

Ayurvedic Menu

APPETIZERS

Pea-stuffed Potato Patties and Apple-Mint Chutney

Dhokla with Coconut-Mint Chutney

(light and fluffy steamed semolina snack bread)

Cauliflower and Peas Samosas with Date and Tamarind Sauce

(triangular flaky pastries with curried vegetable filling)

Vegetable Pakoras with Raisin Chutney

(crispy batter-fried vegetables)

ENTREES

Creamy Mixed Vegetable Curry with Coconut Milk with aromatic basmati rice or quinoa

Spicy Cauliflower and Potato with Braised Tomato with aromatic basmati rice or quinoa

Melange of Grilled Eggplant, Spinach, Chickpeas, and Tomatoes with aromatic basmati rice or quinoa

Saag (spinach) with Tofu/Panir

(creamy green leafy vegetables with tofu or Indian home-made fresh cheese) with aromatic basmati rice or quinoa

Mattar (peas) with Tofu/Panir

(peas and tofu or Indian home-made fresh cheese in a tangy tomato sauce) with aromatic basmati rice or quinoa

Spinach Koftas in Tomato Sauce

(savory spinach balls in a tangy tomato sauce) with aromatic basmati rice or quinoa

Cauliflower Korma

(a creamy cauliflower dish braised in spices) with aromatic basmati rice or quinoa

Vegetable Biryani

(a rich and spicy savory Indian rice dish with lentils and vegetables) with cucumber-coconut raita

LEGUMES

Spinach Sambar

(a spicy South Indian soup made from split pulses and spinach)

Yellow Split-Pea Dal with Pumpkin

(a hearty, tangy Indian soup blend of dried split peas and pumpkin)

Chana Masala

(curried chickpeas in an aromatic blend of spices and savory tomato paste)

Yellow Mung Dal With Mixed Vegetables

(hearty Indian split yellow-mung-bean soup)

Mung beans with leafy greens

(whole mung beans cooked with ginger, spices and seasonal greens)

SPECIALTY GRAINS

Basmati Kitchari

(a hearty stew of lentils, Basmati rice, spices, and vegetables)

Quinoa Kitchari

(a hearty stew of quinoa, lentils, and vegetables)

Quinoa Pilaf

(a decadent quinoa and vegetable dish)

Cumin Flavored Rice

Lemon Cashew Rice

Basmati Rice with Green Peas and Almonds

Herb Roti

(flaky Indian griddle-fried flatbread with herbs)

VEGETABLE SIDES

Cauliflower and Peas

Seasoned Butternut Squash

Green Beans with Chard

Aloo fry

(sauteed potatoes in aromatic seasoning)

SALADS

Mung bean Sprout Salad

Persian Cucumber Potato Salad

Cucumber Salad

(refreshing cucumber with a hint of spice)

North Indian Cabbage Salad

(Finely sliced cabbage with flavorful burst of Indian spices)

Carrot-cashew Salad

DESSERTS

Carrot Halava

(a decadent and coconut carrot pudding)

Date and Walnut Halava

(a rich creamy semolina pudding with dates and walnuts)

Chana Burfi

(melt-in-the-mouth velvety Indian fudge)

DRINKS

Masala Chai *(Indian spiced tea)*

Nimbu Pani *(chilled lemon-rose water)*

Golden Chai *(aromatic spiced tea with turmeric milk, cinnamon, cardamom, ginger, and black pepper)*