

elate  
RESTAURANT

Menu







# Wellness Breakfast Menu

<b>Sprouted Sunrise Porridge</b> 🌱🌱	₹300
Sprouted quinoa porridge with almond milk, berries, flax seeds, and unsweetened coconut	
<b>Pastoral Yogurt Bliss</b> 🥛🌱	₹280
Grass-Fed Yogurt with Berries, Walnuts, and Cinnamon	
<b>Kale Coconut Harmony</b> 🌱	₹250
Kale with Coconut and Fennel	
<b>Savory Cilantro Pancake</b> 🌱	₹260
Coconut and Cilantro Savory Pancake	
<b>Rice Rejuvenation</b> 🌱🌱	₹240
Roasted Rice with Dates, Cinnamon and Cardamom	
<b>Mighty Millet Medley</b> 🌱🌱	₹295
Millet with Zucchini and Almonds	

🌱 Vegetarian | 🍗 Non-Vegetarian | 🐔 Chicken | 🐟 Fish | 🍤 Shrimp | 🌱 Vegan |  
🌱 Gluten-Free | 🥜 Nut-Free | 🥛 Dairy-Free | 🌶️ Spicy | 🔍 Chef's Special | ⭐ Must-Try | 🐑 Lamb





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<b>Hearty Oats Idli/Dosa</b> 🌿 🌿	₹285
Oats Idli/Dosa	
<b>Ragi Idli/Dosa</b> 🌿 🌿	₹285
Ragi Idli/Dosa	
<b>Sprouted Adai Delight</b> 🌿 🌿	₹275
Mix Sprouts Adai	
<b>Tomato Tango Dosa</b> 🌿	₹265
Tangy and spicy South Indian crepe made with rice and tomato batter.	
<b>Uttapam Utopia</b> 🌿 🌿	₹280
Oats uttapam	
<b>Little Millet Magic</b> 🌿 🌿	₹290
Little millet rice	
<b>Seasonal Fruit Fiesta</b> 🌿 🌟	₹350
A selection of fresh, seasonal fruits	

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## APPETIZER & SALAD

**Garden Fiesta Quesadillas** 🌱 ₹350

A delightful medley of garden-fresh vegetables encased in a lightly toasted tortilla, served with zesty tomato salsa and creamy, homemade guacamole.

**Cauliflower Crisp Bakes** 🌱 ₹300

Crispy, golden-brown fritters made from fresh cauliflower florets, subtly spiced and baked to perfection for a healthy, flavorful treat.

**Honey-Lemon Roasted Carrots** 🌱 ₹280

Tender carrots roasted to bring out their natural sweetness, glazed with a tangy lemon and honey dressing for a perfect balance of flavors.

**Chickpea Harmony Bowl** 🌱 ₹320

A nourishing bowl of chickpeas, vibrant vegetables, and leafy greens, all drizzled with a creamy tahini dressing for a rich, nutty flavor.

**Protein-Packed Garden Salad** 🌱 ₹340

A protein-packed salad featuring crisp vegetables, soft tofu, hearty lentils, and creamy cottage cheese, all tossed in a light, refreshing dressing.

**Quinoa & Sweet Potato Symphony** 🌱 ₹360

A wholesome blend of fluffy quinoa, roasted sweet potatoes, crunchy bean sprouts, and fresh kale, dressed in a zesty vinaigrette.

**Cilantro Yoghurt Potato Salad** 🌱 ₹310

Classic potato salad reinvented with a twist of cilantro in a smooth yoghurt dressing, creating a cool and creamy delight.

**Barley & Pineapple Slaw Salad** 🌱 ₹330

A refreshing mix of barley, fresh herbs, crisp cucumber, and sweet raisins, complemented by a tangy pineapple slaw.

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## APPETIZER & SALAD

**Bean Sprout & Coconut Crunch Salad** 🌱 ₹290

A light and crunchy salad featuring bean sprouts and cucumber, enhanced with fresh mint and a hint of coconut for an exotic touch.

**Avocado Citrus Bliss Salad** 🌱 ₹350

Creamy avocado slices paired with juicy oranges, all dressed in a lemon fennel vinaigrette for a refreshing and aromatic experience.

