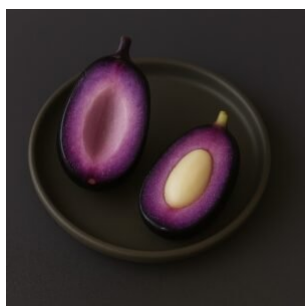
**Wood apple**



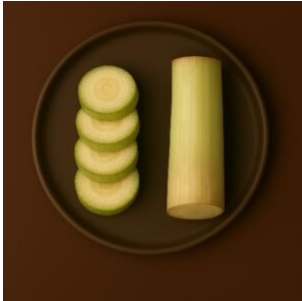
**Fig**



**Guava**



**Jamun**



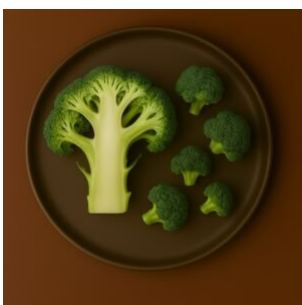
**banana stem**



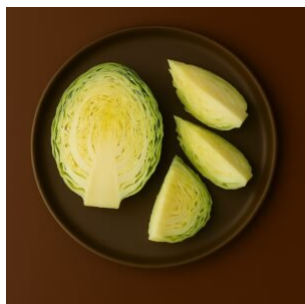
**bitter gourd**



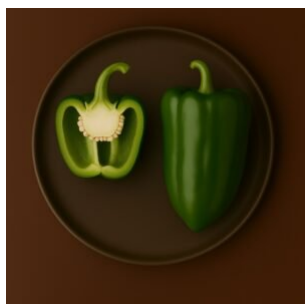
**Brinjal**



**broccoli**



**cabbage**



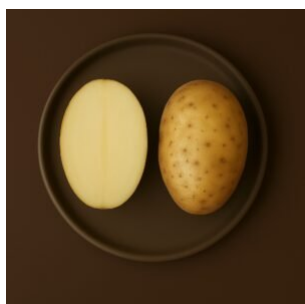
**Capsicum**



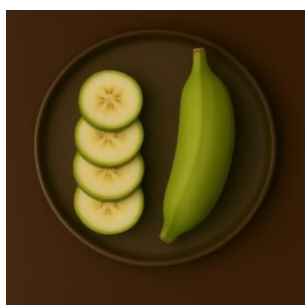
**Cauliflower**



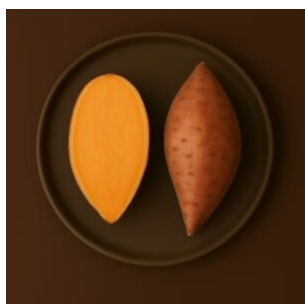
**Garlic**



**Potato**

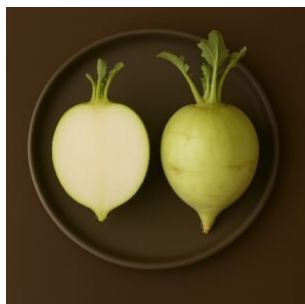


**Raw banana**





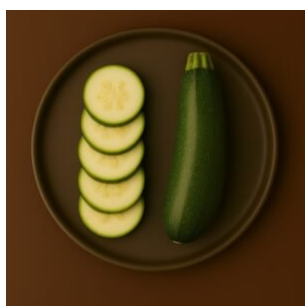
## Sweet Potato



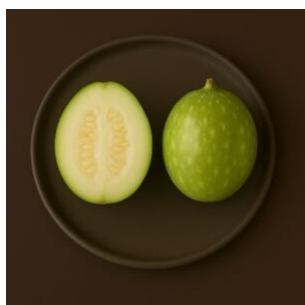
## Turnip



## Peas



## Zucchini



## Tinda



## Arbi



## Radish



## Tomato



## Corn



**beetroot leaves**



**carrot leaves**



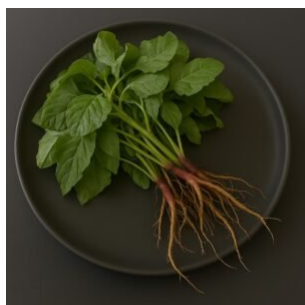
**raddish leaves**



**Mountain spinach/  
chakota**



**Amaranthus/Dantu**



**Amaranthus tristis/Arave**



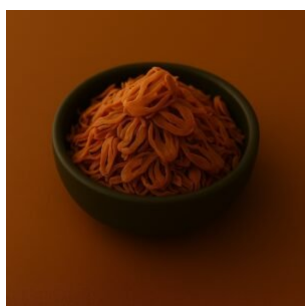
