

# YOGACARA HOME KITCHEN

*simple healthy food*

## YOGISPHERE

### UPMA RS. 200

A SCRUMPTIOUS DISH OF  
SEMOLINA, VEGETABLES & SPICES

### POHA: RS 200

LIGHT FLATTENED RICE, SEASONED  
WITH VEGETABLES

### EGG BHURJI CREPE:RS 250

INDIAN SCRAMBLED EGGS/BHURJI  
COOKED WITH ONIONS, TOMATOES,  
CORIANDER, LIGHT SEASONING,  
WRAPPED IN A MILLET CREPE.

### PANEER CREPE:RS 250

INDIAN SCRAMBLED COTTAGE CHEESE  
WITH ONIONS, TOMATOES, CORIANDER,  
WRAPPED IN A MILLET CREPE.

### EGG WHITE OMELET:RS 250

WITH ONIONS, TOMATOES & CORIANDER  
SERVED WITH A SMALL FRUIT BOWL

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## YOGISPHERE

### VEGETARIAN THALI RS 300

A NUTRITIOUS MEAL OF DAAL, RICE,  
ROTIS, VEGETABLES, SALAD &  
DESSERT-THALI CHANGES DAILY

### BESAN CHILLA RS 200

CHICKPEA FLOWER PANCAKES WITH  
TOMATO, ONIONS & MINT CHUTNEY

### CHICKPEAS SALAD RS 200

TOMATO, PANEER, PARSLEY, OLIVE OIL

### CUCUMBER PEANUT SALAD RS 200

OLIVE OIL, LEMON, CORIANDER

### AWESOME BEETROOT SALAD RS 200

### KHICHDI RS 200

A WHOLESOME MEAL PERFECTLY  
BALANCED WITH RICE, LENTILS AND  
VEGETABLES

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## A LITTLE BIT NAUGHTY

**ALOO PARATHA RS 200**

WHOLEWHEAT FLATBREAD WITH  
ONIONS, POTATOES & CUCUMBER RAITA

**SPINACH PARATHA RS 200**

WHOLEWHEAT FLATBREAD WITH  
SPINACH & CUCUMBER RAITA

**ONION PARATHA RS 200**

WHOLEWHEAT FLATBREAD WITH  
ONIONS & CUCUMBER RAITA

**PANEER PARATHA RS 200**

WHOLEWHEAT FLATBREAD WITH  
SEASONED COTTAGE CHEESE &  
MINT CHUTNEY

## SOMETHING SWEET

**PEANUT BRITTLE/CHIKKI RS 60**

**HONEY & BANANA MILLET PANCAKES RS200**  
**ORGANIC JAGGERY MILLET PANCAKES RS200**

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## REVITALIZE ALL DAY

**ALKALIZER RS 160/190**

CARROT, LEMON, GINGER

**SUPER DETOX RS 180/220**

APPLE, CUCUMBER, CELERY,  
PARSLEY

**PURE MAGIC RS 180/220**

CARROT, APPLE, CELERY

**ENERGY BOOST RS 180/220**

WATERMELON, PAPAYA,  
POMEGRANATE

**LEMON BARLEY RS 100**

**CHAAS/BUTTERMILK RS 100**

**LAVAZZA COFFEE RS 150**

**MINT TEA RS 80**

**MASALA CHAI RS 80**

**BOTTLED WATER RS 50**