

*SAGE offers a lifestyle choice for those looking for more than just organic products - knowledge of where and how their food is grown, an understanding of how their food choices impact them and the environment and the opportunity to make the sustainable choice when available.*

*Where SAGE FARM Café showcases fresh, seasonal ingredients, THRIVE takes it a step further by focusing on the cooking of the food. At THRIVE, we bring back good old IRON skillet which, in addition to adding iron to our food, is one of the MOST sustainable cooking implements that can be passed on from one generation to another.*



*Once again at THRIVE, we've taken some of the simplest and most nutritiously wholesome meals and added more oomph to them. Join us on this new journey.*

**VEGAN | VEGETARIAN | GLUTEN FREE | KETO | HIGH-PROTEIN**

# BEVERAGES

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## TEA - NON-CAFFEINATED

CINNAMON AND GINGER	180
HONEY AND LEMON	180
TURMERIC AND LEMONGRASS	180

## TEA - CAFFEINATED

GREEN TEA	220
BLACK TEA	180
LEMON ICED TEA	150

## COFFEE

FILTER COFFEE	180
BLACK COFFEE	180

## KOMBUCHA

GINGER	120
MINT	120
BASIL AND HONEY	120
GREEN TEA	150

## SEASONAL JUICE

VEGETABLE JUICE	180
FRUIT JUICE	220

## SMOOTHIE OF THE DAY

DAIRY FREE MIX OF THE DAY'S GREENS,  
VEGETABLES AND FRUITS | 250

# SMALL BITES

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## NACHOS & HUMMUS

AN ASSORTMENT OF FLAVORED WHOLE WHEAT BAKED NACHOS SERVED  
WITH OUR HOMEMADE CHICKPEA HUMMUS, TOPPED WITH A CHILI TADKA | 275

## GRILLED HALLOUMI PLATTER

INSPIRED BY HALOUMI FRIES, THIS DISH HAS OUR HOMEMADE HALOUMI,  
GRILLED ON THE PAN AND SERVED WITH OUR SEED BREAD,  
VEGAN GARLIC MAYO AND FERMENTED CHILI SAUCE | 325

# BREAKFAST TRADITION

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*All dishes are cooked with two whole eggs.*

*Please specify if you would like a variation to the same.*

*All dishes are served with your choice of homemade toasted Breads.*  
Whole Grain & Seed Bread | Chickpea Flour Masala Toast | Ragi Crisp

## *Add Protein*

*Mushroom 75 | Cheese 100 | Paneer 75 | Eggs 75*

*Shrimp 175 | Chicken 150 | Fish 150*

## **COUNTRY OMELETTE**

SKILLET BAKED OMELETTE WITH THE DAY'S VEGETABLES,  
TOPPED OFF WITH OUR HOMEMADE CHEESE | 275

*Recommended Protein – Mozzarella | Mushrooms | Shrimp | Chicken*

## **CLASSIC POACHED EGGS**

EGGS POACHED IN HOT WATER, OOZING YELLOW GOLDEN YOLK,  
TOPPED OFF WITH HOLLANDAISE SAUCE AND A FLAXSEED CRISP | 275

## **CHOOSE YOUR STYLE BHURJI**

EGGS/PANEER SCRAMBLED WITH THE DAY'S  
VEGETABLES AND SPICED TO YOUR PREFERENCE | 275

*Recommended Protein – Mozzarella | Mushrooms | Shrimp | Chicken*

## **SCRAMBLED EGGS**

CREAMY SCRAMBLED EGGS TOPPED WITH HOMEMADE  
CHEESE AND A FLAXSEED CRISP | 225

## **EGGS SHAKSHUKA**

FRESH GREENS TOSSED IN TOMATO PASSATA, COOKED ON THE SKILLET  
WITH TWO FRIED EGGS AND TOPPED OFF WITH A CHILI OIL | 275  
(VEGAN AND VEGETARIAN OPTIONS AVAILABLE)

*Recommended Protein – Mozzarella | Mushrooms | Shrimp | Chicken*

# FARM SALADS

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*Sage prides itself in the freshness of ingredients used in our salads. Our staff is trained to work without recipes to accommodate the seasonality of fresh natural produce.*

## *Add Protein*

*Mushroom 75 | Cheese 100 | Paneer 75 | Eggs 75*

*Shrimp 175 | Chicken 150 | Fish 150*

## **FALAFEL SALAD**

A SLIGHTLY DIFFERENT SPIN ON A SAGE FARM CAFÉ SPECIAL. THIS SALAD COMBINES, FRESHLY BAKED FALAFELS WITH CUCUMBERS, BEETROOT AND OUR HOMEMADE FETA CHEESE. SERVED WITH OUR NUTRITIOUS SEED BASED VEGAN GARLIC MAYO | 325

