



À La Carte Menu

Preface

नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेवसक्तः ।
दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः ॥

Ashtanga Hridayam

One who indulges daily in healthy foods and activities, who discriminates the good and bad of everything and then acts wisely, who is not attached too much to the objects of the senses, who develops the habit of charity, of considering all as equal, of truthfulness, of pardoning and keeping company of good persons only, becomes free from all diseases.

*The philosophy of Ayurveda has been deeply rooted in the traditions and culture of India for several thousands of years. It revolves around the theory that human beings are all made of different types of energies and the balance between these energies results in our physical, mental and emotional well-being. Ayurveda uses a broad and effective systems-based three-way classification of physiological functions, called doshas: **vata, pitta and kapha dosha**. Balanced doshas result in good health while imbalances in dosha functions create a contrary effect. In this context, each food may suppress or boost functions belonging to one or more **doshas**, thereby influencing important aspects of the overall physiology.*

*At **Avaana on the Cliff**, we will help you tread the world of Ayurveda & food with ease and simplicity. The food served is fresh and homemade, using ingredients rated highly by Ayurveda. Several of our dishes are served in Kansa (Bronze) service ware that has tremendous immunity boosting and other health benefits.*

Feel free to connect with our in-house spa and Ayurveda specialist to help you understand the benefits of each of the preparations and which ones are best for you.





Tridoshic Wellness Thali



★ Vileen's Special

INR 1500

Tridoshic Wellness Thali V P K

 ~1100 kcal (per serving)

Indulge in our specially curated Tridoshic wellness thali which supports all three doshas (mind-body types) — Vata, Pitta and Kapha—making it good for everyone and extremely healthy and tasteful at the same time.

Vegetable Quinoa Soup

Slow-cooked vegetable broth with quinoa and Ginger, cumin and Turmeric served with Onion jam with Balsamic Sourdough croutons.

Herbed Taro Wedges with skin

Lemon Honey Tahini Dressing.

Sesame Sweet potato Rosati

Combination with Veg Medley and Roasted walnut

Sprouted Mung Bean Salad

Cucumber, Avocado, Cherry tomato, Mint, basil, cilantro, basil and Lime, Cumin, and EVO dressing

Garlic Buckwheat Noodles

Aubergine with walnut Ragu, Moong carrot Dal Mash, Lightly Steamed Bok choy with Fermented Soy and Assorted rolled nuts Cracker.

Vegetable curry with Yogurt and Cashew

served with beetroot mash and Bajra garlic Roti, garnished with roasted sesame seeds and mustard micro-greens.

Steamed Vegetables in Almond sauce

served with Herbed Quinoa pilaf and sweet onion Chutney

Baked Root Vegetables

Baked with Coconut cream infused with fennel and basil, and Roasted Broccoli with pine nut ranch

Barnyard millet Kheer

with coconut milk.

Vanilla & Rose Tea

Homemade ground of 100% pure vanilla, rose, cardamom and anise.

