

BEVERAGES

TEA | Rs.120

INDIAN TEA

MASALA CHAI

CINNAMON & GINGER

TURMERIC &

LEMONGRASS

MORINGA TEA

COFFEE | Rs.180

CAPUCCINO

CAFFE LATTE

AMERICANO

ESPRESSO

MOCHA COFFEE

CARAMEL COFFEE

VEGAN CAPPUCCINO

KOMBUCHA: | Rs.175

BASIL & HONEY

LEMONGRASS

MINT

GINGER

ALL SPICE

CARDOMOM

CHILLI

MILKSHAKES: | Rs.225

CHOCOLATE

COFFEE

SEASONAL FRUIT

COFFEE & COCONUT

LASSI | Rs.180

SALTED OR SWEET, FROM OUR OWN BUFFALO MILK

JUICE ASK FOR THE FLAVOR OF THE DAY | Rs.180

KEFIR: | Rs.175 LIMITED: Ask for available flavours



SMALL BITES

FRESHNESS AT IT'S BEST

Our food is truly farm to table. We don't just claim to source organic food but in most cases, grow the food served to you. We have no stock recipes, because nature doesn't work that way. But we are committed to working with seasonality rather than against it and taste most of what is sent out to you to ensure you get the same experience you came back for.

SOUP OF THE DAY

(Served with homemade whole wheat pav)

VEG | Rs.175

CHICKEN SOUP (LIMITED) | Rs.200

MUTTON SOUP (LIMITED) | Rs.250

BACK TO BEERA

Beera slivers (crips as chips) topped with seed sauce, beet hummus and seasonal pickle

Rs. 275 | (GF & V)

NACHOS AND MIXED GREEN HUMMUS

Whole Wheat Nachos served with Mixed Greens & Chickpea Hummus (V) | Rs.325

NEW THREE DIPS AND A CHIP

Seasonal Salsa, Beetroot Hummus & a Spicy Seed Sauce served with gluten free Corn Chips

(GF & V) | Rs.375

PITA AND DIP

Freshly baked Whole Wheat Pita & dips (V) | Rs.275

"CORN"CHETTA

Flavours of five different regions topped on gluten free Corn Chips (GF&V) | Rs.475

PAPDI AND 'VANKAI' CHAAT

This deconstructed chaat is amped up with gluten free crisps and perfectly fried Brinjal slices that are tossed with Tomatoes, Onion and Greens, topped with Yogurt and Tamarind sauces

Rs.325| (GF)

KHEEMA CROQUETTES

Mutton, from our farm, minced, tossed with spices and served with a sweet & sour sauce (Limited)

Rs.375 | (GF)



SALADS

CHICKPEA & MILLET SALAD (GF & V)

Millets tossed with Chickpea, Onions, Mixed Vegetables & Sweet Tamarind Sauce
S- Rs.250 / L- Rs.290

PROTEIN PUNCH (GF)

Spiralised Cucumber/Gourd with Greens, Pumpkin Seeds & Feta
Add FISH Rs.150 | S- Rs.250/ L- Rs.290

SPICY THAI SALAD (GF & V)

Mixed Greens & Raw Vegetables in Spicy Peanut, Ginger & Lemon Sauce
S- Rs.275/ L Rs.325

BEET THE GREENS SALAD (GF)

Freshly Spiralised Beets served on a bed of Greens with Caramelised Walnuts,
Vegan Cheese sauce or Feta | S - Rs.325/ L - Rs.375

PUMPKIN & PODI SALAD (GF & V)

Roasted Pumpkin set on a bed of fresh Green Leaves & topped with
Sage Peanut Podi & Spicy Seeds sauce | Rs.325

PESARATTU SALAD (GF & V)

Mixed Greens & Pesar Dosa tossed with fresh Greens & Peanut Podi (25 MINS) | Rs.450

ROAST CHICKEN SALAD (GF)

Roasted Country Chicken & Mixed Vegetables tossed in a Sesame Tamarind dressing | Rs.450

QUINOA SALAD

Red & White Quinoa, tossed in Chilli Vinaigrette with Chickpeas, seasonal Fruit & Veggies
Rs.475 | (GF)

