

PROPOSED MENU OF AHITI SODHANA KHADYAM

JUICES

| Sl.no | Menu | Description | Price |
|-------|---------------------------|---|-------|
| 1. | ABC Juice | Apple, Beetroot, Carrot | 60/- |
| 2. | Carrot Juice | Carrot And Coconut | 60/- |
| 3. | Beet Root Juice | Beetroot, Coconut | 60/- |
| 4. | Apple Juice | Fresh Apple | 60/- |
| 5. | Mosambi Juice | Fresh Orange | 60/- |
| 6. | Lemon Honey | Lemon And Honey | 40/- |
| 7. | Lemon Mint | Lemon Mint And Ginger | 40/- |
| 8. | Nannari Juice | Nannari And Lemon | 60/- |
| 9. | Nannari Sweet And Spicy | Ananda Mul Lemon And Chilli | 60/- |
| 10. | Bitter Guard Juice | Bitter Guard And Lemon | 60/- |
| 11. | Gut Cleanser | Fresh Herbs And Lemon | 60/- |
| 12. | Amla Juice | Fresh Amla | 60/- |
| 13. | Ashgourd Juice | Fresh Ashgourd And Lemon | 60/- |
| 14. | Bottle Guard Juice | Bottle Guard And Lemon | 60/- |
| 15. | Wheat Grass Juice | Wheat Grass, Lemon | 60/- |
| 16. | Sesame Juice | White Sesame Seeds | 80/- |
| 17. | Banana Shake | Banana , Milk And Raisins And Nuts | 80/- |
| 18. | Finger Millet Malt | Ragi And Coconut | 80/- |
| 19. | Stone Apple Juice | Bael (Seasonal) | 60/- |
| 20. | Mango Shake | Mango And Milk And Raisins (Seasonal) | 70/- |
| 21. | Cucumber Juice | Cucumber And Lemon | 60/- |
| 22. | Pomegranate Juice | Fresh Pomegranate | 100/- |
| 23. | Tender Coconut Juice | Tender Coconut And Dates | 100/- |
| 24. | Coconut Milk | Fresh Coconut And Jaggery | 80/- |
| 25. | Papaya Muskmelon Smoothie | Papaya, Muskmelon, Coconut Milk, Dry Fruits | 100/- |
| 26. | Lactogen Free Buttermilk | | 100/- |
| 27. | Beet Butter Milk | | 60/- |
| 28. | Cucumber Butter Milk | | 60/- |

Soups

| Sl.No | Menu | Description | Price |
|-------|---------------------|----------------------|-------|
| 1. | Tomato Soup | | 100/- |
| 2. | Mix Veg Soup | | 100/- |
| 3. | Sweet Corn Soup | | 110/- |
| 4. | Capsicum Soup | | 100/- |
| 5. | Ashgourd Soup | | 100/- |
| 6. | Pumpkin Soup | | 100/- |
| 7. | Palak Soup | | 100/- |
| 8. | Lentil Soup | | 100/- |
| 9. | Lemon Soup | | 100/- |
| 10. | Drumstick Leaf Soup | | 100/- |
| 11. | Mint Soup | Mint, Coconut Milk | 100/- |
| 12. | Carrot Soup | Carrot, Coconut Milk | 100/- |

Salads

| Sl.no | Menu | Description | Price |
|-------|----------------------|--|-------|
| 1. | Boiled Chana Salad | Boiled Chana, Onions , Tomato , Cucumber | 150/- |
| 2. | Beet Root Salad | Beet Root , Onion , Coconut | 100/- |
| 3. | Beet Root Yoghurt | Beet Root, Yoghurt, Sesame Seeds | 120/- |
| 4. | Sweet Carrot Salad | Carrot, Coconut & Jaggery | 150/- |
| 5. | Sprouted Moong Salad | Sprouted Moong, Onion, Tomato, Cucumber, Lemon | 150/- |

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| 6. | Kachumber Salad | Cucumber, Onion, Tomato, Puffed Rice, Coriander | 120/- |
| 7. | Cucumber Salad | Cucumber, Cabbage, Onion, Cheeze (If Needed), Organic/Handmade Myonise | 120/- |
| 8. | Cabbage Carrot Salad With Grated Coconut | Cabbage, Carrot, Green Chilli, Mustard Seeds, Coconut | 120/- |
| 9. | Sprouts And Peanut Salad | Alfalfa Sprouts, Roasted Peanuts, Onion, Tomato, Lemon | 120/- |
| 10 | Mango Pomegranate Salad With Mint Leaves | Mango, Pomegranate, Mint Leaves, Lime Juice, Black Salt | 120/- |
| 11 | Charred Corn And Avocado Salad | Grilled Corn, Avocado, Black Beans, Onion, Tomato, Lemon | 180/- |
| 12 | Mushroom And Spinach Salad | Mushroom, Spinach Leaves, Toasted Almonds, Cheese | 120/- |
| 13 | DrumstickLeaf Salad | MoringaLeaf, Grated Raw Mango, Roasted Peanut, Jaggery, Pomegranate Seeds | 120/- |
| 14 | Rainbow Salad (Either Fruit Or Veg Salad) | Red – Red Bell Pepper, Apples, Raspberries, Radish, Cherries, Strawberry, Chili Peppers Orange – Oranges, Peaches, Pumpkin, Orange Tomatoes, Butternut Squash, Sweet Potato, Mango Yellow – Yellow Tomatoes, Pineapple, Yellow Beets, Summer Squash, Corn Green – Broccoli, Edamame, Fresh Herbs, Kiwi, Green Apple, Green Grapes, Zucchini, Asparagus, Celery Blue/Purple – Purple Grapes, Purple Sweet Potato, Purple Tomatoes, Blackberries, Eggplant, Purple Bell Peppers, Plums, Purple Asparagus, Raisins, Radicchio (Anything Which Is Available) | 150/- |
| 15 | Cube Salad | Paneer, Papaya, Muskmelon, Cucumber, Beetroot | 150/- |
| 16 | Grated Salad | Beetroot, Carrot, Cucumber Moong Dal | 120/- |
| 17 | Summer Salad | Tomato , Spinach, Mint , Mangoes, Rajma Beans | 150/- |
| 18 | Orange Salad | Orange, Orange Zest With Juice , Salt , Feta Cheese | 120/- |
| 19 | Dry Fruits Salad | Banana, Soaked Walnuts , Almonds, Dates , Cashews With Moong Dal And Coconut | 200/- |
| 20 | MakhanaSalad | Roasted Makhana, Pomegranate, Cucumber, Tomato, Coriander | 200/- |
| 21 | Power Salad | Boiled Chana, Chia Seeds, Soaked Almonds, Spinach , Sweet Potato | 180/- |
| 22 | Masala Peas | Boiled Peas , Butter , Coriander, Lemon | 180/- |
| 23 | Basil Breakfast Bowl (BBB) | Coconut Milk, Chia Seeds And Fruits | 200/- |