Dosha
Guide

Best choice for



Vata



Pitta



Kapha

In moderation for



Vata

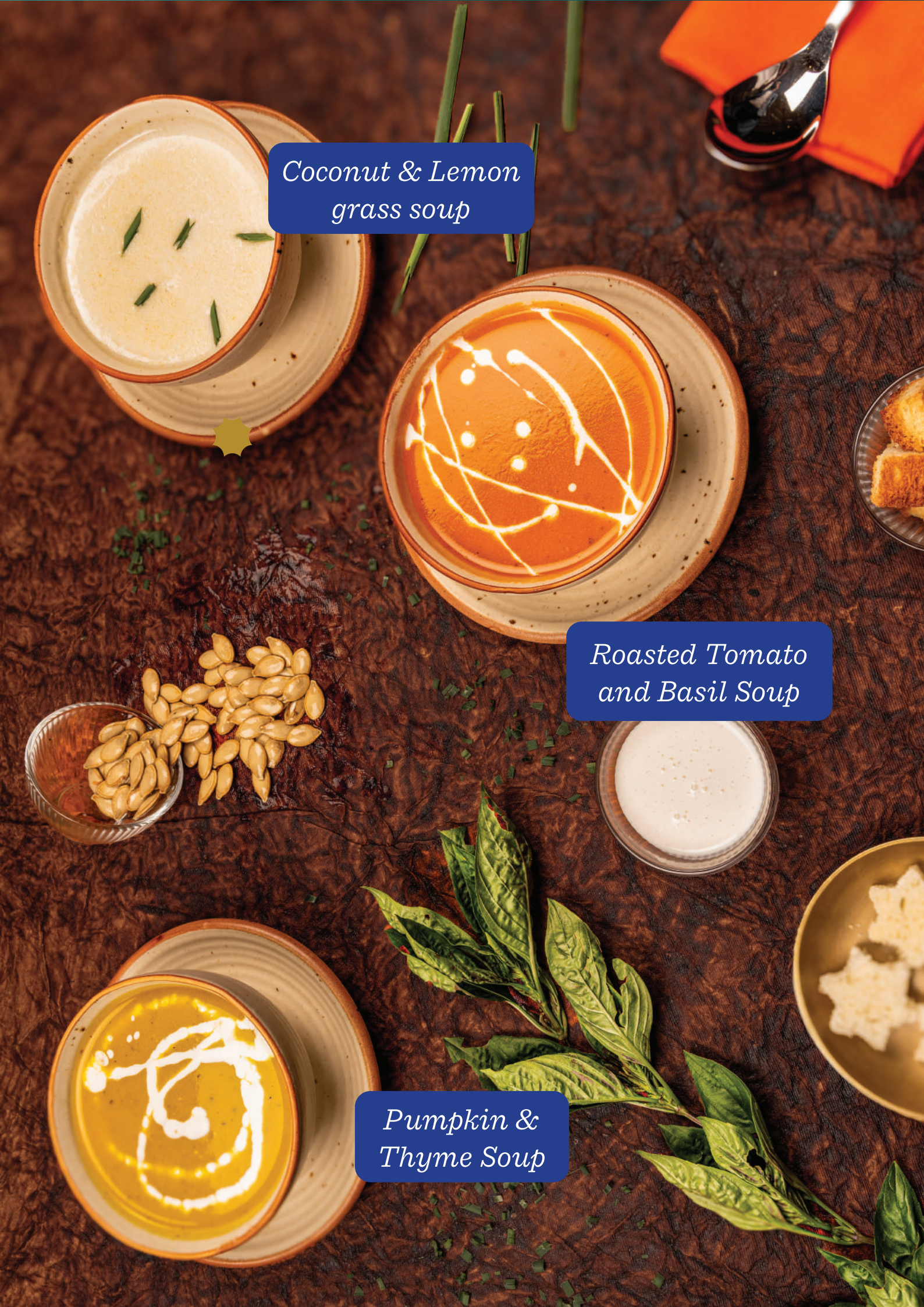


Pitta



Kapha

*18% GST extra



*Coconut & Lemon
grass soup*

*Roasted Tomato
and Basil Soup*

*Pumpkin &
Thyme Soup*

Coconut & Lemon grass soup V P K

Lemongrass with its rejuvenating properties and coconut, imparting rich balance and smoothness

 **~190 kcal** (per serving)

Pumpkin & Thyme Soup V P K

Flavoured with Cinnamon & Liquorice. Pumpkin with its calming & clarifying properties is very balancing for all doshas, whereas Thyme has anti-inflammatory and anti-microbial properties

 **~170 kcal** (per serving)

Roasted Tomato and Basil Soup V K

Hearty and warming. Served with or without Tofu

 **~180 kcal** (per serving)

Dosha
Guide

Best choice for

V Vata

P Pitta

K Kapha

In moderation for

V Vata

P Pitta

K Kapha

*18% GST extra



*Roasted Beetroot &
Orange Salad*

Kulle ki Chaat

*Quinoa & Haricot
Verts Salad*

Fruit Platter

*Summer Melon &
Rosemary Salad*

Salads

Smoked roasted sweet potato Salad V P K

Probiotic Kanji Vegetables / Pahadi Lemon / Moong sprouts / Season's Fruit / water chestnut / coriander Thecha (chutney)

