

Check our menu

sample Menu for Dosha types

- breakfast
- New Tab



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 Vermicelli

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

\$44



IDLI

Isn't just food, it's comfort on a plate

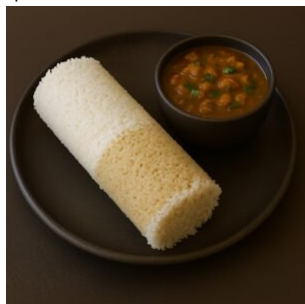
\$44



Kara Kadubu

Savory filling wrapped in soft rice flour dough

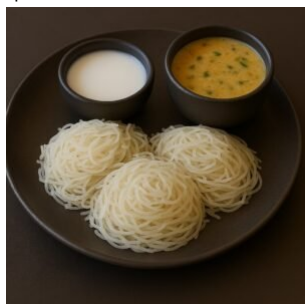
\$44



puttu

Sri Lankan breakfast comfort in cylindrical form

\$44



idiyappam

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

\$44



Akki Rotti

Traditional Karnataka's gluten free diet

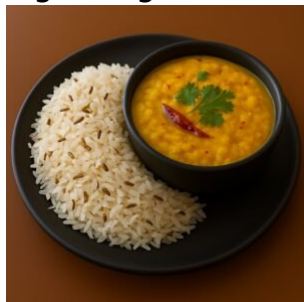
\$44

- lunch / dinner



lemon rice

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



jeera ghee rice

light, sattvic, yet deeply nourishing experience



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



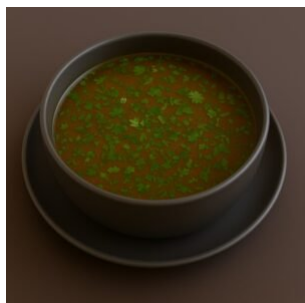
sattvic sambar

Gentle, grounding, and deeply nourishing.



neem rasam

Celebrates simplicity and digestive strength



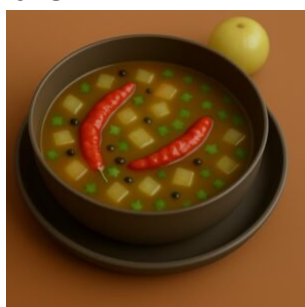
rasam

Celebrates simplicity and digestive strength



Pepper rasam

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



Amla rasam

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



Sunberry rasam(Manathakkali Keerai)

Soothing for digestion and hydration.



Carrot Rice

Good for digestion and eye health

- SOUPS
- 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.



