

## **Soup & Salad**

### **The Sattvik Garden Elixir (VG) (GF) - 245/-**

A restorative, mildly spiced lentil broth, enriched with fresh moringa leaf extract and marrow

Nutrition:- Cal:147g / P:3.63g / Carb:16.99 / Fat :4.72g / Fiber: 4.84g

Nutritional facts: High on dietary fibre & protein, low on fat & calories with just the right quantity of carbohydrates

### **Aromatic Lentil Dumplings in Broth (VG) (GF) - 280/-**

Savory baby urad dal fritters immersed in a vibrant, spiced South Indian clear soup (Rasam).

Nutrition:- Cal:240g / P:2g / Carb:5.9g / Fat :8.5g / Fiber:4.12g

Nutritional facts: Well-balanced ratio of dietary fibre & protein, low on carbohydrates & fats

### **Pumpkin TomKha (VG) (GF) 280/-**

A creamy, delicate Thai-spiced blend of spiced pumpkin purée and rich coconut milk.

Nutrition:- Cal:130g / P:3g / Carb:20g / Fat :5g / Fiber:3.5g / Sodium:50g

Nutritional Facts: Rich in Vitamin A & C, Iron, Sodium, Potassium. Moderate Carbohydrates, good source of Calories & fibre

### **The Superseed Bowl (VG) (GF) 475/-**

Protein-packed trio of organic beans and fluffy quinoa, tossed in a light pomegranate vinaigrette.

Nutrition:- Cal:570g / P:33g / Carb:30g / Fat :11g / Fiber:8g

Nutritional Facts: Complete protein source, high in fibre, rich in Vitamins & minerals. Antioxidants

## **Appetizers**

### **Wok-Tossed Haricot Vert & Crispy Garlic (VG) (GF) 370/-**

Fresh haricot vert (French green beans) lightly tossed in sesame oil, garlic crystals, and a light soy dressing.

Nutrition:- Cal:88g / P:2.3g / Carb:5.2g / Fat :6.5g / Fiber:2.19g

Nutritional Facts: Low in calories and a good source of fiber, Vitamins K and C, and folate.

### **Togarashi Tofu & Vegetable Blossom (VG) 460/-**

Delicate, open-faced dimsum topped with Togarashi-spiced tofu and a vibrant slaw of fresh beetroot and radish. Served with dipping sauces.

Nutrition:- C:180g / P:12g / Carb:20g / Fat :4 / Fiber:2g

Nutritional Facts: Equal balanced nutrition with low carbohydrates, moderate fibre & protein

### **Broccoli & Mushroom Stir Fry (VG) (GF) 475/-**

Wholesome broccoli florets and a button mushrooms, stir-fried with Asian spices and light soy.

Nutrition:- Cal:114g / P:6g / Carb:13g / Fat :2g / Fiber:3g

Nutritional Facts: A good amount of dietary fiber and significant amounts of Vitamin C and A, along with other minerals

**Baked 'Oyster' & Cabbage Brochettes (VG) (GF) 475/-**

Tender Mushroom & Organic Cabbage brochettes marinated in a smoky-spicy rub, oven-baked, and served over a creamy hummus spread with basil pesto.

Nutrition:- Cal:88g / P:2.3g / Carb:5.2g / Fat : 2g / Fiber:2.19g

Nutritional Facts: Low-calorie, high-fiber. Nutrient-dense dish rich in Vitamins C, K, B and potassium & minerals

**Quinoa & Fig Tikki (VG) (GF) 485/-**

A healthy mix of Super food Quinoa & Fig puree with Tofu mince, pan fried with spiked pineapple chutney, house salad

Nutrition:- Cal:100g / P:8g / Carb:14g / Fat :2.5g / Fiber:2g

Nutritional Facts: A good source of protein and fiber and is rich in various Vitamins – Folate, B6, B2 and minerals – Iron, Magnesium.

**Small Plate**

**Hara Bhara Felfal wrap (VG) (GF) 510/-**

Gluten-free oats and spinach wrap, filled with guacamole, falafel crumbles, and house-made vegan sour cream.

Nutrition:- Cal:490g / P:28g / Carb:95g / Fat : 16 / Fiber:6g

Nutritional Facts: High in Fiber & protein, vitamins & just enough carbohydrates

**Moroccan Hummus with Pita Bread (VG) (Pita can be swapped) 510/-**

Silken chickpea hummus finished with extra virgin olive oil (EVOO) and fried garlic. Served with toasted pita bread.

