



WHOLE SOME START

08:00 AM - 10:30 AM

AUTUMN MORNINGS

Gentle, nourishing breakfast inspired by Ayurveda to awaken digestion.

Eat-In To-Go
£4.50 £3.75

Khichdi - A thin, soupy moong dal & rice porridge with cumin, ginger, turmeric.

Quinoa Porridge - Cook quinoa with cardamom, top with figs and dates soaked overnight.

Overnight Oats - Overnight oats with banana, blueberry, and chocolate.

CHIA SEED PUDDING £4.50 £3.75

Creamy chia pudding with cocoa, nuts, and blueberries, delicious nourishment in a bowl.

SPROUTS

Fresh, nutrient-rich sprouts for natural boost to your daily wellness.

Sprouts Salad £5.00 £4.50
Sprouts Pancake £5.25 £4.75

THE BALANCED BOWL

11:30 AM - 02:30 PM

Ayurveda-inspired lunches, designed to nourish with balance and flavour.

MONDAY

Coconut Rice and Chickpeas Curry £5.50 £4.75

TUESDAY

Vegetable Biryani and Soya Curry £5.50 £4.75

WEDNESDAY

Ghee Rice and Vegetable Kurma £5.50 £4.75

THURSDAY

Vegetable Pilau Rice and Dal Makhani £5.50 £4.75

FRIDAY

Lemon Rice and Potato Peas Fry £5.50 £4.75

SUBSCRIPTION OPTIONS

Weekly Subscription £5.00 £4.25
Monthly Subscription £4.50 £4.00

EXTRAS

Chapati (Flat Bread) £1.50 £1.00
Beverage £2.25 £2.00
Pappadam £0.75 £0.50
Vada £1.25 £1.00

MENU

PURE VEGETARIAN

AUTUMN 2025

FOOD IS MEDICINE.
OUR MENU IS CRAFTED TO SUPPORT BALANCE, ENERGY, AND EASE OF DIGESTION

THE GROUNDED PLATE

11:30 AM - 2:30 PM | 5:30 PM - 8:00 PM

DOSA

*Protein-rich dosa made from fermented rice and lentils for easy digestion and steady in energy.**

	Eat-In	To-Go
Plain Dosa	£5.00	£4.75
Set Dosa	£6.50	£6.00
Masala Dosa	£6.50	£6.00
Mysore Masala Dosa	£7.00	£6.50
Onion Dosa	£6.50	£6.00
Onion Masala Dosa	£7.00	£6.50
Ghee Dosa	£6.50	£6.00
Ghee Masala Dosa	£7.00	£6.50
Butter Dosa	£6.50	£6.00
Butter Masala Dosa	£7.00	£6.50
Podi Dosa	£6.50	£6.00
Paneer Masala Dosa	£7.00	£6.50

VADA

*Protein-rich, fibre-packed vadas made with black gram lentils, hearty yet nourishing.**

Plain Vada	£1.50	£1.25
Sambar Vada	£2.25	£2.00
Rasam Vada	£2.00	£1.75
Curd Vada	£2.50	£2.25

IDLY

*Light and fluffy idlis, protein-rich, low in calories, and gut-friendly.**

Idly	£5.00	£4.50
Idly and Vada	£5.50	£5.00
Podi Idly	£6.00	£5.50
Sambar Idly	£5.75	£5.25
Mini Idly	£6.00	£5.50

** Served with a nourishing lentil and vegetable stew and a trio of chutneys, coconut, mint, and tomato*

We recommend pre-ordering to help avoid food waste.

WE ARE OPEN

MONDAY - FRIDAY
7:00 AM - 8:30 PM

SATURDAY - SUNDAY
9:00 AM - 9:00 PM

Location-based delivery charges apply.

