



1 October to 30 November 2025
Tennerfest
MENU
 PURE VEGETARIAN
 [V] Vegetarian [VE] Vegan



🌿 **SATTVIC**

Light, fresh, wholesome meals
for balance and wellbeing.

🔥 **RAJASIC**

Bold, flavourful dishes to
awaken senses and energise.

🌙 **TAMASIC**

Rich, satisfying meals for
pure indulgence.

TRADITIONAL SOUTH INDIAN DISHES

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


- 🔥🌿 **Dosa - Potato Masala [VE]/Soya Chunks Masala [VE]/Paneer Masala [V]**  *Protein-rich made from fermented rice and lentils for easy digestion and steady in energy.*
- 🌿 **Idly - Plain [VE]/Sambar [VE]/Podi [VE]**  *Light and fluffy idlis, protein-rich, low in calories, and gut-friendly.*
- 🔥🌿 **Uttapam - Plain [VE]/Onion [VE]/Capsicum [VE]/Paneer [V]/Podi [VE]**  *Pancakes topped with vegetables, spices, and herbs.*
- 🌿 **Pongal [V] [VE]**  *Comforting South Indian dish of rice and moong dal, seasoned with black pepper, cumin.*
- 🔥🌙 **Poori - Potato Masala/ Chickpea Masala [VE]** *Fluffy, golden-fried bread served with mildly spiced, aloo or chana masala.*

ACCOMPANIMENT

- 🌿 **Steamed Idly Bites [VE]**  *Light protein-rich, low in calories, and gut-friendly served with coconut chutney.*
- 🌿 **Cucumber & Carrot Sticks with Hummus [VE]**  *Fresh cucumber and carrot sticks served with a lightly spiced hummus.*
- 🔥🌙 **Vada - Plain [VE]/Sambar [VE]/Rasam [VE]/Curd [V]**  *Protein-rich made with black gram lentils, black pepper, ginger, curry leaves, and spices.*
- 🔥🌙 **Aloo Bonda [VE]**  *Spiced mashed potatoes dipped in gram flour batter and fried to golden perfection.*
- 🔥🌙 **Bhaji - Onion [VE]/Potato [VE]/Plantain [VE]**  *Spiced vegetable fritters coated in gram flour batter fried until golden and crispy.*

SOUTH INDIAN TIFFIN & BEVERAGE

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

- 🔥🌙 **Tiffin [V] [VE]**  *A wholesome South Indian platter featuring two soft idlis, one crisp dosa, one comforting cup of pongal, two golden vada, and one sweet delicacy.*

£10.00

£18.00





SATTVIC
RAJASIC
TAMASIC

VEGETARIAN [V]
VEGAN [VE]
GLUTEN FREE

THE BALANCED BOWL & BEVERAGE

11:30 AM - 2:30 PM

- ✿ **MONDAY - Coconut Rice and Chickpeas Curry [VE]**
Fragrant coconut-infused rice served with a mildly spiced, protein-rich chickpea curry.
- ✿ **Tuesday - Vegetable Biryani and Soya Curry [VE]**
Aromatic spiced rice with mixed vegetables, served alongside a hearty, protein-rich soya curry.
- ✿ **Wednesday - Ghee Rice and Vegetable Kurma [V]**
Fragrant ghee-infused rice served with a creamy, mildly spiced vegetable kurma.
- ✿ **Thursday - Vegetable Pilau Rice and Dal Makhani [VE]**
Fragrant spiced rice with mixed vegetables, served with creamy black lentils with mild spices.
- ✿ **Friday - Lemon Rice and Potato Peas Fry [VE]**
Fragrant, tangy lemon-infused rice served with lightly spiced, sautéed potatoes and peas.

WEEKEND BUFFET & BEVERAGE

11:00 AM - 3:00 PM

- ✿ **Saturday - South Indian Thali [VE]**
Traditional South Indian platter with rice served with sambar, rasam, koottu, poriyal, aial, buttermilk, pickle, appalam, and a sweet dish to finish.
- ✿ **Sunday - North Indian Thali [V] [VE] [Gluten-Free Option Available]**
Traditional North Indian platter with vegetable pulao, dal tadka, chapati, chana masala, aloo matar, raita, pickle, papad, and sweet dish to finish.

BEVERAGE

- ✿ **Fresh Orange Juice [VE]**
Refreshing juice made from freshly squeezed ripe oranges.
- ✿ **Indian Masala Chai [V] [VE]**
Aromatic tea brewed with black tea, mixed with hot milk, spices, and a hint of sweetness.
- ✿ **Indian Filter Coffee [V] [VE]**
South Indian coffee brewed with coffee 80% Chicory 20% mixed with hot milk and a hint of sweetness.
- ✿ **Herbal Tea [VE]**
Soothing infusion of natural herbs, flowers, and spices, served hot.
- ✿ **Butter Milk [V]**
Refreshing churned yogurt drink lightly spiced with ginger, cumin and herbs.
- ✿ **Lassi - Mango [V]/Sweet [V]/Salt [V]**
Creamy yogurt-based drink, served sweet, salted, or flavored with fruits and spices.

£7.50

£20.00





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.

Order via WhatsApp 07939592599 or call 01481 700 050

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