🔥 ~320 kcal (per serving)

INR 495

Summer Melon & Rosemary Salad P K

Rosemary, home-dried tomato dressing / Feta / Toasted Walnut

🔥 ~280 kcal (per serving)

INR 495

Quinoa & Haricot Verts Salad (*Bestseller*) P K

Lettuce / lemon, honey, mustard dressing / Pickled vegetables / Crumbled crispy Tempeh / Pumpkin seeds

🔥 ~360 kcal (per serving)

INR 495

Kulle ki Chaat P K

Salad meets Chaat / Super Healthy, Super Tasty

🔥 ~300 kcal (per serving)

INR 545

Roasted Beetroot & Orange Salad V P K

Orange dressing / Toasted Walnuts

🔥 ~280 kcal (per serving)

INR 495

Caesar Salad P K

Lettuce, Parmesan caper dressing, grilled vegetables

🔥 ~360 kcal (per serving)

INR 495

Apple & Feta Salad V P K

Young leaves / Dressing of sun-dried tomato, cinnamon & star anise / toasted Pumpkin seeds

🔥 ~300 kcal (per serving)

INR 495

Fruit Platter V P K

Always in vogue, nature's bliss - Season's fresh cut fruits

🔥 ~220 kcal (per serving)

INR 495

Dosha
Guide

Best choice for

V Vata

P Pitta

K Kapha

In moderation for

V Vata

P Pitta

K Kapha

*18% GST extra



Yellow Platter

A black bowl filled with a vibrant yellow smoothie, topped with a ring of green pumpkin seeds and a layer of brown flax seeds. The smoothie is garnished with shredded almonds.



Pink Smoothie

A black bowl filled with a vibrant pink smoothie, topped with a ring of green pumpkin seeds and a layer of brown flax seeds. The smoothie is garnished with shredded almonds.



Winter Smoothie

A gold bowl filled with a light pink smoothie, topped with a ring of green pumpkin seeds and a layer of brown flax seeds. The smoothie is garnished with shredded almonds and a small amount of white powder.



Green Smoothie

A gold bowl filled with a vibrant green smoothie, topped with a ring of green pumpkin seeds and a layer of brown flax seeds. The smoothie is garnished with shredded almonds.



Bright Red

A gold bowl filled with a vibrant red smoothie, topped with a ring of green pumpkin seeds and a layer of brown flax seeds. The smoothie is garnished with shredded almonds.

Avaana Signature Smoothie Bowl - तृप्ति

INR 695

Capturing the essence of Ayurveda and the season's best available produce; our ever-evolving smoothies are served in a bowl with the choicest toppings, fresh & dried fruits, nuts & seeds.

Plant-based Vegan option available on request

🔥 ~560 kcal (per serving)

Daily Changing Options

हरितः - Green Smoothie (V) (P) (K)

Apple, Spinach, Banana, celery, mint, cardamom

🔥 ~280 kcal (per serving)

हरिद्राभः - Yellow Smoothie (V) (P)

Peach/Mango + banana + cardamom

🔥 ~330 kcal (per serving)

शीतलं हरितं - Cooling Summer Green Smoothie (P) (K)

Kiwi, banana, spinach + mint, little edible camphor

🔥 ~230 kcal (per serving)

शीतकालः - Winter Smoothie (V) (P)

Almond & date with cinnamon

🔥 ~340 kcal (per serving)

प्रत्यग्रः - Fresh & tart Smoothie (P) (K)

Apple, lime smoothie with cardamom, cinnamon & mint

🔥 ~220 kcal (per serving)

श्वेतरक्तः - Pink Smoothie (Bestseller) (V) (P)

Papaya, cauliflower, star anise, honey

🔥 ~300 kcal (per serving)

रक्तः - Bright Red Smoothie (V) (P)

Beetroot, Plums (optional), Banana, Cinnamon, Apple, honey

🔥 ~320 kcal (per serving)

