



	CONTAINS NUTS	CONTAINS DAIRY or EGGS (Please request VEGAN SAMBAR)	CONTAINS ASAFOETIDA	CONTAINS WHEAT
<b>SALAD</b>				
Chopped Salad				
Garbanzo & Avocado				
Persimmons & Idiappam				
Organic Greens, Mango & Goat Cheese	WALNUTS (OPTIONAL)	DAIRY, VEGAN OPTION: WITHOUT Goat Cheese		
Mung Sprouts			ASAFOETIDA	
Paneer & Romaine		DAIRY		
<b>SOUP</b>				
Red Beet Cumin		DAIRY, VEGAN OPTION: WITHOUT Crème Fraîche		
Potato Leek & Rice				
Rasam "Fire Broth"			ASAFOETIDA	
<b>STARTER</b>				
Crab Vadas	WALNUTS in Side Salad (OPTIONAL)			WHEAT
Spicy Sweet Scallop				
Chennai Chicken	WALNUTS in Side Salad (OPTIONAL)	DAIRY		WHEAT
Cochin Calamari	CASHEWS, WALNUTS in Side Salad (OPTIONAL)			
Prawn Chile Fry		DAIRY		
Chile Bhajia & Sweet Onion Chutney			ONION CHUTNEY (OPTIONAL)	
Samosas 'North & South'		EGGS, DAIRY		WHEAT
Dahi Vada		DAIRY	ASAFOETIDA	
Idli Sambar or Vada Sambar			ASAFOETIDA	
Pani Puri				WHEAT
Dahi Batata Puri		DAIRY	ASAFOETIDA	WHEAT
<b>SOUTH INDIAN CURRIES</b>				
Tamil Vegetable Curry				
Channa Bhatara	CASHEWS	DAIRY, VEGAN OPTION: WITH Pooris		POORIS (OPTIONAL)
Kerela Aviyal	CASHEWS			
Spicy Andhra Coconut Prawn	CASHEWS			
Mangalorean Prawn Masala	CASHEWS			
Duck Spinach Masala & Paneer		DAIRY (OPTIONAL)		
Pepper Chicken				
Chicken & Eggplant 'Baingan Bharta'				
South Indian Lamb Kofta	CASHEWS			
Lamb Biryani				
Kerala Fish Moilee				
Mustard & Chile Fish				
Paneer 'Frankie'		DAIRY		
Organic Chicken 'Frankie'	CASHEWS			
Natural Lamb 'Frankie'	CASHEWS			
<b>DOSA</b>				
Masala	Potato Masala is OPTIONAL	PLEASE ASK FOR VEGAN SAMBAR		
Chutney Masala	CASHEWS in Potato Masala			
Cilantro-Mint Masala	CASHEWS in Potato Masala			
Roasted Chile & Garlic Masala	CASHEWS in Potato Masala			
Spinach & Fennel Pooriyal				
Spring	CASHEWS in Potato Masala			
Spicy Mung Masala	CASHEWS in Potato Masala			
Paneer & Peas		DAIRY		
Paper Masala	CASHEWS in Potato Masala			
Sada Paper				
Rava Masala	CASHEWS in Potato Masala			WHEAT
Onion Rava				WHEAT
Egg		EGGS		

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	CONTAINS NUTS	CONTAINS DAIRY or EGGS (Please request VEGAN SAMBAR)	CONTAINS ASAFOETIDA	CONTAINS WHEAT
<b>UTTAPAM</b>	<b>Potato Masala is OPTIONAL</b>	<b>PLEASE ASK FOR VEGAN SAMBAR</b>		
Masala	CASHEWS in Potato Masala			
Paneer & Peas		DAIRY		
South Indian Moons	CASHEWS (OPTIONAL)	DAIRY, VEGAN OPTION: SUBSTITUTE OUT Paneer		
Tomatoes & Onions				
Chile & Cilantro				
Caramelized Onion				
Spring	CASHEWS in Potato Masala			
<b>RICE, BREAD &amp; SIDES</b>				
Dahi Rice		DAIRY		
Raita		DAIRY		
Chutneys			TOMATO, COCONUT, TAMARIND	
Achaar (Indian Relish)			ASAFOETIDA	
Paratha				WHEAT
Bhatura		DAIRY		WHEAT
Poori				WHEAT
Papad				
Lemon Rice				
Coconut Rice				
Sambar		Please ASK for VEGAN SAMBAR	ASAFOETIDA	

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