



STARTERS 10

Traditional Samosa	\$5.00
3 pieces. Filled with peas and potatoes.	
Gluten-Free Samosa	\$6.00
3 pieces. Filled with peas and potatoes.	
Vegetable Cutlet	\$5.00
Mixed vegetables and potatoes. 3 pieces.	
Lilwa ni Kachori	\$5.00
Flour shell stuffed with mashed and spiced Indian pigeon peas. 3 pieces.	
Potato Vada	\$5.00
Mashed potato seasoned with cilantro, green chili and lemon, dipped in chickpea flour. 3 pieces.	
Baked Organic Whole Wheat Samosa	\$5.00
3 pieces. Filled with peas and potatoes.	
Aloo Tikki	\$5.00
3 Pieces. Peas and potato patties.	
Mirch Pakora	\$5.00
Chickpea dipped banana paper stuffed with potatoes and tamarind. 3 pieces.	
Dalvada	\$5.00
Mashed lentil patties spiced with onion, garlic, ginger and green chili. 3 pieces.	
Mixed Basket	\$12.00
Assorted mix of samosa, aloo tikki (gluten free), vegetable cutlet (gluten free), mirch pakora (gluten free), lilwa ni kachori, dalvada (gluten free) and potato vada (gluten free). 9 pieces.	

VEGAN SALADS 3

Organic Salad	\$10.00
Spinach, tomato, baby arugula, spring mix, chickpeas, alfalfa and bean sprouts, raisins and tofu.	
Lacinato Kale Salad	\$10.00
Lacinato kale, bell peppers, onions, pine nuts, tomatoes, lemon juice and Indian spices.	
Kale Salad	\$10.00
Fresh organic kale, sliced seasonal fruits, sliced almonds, sunflower seeds, cranberries, with ginger and himalayan salt.	

HOMEMADE SOUPS 3

Yellow Lentil	AVAILABLE OPTIONS
Made with ginger, garlic, cumin, tomato and onion. Served with choice of basmati rice or mini-naan.	\$8.00
	Organic Brown Rice: \$2.00
	Quinoa: \$2.00

Rasam Soup	AVAILABLE OPTIONS
Hot and sour soup blended with curry leaves and tomatoes. Served with choice of basmati rice or mini-naan.	\$8.00
	Organic Brown Rice: \$2.00
	Quinoa: \$2.00

Vegetable Sambar	AVAILABLE OPTIONS
Prepared with carrots, zucchini, radish, tomato, eggplant and curry leaves. Served with mini-idli.	\$8.00
	Organic Brown Rice: \$2.00
	Quinoa: \$2.00

MAIN ENTREES 12

Chana Masala	\$12.00
Sun-dried chickpeas seasoned with cumin and fresh onion, sauteed and topped with tomato gravy. A high protein dish.	

Baingan Bharta	\$12.00
Clay oven fresh roasted eggplant, sauteed with onion, green peas, tomato, ginger and garlic, perfectly blended with assorted Indian spices.	

Palak Dal	\$12.00
An exotic blend of yellow lentils and fresh organic spinach, seasoned with ginger and garlic. High in protein and iron.	

Aloo Gobi	\$12.00
Fresh cauliflower and potato, sauteed in olive oil and Indian spices. Topped with a savory tomato gravy. High in antioxidants.	

Organic Tofu Tikka Masala	\$12.00
Sauteed smoked vegan cheese, bell pepper and diced onion, topped with stir-fried organic tofu. Bell peppers are a good source of vitamin C and B6, and good for hair and skin.	

Paneer Makani	\$12.00
Organic tofu sauteed in olive oil, seasoned with Indian herbs and spices, topped with a homemade onion and yellow cashew gravy, garnished with shredded almonds.	

Dal Bunzara	\$12.00
Fresh moong lentils, sauteed in olive oil with cumin, fresh green tomato and onion. A popular Mom's homemade Indian dish. Great source of protein and antioxidants.	

Malai Kofta	\$12.00
A sweet potato and green vegetable dumpling, topped with a delicious cashew gravy, garnished with cardamom, almond and cashew.	

Palak Paneer	\$12.00
Fresh organic spinach and pan-seared vegan cheese, seasoned with cumin, onion, cinnamon, cardamom and garam masala spices. High in iron.	

Bhindi Masala	\$12.00
Fresh okra, blended with onion and tomato, seasoned with Indian spices. A great source of fiber and rich in minerals.	

Dal Makani	\$12.00
Black lentils, pan cooked with tomato, ginger and garlic. Good source of protein.	
Matar Paneer	\$12.00
Green peas and tofu prepared with a tomato and onion sauce. A sweet and mild dish.	