Dosha
Guide

(V) Vata

(P) Pitta

(K) Kapha

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

*18% GST extra



*Barnyard Millet
Khichda*

*Sorghum & Moong
Bean Khichda*

*Himalayan Red Rice &
Turtle Bean Khichda*

*Foxtail millet &
Moong Khichda*

Bajra ka Khichda

Khichdas of Vileen - कल्याणम्

INR 795

Daily Changing Khichdi Bowls to nourish Body, Mind and Soul alike. Served with Cow Ghee, Yoghurt, pickles and poppadum

Daily Changing Options

Palti ka Khichda (V) (P) (K)

Palti is a distinctive Himalayan millet similar to buckwheat

🔥 ~520 kcal (per serving)

Pearl Barley Khichdi (P) (K)

With Cinnamon & Raisin

🔥 ~470 kcal (per serving)

Bajra ka Khichda (V) (P) (K)

Bajra or Pearl millets are rich in magnesium, iron, calcium and Fiber

🔥 ~500 kcal (per serving)

Barnyard Millet Khichda (V) (P) (K)

Barnyard millet isn't just delicious; it's a powerhouse of health benefits, supporting heart and kidney health

🔥 ~480 kcal (per serving)

Himalayan Red Rice & Turtle Bean Khichda (Bestseller) (P) (K)

Red rice controls blood sugar levels while Turtle Beans are superfoods packed with protein and anthocyanins

🔥 ~560 kcal (per serving)

Himalayan Red Rice Risotto (V) (P)

Himalayan Red Rice is a good source of protein, anti-oxidants, vitamins and minerals

🔥 ~520 kcal (per serving)

Sorghum & Moong Bean Khichda (V) (P) (K)

Sorghum is a nutrient-rich cereal grain that is low in fat, but high in protein, fibre, B vitamins, and micronutrients.

🔥 ~500 kcal (per serving)

Foxtail millet & Moong Khichda (V) (P) (K)

Moong beans have significant amounts of bioactive compounds while foxtail millet is rich in Vitamin B12.

🔥 ~480 kcal (per serving)

Bhutte (corn) aur Bajre ki Khees (V) (P)

Bajra (pearl millet) is a treasure trove of antioxidants like Vitamin C and Vitamin E

🔥 ~500 kcal (per serving)

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra

Himalayan 'Mexican' Bowl



*Dimsum, Soba Noodle,
Tempeh Bowl*



*Buddha in
India Bowl*



Buddha Ramen



Lebanese Bowl



★ Avaana Signatures

विशेषः

Aayushmaan Bowls - आयुष्मन्

INR 845

Hearty and Healthy, with flavours and inspirations from around the world, these 'Meals in a Bowl' offer something for everyone.

Himalayan 'Mexican' Bowl (P) (K)

Kashmiri Chilli Rice, Charred Peppers & vegetables with Mole Sauce, probiotic vegetables, sesame, & almonds

🔥 ~650 kcal (per serving)

Buddha Ramen (V) (P) (K)

Noodles, Chinese Greens, Corn Kernels, Tofu, Hot & Sour Broth, Sesame, Bean sprouts, golden garlic and onions

🔥 ~600 kcal (per serving)

Dimsum, Soba Noodle, Tempeh Bowl (Bestseller) (P) (K)

Vegetable Dimsum, Noodles, Fermented Soy Tempeh, Black fungus, chilli bean broth, cashew, carrot

🔥 ~650 kcal (per serving)

Umami Mushroom Bowl (P) (K)

Mushrooms including Button, Shiitake, Black Fungus | Glazed Yempeh | Umami Hot & Sour Broth | Noodles | Corn Kernels | pickles

🔥 ~600 kcal (per serving)

Lebanese Bowl (V) (P) (K)

Turmeric, nuts & raisin Pilaf or couscous | Tahini Yoghurt | Grilled Peppers & Aubergine | Beetroot Hummus | Pita Crackers | Salad & Pickles

🔥 ~620 kcal (per serving)

Buddha in India Bowl (P) (K)

Rajma, Steamed Basmati Rice, Pickled vegetables, golden onions, Cilantro, Red chillies

