

## The Chakra's of Life

Aed 495 (All Inclusive for food)

## avatāra



SAHASRARA (CROWN CHAKRA)
"THOUSAND-PETALEO" everything is connected



VISHUDDHA (THROAT CHAKRA) "ESPECIALLY PURE" express yourself



AJNA (THIRD EYE CHAKRA) "PERCEIVING" free your mind



ANAHATA (HEART CHAKRA) "UNSTRUCK" choose love



MANIPURA (SOLAR PLEXUS CHAKRA) "LUSTROUS GEM" shine on



SVADHISHTHANA (SACRAL CHAKRA) "ONE'S ABODE" happiness is inside



MULADHARA (ROOT CHAKRA) "ROOT SUPPORT" take root

Naivedhya (Holly Offering) Makhan malai, popping mishri, panchamrit

Khiccā (Khichdi/Kedegree) Khichdi in a bite

Parna (Betel Leaf)

Pushpanjali (Flower) Jasmine & lychee tea

Madhuram (Sweet) Bal mithai, chocolate rosette, buransh-ras

Alpahara (Snacks) Okra chili thecha, alu vadi, sol kadi

Sandhita (Pickle) Achari broccolini, panchphoran carrot, candied walnut

Shikhalu (Corn) Grilled babycorn, missi ghevar, tomato & corn shorba

Kadalika (banana) Raw banana chaat, avocado chutney, khakra

Farsan (Gujrati snacks) Jalebi-Fafda, pumpkin dhokla, gujrati kadhi

Karuvelvilas (Bitter Gourd) Ghee roast karela, mango sambhar gelato, dosai

Panasa (Jackfruit) Jackfruit momo, sea buckthorn thukpa, rice papad

Krishna phal (Passion Fruit) Passion fruit sorbet, guava water, strawberry chutney

Badak (Vada) Dal vada, beetroot kanji, black lemon pickle

Grinjanah (Turnip) Rajma gogji, amaranth katlam, apple chutney

Dalika (Lentils) Horsegram curry, ragi bhatura, jakhiya aloo