



## What is Santé Spa Cuisine

In the grand scheme of being, we often forget that the organic course of nature is far more meaningful than we define it to be. Taking from this philosophy, Santé Spa Cuisine is an idea based on our fundamental beliefs –vegetarianism, veganism, environmentalism, awareness, and the notion of minimalism amongst the community. We believe in the sanctity of good ingredients to elevate any meal.

We procure the freshest and, wherever possible, organic ingredients, greens, and micro-greens from the best farms and local businesses around. Healthy eating should always be about enjoying everything in balance.

Our kitchen uses unrefined, nonwhite produce to bring out the most authentic earthly flavours, keeping close to its roots. Emphasis on vegetarianism and veganism is an aspect of the art of Santé living, an idea of a shared planet.

So, relax and indulge yourself in guilt-free dining!

À Votre Santé!

# Santé Sattvik Kitchen

Sattva means essence, and foods which contain essential properties using essential cooking techniques is Sattvik Cuisine. Sattvik food is always fresh, made with such love that it nourishes the body and mind.

Sattvik food contains the three necessary ingredients for vitality: ojas; responsibility for overall health, tejas; intelligence and prana; energy levels.

And all that the spiritual practice of Sattvik Bhojan asks in return is gratitude for the hands who make the food, words of thanks for those who cook and serve the food, and a humble prayer to mother earth for bringing food of such great nutrition in our body.

**Fresh Tender Coconut Water** 120  
preferred to be the first drink of your day!

**Cocoash Nectar** 180  
tender ash gourd and coconut water juiced up, best had on an empty stomach

**A Bowl of Fruit** 190  
choose a bowl with single fruit, select from sweet or citrus

**Hot Tomato Parfait** 340 / 380  
light broth with coconut milk, herbs and chilli or citrus (single / shared)

**Carrot and Coriander Soup** 320 / 360  
caramelised carrots and celery with coriander stems (single / shared)

**Beetroot Pachadi** 320  
tempered with curry leaves and mustard, topped with seeds and rice crackers

**Zucchini Ribbon Salad, Tulsi Pesto** 320  
soaked cashews and raisins, cherry tomatoes

**The Santé Sattvik Bhojan** 720  
composite vegetable and multigrain flat breads, seasonal vegetable, curd rice, salad

**Soul Kedgeriee** 540  
slow cooked brown rice and seasonal vegetables

**Multigrain and Seed Thalipeeth, Cucumber Tzatziki** 540  
traditional flatbread made from roasted seeds and grains, topped with white butter



# Wholesome Smoothies

can be made with oat mylk or coconut mylk, kindly specify your server of your choice

-    **Belgian Dark Chocolate Granola** 450  
house mylk, peanut butter, roasted almonds, pomegranate seeds, cacao nibs and roasted flax
-    **Cherry Berry Burst** 450  
house mylk, strawberries, cherries, roasted beets, raspberry, raisins, cashew, sunflower seeds
-    **Crunchy Fig and Date Smoothie** 450  
house mylk, roasted oats, jaggery, multigrain muesli
-   **Almond Moringa Protein Bowl** 450  
house mylk and sweet potato, roasted almonds, homemade amaranth granola and soaked chia
-    **Pumpkin Spice and Seed Boat** 450  
house mylk and roasted pumpkin, coconut and spices

Place all ingredients in a blender & blend for at least a minute or until completely smooth.

Cherry Berry Burst




Ingredients

## Handcrafted Breads

-   **The Basket** 260  
moong baguette, pea loaf, psyllium roll, beet bap and seeded cracker
-  **Handchurned Butters** 150  
garlic parsley foam, tomato and chilly foam and country style white butter
- Multi Grain and Seed Garlic Bread** 120
- Multi Grain and Seed Garlic Bread with Low Fat Cheese** 160
-   **Couple of Sourdough Toasts, Olive Oil Extra Vergine** 210

Serves 1 bowl

1/2 cup - cooked beets  
1/2 - sliced banana  
1/2 cup - roughly chopped strawberries  
1/2 cup - Greek yogurt or kefir, plain or flavoured  
1-2 tsp - honey (optional)  
1/2 cup - water  
3-4 ice cubes

 - Vegan  
 - Gluten-free  
 - Jain

#honestlyhealthy!

