

# CHAKRA AYURVEDA SUPPERCLUB MENU

## APERITIF

Khira Nimbu Ras  
(Fresh mint, cucumber, & honey refresher)

## AMUSE BOUCHE

Lauki aur Sev ka Shorba  
(Bottle gourd & green apple soup infused with brown mustard seed, coriander, asafoetida & pumpkin seeds with barley, corn & Savoy cabbage dumpling)

## STARTER

Quinoa & Oat Khichari  
(Quinoa & oat khichari flavoured with cumin & garlic, roasted pear & cilantro chutney, baked poppadum & cow ghee)

## MID-COURSE

Asparagus & Avacodo  
(Ayurvedic spiced cured avocado, Keralan mix crushed pepper flavoured asparagus, crispy lentil pancake, cauliflower soil, English mustard & fresh turmeric gel & basil oil)

## MAINS

(Served with Buttermilk)  
Palak Aakharot  
(Crispy walnut, creamy spinach and smoked paneer)  
Nariyal Bhindi  
(Sautéed okra in an onion masala, flavoured with ginger & coconut)  
Kale & Carrot Thoran  
(Kale leaf, carrot & sweet potatoes sauté with ginger, cumin, curry leaf & chillies)

## SIDES

Moong Dal  
Patanjali Navratan Atta Breads  
Mint Rice

## DESSERT

Yogurt Cheese Mousse  
(Steamed & baked yogurt cheese mousse, hibiscus & raspberry jelly & edible flower)