THE WHOLESOME CRUNCH *NEW*

All of your days nutrition in one bowl, crispy fresh Vegetables tossed with Greens, Chickpeas,
Pumpkin Seeds & paired with a Vegan Mayonnaise & Spicy Seed sauce

WATERMELON & CHILLI CHEESE SALAD *NEW*

Try our Artisanal Chilli Cheese in this Salad, tossed with freshly cut Watermelon, Greens &
Pumpkin Seeds
Rs.325/ L- Rs.375 | (GF & V)



PIZZA

All pizza's are made with whole grains, ground to order,
fresh cheeses made in-house and topped with a fresh green salad.

VEGAN OPTIONS AVAILABLE ON MOST PIZZAS.

MIXED VEGETABLE BASE – Rs.150 GLUTEN FREE RAGI BASE – Rs.100

MEGA MARGARITA

Fresh Buffalo Mozzarella, Passata, Roasted Tomato & Jamun glaze | Rs. 350

FOUR CHEESE PIZZA

Mozzarella, Feta, Cheddar & Queso on a Tomato based Pizza | Rs. 370

RIDGE GOURD & CHILLI PIZZA

Spicy Ridge Gourd paste topped with Raw & Seasonal Gourd, Onions, Tomatoes
& Mozzarella | Rs. 375

EGGS ON PIZZA

Green sauce base topped with Eggs, Onions & fresh Greens & garnished with Tomatoes &
Herbs | Rs. 375

FETA AND SPICE

Passata topped with Feta, Raw Onion & an Indian style Beetroot & Gongura Flower Pickle
| Rs. 425

GOING GREEN

Seed Pesto, Cheddar, Buffalo Mozzarella, Roasted Tomato, Mixed Leaves & Sweet Onion |
Rs.375

PANEER AND VEG

A Fenugreek & Tomato sauce topped with Veggies & Homemade Paneer | Rs.330

VEGAN HUMMUS PIZZA

Fenugreek & Tomato sauce topped with Sundried Tomato Hummus, Vegetables &
Sunflower Seeds | Rs.330

MINCED LAMB PIZZA

Tomato sauce topped with Minced Lamb from our farm with veggies & shavings of our
Artisanal Cumin Cheese
Rs.425

Add to any dish

Fried Egg | Rs.75 Chicken | Rs.150 Shrimp | Rs.175



THE 32 BITE MEAL

All our food is high in fibre to bring back the concept of biting your food 32 times.

Enjoy digging into your meals for at least as long as it takes us to prepare it

(25 MIN WAIT)

ASK FOR GLUTEN FREE OR VEGAN OPTIONS

STIR FRY VEGETABLES

Seasonal Vegetables tossed with your choice of Grains - Millets/Low GI Rice/Whole Wheat Noodle | Rs.375

'VENN' PONGAL WITH GOTSU

An all time favourite Pongal made with Brown Rice & Toor Dal with a sprinkle of Cashew & Turmeric, cooked in Ghee | Rs.375

BISIBELE BATH

Toor Dal & Low GI Rice combined with Seasonal Veggies, fresh Spice mix, served with a fresh Salad & Whole Wheat Crackers | Rs.375

VEG CANNELONI

Whole Wheat Pasta stuffed with Vegetables & baked with our Wholesome Tomato sauce | Rs.425

WHOLE WHEAT SHWARMA ROLL

Freshly baked Whole Wheat Pita topped with delicious medley of Veggies & Paneer | Rs.425

ADD KHEEMA |Rs.150

Add to any dish

Fried Egg | Rs.75 Chicken | Rs.150 Shrimp | Rs.175



THE 32 BITE MEAL

PANEER STEAK

Fresh Paneer steaks served on a bed of Spiced Lentils
& served with Mixed Vegetables & Jamun Glaze | Rs.425

BURRITO BOWL

Mixed Bean Brown Rice topped with a mix of fresh & Pickled Vegetables
& served with three sauces | Rs.425

GRILLED FISH

Marinated with White Fish served on a bed of Stir-fry Veggies with a Spicy Green sauce | Rs.575