Service Charge Applicable | GST Applicable

# Homemade Soups

- |  | SINGLE | SHARED |
|--|--------|--------|
|   <b>Creamy Haas Avocado Bisque</b> 350<br>light yogurt soup, spiced with ginger, chilli, and coriander, topped with avocado ice cream | 350    |        |
|  <b>House Style Pearl Barley Broth</b> 340 370<br>spiced pimento chimmichurri, vegan cheese   | 340    | 370    |
|   <b>Slow Simmered Mixed Vegetable Chowder</b> 320 380<br>high fibre, seasonal vegetables and homemade tofu                            | 320    | 380    |
|   <b>The Vegan Bortsch</b> 320 380<br>an invigorating mix of vegetables and herbs, topped with cashew smetana                          | 320    | 380    |
|   <b>Chargrilled Red Pumpkin Tom Kha</b> 320 360<br>zesty and spiced, with coconut milk  | 320    | 360    |
|   <b>Truffled Edamame and Hemp Cappuccino</b> 420 520<br>tossed edamame, hemp hearts, high protein                                     | 420    | 520    |

## Cilantro Pesto

2 cups - packed cilantro including stems  
1/2 cup - blanched almonds  
1/4 cup - chopped red onion  
1/2 tsp - chopped and seeded serrano chile  
1 tsp - kosher salt  
1/4 cup olive oil

## Process

- Toast the almonds
- In a food processor, pulse the cilantro, almonds, onion, chile, and salt until well blended
- Slowly add the oil

Yields about 1 Cup

# Farm Fresh Salads

-    **Roasted Fennel and "Maghai Paan" Salad** 520  
intermingled with red lettuce, coconut malai, toasted coriander seeds, rose petal vinaigrette
-   **Haas Avocado "Burger"** 560  
stuffed with micro greens, mustard and cashew cheese, gluten free, raw and vegan
-   **Warm Oyster Mushroom and Pearl Millets** 520  
sweet and sour pesto, mixed lettuce
-   **Ibiza Style Avocado Tartare** 560  
mixed greens, lime juice, lime leaf, chilly, cilantro stems, green onions, red cherry tomatoes and bell peppers
-   **Mediterranean Quinoa** 540  
apples, walnuts, cranberries and orange segments on mixed leaves, feta cheese
-   **The Vegan Raw Buddha Bowl** 580  
a raw mix of greens, beet, carrots, avocado, red cabbage, sprouts, peanuts, dressed as you like coconut oil, flax seeds, himalayan pink salt, jaggery mustard dressing, raspberry vinaigrette and dill yogurt
-   **Vietnamese Chilled Salad Burrito** 520  
sprouts, green cucumber, carrots, micro greens and pea shoots, wrapped in rice paper with sweet chilli basil dressing



Service Charge Applicable | GST Applicable



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- 🙏 - Jain

## Appetizing Morsels

Lemon Thyme Dressing  
3 tsp - lemon dressing  
2 garlic cloves  
1/2 tsp - mustard  
2 tsp - thyme leaves  
1/4 cup - olive oil  
Salt to taste

Mix it all

- 🌱🌾 Holy Guacamole 580  
haas avocado, freshly prepared with our special condiments, served with homemade corn chips
- 🌱🌾 Roasted Sweet Potato Tikki Chaat 340  
curried dry peas and preserved vegetables, mint and lime essence
- 🌱🌾 Homemade Nachos, Stir Fried Vegetables 480  
multigrain khakhra, melted cheddar and spicy salsa, baked red beans
- 🌱🌾 Beetroot and Spinach Hommus 360  
multigrain khakhra chips, extra virgin olive oil, vegan
- 🌱🌾 Turmeric and Charcoal Moroccan Hommus 420  
curcumin loaded and green chilly spiked, multigrain khakhra chips, extra virgin olive oil, vegan
- 🌱🌾 Southern Spiced Low Fat Cottage Cheese Saute 340  
served over cucumber spaghetti, watermelon chutney
- 🌱🌾 Stir Fry of Broccoli and Mushrooms 380  
wok stirred with garlic, vegan and gluten free
- 🌱🌾 Smoked Hommus of Red Pumpkin 450  
made with green moong and topped with olives, paprika and seeds

