

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)
Only 4 gms of MUFA (mono unsaturated fatty acids) 🧪🍊
- **CURRIED YELLOW SPLIT PEA & FENNEL SOUP | 220gm | Kcal-283** **INR 500**
Enrich your pro vitamin with the essence of fennel
(Active ingredients: turmeric, ginger)
8 gms 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)
10 gms lean protein and branch chain amino acids 🌿🥕

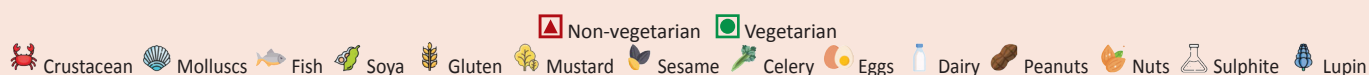
DELIGHT

- ▲ **PROTEIN EGG AND MILLET RICE SALAD IN THE BOWL | 180gm | Kcal-315** **INR 600**
Healthy salad high in protein with low glycaemic index
(Active ingredients: millets, organic forest honey)
18 gms 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**
Asian 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 in 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,
Goat cheese, parmesan, sea salt, pepper 🌿🧂



Please inform our associate if you are allergic to any food ingredients
All prices are in Indian Rupees and subject to applicable government taxes

- **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**