*Recommended Protein – Mushrooms | Eggs | Chicken | Shrimp*

## **CLASSIC CHICKEN & MAYO SALAD**

CHICKEN, CABBAGE AND ONIONS TOSSED IN OUR RICH, HIGH-PROTEIN SEED BASED VEGAN MAYONNAISE, SERVED ON A BED OF GREENS. VEGAN AND VEGETARIAN VERSIONS AVAILABLE | 325

*Recommended Protein – Mushrooms | Eggs*

## **FERMENTED TEA-LEAF SALAD**

GREEN TEA LEAVES FERMENTED AND TOSSED WITH VEGETABLES AND SPICES AND TOPPED WITH PEANUTS AND FRIED ONIONS | 300

*Recommended Protein – Mushrooms | Paneer | Fish | Shrimp*

## **ROASTED VEG SALAD**

BEETS, CABBAGE, SWEET POTATO, ONIONS AND CARROTS ROASTED AND SERVED WITH THE DAY'S GREENS, TOPPED WITH SUNFLOWER SEEDS AND A SESAME TAMARIND SAUCE | 275

*Recommended Protein - Mushroom | Cheese | Paneer  
Eggs | Shrimp | Chicken | Fish*

# WHOLE GRAIN WRAPS

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*Most wraps are designed to be Vegan with an option of adding protein of your choice.*

## *Add Protein*

*Mushroom 75 | Cheese 100 | Paneer 75 | Eggs 75*

*Shrimp 175 | Chicken 150 | Fish 150*

## **FALAFEL WRAP**

A BEET AND WHOLE GRAIN WRAP SMOTHERED WITH OUR NUTRITIOUS VEGAN MAYO AND FILLED WITH CUCUMBER, BEETS, HOMEMADE FETA, SUNFLOWER CRUMB AND BAKED FALAFEL | 275

*Recommended Protein – Eggs | Mushrooms | Shrimp | Chicken*

## **BURRITO WRAP**

WHOLE WHEAT WRAP FILLED WITH TOMATO PASSATA, MIXED BEANS, RICE AND FRESH VEGGIES AND TOASTED ON A SKILLET | 275

*Recommended Protein – Mozzarella | Mushrooms | Eggs | Shrimp | Chicken*

## **BANG BANG WRAP**

A TURMERIC WHOLE WHEAT WRAP STUFFED WITH FRESH VEGETABLES TOSSED WITH OUR HIGH PROTEIN HOMEMADE VEGAN CHILI MAYO AND FLAXSEED CRISPS | 275

*Recommended Protein – Eggs | Mushrooms | Shrimp | Chicken | Fish*

## **MUSH & MAYO**

A MIXED GREEN WHOLE WHEAT WRAP STUFFED WITH MUSHROOMS AND VEGETABLES AND ROASTED CASHEW NUTS TOSSED IN OUR NUTRITIOUS, SEED BASED, VEGAN MAYO | 325

*Recommended Protein – Mozzarella | Eggs | Shrimp | Chicken*

# MAIN PLATES

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*We have specially curated a few classic homestyle dishes, known for their high-protein and wholesomeness and pumped up the protein with the use of seeds and nuts.*

*Please pick your choice of grain with your meal*

Brown Rice | Quinoa | Millets | Rice Noodles | Whole Wheat Pita | Gluten Free Crisp

## *Add Protein*

*Mushroom 75 | Cheese 100 | Paneer 75 | Eggs 75*

*Shrimp 175 | Chicken 150 | Fish 150*

## **ROASTED CHICKPEA WITH FERMENTED TEA AND SAUERKRAUT**

TRADITIONAL CHOLE ROASTED WITH TEA WATER AND OUR BLEND OF HOMEMADE SPICES; KICKED UP A NOTCH WITH ROASTED VEGETABLES AND A FERMENTED TEA AND SAUERKRAUT MIX, SERVED WITH A FRESH SEASONAL SALAD, PUMPKIN SEEDS AND A GRAIN OF YOUR CHOICE | 300

*Recommended protein: Paneer | Cheese | Chicken | Shrimp*

## **POACHED GREENS WITH SWEET POTATOES**

INSPIRED BY BOTH THE ASIAN STIR-FRIED GREENS AND OUR QUINTESSENTIAL PALAK PANEER, THIS DISH HAS LOCAL GREENS POACHED IN OUR SPECIAL GREENS AND GINGER BROTH, TOPPED WITH PEANUT AND FRIED ONION. GOES GREAT WITH OUR HOMEMADE RICE NOODLES | 300

