



amāla
earth

plant-based cafe

Food

Chia Puddings



Matcha Glow

Rs 399



Matcha powder, maple syrup, coconut milk, chia seeds, coconut cream

Tropical Coconut

Rs 399



Coconut milk, chia seeds, maple syrup, bananas, blueberries, walnuts, granola

Smoothie Bowls

Acai Berry Burst

Rs 499



Mixed berries, acai powder, almond milk, dates, bananas, chia seeds, coconut flakes, pumpkin seeds

Mango Sunrise (Seasonal)

Rs 499



Mangoes, bananas, almond milk, dates, blueberries, chia seeds

Heavenly Chocolate

Rs 499



Bananas, almond milk, dates, cacao powder, blueberries, homemade granola, pumpkin seeds, walnuts

- Taxes extra as applicable • We levy a discretionary 10% service charge
- Please inform your server of any food allergies/sensitivity/nut allergies/ceeliac

Salads



Sweet Potato and Avocado

Rs 499



Sweet potatoes, avocado, rocket leaves, cranberries, walnuts, mustard maple vinaigrette

Mediterranean Root Vegetable

Rs 499



Baby carrots, beetroot, rocket leaves, shallots, dill, tahini maple dressing

Vegan Caesar

Rs 499



Romaine lettuce, sourdough croutons, vegan parmesan cheese, vegan caesar dressing

Miso Millet

Rs 499



Foxtail millet, cucumber, edamame, bell peppers, onions, miso and ginger dressing

Soup

Tomato & Basil

Rs 399



Classic tomato and basil soup

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Sandwiches

Served with homemade cassava chips



Teriyaki Tofu

Rs 499



Sesame crusted tofu, teriyaki glaze, purple cabbage slaw, sourdough bread

Mushroom & Cheese

Rs 499



Mushrooms, caramelised onions, vegan cheese sauce, sourdough bread

Grilled Veggie Supreme

Rs 499



Eggplant, zucchini, bell peppers, sundried tomatoes, vegan pesto, sourdough bread

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Meal Bowls



Lychee Papaya Curry

Rs 449



Red rice, sweet and sour curry with lychees and raw papaya

Cold Soba Noodles Bowl

Rs 449



Soba noodles, edamame, carrots, cucumber, tofu, red cabbage, daikon, soy and miso dressing

Vietnamese Bowl

Rs 399



Sushi rice, kimchi, zucchini, mushrooms, bean sprouts, spinach, carrots, gochujang dressing

Add ons

Cassava Chips



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Beverages

Freshly Roasted Coffees

From the largest certified organic plantation in India



	Regular	Large
Espresso	Rs 170	Rs 220
Americano	Rs 190	Rs 240
Cappuccino	Rs 230	Rs 260
Latte	Rs 240	-
Flat White	Rs 210	Rs 240
Cortado	Rs 200	-
Iced Espresso	Rs 180	Rs 240
Iced Americano	Rs 190	Rs 240
Iced Latte	Rs 220	Rs 260
Iced Cappuccino	Rs 230	Rs 260
Cold Brew	Rs 210	-
Cold Brew with Milk	Rs 240	-

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Artisanal Teas

Unique pairings especially hand-blended for Amala Earth



Hot

Detox

Rs 190

Green tea, turmeric, moringa, tulsi, ginger

Boost

Rs 190

Green tea, blue pea, gotu kola, sage, ashwagandha, amla, shatavari, liquorice, tulsi, safflower

Heal

Rs 190

Green tea, ashwagandha, moringa, turmeric, tulsi, cinnamon, ginger, amla, safflower, blue pea

Glow

Rs 190

Green tea, chamomile, liquorice, cinnamon, tulsi, lavender, rose petals, rosemary, turmeric, spearmint

Digest

Rs 190

Green tea, garcinia cambogia, ginger, fennel, orange peel, lemon peel, lemongrass, moringa, stevia, sea buckthorn, marigold

Sleep

Rs 190

White tea, spearmint, peppermint, chamomile

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Artisanal Teas

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Cold

Boost

Rs 220

Green tea, blue pea, gotu kola, sage, ashwagandha, amla, shatavari, liquorice, tulsi, safflower

Digest

Rs 220

Green tea, garcinia cambogia, ginger, fennel, orange peel, lemon peel, lemongrass, moringa, stevia, sea buckthorn, marigold

Small Bites

Cocoa Coconut

Cashews, almonds, oats, coconut, cocoa, powdered dates, fruit reductions, cold-pressed coconut oil

Berry Delight

Dates, cashew nuts, almonds, oats, dried blueberries, immunity herb mix (ashwagandha, moringa, brahmi tulsi)

Blueberry Muffin

Cashew nuts, almonds, oats, dried blueberries, dried cranberries

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