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



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



DRAGON FRUIT



Fig



Guava



Jamun



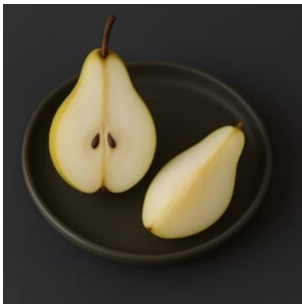
KIWI



Mango



Papaya



Pear



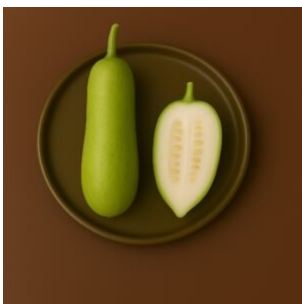
Pomegranate



Mosambi



Ash gourd



bottle gourd



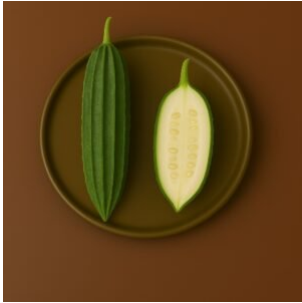
carrot



Chow chow



Radish



Ridge Gourd



Snake Gourd



Flat Beans



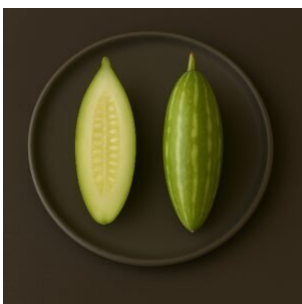
Onion



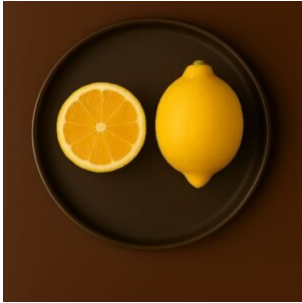
Beans



Ginger



Ivy gourd/ Cocinna



Lemon



Chilli



Coriander



curry leaves

* Avoid Green leaves during rainy season



Asafoetida



Bayleaf



Cardamom



Coriander seeds



Fenugreek



Cumin seeds



Mustard



Nutmeg



Pepper



Star anise



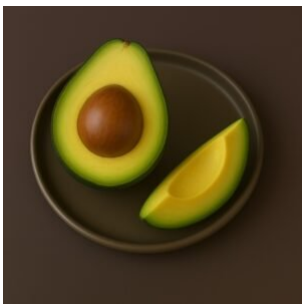
Turmeric



Fennel seeds

to avoid

- Fruits
- vegetables
- green leaves
- spices
- Others



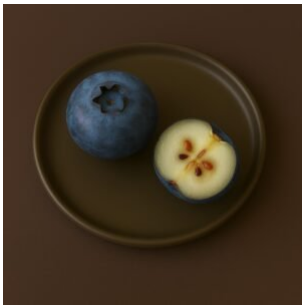
Avacado



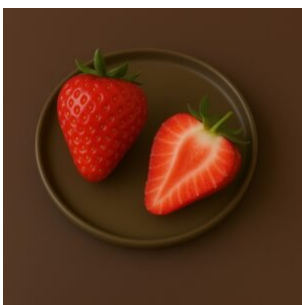
Apple



Blackberry



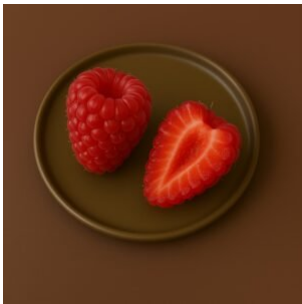
Blueberry



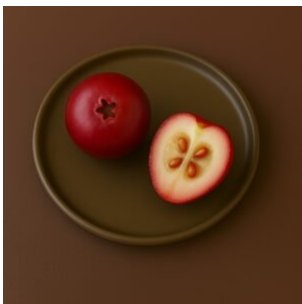
Strawberry



Mulberry



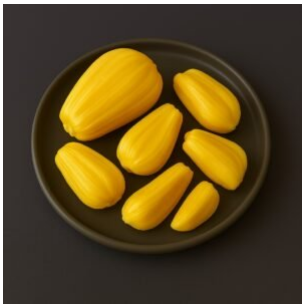
Raspberry



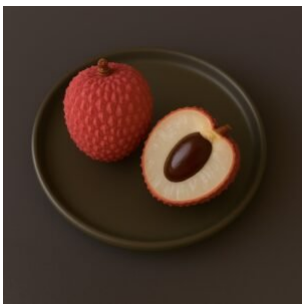
Cranberry



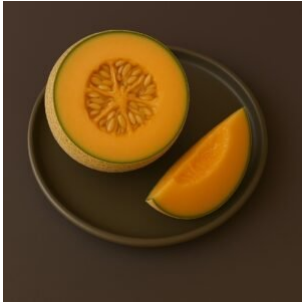
Cherry



Jackfruit



Litchi



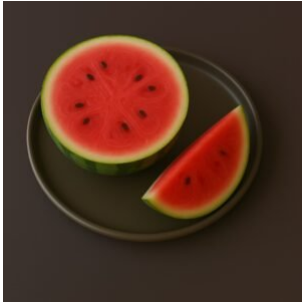
Muskmelon



Orange



Pineapple



watermelon



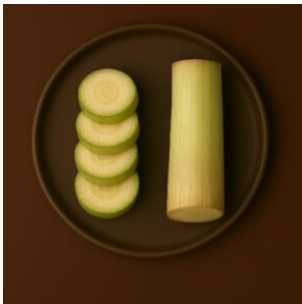
Ice Apple



Wood apple



Small Elakki Banana



banana stem



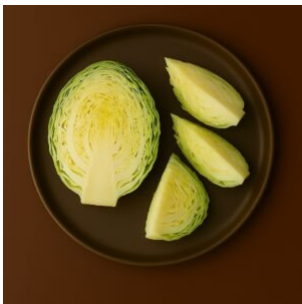
bitter gourd



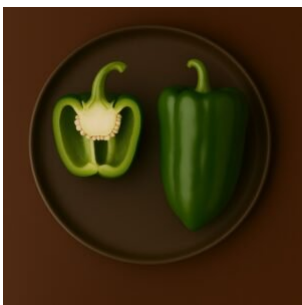
Brinjal



broccoli



cabbage



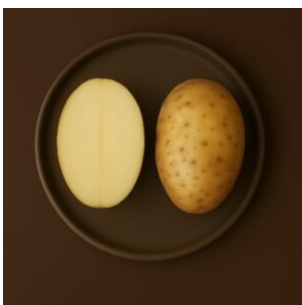