## Wild Amaranthus/ChiLikere



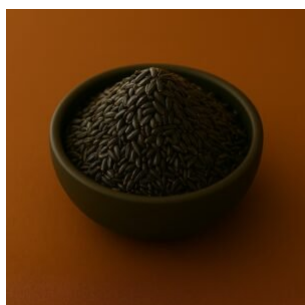
## Methi



## Palak



## Mace



## Niger



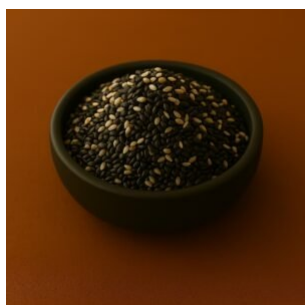
## Chia seeds



## Flax seeds



## Tamrind



## Black and White Sesame



**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**



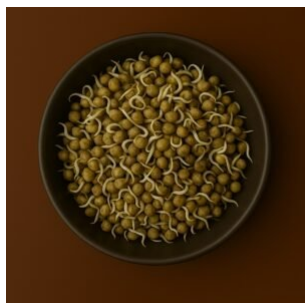
**Wheat**



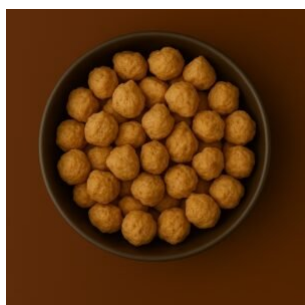
**Urad papad**



**Sweets and  
confectionaries**



**Sprouts**



**Soya chunks**



**Soya**



**Sea Food**



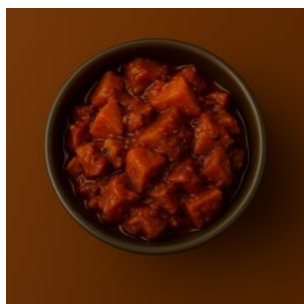
**Rajma**



**Puffed Rice**



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



**Pickle**



**Panner**



**Milk**



**Meat**

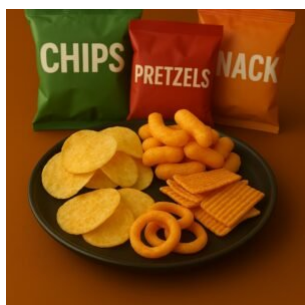


**Masala chai**





**Instant coffee**



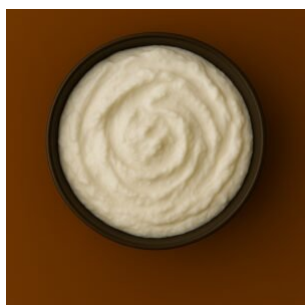
**Highly processed  
and preserved  
food**



**Peanut/Groundnut**



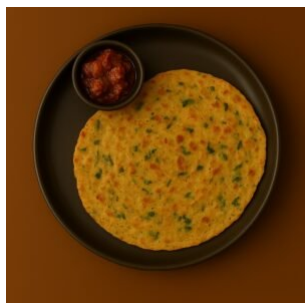
**Dosa**



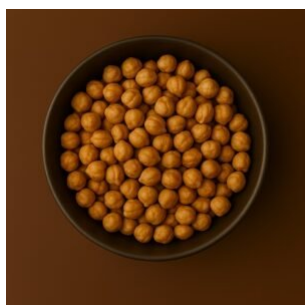
**Curd**



**Cheese**



**Cheela**



**Channa**



**Bajra**



**egg**



**Sugarcane**