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)

🌿 CURRIED YELLOW SPLIT PEA & FENNEL SOUP | 220gm | Kcal-283 INR 500
Enrich pro vitamin with the essence of fennel
(Active ingredients: turmeric, ginger)

🌿 KAFFIR LIME CHICKEN BROTH | 220gm | Kcal-244 INR 550
Protein enriched broth infused with makrut leaves
(Active ingredients: pokchoy, carrot)

DELIGHT

🌿 PROTEIN EGG AND MILLET RICE SALAD IN THE BOWL | 180gm | Kcal-315 INR 600
Healthy high in protein with low glycaemic index
(Active ingredients: millets, organic forest honey)

🌿 ORGANIC GARDEN SALAD | 220gm | Kcal-90.2 INR 600
Straight from Asha’s garden onto your plate
(Active ingredients: tomato, pepper)

🌿 SPROUTED GRAM & UDON NOODLES SALAD | 280gm | Kcal-156 INR 600
Asflavoured 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 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,
Gabteese, parmesan, sea salt, pepper

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All prices are in Indian Rupees and subject to applicable government taxes
As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day.
However, the actual calories needed may vary per person.
**Non-vegetarian**

**SUMMER VEGETABLE FLAT BREAD** | 230 gm | Kcal-653 | INR 725
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Zucchini, onion, bell pepper, tomato, parmesan

**GARLICKY GREENS & CHICKEN FLAT BREAD** | 250gm | Kcal-487 | INR 825
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Green zucchini, broccoli, spinach, chayote & chicken

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**Vegetarian**

**INDULGE**

**BRUSCHETTA** | 190gm | Kcal-345 | INR 725
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Zucchini, mushroom, tomato, basil
(Active ingredients: basil)

**JOWAR & TOFU QUESADILLAS** | 340gm | Kcal-935 | INR 725
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Sorghum, tofu, red cabbage, pineapple, red onion
(Active ingredients: sorghum)

**FINGER MILLET RAVIOLI IN BRAHMI PESTO** | 170gm | Kcal-537 | INR 725
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Stuffed with carrot and mango ginger
(Active ingredients: Brahmi)

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**RECHARGE**

**WILD BROWN RICE AND ORGANIC VEGETABLE BOWLS** | 520gm | Kcal-696 | INR 725
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Complete meal in its own, complex carbohydrates with micronutrients

**KODA VAKURU KARI WITH ORGANIC RICE** | 425gm | Kcal-514 | INR 725
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With love from grandma’s kitchen
(Active ingredients: kuru bean)

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**ASIAN FLAVORED BRAISED CHICKEN** | 300gm | Kcal-426 | INR 900
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Intense flavours of Thai ginger & lemon grass chicken
(Active ingredients: Thai ginger)

**SUMAC & GARLIC BRAISED PRAWNS** | 320gm | Kcal-361 | INR 950
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Grilled polenta, organic tomato and orange vierge
(Active ingredients: organic tomato)

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**REJUVENATE**

**DARK COCOA SEMI-FREDO** | 130gm | Kcal-136 | INR 450
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Finest Belgium chocolate, coconut crème, rosemary
(Active ingredients: Belgium chocolate)

**SPANISH RED RICE PUDDING** | 180gm | Kcal-264 | INR 450
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Organic red rice, pistachio
(Active ingredients: red rice)

**FROZEN BERRY YOGHURT** | 100gm | Kcal-98.4 | INR 450
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Greek yoghurt, berry
(Active ingredients: berry)

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**REVIVE**

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Details</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>RELAXING TURMERIC LATTE</td>
<td>260gm</td>
<td>Kcal-262</td>
</tr>
<tr>
<td>Almond milk, turmeric, honey, cinnamon powder, ginger powder, pinch of salt</td>
<td>(Active ingredients: turmeric)</td>
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<tr>
<td>BERRY MILKSHAKE</td>
<td>350gm</td>
<td>Kcal-518</td>
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<tr>
<td>Almond milk, berries, organic honey</td>
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<tr>
<td>TENDER COCONUT &amp; LEMON GRASS JUICE</td>
<td>330gm</td>
<td>Kcal-102</td>
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<tr>
<td>(Active ingredients: lemongrass)</td>
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<tr>
<td>BEETROOT &amp; GARCINIA CAMBOGIA JUICE</td>
<td>330gm</td>
<td>Kcal-155</td>
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<tr>
<td>FRESH JUICES</td>
<td>300gm</td>
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<tr>
<td>ORANGE</td>
<td>Kcal-141</td>
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<tr>
<td>WATERMELON</td>
<td>Kcal-108</td>
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<tr>
<td>FRESH LIME SODA OR WATER</td>
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<td></td>
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<tr>
<td>Selection of plain, sweet or salted</td>
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<td></td>
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<tr>
<td>AERATED BEVERAGES</td>
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<tr>
<td>BOTTLED WATER 1000ml</td>
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