black olives,  
roasted garlic,  
multigrain

Service Charge Applicable | GST Applicable

## Appetizing Morsels

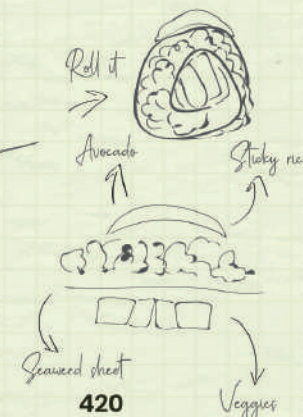
### Duo of Roasted Garlic Mushrooms

cremini and chanterelles, balsamic glaze, gluten free

- 🌱🌾 Baked Mediterranean Sweet Potato "Bhel" 440  
roasted chunks with medley of salad vegetables, scallions, flattened rice crispies and coriander sauce, gluten free
- 🌱🌾 Balinese Tempeh "Satay" 450  
chargrilled tempeh with our homemade peanut and chilly dip
- 🌱🌾 Vegan Truffled Cream Cheese Dumplings 490  
homemade truffled cashew cheese and peppers
- 🌱 Thai Spiced Mushroom Dimsums 440  
white fungus, shiitake, cremini and carrots enwrapped and steamed
- 🌱 Tofu Siumai 460  
served over a pumpkin tom kha
- 🌱🌾 Crunchy Chlorophyll Dimsums On Red Curry 460  
broccoli, pakchoy, baby spinach, basil, chestnuts encased in tapioca and steamed
- 🌱🌾 Avocado Dynamite Sushi Rolls 420  
made with asian heritage purple rice, our special dynamite sauce
- 🌱🌾 Cream Cheese and Asparagus Uramaki 480  
sesame crusted asparagus in an aromatic togarashi and sweet pepper sauce
- Truffled Green Gaia Temaki 550  
zero carbs, smothered in vegan cheese, avocado and greens and wrapped in leaves
- 🌱🌾 Mushroom and Eggplant Onigiri 400  
made with shiitake mushrooms and roasted eggplant
- 🌱🌾 Marinated Tomato Nigiri 400  
topped with vegan caviar
- Edamame & Haas Avocado Sushi Cake 720  
purple rice, white rice and tofu cashew cheese

Ingredients

Uramaki roll  
(layers)



- 1- Tofu
- 2- Cream cheese
- 3- Avocado
- 4- spinach

Service Charge Applicable | GST Applicable

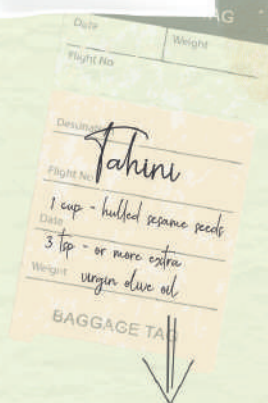


## Rustic Bakes And Grilles

all pizzas can be made with vegan cashew cheese, add INR 120/-, kindly specify with your server

-   **The Green Pizza** 520  
wood fired ragi base with basil arugula pesto, capers, zucchini, spinach, broccoli, fenugreek
-  **Woodland Pizza** 520  
wood fired ragi base with roasted garlic bianco, olives and marinated mushrooms, arugula and basil
-   **Organic Farm Fresh Vegetable Pizza** 520  
wood fired ragi base with tomato hash, olives, jalapenos, sundried tomatoes and seasonal vegetables
-   **Cajun Jack** 580  
gluten free almond flour and cauliflower base, topped with olives, roasted peppers and pulled jackfruit
-  **Tokio** 580  
gluten free almond flour and cauliflower base, garlic bianco, topped with roasted edamame and exotic mushrooms, ketosis friendly
-  **Roasted Purple Aubergine** 580  
gluten free almond flour and cauliflower base, with gorgonzola and plum sauce with extra virgine olive oil, ketosis friendly
-  **Hommus and Spiced Mushroom Tartine** 340  
on warm sourdough, high protein
-  **Nutty Avocado Dynamite On Lavache** 440  
toasted seeds, high protein, good cholesterol
-   **Multigrain Sourdough Panini "Primavera"** 320  
multigrain, kalonji panini loaded with crunchy lettuce and salad vegetables, sweet potato crisps
-  **Organic Falafel Shwarma Burger** 360  
spicy muhammara, in a parsley garlic bun, sweet potato crisps
-  **Blackened Edamame Burger** 450  
charred edamame beans, roasted mushrooms and white onion jam in a charcoal bun, sweet potato crisps

### Wood Fire Pizza Bases



Heat a clean dry cast iron or heavy duty skillet over medium high heat and add the sesame seeds. Once they're toasted let them cool a few minutes then add them to a food processor. Start by adding 3 tablespoons of olive oil.

