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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, pu<mark>mpkin seeds</mark>

Mango Sunrise (Seasonal)

Rs 499









Mangoes, bananas, <mark>almond milk, da</mark>tes, blueberries, chia seeds

Heavenly Chocolate

Rs 499









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



Salads



Sweet Potato and Avocado







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 Ceasar

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

Sandwiches

Served with homemade cassava chips



Teriyaki Tofu



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

Mushroom & Cheese





Mushrooms, caramelised onions, vegan cheese sauce, sourdough bread

Grilled Veggie Supreme



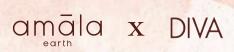


Eggplant, zucchini, bell peppers, sundried tomatoes, vegan pesto, sourdough bread

Rs 499

Rs 499

Rs 499



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

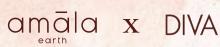
Cassava Chips











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Beverages

Freshly Roasted Coffees From the largest certified organic plantation in India



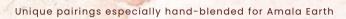
	Regular	Large
Espresso	Rs 170	Rs 220
Americano	Rs 190	Rs 240
Cappuccino	Rs 230	Rs 260
Latte	Rs 240	- 4
Flat White	Rs 210	Rs 240
Cortado	Rs 200	-
Iced Espresso	Rs 180	Rs 240
Iced Americano	Rs 190	Rs 240
Iced Latte	Rs 220	Rs 260
Iced Cappuccino	Rs 230	Rs 260
Cold Brew	Rs 210	-
Cold Brew with Milk	Rs 240	-

[•] Please inform your server of any food allergies/sensitivity/nut allergies/celiac



[•] Taxes extra as applicable • We levy a discretionary 10% service charge

Artisanal Teas





Rs 190

Rs 190

Hot

Detox

Sleep

White tea, spearmint, peppermint, chamomile

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	

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Artisanal Teas

Unique pairings especially hand-blended for Amala Earth



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

• Taxes extra as applicable • We levy a discretionary 10% service charge

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