Main course

| Sl.no | Menu | Description | Price |
|-------|-----------------------|-------------|-------|
| 1. | Finger Millet Dosa | Ragi | 100/- |
| 2. | KodoMillet Dosa | Kodon | 100/- |
| 3. | Foxtail Millet Dosa | Kakum | 100/- |
| 4. | Pearl Millet Dosa | Bajra | 100/- |
| 5. | Great Millet Dosa | Jowar | 100/- |
| 6. | ProsoMillet Dosa | Chena/Barri | 100/- |
| 7. | Bearnyard Millet Dosa | Sanwa | 100/- |
| 8. | Finger Millet Idli | Ragi | 100/- |
| 9. | KodoMillet Idli | Kodon | 100/- |
| 10. | Foxtail Millet Idli | Kakum | 100/- |
| 11. | Pearl Millet Idli | Bajra | 100/- |
| 12. | Great Millet Idli | Jowar | 100/- |
| 13. | ProsoMillet Idli | Chena/Barri | 100/- |
| 14. | Bearnyard Millet Idli | Sanwa | 100/- |
| 15. | Finger Millet Roti | Ragi | 40/- |
| 16. | KodoMillet Roti | Kodon | 40/- |
| 17. | Foxtail Millet Roti | Kakum | 40/- |

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| 18. | Pearl Millet Roti | Bajra | 40/- |
| 19. | Great Millet Roti | Jowar | 40/- |
| 20. | ProsoMillet Roti | Chena/Barri | 40/- |
| 21. | Bearnyard Millet Roti | Sanwa | 40/- |
| 22. | Multigrain Roti | | 30/- |
| 23. | Finger Millet Puttu | Ragi | 100/- |
| 24. | KodoMillet Puttu | Kodon | 100/- |
| 25. | Foxtail Millet Puttu | Kakum | 100/- |
| 26. | Pearl Millet Puttu | Bajra | 100/- |
| 27. | Great Millet Puttu | Jowar | 100/- |
| 28. | ProsoMillet Puttu | Chena/Barri | 100/- |
| 29. | Bearnyard Millet Puttu | Sanwa | 100/- |
| 30. | Chila | Besan And Onions | 50/- |
| 31. | Dhaliya | Broken Wheat Based | 50/- |
| 32. | Finger Millet Dhaliya | Ragi | 100/- |
| 33. | KodoMillet Dhaliya | Kodon | 100/- |
| 34. | Foxtail Millet Dhaliya | Kakum | 100/- |
| 35. | Pearl Millet Dhaliya | Bajra | 100/- |
| 36. | Great Millet Dhaliya | Jowar | 100/- |
| 37. | ProsoMillet Dhaliya | Chena/Barri | 100/- |
| 38. | Bearnyard Millet Dhaliya | Sanwa | 100/- |
| 39. | Veg Pulav | | 150/- |
| 40. | Curd Rice | | 120/- |
| 41. | Curd Millet | | 150/- |
| 42. | Coconut Rice | | 150/- |
| 43. | Lemon Rice | | 110/- |
| 44. | Tomato Rice | | 110/- |
| 45. | Green Gram Dosa | | 100/- |
| 46. | Any Millet Roll | | 100/- |
| 47. | Cheese Momos | Wheat Based 8pieces | 120/- |
| 48. | Tamarind Rice | | 115/- |
| 49. | Poha | | 50/- |
| 50. | Sweet Red Poha | Red Poha, Coconut , Jaggery | 100/- |
| 51. | Sabudana Khichadi | Sabudana And Vegetables | 150/- |
| 52. | Pearl Millet Porridge | Bajra | 80/- |
| 53. | Burrito Bowl | Boiled Rajma, Lemon Rice, Tomato, Capsicum, Corn, Onion, Beans, Coriander, Peanut Or Any Chutney | 180/- |
| 54. | Buddha Bowl | Cabbage, Cut Carrots. Spiralized Cucumbers, Sliced Beetroot, Tomatoes, Radish, Sweet Potato, Boiled Brown Rice | 180/- |