EN

KITCHARI KITCHEN

soulfood; ayurveda-style

FOOD

SAVORY KITCHARI

_ with vegetables

Ayurvedic comfort dish made from **basmati rice**, **mung beans**, and Indian spices. Served with seasonal vegetables of the day.

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M: 10,5€ | L: 13,9€ | + Ghee: 1,0€

Possible allergens: H, N, M, L, G

SWEET KITCHARI

_ with dried fruits

Sweet version of the classic dish made from rice, mung dal, nuts, and dried fruits in a delicious spiced broth. A comforting sweet treat.

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XS: 3,9€ | M: 8,5€ | L: 10,5€ | + Ghee: 1,0€

Possible allergens: H, N, G

**For exact ingredients, please ask the staff.*

LITTLE SWEET TREATS

LADDU

A sweet treat made with chickpea flour. Nourishing, delicious and grounding.

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with coconut oil: 2,5€ | with ghee: 3,0€

Possible allergens: H, N, G

STUFFED DATE

Juicy Medjool date with nuts and spices. In Ayurveda, dates build ojas – bringing vitality, strength, and calming the nervous system.

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3,0€

Possible allergens: H, N

COLD DRINKS

SPRING WATER, St. Leonhardsquelle | 300ml **2,9€**
_ **STILL** or **WITH BUBBLES**

COCONUT WATER, Morgenland | 350ml **4,5€**
Organic coconut water – instant refreshment for all hotheads.

VEGAN MANGO LASSI, Biedermann | 230ml **4,9€**
Lassi based on cashew and coconut. 100% organic.

BIOZISCH ROSENBLÜTE, Voelkel | 330ml **4,2€**
Sparkling drink with rose blossom extract.

GINGER MAMA, Drink Mamas | 330ml **4,2€**
Refreshing lemonade with lemon and ginger.

PASSION MAMA, Drink Mamas | 330ml **4,2€**
Exotic lemonade with orange and passion fruit.

PLUM CARDAMOM, Wostok | 330ml **4,2€**
Fruity lemonade with plum and cardamom.

HOT DRINKS

GINGER TEA | 250ml **2,9€**

A classic from the Ayurvedic home pharmacy. Mild, made from freshly brewed ginger. Ginger water is stimulating and supports digestion.

CCF TEA | 280ml **3,2€**

Cumin, coriander, fennel. Great for soothing the stomach or releasing excess heat.

DOSHA TEA | 280ml **3,2€**

Every person is made up of a combination of the three doshas: Vata, Pitta, and Kapha. Depending on your type, certain medicinal herbs are particularly beneficial. More information would overwhelm this menu ;-)

_ **VATA** or **PITTA** or **KAPHA**

HERBAL TEA | 280ml **3,2€**

HOT WATER | 280ml **1,0€**

For the Ayurveda nerds :-) Or as a refill for any tea.

SPICED CHAI | 250ml **3,4€**

Homemade with many chai spices and caffeine-free thanks to rooibos instead of black tea. Made with rice drink and lightly sweetened with jaggery.

GRAIN COFFEE LATTE | 280ml **4,4€**

Wannabe caffe latte made from lupines, so it's caffeine-free. Made with plant-based milk and spices.

AYURVEDA-ISH FILTER COFFEE | 250ml **4,4€**

Coffee isn't ideal in Ayurveda – we add spices to make it easier on the stomach and balance its heating nature. Served black or with oat or rice drink.

IT'S NOT JUST **WHAT** WE EAT BUT **HOW** WE EAT IT.

– In Ayurveda, we care for our agni (digestive fire). That means: no ice cubes, no extreme flavors, less refined sugar and salt than you're probably used to, and no onion, garlic, or nightshades. Feel free to add maple syrup, honey, salt, or pepper as you like. Everything's cooked fresh daily – no freezer, no microwave, just balance.

_ We use fresh and wherever possible **regional** and **seasonal** vegetables – for maximum Prana (life energy). Our ingredients are adjusted seasonally according to their ayurvedic qualities, e.g. cooling coconut oil in summer, warming sesame oil in winter.

_ Everything is **vegan** and **gluten-free**, unless noted otherwise. Ghee and Honey are just optional add-ons.

AND BY THE WAY

– To-go surcharge +0,50€ as a gentle nudge. Feel free to bring your own containers.

_ Exclusive Karma Points Program: Google review. :-)

Google

Instagram

Allergens: H: Nuts | N: Sesame | M: Mustard | L: Celery | G: Lactose