*Recommended Protein – Paneer | Eggs | Shrimp | Chicken*

## **CHARRED VEGGIES WITH TURMERIC KIDNEY BEANS**

CHARRED CABBAGE AND HONEY ROASTED CARROTS PAIRED WITH TURMERIC AND GARLIC INFUSED KIDNEY BEANS AND SERVED WITH A VEGAN GARLIC MAYO AND SEASONAL PICKLE. TRY WITH OUR TOSSED BROWN RICE | 300

*Recommended protein: Paneer | Cheese | Chicken | Shrimp*

# MAIN PLATES

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*Please pick your choice of grain with your meal*

Brown Rice | Quinoa | Millets | Rice Noodles | Whole Wheat Pita | Gluten Free Crisp

*Add Protein*

*Mushroom 75 | Cheese 100 | Paneer 75 | Eggs 75*

*Shrimp 175 | Chicken 150 | Fish 150*

## **TAMARIND AND PEPPER SAUCE WITH GARLIC MAYO**

IF YOU BELIEVE EVERYTHING TASTES BETTER WITH GARLIC, HERE'S A SPECIAL DISH FOR YOU. YOUR CHOICE OF PROTEIN SERVED ON A BED OF SALAD, TOSSED IN OUR SAGE FARM SPECIAL PULUSU AND TOPPED WITH OUR VEGAN GARLIC MAYO | 300  
TRY WITH OUR CHEF'S SPECIAL 'RAGI APPAM'

\*LIMITED AVAILABILITY

*Recommended Protein – Sweet Potatoes | Eggs | Shrimp | Chicken | Fish*

## **PHO NOODLE STEW**

OUR HOMEMADE PHO COOKED IN OUR SPECIAL BROTH WITH EGGPLANTS, MUSHROOMS AND CASHEWNUTS, TOPPED WITH FRIED ONIONS AND SERVED WITH OUR SAMBAL SAUCE. THIS ORIGINALLY VEGAN DISH PAIRS FABULOUSLY WITH ANY PROTIEN | 300

*Recommended Protein – Fish | Eggs | Shrimp | Chicken*

# DESSERTS

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*We have specially curated a few classic homestyle dishes, known for their high-protein and wholesomeness and pumped up the protein with the use of seeds and nuts.*

## **CARROT CRUMB WITH CINNAMON ICE-CREAM**

A MADE-TO-ORDER CARROT AND WHOLE WHEAT CRUMB BISCUIT IS SERVED WITH OUR DELECTABLE, SEED BASED, VEGAN CINNAMON ICE-CREAM  
25 MIN | 275

## **CHICKPEA BROWNIE & VANILLA ICE-CREAM**

THIS GLUTEN-FREE CHOCOLATE BROWNIE, IS BAKED ON ORDER, ON THE SKILLET AND SERVED HOT WITH OUR HOMEMADE VANILLA ICE CREAM  
25 MIN | RS. 275

## **CHICKPEA & WHOLE WHEAT COOKIE & VANILLA ICE-CREAM**

THIS CHOCOLATE CHIP COOKIE IS FRESHLY BAKED AND OOZING CHOCOLATE. SERVED ON HOT SKILLET WITH OUR VANILLA ICE CREAM  
25 MIN | RS. 275

## **BANOFFEE & CHIA SEED PUDDING**

THIS LAYERED PRESET PUDDING OFFERS AN INSTANT ENERGY BOOST IN THE FORM OF A DESSERT. BANANA AND CHIA SEED PUDDING IS LAYERED WITH OUR HOMEMADE CARAMEL SAUCE AND A MIXED SEED CRUMB  
RS. 275



# DESSERTS

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## **CAKES BY PIECE OR FOR ORDER**

RAGI CHOCOLATE CAKE	1500/KG
VEGAN PUMPKIN CAKE	1400/KG
BROWN BUTTER ALMOND CAKE	2000/KG
GLUTEN FREE CHOCO BROWNIE	1500/KG
RED VELVET CAKE	1500/KG
CARROT CAKE	1300/KG
COFFEE CAKE	1400/KG
MARBLE CAKE	1200/KG

## **ICE-CREAMS- SINGLE SCOOP | 180**

### **DAIRY**

VANILLA  
CHOCOLATE  
COFFEE  
SALTED CARAMEL

### **VEGAN**

CHOCOLATE  
COCONUT  
BANANA PEANUT CARAMEL  
APPLE AND GINGER  
CINNAMON

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