LEMONGRASS & COCONUT SHRIMP

Shrimp cooked in a Coconut & Lemongrass sauce & served with Ginger & Turmeric Rice | Rs.575

VEGETABLE BURGER

A Slow Carb Pattie, made on order, with Beans & Veggies served on a dense Whole Grain Bread
with a Vegan Cabbage Coleslaw & Home-made sauces | Rs.375

NEW ASIAN RICE BOWL

Sauteed Brown Rice, topped with Fresh, Pickled Vegetables
& served with your choice of sticky Veg or Protein

CHICKEN | Rs.475 SHRIMP | Rs.500 PANEER | Rs.425 FISH | Rs.475 VEGETABLES | Rs.375

NEW THE FANCY 'PULUSU'

Every home has it's version and now, so do we. Warm peppery, tangy Pulusu, Gongura Rice, tossed
with a protein of your choice and topped with Brinjal chips

JACKFRUIT | 325

EGGS | 375

FISH | 425

SHRIMP | 475

Add to any dish

Fried Egg | Rs.75 Chicken | Rs.150 Shrimp | Rs.175

WORTH THE WAIT

All your food is prepared fresh on order. We don't use any stock recipes as many of the ingredients
vary with seasonality. So please be patient with us, especially at busy times, so we can give you the
full experience you signed up for.



DESSERTS

ALL AT Rs.275/-

CHOCOLATE INDULGENCE (GF)

Chocolate Cake served with Salted Caramel Ice-cream

FENNEL AND COFFEE FEVER (GF)

A delicious Fennel, Mixed Seed Crumb paired with Coffee Ice-cream & Salted Caramel sauce

VEGAN PUMPKIN CAKE

A deliciously dense, dark Fudgy Vegan Chocolate Cake served with Vanilla Ice-cream

PASSION FRUIT CAKE

Passion Fruit Cake served with Vanilla Ice-cream & a Roselle Glaze

BROWN BUTTER & ALMOND CAKE

Roasted Almond & Brown Butter Cake served with Vanilla Ice-cream

BANANA PEANUT PARFAIT (GF or V OPTION AVAILABLE)

A Creamy Banana & Peanut Parfait served with Caramelised Peanut Crumb & Salted Caramel sauce/Vegan Chocolate sauce

CORIANDER & POMEGRANATE (GF)

A Pomegranate Coulis served with Coriander Ice-Cream

CHOCOLATE MOUSSE (LIMITED)

CRISPY CHUROS

Whole Wheat Churros, cooked on order and served with Home-made sauces

NEW GLUTEN FREE BROWNIE

A CHICKPEA FLOUR AND CHOCOLATE BROWNIE MAKES SINNING GUILT FREE AND GLUTEN FREE. SERVED WITH ICE CREAM OF YOUR CHOICE

NEW LAVA CAKE

DARK, DENSE AND GOEY CHOCOLATE CAKE SERVED WITH VANILLA ICE CREAM

CAKES BY PIECE or FOR ORDER

RAGI CHOCOLATE CAKE (GF), VEGAN PUMPKIN CAKE (V&GF), MARBLE CAKE , BROWN BUTTER ALMOND CAKE, RED, VELVET CAKE, CARROT CAKE, COFFEE CAKE

HOW NATURAL IS NATURAL

In our case....very. Our ice cream making process begins with the buffalo. We use unpasteurised milk from our own farms with no additives at all. The fruit-based ice creams also use 100% pure food and no processed ingredients are ever added to impact texture or flavour.

NATURAL ICE CREAMS

HONEST FLAVORS REAL INDULGENCE

SINGLE SCOOP | Rs.180 500 ml TUBS| Rs.750 LIMITED FLAVORS

VANILLA, CHOCOLATE, COFFEE, SALTED CARAMEL , CINNAMON, CARDOMOM , CORIANDER, MINT

DAIRY FREE (VEGAN) FROZEN DESSERTS

CHOCOLATE , COCONUT, STRACIATELLI, PEANUT CARAMEL, COFFEE , WATERMELON GELATO, MULBERRY GELATO, FIGS AND DATE, CINNAMON

