

avatāra

The Chakras of Life

Kids Degustation Menu



Naivedhya (Holy Offering)

Aamras

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

Alpahara (Snacks)

Okra chili thecha, alu vadi, sol kadi

When the appetite is slow or inactive, the digestive fire needs to be stoked. These Maharashtrian side dishes act as a stimulant by blending the katu (bitter), amla (sour), tikshna (pungent), lavana (salty), and madhur (sweet), making it a holistic and balanced snack.

Shikhalu (Corn)

Grilled baby corn, missi roti, tomato & corn shorba

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

Badak (Vada)

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 a ritual offering during festive feasts.

Karuvelvilas (Bitter Gourd)

Ghee roast karela, mango sambhar gelato, dosai

"Bitter as Beautiful" is the best description of the gourd, 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.

Grinjanah (Turnip)

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.

Sandhita (Pickle)

Achari broccolini, panchphoran carrot, candied walnut

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

Krishna phal (Passion Fruit)

Passion fruit sorbet, avocado, chestnut bhel

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

Dalika (Lentils)

Horsegram curry, ragi bhatura, jakhiya aloo

Horse gram is widely cultivated in Uttarakhand and is highly nutritious and an excellent source of minerals like iron, calcium, and phosphorus. Most importantly, horse gram is proven effective for natural kidney stone treatment.

Farsan (Gujrati snacks)

Jalebi-Fafda, pumpkin dhokla, Gujarati kadhi

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

Madhuram (Sweet)

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.

Pushpanjali (Flower)

Jasmine & lychee tea

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