🔥 ~620 kcal (per serving)

Indian Comfort Bowl (V) (P)

Cinnamon, Cumin & Coriander Pulao | Aloo Dal Vadi | Bittersweet Brinjal | Fermented veggies

🔥 ~600 kcal (per serving)

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra

Ragi Paani Puri

Slider Platter

Vileen Vada Pao

Sabudana Tikki

*Beetroot & Spinach
Dimsums*

*Mediterranean
Platter*



Hunger Pangs

पोषितम्

Ragi Paani Puri (P) (K)

INR 595

Refreshing and light, our version of Pani puris is served with two types of water made with Mint & coriander and Jaggery & ginger powder. Contains Ayurvedic goodness of over a dozen spices & herbs  ~300 kcal (per serving)

Beetroot & Spinach Dimsums (V) (P) (K)

INR 595

Dumplings packed with Ayurvedic goodness of Beetroot, Spinach & Cottage cheese stuffing, with spicy ginger sauce  ~280 kcal (per serving)

Sabudana Tikki (V) (P)

INR 545

Sago pan-fried cakes with peanuts, chilli peppers, & coriander  ~360 kcal (per serving)

Vileen Vada Pao (P) (K)

INR 595

A healthier alternate to the popular street food, our Pao are homemade using Himalayan Mandua (Ragi) and the vada is coated with moong dal. Complete with the Ghati Masala / mint & coriander chutney / tamarind jaggery clove glaze  ~420 kcal (per serving)

Five-grain Pao with sprouts & vegetable Bhaji (P) (K)

INR 595

Sprouted Moong known for its cooling properties and nutrient density enriches the Bhaji cooked in aromatic spices, paired with multigrain Pao  ~430 kcal (per serving)

Rawa Idli (V) (P) (K)

INR 595

The Semolina idlis, famed for their lightness and digestive ease, come with a fragrant sambhar rich in Ayurvedic spices. Served with coconut & tomato chutneys that have their own blend of vitamins & antioxidants adding a touch of freshness to the palate  ~280 kcal (per serving)

Slider Platter (V) (P) (K)

INR 595

Platter of assorted sliders with Beetroot and activated charcoal Buns Patties - Mushroom & Caramelized Onion, Beetroot & Corn Served with coriander & mint chutney  ~520 kcal (per serving)

Mediterranean Platter (V) (P) (K)

INR 695

Beetroot & chickpea Hummus, Tzatziki, Himalayan Mandua Pita, Falafel, Pickled Vegetables, Marinated Olives  ~650 kcal (per serving)

Himalayan Cheeseboard (V) (P)

INR 795

An array of Artisanal Himalayan Cheeses with Homemade crackers, fermented raw papaya relish, Himalayan fruit & herb compote, fresh fruits  ~700 kcal (per serving)

Quinoa Moong Dal Dosai (V) (P) (K)

INR 645

Pumpkin Courgette Bhaji, tomato coconut chutney  ~420 kcal (per serving)

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra

Mapo Tofu

Vegetable Hakka Noodles

*Grilled Cottage
Cheese Steak*

Salad Pizza

*Buckwheat
pasta*

International

Petha & vegetable Thai Curry



INR 695

Royal Thai Curry with Ash Gourd and vegetables, basil, lemongrass and Kafir lime

~500 kcal (per serving)

Avaana Pizza



INR 795

Our signature Thin Crust Pizza comes in a variety of bases and toppings

~850 kcal (per serving)

Choose your Pizza Base

Artisanal Ragi & wholewheat & flour / Popular wheat flour base

Choose your toppings

Salad Pizza

Margherita topped up with tossed Salad Spinach, Corn & Tofu

Mediterranea

Bell Peppers, Courgettes, olives Mushrooms, olives & artichoke, Spinach Onion, Corn & cottage cheese

Soy 3 ways

Crumbled Tempeh, Tofu, Umami Tomato sauce (dairy free)

Pasta with choice of Sauce



INR 795

~650 kcal (per serving)

Choice of Pasta

Penne / Spaghetti

Choice of Sauce

Tomato & Basil Arrabiatta / Thyme & Cream Emulsion with season's vegetables, olives and Parmesan

