



AYURVEDIC THALI ~ PRE-SET MEAL

\$14.99

(SERVED BETWEEN 5:00pm AND 9:00pm EVERY DAY)

HEAL YOUR BODY – BALANCE YOUR DOSHAS

SERVED IN SMALL KATORI'S (BOWLS) IN A THALI (ROUND PLATTER)

- Homemade yogurt sweetened with honey and bananas.
- Dices of potatoes and fresh eggplant cooked with ginger, garlic and soaked ayurvedic masala.
- Cauliflower, carrots and green pea cooked with coconut and a mustard seed tempering.
- Homemade cheese cooked with fresh beetroot.
- Saffron rice.
- Sour lentils.
- Triangular pan fried bread.
- Sweet and spicy mango chutney.

Cooking for this meal is done in desi ghee. The meals have been carefully chosen to balance the concept of Air, Earth, Water and Fire in your body.

Please fill out our email club card because your suggestions are invaluable.