LITE DISHES 7

Medu Vada	\$6.00
3 Pieces. Lentil donut fritters served with sambar and chutney.	
Plain Dosa	\$7.00
A thin golden crepe, served with sambar and coconut chutney.	
Utta Pam	\$8.00
Lentil and rice pancake, served with sambar and coconut chutney. Topped with combination of your choice of fresh garden vegetables: cilantro, onion, bell pepper, carrot, tomato, green peas or Thai chili pepper.	
Uppma	\$12.00
Wheat farina (great source of vitamin B-12) stir-fried with mustard seeds, cumin, onion, tomato, clove, curry leaves, cinnamon and lemon juice. Garnished with cashews and cilantro, served with sambar and chutney.	
Idli	\$6.00
3 Pieces. Oil-free steam cooked cakes served with sambar and chutney.	
Masala Dosa	\$8.00
A thin golden crepe stuffed with spiced potato and onion, served with sambar and coconut chutney.	
Arya Bhavan Pau Bhaji	\$10.00
Cauliflower, eggplant, potato, onion, garlic and tomato. Served with bread, garnished with lemon, onion and cilantro.	

RICE & GRAIN DISHES 8

White Rice	\$5.00
Basmati rice, seasoned with clove, bay leaves, cinnamon and sea salt. Topped with peas and carrots.	
Organic Brown Rice	\$7.00
Seasoned with cumin, clove, bay leaves, turmeric, cinnamon and sea salt. Garnished with raisins. Great source of fiber.	
Saffron Rice	\$12.00
Basmati rice, seasoned with clove, bay leaves, cinnamon and sea salt. Saffron contains many cancer fighting elements.	
Quinoa	\$10.00
With sea salt and clove, garnished with peas and carrots. Healthy rice substitute.	
White Rice Biryani	\$10.00
With stir-fried broccoli, cauliflower, carrots and tomatoes.	
Organic Brown Rice Biryani	\$12.00
Mixed with stir-fried broccoli, cauliflower, carrots and tomatoes. Great source of fiber.	

Lemon Rice	\$10.00
Rice and lentils dish flavored with turmeric, curry leaves and Thai chili.	
Quinoa Biryani	\$12.00
Mixed with stir-fried broccoli, cauliflower, carrots and tomatoes. Healthy rice substitute.	

RAW DISHES 6

Vegan Indian Taco	\$12.00
Crunchy cabbage leaf stuffed with a mix of bell peppers, onions, Indian spices and other vegetables. Served with vegan sour cream.	
Indian Veggie Rolls	\$12.00
2 Pieces. A mix of avocado, Indian spices and vegetables wrapped in a collard green leaf. Served with cashew and avocado dipping sauces.	
Zucchini Pasta	\$12.00
Curly vegetable pasta with sundried tomatoes, green chili and herbs.	
Indian Taco Salad	\$12.00
Flavored with Indian spices.	
Raw Pizza	\$12.00
Raw crust of sunflower seeds, cauliflower and nuts, topped with homemade tomato sauce, jalapeno and mixed vegetables.	
Vitality Soup	\$10.00
Leafy green vegetables, salt, lemon, onion and garlic. A great energy boost.	

VEGAN BREADS 4

Tandoori Roti	\$4.00
Whole wheat clay-oven baked round flat-bread.	
Gluten-Free Bread	\$5.00
Naan	\$4.00
Unbleached clay-oven baked flat-bread topped with cilantro.	
Chapati	\$2.00
Chapati Whole wheat hand-made soft bread.	

DESSERTS 6

Carrot Halva	\$5.00
Grated carrots, soy milk and blend of healthy sweeteners.	
Organic Raw Cake	\$7.00
All ingredients unprocessed. No added sugar.	
Raw Chocolate Truffles	\$5.00
3 Pieces. Cacao and coconut balls naturally sweetened with dates. No added sugar. Cacao helps keep the heart healthy.	

Raw Ice Cream	\$4.00
All with Indian flavor.	
Raw Coconut Macaroons	\$5.00
3 Pieces. Coconut and almonds balls naturally sweetened with dates. No added sugar.	
Raw Lemon Bar	\$7.00
Zesty creamy dessert bar, no added sugar.	

BEVERAGES 8

Mango Juice	\$6.00
Mango Lassi	\$6.00
Kombucha Tea	\$6.00
Young Coconut Water	\$5.00
Smoothies	\$6.00
Choice of mango, green tea or strawberry banana.	
Hot Tea	\$2.50
Assorted. Choice of almond or soy milk.	
Coffee	\$2.50
Choice of with or without almond or soy milk.	
Bottled Water	\$2.00