Grilled Cottage Cheese Steak



INR 695

Seasonal vegetables, Basil tomato concassé ~500 kcal (per serving)

Deluxe Vegetables



INR 695

in ginger Soy Hoisin ~420 kcal (per serving)

Mapo Tofu



INR 695

Chinese Spicy soy mince and Tofu ~500 kcal (per serving)

Dosha
Guide

Best choice for



In moderation for



*18% GST extra



*Vegetable Hakka
Noodles*



*Wok tossed
Fried Rice*



Jasmine Rice



Basmati Rice



★ Accompaniments & Starches

संगति:

Jasmine Rice (V) (P) (K)

INR 645

🔥 ~220 kcal (per serving)

Basmati Rice

INR 645

Steamed (V) (P) (K) / Jeera (V) (P) (K) / Green Peas (V) (P) (K)

🔥 ~230 kcal / ~260 kcal / ~300 kcal (per serving)

Wok tossed Fried Rice

INR 645

Vegetable (P) (K) / Ginger Soy (P) (K) / Chilli Garlic (K)

🔥 ~650 kcal (per serving)

Vegetable Hakka Noodles (P) (K)

INR 645

🔥 ~600 kcal (per serving)

Yoghurt | Raita

INR 445

Plain (V) (P)

🔥 ~100 kcal (per serving)

Mix Veg (V) (P) (K)

🔥 ~130 kcal (per serving)

Burrani (V) (P)

🔥 ~150 kcal (per serving)

fruit (V) (P)

🔥 ~180 kcal (per serving)

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra



★ Indian Breads

Tandoori Roti (2 pcs) (V) (P) (K)

🔥 ~95 kcal (per roti)

INR 195

Naan (V) (P)

🔥 ~300 kcal (per serving)

INR 195

Lachcha Parantha (V) (P)

🔥 ~380 kcal (per serving)

INR 195

Stuffed Kulcha (Wholewheat Tawa Parantha)

INR 395

Potato (V) (P)

🔥 ~430 kcal (per serving)

Potato & Onion (V) (P)

🔥 ~450 kcal (per serving)

Paneer, onion & Potato (V) (P)

🔥 ~500 kcal (per serving)

Tawa Chapati (2 pcs) (V) (P) (K)

🔥 ~90 kcal (per roti)

INR 225

Ragi Rotis (2 pcs) (V) (P) (K)

🔥 ~95 kcal (per roti)

INR 225

Whole Wheat (2 pcs) (V) (P) (K)

🔥 ~85 kcal (per roti)

INR 225

Bajra Roti (2 pcs) (V) (P) (K)

🔥 ~110 kcal (per roti)

INR 225

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra



*Apple Beetroot
Carrot*



*Apple Spinach
Cucumber Celery*



*Pineapple Lemon
Orange*



*Watermelon,
mint & fennel*

Wellness Beverages

स्फूर्तिदायकम्

Fresh Ayurvedic Infused Juices

INR 450

Indulge in the pure essence of each season with our Fresh Juice collection. We handpick the freshest ingredients from the foothills of Himalayas, transforming their richness into a delightful & invigorating experience that mirrors the vibrant flavours.

Apple Beetroot Carrot (*Bestseller*)

Most suitable for Vata

Suitable in moderation for Pitta, Kapha

🔥 ~150 kcal (per serving)



Watermelon, mint & fennel

Most suitable for Pitta

Suitable in moderation for Kapha, Vata

🔥 ~120 kcal (per serving)



Apple Spinach Cucumber Celery

Most suitable for Pitta

Suitable in moderation for Kapha, Vata

🔥 ~130 kcal (per serving)



Pineapple Lemon Orange

Most suitable for Kapha

Suitable in moderation for Vata, Pitta

🔥 ~160 kcal (per serving)



