



MENU

PURE VEGETARIAN

WINTER 2025

[V] Vegetarian [VE] Vegan [GF] Gluten Free

FOOD IS MEDICINE.

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

WHOLESOME START £4.50

08:00 AM - 10:30 AM

WINTER MORNINGS

Gentle, nourishing breakfast inspired by Ayurveda to awaken digestion.

Khichdi - A thin, soupy moong dal & rice porridge with cumin, ginger, turmeric, ghee/vegan butter. [V] [VE] [GF]

Coconut Milk Porridge - Cook quinoa with cardamom top with figs & dates. [V] [VE] [GF]

Creamy Oat Porridge - Cook oats with whole milk/oat milk, cinnamon, dates, ghee/vegan butter. [V] [VE] [GF]

Overnight Chia Pudding with maple syrup, vanilla syrup, coconut nibs, nuts, and fruits, delicious nourishment in a bowl. [V] [VE] [GF]

THE BALANCED BOWL £5.50

11:30 AM - 02:30 PM

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

MONDAY

Coconut Rice and Chickpeas Curry [VE] [GF]
Asian-Style Chana Masala Wrap [V]

TUESDAY

Vegetable Biryani and Soya Curry [VE] [GF]
Asian-Style Soya Curry Wrap [V]

WEDNESDAY

Ghee Rice and Vegetable Kurma [V] [GF]
Asian-Style Cumin Mushroom Wrap [V]

THURSDAY

Vegetable Pilau Rice and Dal Makhani [VE] [GF]
Asian-Style Paneer & Capsicum Wrap [V]

FRIDAY

Lemon Rice and Potato Peas Fry [VE] [GF]
Asian-Style Aloo Gobi Wrap [V]

BEVERAGES

11:30 AM - 08:30 PM

Drinks blended to refresh the senses and support natural energy.

Hot Drinks

Indian Filter Coffee	£3.00
Indian Masala Chai	£3.00
Herbal Tea	£2.50

Cold Drinks

Fresh Orange Juice	£3.50
Butter Milk	£3.50
Lassi	£3.50

Salt, Sweet, Mango

Milk Shake	£3.50
------------	-------

Vanilla | Strawberry | Chocolate.

Smoothies	£3.50
-----------	-------

*Mango Dreams | Coconut Crush | Green Reviver |
Ginger Beets | Passion Storm | Matcha Power.*

BALANCED BOWL MEAL DEAL

11:30 AM - 02:30 PM

Main Meal & Drink	£6.50
Main Meal, Drink & Snack	£7.50
Weekly & Monthly Package Options Available	

FINGER FOOD £1.50

11:30 AM - 08:30 PM

Vegetable Samosa A crisp triangle-shaped pastry filled with spiced potatoes, peas, and onions. [V] [VE]

Masala/Medu Vada A savory doughnut crafted from ground split chickpeas/black lentils. [V] [VE] [GF]

Aloo Bonda Mashed potatoes seasoned with spices, and dipped in chickpea batter fried to a crisp golden finish. [V] [VE] [GF]

Bhaji - Onion/Potato Golden, crunchy fritters of thin-sliced onion, potato, or plantain. [V] [VE] [GF]





MENU

PURE VEGETARIAN

WINTER 2025

[V] Vegetarian [VE] Vegan [GF] Gluten Free

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.*

Plain Dosa [V] [GF] [VE] £5.00

Irresistibly crispy rice crepe cooked to perfection

Set Dosa [V] [GF] [VE] £6.00

Three thicker softer and fluffier traditional crepe

Masala Dosa [V] [GF] [VE] £6.50

Crisply crepe with a spiced mashed potato filling

Onion/Ghee/Podi Dosa [V] [GF] [VE] £6.50

Crispy crepe topped with a selection of choice

Onion/Ghee/Podi Masala Dosa [V] [GF] [VE] £7.00

Crispy rice crepe topped with a selection of choice and spiced mashed potato filling

Mysore Masala Dosa [V] [GF] [VE] £7.00

Crisply crepe topped with red chutney & stuffed with lightly spiced potato and peas masala

Paneer Masala Dosa [V] [GF] £7.00

Thin crispy rice and lentil pancake stuffed with a blend of Indian cottage cheese and spices.

UTTAPAM

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

Plain Uttapam [V] [GF] [VE] £5.00

South Indian style thick pancake made from a fermented batter of rice and lentils.

Mix Vegetable/Podi Uttapam [V] [GF] [VE] £6.00

A selection of tomato/onion/capsicum filling and chutney podi sprinkled on the top

Paneer Uttapam [V] [GF] £7.00

South Indian style pancake with with a blend of Indian cottage cheese and spices.

FLAT BREAD

Traditional soft bread, freshly cooked and ideal with any curry.

Chapathi [V] [VE] £6.00

Two whole-wheat hand-rolled & pan-toasted to perfection.

Poori [V] [VE] £6.50

Three golden, puffed Poori fried fresh to perfection.

Parotta [V] [VE] £7.00

Two flaky, layered Parotta hand-crafted and pan-toasted to perfection.

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

IDLY

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

Plain Idly [V] [GF] [VE] £5.00

Three steamed rice pancakes made from a fermented batter of rice and lentils.

Idly and Vada [V] [GF] [VE] £5.50

Two steamed rice and black lentils pancakes and one Indian savory donut.

Podi Idly [V] [GF] £6.50

Three steamed rice coated with flavorful powder

Sambar Idly [V] [GF] [VE] £6.50

Three idlis soaked in a lentil-based vegetable dal.

Mini Idly [V] [GF] [VE] £6.50

14 Protein-rich Idlis served with coconut chutney.

VADA

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

Plain Vada [V] [GF] [VE] £2.50

Two golden-fried, lentil doughnuts.

Sambar Vada [V] [GF] [VE] £3.50

Two doughnuts soaked in lentil dal.

Rasam Vada [V] [GF] [VE] £3.50

Two doughnuts soaked in pepper soup.

Card Vada [V] [GF] [VE] £3.50

Two doughnuts soaked in yogurt.

WEEKEND SPECIAL £14.00

11:00 AM - 03:00 PM

SATURDAY - South Indian Thali

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

SUNDAY - North Indian Thali

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

TIFFIN

£12.00

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

