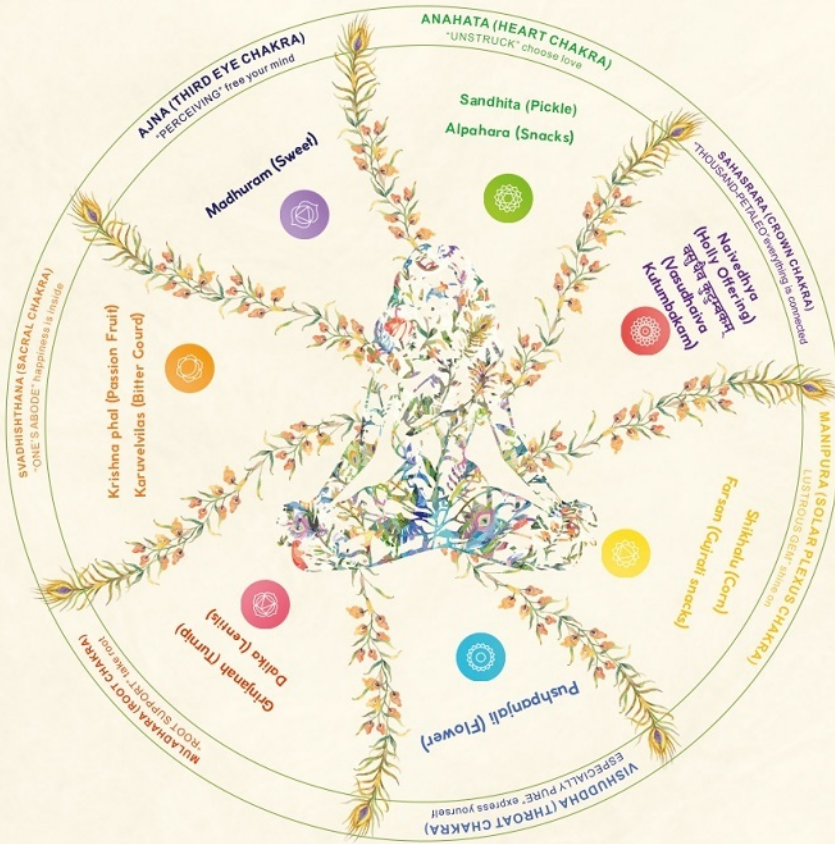


# avatāra



The Chakras of Life  
Kids Degustation Menu  
Aed 395 (All Inclusive for food)

Naivedhya (Holly Offering)

Alpahara (Snacks)

Shikhalu (Corn)

Karuvilvilas (Bitter Gourd)

Grinjanah (Turnip)

Sandhita (Pickle)

Krishna phal (Passion Fruit)

Dalika (Lentils)

वसुधैव कुटुम्बकम्  
(Vasudhaiva Kutumbakam)

Farsan (Gujrati snacks)

Madhuram (Sweet)

Pushpanjali (Flower)

**Aamras**

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

**Okra chili thecha, alu vadi, sol kadi**

When the appetite is slow or inactive, the digestive fire needs to be stoked, and these Maharashtrian side dishes 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 snacks.

**Grilled babycorn, missi roti, tomato & corn shorba**

The olden Ayurvedic scriptures praise the healing potential of corn, in successfully battling hypertension or high blood pressure, averting cancer, treating depression and remedying liver disorders.

**Chee roast karela, mango sambhar gelato, dosai**

"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.

**Rajma gogji, amaranth katlam, apple chutney**

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.

**Achari broccolini, panchphoran carrot, candied walnut**

This recipe uses broccolini and carrot with pickle spice, which is a good source of fiber and minerals.

**Passion fruit sorbet, avacado, chesnut 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.

**Horsegram curry, ragi bhatura, jakhiya alo**

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.

**One earth, one world, one family**

This course we are celebrating one grain which is Rice, as it is one of the oldest and common cooking ingredient across the world. It is the primary source of energy for significant portion of world's population. It can be used in wide range of dishes and can be consumed in variety of forms. Rice itself has relatively mild and neutral flavour which allows it to complement and absorb the flavours of other food it is served with.

**Jalebi-Fafda, pumpkin dhokla, gujrati kadhi**

This sweet-salty combination is traditionally served during Dussera as a breakfast and is a favorite street food in Gujarat.

**Bal mithai, chocolate rosette, buransh-ras**

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

**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.