

Yogacara Café Menu



Energize: 8 30 am – 11 30 am

SEASONAL FRESH FRUIT BOWL..... ₹ 200

DELICIOUS OAT GRANOLA AND LOW FAT MILK..... ₹ 230

Add yoghurt for Rs 50

WHOLESOME BREAKFAST PORRIDGE..... ₹ 240

Oats cooked with fruit and low fat milk.

UPMA ₹ 160

A popular breakfast dish in India that is nutritious, tasty and made with roasted semolina and sautéed vegetables in water, carefully balancing it with spices to make it simply irresistible.

EGG BHURJI..... ₹ 200

2 Eggs scrambled with onions, tomatoes and coriander, served with nachni (millet) pancakes.

WHOLESOME ENERGIZING BREAKFAST... .. ₹ 360

Wholesome oats porridge (see above for description), small fruit smoothie or fruit bowl, and 1 cup of green, tulsí or yogi tea.

INDIAN SCRUMPTIOUS BREAKFAST..... ₹ 360

2 Egg-Bhurjí with nachni pancakes, small fruit smoothie or small fruit bowl and 1 cup of green tulsí or or yogi tea. Substitute upma for a vegetarian option.

YOGACARA HEALTHY BREAKFAST..... ₹ 360

Delicious oat granola with yoghurt or milk, small fruit smoothie OR small fresh fruit bowl and 1 cup of green, tulsí or yogi tea.



Restore: 12 to 3 pm

Nachni (millet) Crepes

Advaita..... ₹ 200

2 Eggs scrambled with onions, tomatoes, and coriander

Ananda..... ₹ 340

Pan seared mushrooms with garlic and green onions

Moksha..... ₹ 360

Pan seared mushrooms, egg whites, and green onions

Sattva..... ₹ 360

Fresh tomatoes, paneer, and basil pesto

Delicious healthy pasta ₹ 360

Butter beans, mushrooms, parsley & olive oil with brown pasta

SALADS

Sprouted steamed mung, cucumber, cilantro & olive oil₹ 220

Paneer, tomato and cucumber salad with capers & olive oil.....₹ 250

AYURVEDIC THALI ₹ 380

- *Fresh Salad of the Day*
- *Vegetables (bhaji)*
- *Daal*
- *Basmati rice with cumin seeds*
- *Wheat Rotis*
- *Chaaas (herb flavored buttermilk)*
- *Dessert of the day*

FINGER FOODS

Nachni chips with homemade houmous₹ 160

Carrots with homemade houmous₹ 160

HEALTHY DESERTS - Please check for available desserts

- *Plain hung yoghurt with almonds and honey.....₹ 150*
- *Shrikhand₹ 150*
Hung yoghurt made with saffron and brown sugar
- *Nachni crepe with melted gudh (jaggery)..... ₹ 200*



Revitalize: all day long

ALKALIZER.....Small ₹ 150 ~ Large ₹ 190

Carrot, lemon, ginger

Balances pitta and kapha, soothing, healing, nourishing. Protects the liver, is a rich source of beta carotene known for its anti-cancerous properties, and a blood purifier. Boosts immunity, rich in Vitamin A, Potassium, Calcium, phosphorus, Sulphur, Sodium, Beta carotene, Vitamin C, Iron.

SUPER DETOXSmall ₹ 200 ~ Large ₹ 240

Apple, cucumber, celery

Vitamins A, B1, B2, B3, B5, B6, C, E and K, copper, calcium, iron, magnesium, potassium, boron, ellagic acid, beta-carotene, folic acid, phosphorus, selenium, riboflavin and anti-cancer phytonutrients. Apple and cucumber clean the system. Celery helps to flush the body of excess carbon dioxide and reduces acidity. Ginger is a natural antibiotic and decongestant. Lemon removes harmful bacteria and toxins from the intestinal tract and cleans the liver and kidneys.

PURE MAGIC.....Small ₹ 200 ~ Large ₹ 240

Carrot, apple, celery

Contains vitamins A, B1, B2, B3, B6, C, E and K, beta-carotene, calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc, folic acid, malic acid, soluble fiber, natural sugars, natural fats and an amazing amount of antioxidants. Each vitamin or mineral plays a role in maintaining the overall health of the body and the antioxidants will soak up free radical damage caused by fast foods, cigarette smoke, stress and other factors.

HERBAL TEAS, COFFEE & DRINKS

Tulsi Green Tea..... ₹ 80

Reduce stress in a cup! Tulsi is naturally caffeine-free and reduces stress, relieves inflammation, lowers cholesterol, eliminates toxins, prevents gastric ulcers, improves digestion and provides a rich supply of nutrients. It also regulates blood pressure and blood sugar

Yogi Chai ₹ 60

A flavoured tea made by brewing assam black tea with a mixture of cloves, cinnamon, lemon and honey.

Masala Chai ₹ 50

A flavoured tea made by brewing assam black tea & milk with a mixture of aromatic Indian spices, cardamom, and lemon grass.

Chaas (Buttermilk)..... ₹ 70

Sweet or savoury with cumin

Ice tea..... ₹ 90

Home made ice tea-with jaggery

Fresh lime soda..... ₹ 90

Lavazza French Press Coffee..... ₹ 110