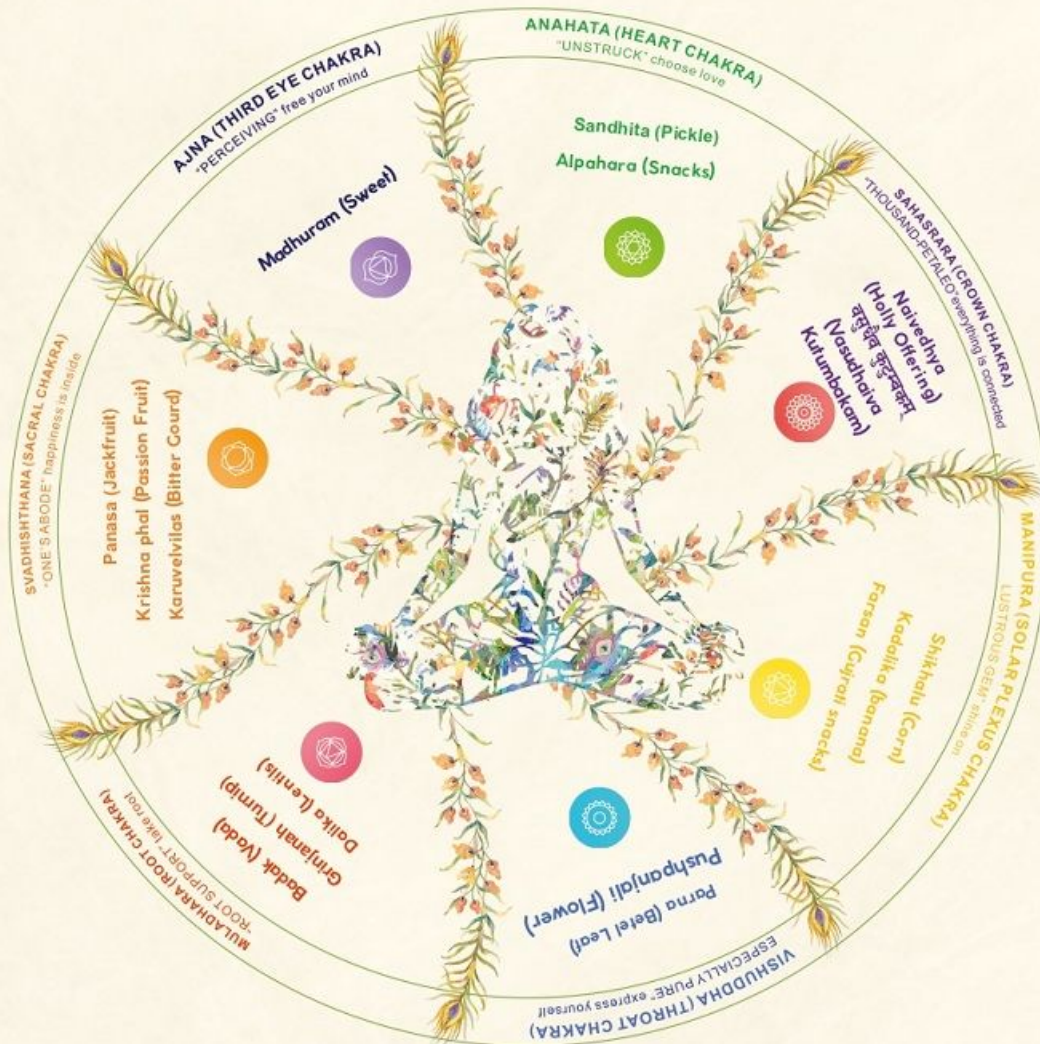


# avatāra



The Chakras of Life  
Vegan Menu  
Aed 595 (All Inclusive for food)

**Naivedhya (Holly Offering)**

**Alpahara (Snacks)**

**Shikhalu (Corn)**

**Badak (Vada)**

**Kadalika (banana)**

**Karuvilvas (Bitter Gourd)**

**Grinjanah (Turnip)**

**Sandhita (Pickle)**

**Panasa (Jackfruit)**

**Krishna phal (Passion Fruit)**

**Dalika (Lentils)**

**वसुधैव कुटुम्बकम्  
(Vasudhaiva Kutumbakam)**

**Farsan (Gujrati snacks)**

**Madhuram (Sweet)**

**Parna (Betel Leaf)**

**Pushpanjali (Flower)**

**Avacado, popping mishri, panchamrita**

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 ghevar, 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.

**Dal vada, beetroot kanji, black lemon pickle**

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

**Raw banana chaat, avocado chutney, khakra**

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

**Ghee 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.

**Jackfruit momo, sea buckthorn thukpa, rice papad**

Jackfruit can be eaten as a nutritious snack it proves to be rich source of vitamin, minerals and complex carbohydrates.

**Passion fruit sorbet, guava water, strawberry chutney**

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 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.

**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.

**Hazelnut crèmeux, 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

**Paan**

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.