Nutrition:- Cal:450g / P:28g / Carb:45g / Fat :8 Fiber:4.5g

Nutritional facts: A good mix of macronutrients, including calories, carbohydrates, protein, and fat, along with important fiber, vitamins, and minerals.

**Green Pea Hummus with Roasted Cauliflower (VG) (GF) 510/-**

Bright, organic green pea hummus topped with EVOO and served alongside perfectly roasted cauliflower florets.

Nutrition:- Cal:343g / P:14g / Carb:56g / Fat : 10 / Fiber: 3.4g

Nutritional Facts: This combination is high in fiber, protein, vitamins C and K, and folate.

**Main Course**

**Creamy spiced lentil, zucchini zoodles with Tofu (VG) (GF) 580/-**

Sasoned zucchini noodles (zoodles) and pan-tossed tofu served over a rich, mildly spiced creamy lentil base.

Nutrition:- Cal:612g / P:30.2g / Carb:46g / Fat :37.7g / Fiber:15g

Nutritional Facts: This meal is generally a high-protein, high-fiber, and low-carb combination rich in vitamins and minerals

**Broccoli with Chickpeas Pasta in Pomodoro (VG) (J) 540/-**

Our naturally gluten-free Chickpea flour pasta, artisanal crafted and infused with fresh broccoli, served in a rustic Roma tomato Pomodoro sauce

Nutrition:- Cal:130g / P:3g / Carb:20g / Fat :5g / Fiber:3.5g

Nutritional Facts: This meal is high in protein and fiber, with moderate carbohydrates. Good source of Vitamins C & K

**Cottage Cheese Steak with Broccoli sauce (GF) 580/-**

Generously grilled cottage cheese steak served atop a silken, nutrient-rich broccoli sauce.

Nutrition:- Cal:657g / P:31.7g / Carb:25.5g / Fat :45g / Fiber:6g

Nutritional Facts: A high-protein, macro-friendly version with a good source of vitamins and minerals, including calcium, iron, potassium, and vitamins A, B12, C, and K

**Cilantro Rice with Mushroom sauce (VG) (GF) 580/-**

Fragrant, cilantro-infused Basmati rice served with a trio of savory wild mushrooms in a rich, slow-cooked ragout.

Nutrition:- Cal:620g / P:15g / Carb:85g / Fat :30g / Fiber:6g

Nutritional Facts: With antioxidant properties, this meal is rich in Vitamins A and C along with riboflavin and niacin

**Smoked Quinoa Pilaff (GF) 555/-**

Burst of smoky flavours, quinoa with subtle spices, slow-cooked, with curried salan & raita

Nutrition:- Cal:640g / P:26g / Carb:95g / Fat :12g / Fiber:12g

Nutritional Facts: This meal is a good source of protein and fiber, and contains various vitamins and minerals. It provides folate (B9), vitamin B6, and some vitamin E.

**Bajra Risotto (J) (GF) 555/-**

Rich in nutrients & wholesome, bajra slow-cooked with butter for 2 hours with herbs & finished with Parmegiano Reggiano cheese

Nutrition:- Cal:550g / P:22g / Carb:80g / Fat :25g / Fiber:8g

Nutritional Facts: Having a lower glycemic index, helping maintain stable energy levels and supporting diabetes management. Rich in protein, packed with essential minerals, including magnesium, phosphorus, iron, and zinc.

**Dessert**

**Vegan Crème Catalan (VG) (GF) 410/-**

Goodness of Almond Milk & Roux with hints of that bitter-sweet caramel

**Toffee Pudding 410/-**

Uber delicious Date & toffee cake soaked in a sabayon topped with toffee sauce & gelato

**Chocolate mille-feuille                      475/-**

Light as air baked phyllo sheets layered with Callebaut chocolate mousse with a Raspberry sabayon, pistachio crumbs

**French Toast Tiramisu (VG)                      510/-**

Toasted in house coffee soaked Shokupan bread with vegan custard crème, cocoa dusted

**Drinks**

**Sparkling Cran Cider**

A vibrant, effervescent blend of pressed apples and tart cranberries, yielding a balanced, thirst-quenching taste

**Golden Glow**

a bright, chilled infusion that balances zesty tartness with the subtle warmth of autumnal spice and a kiss of natural sweetness.

**Cucumber Berry Tea**

A crystalline, cooling tea infusion featuring the subtle, aqueous freshness of cucumber balanced by a vibrant medley of sweet garden berries

**Tender coconut mojito**

Our tropical twist on the classic Mojito, blending muddled fresh mint and lime with the delicate, sweet hydration of tender coconut water and subtle coconut flesh