Dosha
Guide

Best choice for

V Vata

P Pitta

K Kapha

In moderation for

V Vata

P Pitta

K Kapha

*18% GST extra



Lassi of Avaana



The Alkalizer



*Petha Galgal
Turmeric Celery*



*Vileen Signature
Japa Gulaab Elixir*



*Aloe Mint Cucumber
Limeade*



Wellness Beverages

स्फूर्तिदायकम्

Curated Beverages - Cold

INR 400

Aloe Mint Cucumber Limeade V P K

Known as 'Kumari' (young girl) in Ayurveda, Aloe Vera rejuvenates the skin, provides youthful energy, has anti-inflammatory properties & many other benefits. Combined with hint of edible camphor, misri, mint, cucumber and lemon it's a natural therapeutic cooler. It is Tridoshic that balances all three Doshas - Vata, Kapha and Pitta

 ~90 kcal (per serving)

Petha Galgal Turmeric Celery (*Bestseller*) V P K

This Cleansing potion of Ash gourd (winter melon) or 'Kushmanda' is an Ayurvedic super-food. Combined with large Himalaya Lemon and goodness of fresh Turmeric this has health benefits that can fill up pages.

 ~110 kcal (per serving)

The Alkalizer V P K

Coconut water & Cardamom Elixir

Antidote to Acid, Diuretic, Natural cleanser, helps flush out infections and bacteria

 ~80 kcal (per serving)

Lassi of Avaana V P

Mint, Rose, Cardamom Probiotic Lassi

Kiss of Summer, Promotes Sattva - peaceful energy, aphrodisiac infusion of aromats. Perfect to tame the acidic heat in the gut, liver and blood

 ~220 kcal (per serving)

Vileen Signature Japa Gulaab Elixir V P K

Hibiscus, Rose, Cinnamon, Orange peel, Misri & more

Detoxifying Hibiscus flowers are known for the cooling effect. Hibiscus with its astringent quality can help purge heat and release congestions. This is why Ayurveda recommends increasing astringent foods during spring and summer

 ~100 kcal (per serving)

Himalayan Mojito V P K

A refreshing elixir with anti-inflammatory and immunity boosting ingredients Pahadi Galgal, Cinnamon, and Mint

 ~90 kcal (per serving)

Dosha
Guide

Best choice for

V Vata

P Pitta

K Kapha

In moderation for

V Vata

P Pitta

K Kapha

*18% GST extra



Cappuccino Coffee



Sleep well



*Vileen Signature
Vanilla & Rose Tea*

*Golden Turmeric
Latte*



Three Queen

Wellness Beverages

स्फूर्तिदायकम्

Curated Beverages – Served Hot

INR 350

Vileen Signature Vanilla & Rose Tea (*Bestseller*) (V) (P) (K)

Homemade concoction of 100% pure Vanilla, Rose, Cardamom, Anise and more, in a popular package of Masala Chai. Ah Bellissima...

🔥 ~35 kcal (per serving)

Three Queens (V) (P) (K)

Tulsi, Rose, Cardamom Tea

Queen of herbs, Queen of Flowers and Queen of spices come together in this calming, clarifying, warming Tisane. Supports Rasa Dhatu, increases Ojas. Natural Nervine that promotes uncongested breathing. Boosts Memory, sharpens intellect, increases retention power and many other benefits

🔥 ~25 kcal (per serving)

Sleep Well (V) (P) (K)

Saffron, Nutmeg, Raisin & Brahmi Bedtime Elixir

Soothes the brain, relieves stress, helps with a good night sleep

🔥 ~35 kcal (per serving)

Pahadi Masala Chai (V) (P) (K)

A warming fennel, holy basil, cardamom & ginger tea

Perfect for whenever you feel cold, especially during Autumn and winters. Enjoy with a generous dose of blissful Sun rays beaming in.

