

avatāra

VEGAN MENU



Naivedhya (Holy Offering)	Avocado, popping mishri, saffron Food offered to a deity as worship with prayers during rituals.
Uddipaka (Aperitif)	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.
Raktphalam (Tomato)	Tamatar chaat, sev cookie, shorba Tomatoes are high in lycopene a potent antioxidant and anti-carcinogenic. Ayurvedically, they aggravate pitta in the digestive tract but cool the blood. They are also high in vitamin A, C and E.
Alabu (Bottle Gourd)	Lauki bharta, papadum waffle, pickled pumpkin Ayurveda recommends cooked bottle gourd for better digestion. It is cooling, calming, diuretic and anti-bilious.
Jadon (Roots)	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.
Badak (Vada)	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 during festive feast.
Panasa (Jackfruit)	Jackfruit momo, sea buckthorn thukpa, black rice crisp Jackfruit can be eaten as a nutritious snack it proves to be rich source of vitamin, minerals and complex carbohydrates.
Karuvelvilas (Bitter Gourd)	Ghee roast karela, mango sambhar gelato, dosai crisp "Bitter as Beautiful" is the best description of the gourd that according to its Sanskrit name "playfully adorns a vine". This vegetable is considered extremely beneficial in Ayurveda- a blood purifier and effective in regulating the metabolism of sugar.
Sandhita (Pickle)	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.
Krishna phal (Passion Fruit)	Passion fruit, guava, strawberry 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.
Grinjanah (Turnip)	Turnip steak, berry pulao, chili curry Turnips are loaded with fiber and vitamins, as well as minerals like manganese, potassium, magnesium, iron, calcium and copper. They are also a good source of phosphorus, omega-3 fatty acids and protein.
Dalika (Lentils)	Horse gram curry, ragi bhatura, jakhiya aloo Horse gram has widely cultivated in Uttarakhand and it is highly nutritious and excellent source of minerals like iron, calcium, and phosphorus. Most importantly, horse gram is proven effective for natural kidney stone treatment.
Ksheer (Kheer / Pudding)	Coconut kheer, appam, aam ras Indian epics are replete with humble references to sweets. For example, Lord Lakshmi and Vishnu dwell in the Ksheer sagar (a celestial ocean of milk) that has given its name to the ever-present "kheer".
Madhuram (Sweet)	Hazelnut crèmeux, chocolate rosette, wild java plum 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
Paan (Betel Leaf)	Paan-i-poori Betel leaves are used in many Ayurvedic medicines as they have digestive, carminative and healing properties.
Pushpanjali (Flower)	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.