Capsicum



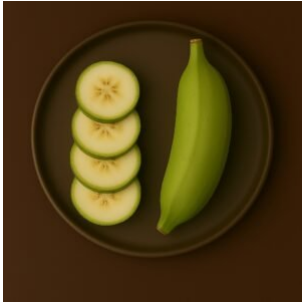
Cauliflower



Garlic



Potato



Raw banana



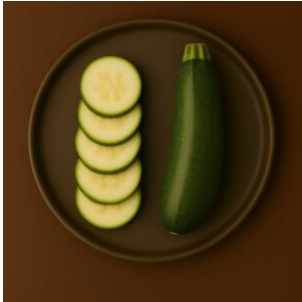
Sweet Potato



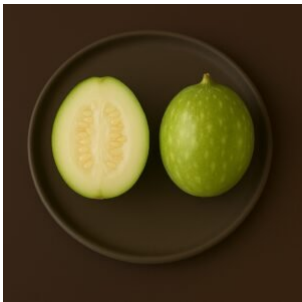
Turnip



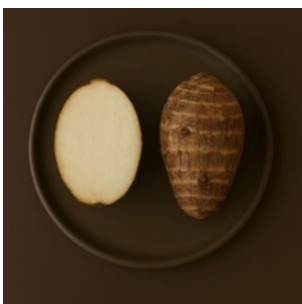
Peas



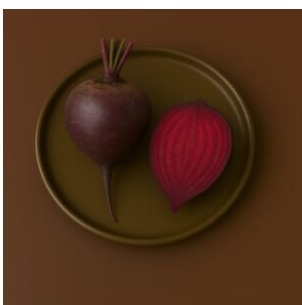
Zucchini



Tinda



Arbi



Beetroot



Okra/Ladies finger



Tomato



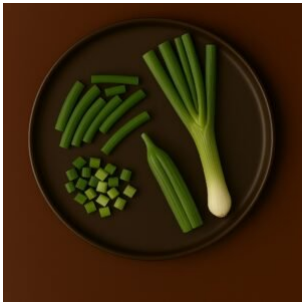
Cluster Beans



Drumstick



**Mangalore
Cucumber**



Spring Onion



Amaranthus/Dantu



Amaranthus tristis/Arave



Balloon Vine/ Agni balli



Bhringaraja



Bramhi



Wild Amaranthus/ChiLikere



Indian Nettle/Kuppigida



Methi



Palak



**Sissoo spinach/
Hongone**



Pudina



Purslane



Sunberry



Dill leaves



beetroot leaves



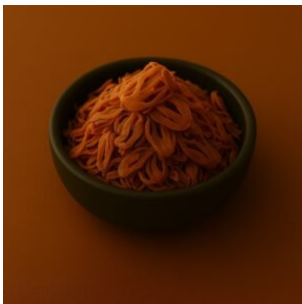
carrot leaves



raddish leaves



**Mountain spinach/
chakota**



Mace



Niger



Chia seeds



Flax seeds



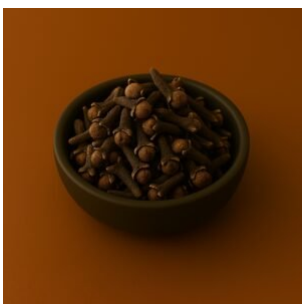
Amchur



Carom seeds/Ajwain



Cinnamon



Cloves



Garden cress/Alvi seeds



Kasuri Methi



Nigella



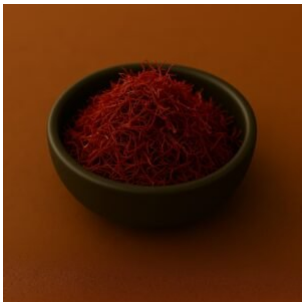
Poppy seeds



Red chilli powder



Black and White Sesame



Saffron



Tamrind



Wheat



Urad papad



Sweets and confectionaries



Sprouts



Soya chunks



Soya



Sea Food



Rajma



Puffed Rice



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



Pickle



Peanut butter



Panner



Mustard Oil



Milk



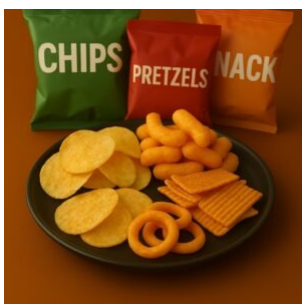
Meat



Masala chai



Instant coffee



**Highly processed
and preserved
food**



Peanut/Groundnut



Dosa



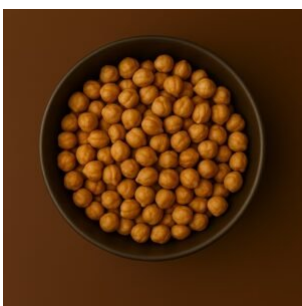
Curd



Cheese



Cheela



Channa



Butter



Bajra

ask a menu as per your dosha