

avatāra

VEGAN MENU

AED 368



Naivedhya (Holy offering)

Uddipaka (aperitif)

Jadon (roots)

Kusmandakah (pumpkin)

Badak (vada)

Kadalikā (banana)

Sandhita (pickle)

Porika (kachori / bread)

Krishna phal (passion fruit)

Sabudana (sago)

Shaak (leafy greens)

Sharkara (sugarcane)

Madhuram (sweet)

Paan (betel leaf)

Pushpanjali (flower)

Avocado, popping mishri, saffron

Food offered to a deity as worship with prayers during rituals.

Cucumber granita, beetroot sorbet, coconut water

When the appetite is slow or inactive, the digestive fire needs to be stoked, and this dish literally acts as a stimulant by blending the katu (bitter), amla (sour), tikshna (pungent), lavana (salty) and madhur (sweet), making it a holistic and a balanced aperitif.

Root chips, tempered chana mash, pomegranate chutney

Root vegetables help us to stay grounded. It helps us heal, support and nurture the root chakra energies. Roots are also rich in phytonutrients.

Pumpkin ravioli, spinach crisp, sage pesto

In Ayurveda, pumpkin is considered to have balancing characteristics for all Doshas, especially fiery pitta.

Dal vada, carrot kanji, black lemon pickle

Deep fried fritters made with lentils and served with fermented carrot and mustard water. These are cooked as ritual offering at festive feast.

Raw banana varuval, vegan coconut lassi, curry leaf chutney

Raw banana is a rich source of vitamins and minerals. It can be used as a substitute for potatoes.

Achari broccolini, tomato relish, crispy kale

This recipe uses broccolini with pickle spice, which is a good source of fiber and high in Vitamin C.

Green pea kachori, aloo rasa, masala brussels sprout

This stuffed bread, traditionally served at special functions as a prasadam.

Passion fruit, avocado, chestnut bhel

In India the blue Passion flowers are called Krishnakamala. The five anthers represents the five Pandavas from the epic Mahabharata. The center represents Krishna, and the outer radial filaments represent the opposing hundred Kaurava.

Sabudana tiki, peanut salaam, chili pepper

These fluffy circular gems are a time-tested Ayurvedic remedy for cooling the body post fasting for several hours. It also effectively regulates the stomach acids, thereby aiding in smooth digestion.

Sarson saag, mooli parantha, vegan corn butter

In Sanskrit, the generic term for all leafy greens is Shaak and is prefixed to food that is described as vegetarian repast.

Hawa mithai, almond kulfi, kheer

Rock sugar is a naturally sweet substance produced by using the sugarcane plant. Indians were the first to taste sugar and share it with the rest of the world.

Imarti waffle, cashew nut espuma, strawberry chilli sorbet

Sweetness gives us the ability to feel and give love in our lives. Sugar is a necessity to feed our brain and nervous system.

Paani ni poori

Betel leaves are used in many Ayurvedic medicines as they have digestive, carminative and healing properties.

Jasmine & lychee tea

An offering of Pushpanjali, palm full of fragrant flowers, at the feet of the deity as a traditional form of a floral homage.