🔥 ~120 kcal (per serving)

Golden Turmeric Latte (*Bestseller*) (V) (P)

Favourite of all grandmothers and Ayurveda Vaidyas alike, Haldi Doodh has stood the test of time. Our version is enhanced with hints of star anise, cloves & cardamom that enhance its healing, antibiotic and energy-giving properties

🔥 ~180 kcal (per serving)

Dosha
Guide

Best choice for

(V) Vata

(P) Pitta

(K) Kapha

In moderation for

(V) Vata

(P) Pitta

(K) Kapha

*18% GST extra

Popular World Cuisine



*Vegetable and
Cheese Cutlet*



*Paneer
Tikka*



*Peanut
Masala*



*Cheese chilli
toast*



*Veg Seekh
Kebab*



★ Popular Starters

Starters

Honey Chilli Potato

Stir-fried crisp potato in hot sauce with honey, onion and capsicum

INR 595

Vegetable and Cheese Cutlet

Served with fries

INR 595

Vegetable Pakora

Potato, Onions, Palak, Gobhi, Chilly, Cottage cheese

INR 595

Paneer Tikka

Hariyali | Achari | Malai

INR 595

Veg Seekh Kebab

Assorted vegetable Seekh kebab with a sweet pepper crust

INR 595

Oriental Chilli Paneer | Mushrooms

Paneer or Mushrooms tossed with oriental spices

INR 595

Cheese chilli toast

Crisp toast with melt-in-mouth topping of cilantro, tomato & chillies

INR 595

Peanut Masala

Fried peanut tossed with Cilantro, onions, tomatoes and chillies

INR 595

Cone Masala papad

Filled with tangy onion, tomato masala

INR 595

*18% GST extra

Chopsuey

*Dal of Your
Choice*

*Vegetable
Biryani*

*Paneer of your
Choice*

*Potato of your
Choice*

Vegetable Manchurian



★ Popular Mains

Mains

Vegetables

Kadhai / Mix

INR 745

Paneer of your Choice

Makhani / Palak / Kadhai / Butter masala / Lababdar

INR 745

Potato of your Choice

Heeng Jeera / Aloo Gobhi / Aloo Matar

INR 745

Dal of Your Choice

Yellow / Tadka / Makhani

INR 745

Vegetable Biryani

served with Raita, Papad, Achar

INR 795

Vegetable Manchurian

Assorted vegetable dumplings in spicy Soy and garlic sauce

INR 645

Chopsuey

Crisp Noodles, Sweet & Sour Tomato sauce

INR 795



Pasta

Pancake

Sandwich

*Vegetable
Nuggets*

*Vegetable
Nuggets*

★ Cute Bites

INR 545

Vegetable Nuggets

Delicious bite sized pieces made from plant-based ingredients

Honey Potato

Sesame coated Potato Sticks tossed in Honey Sauce

Mac 'N' Cheese

A dish of Regular Pasta and Cheesy Sauce

Vegetable Sandwich – (Toasted/Untoasted)

Fresh Vegetable fillings between the bread

Millet Pan Cakes

Healty Pancakes made out of millet flour stuffed with Banana/Beetroot

Vegetable Noodles

Regular Noodles tossed in herbs, seasonings and vegetables

★ Popular Beverages

INR 300

Hot Chocolate

Banana Shake

Strawberry Shake

Bournvita

*18% GST extra

Desserts of Avaana





*Jalebi &
Rabri*



*Himalayan Red
Rice Phirnee*



*Pista & Kesar
stuffed Gulab
Jamun*



*Rose Petal Stew and
Liquorice Ice Cream*



Rasmalai



Beetroot Halwa

★ Desserts of Avaana

मधुरम्

INR 545

All desserts at Avaana are prepared with sugar substitutes and none of them use refined sugar.

Himalayan Red Rice Phirnee V P

🔥 ~280 kcal (per serving)

Beetroot Halwa V P K

🔥 ~260 kcal (per serving)

Tender Coconut Ice Cream V P

🔥 ~220 kcal (per serving)

Rose Petal Stew and Liquorice Ice Cream V P

🔥 ~240 kcal (per serving)

Jal & Jalebi Signature – Jalebi & Rabri V P

🔥 ~450 kcal (per serving)

Pista & Kesar stuffed Gulab Jamun V P

🔥 ~380 kcal (per serving)

Rasmalai V P

🔥 ~320 kcal (per serving)

Dosha
Guide

Best choice for

V Vata

P Pitta

K Kapha

In moderation for

V Vata

P Pitta

K Kapha

*18% GST extra