**Herb-Infused Barley Salad** 🌱 ₹330

A delightful combination of barley, fresh mint and dill, crisp cucumber, and sweet raisins

## CURRIES & MAINS

**Chickpea & Carrot Curry Delight** 🌱 ₹350

A hearty and flavorful dish featuring tender chickpeas and carrots simmered in a rich, aromatic curry

**Curried Plantain Quesadilla Fusion** 🌱 ₹340

A unique fusion of soft plantains in a savory curry, wrapped in a crisp quesadilla, offering a delightful blend of textures and flavors.

**Beetroot Greens in Coconut Embrace** 🌱 ₹330

Vibrant beetroot and fresh greens cooked with coconut, delivering a nutritious and flavorful experience.

**Tarragon Quinoa Stuffed Peppers** 🌱 ₹360

Bell peppers stuffed with quinoa and seasoned with tarragon, creating a wholesome and satisfying dish

**Moru Kootan - Coconut Yoghurt Curry** 🌱 ₹350

A creamy and tangy curry made with coconut and yoghurt, perfectly balanced for a comforting meal.

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### CURRIES & MAINS 🌱

**Paruppu Urundai Kulambu - Lentil Ball Curry** ₹340  
Lentil balls (urundai) simmered in a rich onion and tomato gravy, a classic South Indian delight.

**Crispy Bhindi Fry** ₹310  
Crispy fried okra (bhindi) seasoned with a mix of spices.

**Kerala Olan - Coconut Milk Harmony** ₹320  
A light and aromatic dish of cow peas cooked in coconut milk, embodying the essence of traditional Kerala cuisine.

**Koottukari - Yam Veggie Curry** ₹350  
A robust curry of yam and mixed vegetables, rich in flavors and textures, perfect for a hearty meal.

**Babycorn Masala Medley** ₹330  
Tender baby corn cooked in a spicy masala gravy, a delightful combination of sweet and spicy flavors.

### RICE DELIGHTS

**Carrot & Zucchini Rice Harmony** ₹310  
Fluffy rice cooked with fresh carrots and zucchini, offering a light and nutritious meal option.

**Tropical Coconut Rice** ₹300  
Fragrant rice infused with the rich flavor of coconut, a simple yet exotic side dish.

**Zesty Lemon Rice** ₹290  
Bright and tangy lemon rice, a South Indian staple that's both refreshing and satisfying.

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## RICE DELIGHTS

**Mango Bliss Rice** 🌿 ₹330

A sweet and savory blend of rice with juicy mangoes, offering a unique and tropical twist.

**Soothing Curd Rice** 🌿 ₹280

Creamy yogurt mixed with rice, a cooling and comforting dish perfect for any meal.

**Jeera Aroma Pulav** 🌿 ₹300

Basmati rice flavored with cumin (jeera), a fragrant and simple dish that pairs well with any curry.

**Curry Leaf Infused Rice** 🌿 ₹310

Aromatic rice seasoned with fresh curry leaves, bringing a burst of flavor to this simple dish.

**Coconut & Cilantro Kichari** 🌿 ₹340

A soothing mix of moong dal, coconut, and cilantro combined with rice, creating a comforting and nutritious meal.





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## DESSERT DELIGHTS

**Tropical Coconut Phirni** 🌿 ₹280

A creamy, coconut-infused rice pudding, delicately flavored and served chilled for a refreshing dessert.

**Pumpkin Delight Halwa** 🌿 ₹300

A healthier version of the classic halwa, made with pumpkin and sweetened with natural ingredients for a guilt-free indulgence.

**Sooji Cardamom Halwa** 🌿 ₹270

A simple yet delightful semolina dessert, lightly sweetened and flavored with cardamom, garnished with nuts.

**Classic Carrot Halwa** 🌿 ₹280

Grated carrots cooked in milk and sweetened, a classic Indian dessert loved by all.

**Dhodhi Light Halwa** 🌿 ₹290

A unique halwa made from bottle gourd, offering a light and subtly sweet flavor, perfect for a less indulgent dessert option.

**Mango Puree Aamras** 🌿 ₹270

A luscious mango puree, sweetened and flavored with a hint of cardamom, serving as a perfect tropical dessert.