UTTAPAM

*Traditional South Indian pancakes topped with vegetables, spices, and herbs.**

	Eat-In	To-Go
Plain Uttapam	£5.50	£5.00
Onion Uttapam	£6.50	£6.00
Capsicum Uttapam	£6.50	£6.00
Podi Uttapam	£6.00	£5.50
Tomato Uttapam	£6.00	£5.50
Paneer Uttapam	£7.00	£6.50

TIFFIN

£14.50 £12.50

A wholesome South Indian platter featuring two soft idlis, one crisp dosa, one comforting cup of pongal, two golden vada, and one sweet delicacy.

WEEKEND BUFFET

11:00 AM - 03:00 PM

SATURDAY

South Indian Thali £18.00 £15.00

Traditional South Indian platter with rice served with sambar, rasam, koottu, poriyal, avial, buttermilk, pickle, appalam, and a sweet dish to finish.

SUNDAY

North Indian Thali £18.00 £15.00

Traditional North Indian platter with vegetable pulao, dal tadka, chapati, chana masala, aloo matar, raita, pickle, papad, and sweet dish to finish.

BEVERAGES

11:30 AM - 02:30 PM

Drinks blended to refresh the senses and support natural energy.

Hot Drinks

Indian Filter Coffee	£3.00	£2.50
Indian Masala Chai	£3.00	£2.50
Badam Milk	£3.50	£3.00
Herbal Tea	£2.50	£2.00

Cold Drinks

Fresh Orange Juice	£3.50	£3.50
Sweet Lassi	£3.50	£3.00
Salt Lassi	£4.00	£3.50
Butter Milk	£2.50	£2.00
Milk Shake	£3.50	£3.00
Vanilla, Strawberry, Chocolate.		
Smoothies	£4.00	£3.50
Mango Dreams, Coconut Crush, Green Reviver, Ginger Beets, Passion Storm, Matcha Power.		

Order via WhatsApp 07939592599 or call 01481 700 050

8 Fountain Street St. Peter Port, Guernsey, Channel Islands GY1 1DA | www.wellnesss.gg | Follow us @guernsey.wellness



NOURISHMENT ROOTED IN WELLNESS

Why Our Food Feels Different

Rooted in rich tradition and inspired by Ayurveda, our meals combine wholesome ingredients with gentle spices to bring balance, aid digestion, boost energy, and nurture overall well-being.

SIX TASTES IN AYURVEDA

In Ayurveda, every meal includes six tastes—sweet, sour, salty, pungent, bitter, and astringent. Each taste nourishes the body in a different way, helping digestion, balance, and overall vitality.

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AYURVEDIC FOOD COMBINATION

Ayurveda teaches that how foods are combined matters. Supportive pairings make meals easier to digest and energising, while heavy combinations can leave the body sluggish. We keep things simple and seasonal, so your meal feels light, balanced, and nourishing.

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FERMENTATION AND PROBIOTICS

Fermentation is a natural process that enhances the life energy of food, especially regarding prebiotics. This process involves beneficial bacteria that support gut health. As a result, a nutritious meal promotes balance, vitality, and harmony between the body and mind.

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PLANT-BASED PROTEIN

Our dishes are rich in plant-based protein, making them ideal for vegetarians and vegans. These foods not only serve as excellent protein sources but also offer valuable fiber, vitamins, and minerals that contribute to a nutritious and healthy diet.

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SPICES WITH PURPOSE

In Ayurveda, spices are both medicine and flavour. The spices in our dishes support digestion, boost metabolism, and restore balance. More than seasoning, they are the heart of our cooking, bringing warmth, vitality, and harmony to every dish.

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EATING IN RHYTHM

Ayurveda teaches that the body digests best when meals follow the rhythm of the day. Our menu offers balanced, nourishing options for breakfast, lunch, and dinner, supporting you whenever you choose to eat.

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The Wellness Community Hub makes healthy living accessible to everyone.

Alongside our nourishing menu, we offer workshops, cookery classes, therapies, and counselling, many of which are free or offered at an affordable cost.

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