

DEW

RELAX

- **CARAMELIZED CAULIFLOWER AND WATER CHESTNUT SOUP | 200gm | Kcal-288** **INR 500**
Slow cooked cauliflower, infusion of an expectorant with home-grown thyme
(Active ingredients: water chestnuts, hazelnuts)
Oligomers of MUFA (mono unsaturated fatty acids) 🧪🍊
- **CURRIED YELLOW SPLIT PEA & FENNEL SOUP | 220gm | Kcal-283** **INR 500**
Enriched pro vitamin with the essence of fennel
(Active ingredients: turmeric, ginger)
grams of protein and healthy amino acids 🌱
- ▲ **KAFFIR LIME CHICKEN BROTH | 220gm | Kcal-244** **INR 550**
Protein enriched broth infused with makrut leaves
(Active ingredients: pokchoy, carrot)
grams lean protein and branch chain amino acids 🥬🥕

DELIGHT

- ▲ **PROTEIN EGG AND MILLET RICE SALAD IN THE BOWL | 180gm | Kcal-315** **INR 600**
Healthy and high in protein with low glycaemic index
(Active ingredients: millets, organic forest honey)
grams of protein and poly-complex carbohydrates 🍳🌾
- **ORGANIC GARDEN SALAD | 220gm | Kcal-90.2** **INR 600**
Straight from Asha's garden onto your plate
(Active ingredients: tomato, pepper)
Antioxidant's and loaded with phytonutrients
- **SPROUTED GRAM & UDON NOODLES SALAD | 280gm | Kcal-156** **INR 600**
As flavoured fresh indulgence
(Active ingredients: tofu, horse gram) 🥬🥕
- SUSHI PLATTER | 170gm**
- **VEGETARIAN | Kcal-311** 🌱 **INR 650**
- ▲ **SEAFOOD | Kcal-334** 🦞🐠🐙 **INR 900**
Energize your senses by grabbing a couple of Japanese sushi
- **DIM SUM | 120gm | Kcal-214** **INR 600**
Steamed healthy fragrant dumpling
Active ingredient: spinach 🥬🥕🌱
- ▲ **POKCHOY WRAPPED SEAFOOD DIM SUM | 170gm | Kcal-283** **INR 500**
Enriched omega3 fatty acids and lean protein 🥬🥕🦞🐠🐙

FLAT BREADS

All flat breads are made from organic finger millet flour

- **TRIO OF HEIRLOOM TOMATO FLAT BREAD | 200gm | Kcal-602** **INR 725**
Heirloom tomato, confit tomato, sun dried tomato,
Gobbese, parmesan, sea salt, pepper 🍅🧀🧂🌶️

🦞 Crustacean 🐠 Molluscs 🐟 Fish 🌱 Soya 🌾 Gluten 🌱 Mustard 🌱 Sesame 🌱 Celery 🍳 Eggs 🥛 Dairy 🥜 Peanuts 🌰 Nuts 🧪 Sulphite 🌱 Lupin

Please inform our associate if you are allergic to any food ingredients

All prices are in Indian Rupees and subject to applicable government taxes

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

- **SUMMER VEGETABLE FLAT BREAD | 230 gm | Kcal-653** INR 725
 Zucchini, onion, bell pepper, tomato, parmesan 🌾 🥛
- ▲ **GARLICKY GREENS & CHICKEN FLAT BREAD | 250gm | Kcal-487** INR 825
 Green zucchini, broccoli, spinach, chayote & chicken 🌾 🥛

INDULGE

- **BRUSCHETTA | 190gm | Kcal-345** INR 725
 Zucchini, mushroom, tomato, basil
 (Active ingredients: basil) 🌾 🥛
- **JOWAR & TOFU QUESADILLAS | 340gm | Kcal-935** INR 725
 Sorghum, tofu, red cabbage, pineapple, red onion
 (Active ingredients: sorghum) 🌾 🥛 🥑
- **FINGER MILLET RAVIOLI IN BRAHMI PESTO | 170gm | Kcal-537** INR 725
 Stuffed with carrot and mango ginger
 (Active ingredients: Brahmi) 🌾 🥛 🥕

RECHARGE

- **WILD BROWN RICE AND ORGANIC VEGETABLE BOWLS | 520gm | Kcal-696** INR 725
 Complete meal in its own, complex carbohydrates with micronutrients 🥛
- **KODA VAKURU KARI WITH ORGANIC RICE | 425gm | Kcal-514** INR 725
 With love from grandma's kitchen
 (Active ingredients: kuru bean) 🥛
- ▲ **ASIAN FLAVORED BRAISED CHICKEN | 300gm | Kcal-426** INR 900
 Intense flavours of Thai ginger & lemon grass chicken
 (Active ingredients: Thai ginger) 🥛 🌿
- ▲ **SUMAC & GARLIC BRAISED PRAWNS | 320gm | Kcal-361** INR 950
 Grilled polenta, organic tomato and orange vierge
 (Active ingredients: organic tomato) 🦀

REJUVENATE

- **DARK COCOA SEMI-FREDO | 130gm | Kcal-136** INR 450
 Finest Belgium chocolate, coconut crème, rosemary
 (Active ingredients: Belgium chocolate) 🥑 🥛
- **SPANISH RED RICE PUDDING | 180gm | Kcal-264** INR 450
 Organic red rice, pistachio
 (Active ingredients: red rice) 🥕 🥛
- **FROZEN BERRY YOGHURT | 100gm | Kcal-98.4** INR 450
 Greek yoghurt, berry
 (Active ingredients: berry) 🥑 🥛

REVIVE

- ☑ **RELAXING TURMERIC LATTE | 260gm | Kcal-262** **INR 400**
Almond milk, turmeric, honey, cinnamon powder, ginger powder, pinch of salt
(Active ingredients: turmeric) 🍌 🍷
- ☑ **BERRY MILKSHAKE | 350gm | Kcal-518** **INR 400**
Almond milk, berries, organic honey 🍌 🍷
- ☑ **TENDER COCONUT & LEMON GRASS JUICE | 330gm | Kcal-102** **INR 350**
(Active ingredients: lemongrass)
- ☑ **BEETROOT & GARCINIA CAMBOGIA JUICE | 330gm | Kcal-155** **INR 350**
- FRESH JUICES | 300gm** **INR 350**
- ☑ **ORANGE | Kcal-141**
- ☑ **WATERMELON | Kcal-108**
- ☑ **FRESH LIME SODA OR WATER** **INR 175**
Selection of plain, sweet or salted
- ☑ **AERATED BEVERAGES** **INR 175**
- ☑ **BOTTLED WATER 1000ml** **INR 175**