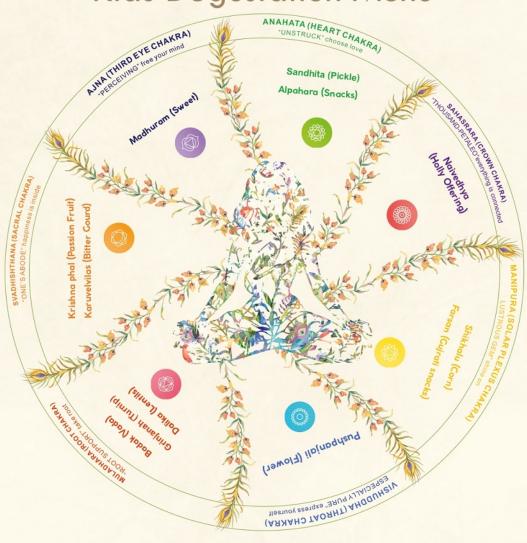
avatāra The Chakras of Life Kids Degustation Menu



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
Buduk (Yudu)	Deep-fried fritters made with lentils and served with
	fermented beetroot and mustard water. These are cooked
	as a ritual offering during festive feasts.
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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)	Deima sonii amenanth katlam annia akutnau
Ginjanan (Turnp)	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,
Salidilla (Pickle)	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 Pandayas from the epic Mahabharata. The center
	represents Krishna, and the outer radial filaments
	represent the opposing hundred Kauravas.
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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
rarsan (Oujran snacks)	This sweet-salty combination is traditionally served
	during Dussera as a breakfast and is a favorite street
	food in Gujarat.
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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 Pushpaniali, a palm full of fragrant

of floral homage.

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