Store the tahini paste in the refrigerator in an airtight jar. Will keep for several months.

-  - Vegan
-  - Gluten-free
-  - Jain

#honestlyhealthy!

Service Charge Applicable | GST Applicable




## Substantial Nourishments

-  **Multigrain Roti, Onion and Dill** 450  
basted with ghee, probiotic yogurt, served with "methi paneer", gluten-free
-   **Heritage Farmed Organic "Bajra" Riso** 440  
with mungo, spinach and green beans, protein rich gluten free
- The Green "Pao Bhaji"** 400  
low carb alkaline vegetables, multigrain focaccia pao, side salad
-  **Oven Roasted Salt and Pepper Yam** 480  
ras al hanout spiced red lentils and sprouted field beans, hand churned white butter
-   **Grilled Zucchini Raechado** 480  
pan grilled squash with spicy goan masala, green bean salad
-  **Truffled Tagliatelle "Bolognese"** 520  
nutritional yeast, tofu and soy bolognese, purely vegan
-  **Warm Chick Pea Pappardelle Puttanesca** 560  
coconut cream genoise with cherry tomato, exotic mushroom and olive hash
- Chargrilled Yellow Squash Bharta** 480  
coriander labneh, multigrain crackers
-  **Mediterranean Amaranth Tart** 480  
fresh leafy amaranth, olives, peppers, cherry tomatoes and herbs
-  **Low Fat Cottage Cheese "Akuri"** 440  
crisp multigrain toasts and cilantro pesto, grilled seasonal vegetables, protein rich
-   **"Upma" of Quinoa and Broccoli** 440  
spiked with mustard and chilly, protein rich
-  **Piri Piri Crusted Cottage Cheese Steak** 520  
broccoli pesto, ratatouille, protein rich
-   **Red Thai Curried Vegetables** 520  
steamed unpolished brown rice, gluten free and vegan replace with jasmine rice add INR 90/-
-    **Homemade Green Thai Curry** 540  
steamed unpolished brown rice, gluten free, vegan and jain replace with jasmine rice add INR 90/-



Service Charge Applicable | GST Applicable



 	<b>Burmese Khaukswe</b> rice noodles, veggies in a piquant turmeric sauce, topped with the jewels	560
	<b>Activated Garlic Roasted Vegetables</b> on spinach cream, iron rich	480
 	<b>Millet and Lentil Khichada</b> slow simmered melange of millets and lentils, whole roasted spice mix, pulled jackfruit	580
	<b>Whole Wheat Spaghetti, Kale Pesto</b> tossed in olive oil and chunks of garden fresh vegetables with paprika flakes, carotenoid rich	540
  	<b>Quinoa Penne Primavera</b> made with your choice of light cream sauce or tomato concessé or a bit of both tossed with fresh vegetables, high protein	540
	<b>Whole Wheat Spaghetti Aglio Olio E Peperoncino</b> shaved parmesan, olives	540
	<b>Truffled Macaroni and Cheese</b> sautéed duo of mushrooms and tangy pesto	580
 	<b>Zucchini Zoodles, Hemp Pesto</b> tossed in olive oil, spinach and cashew cheese sauce, vegan and gluten free, ketosis friendly	520
 	<b>Tempeh Chettinadu Pepper Masala, Steamed Amaranth</b> homemade soyabean cake marinated in chettiyar spices and slow cooked, gut friendly	580
  	<b>Hot 'N Sour Tempeh</b> steamed jasmine rice	520
 	<b>Homemade Tofu Ratatouille Bowl</b> tomatoes, eggplant, zucchini, micro herbs, olive oil, gluten free vegan and high protein	520
	<b>Spicy Korean Tofu Bowl</b> sauteed homemade tofu and soy protein, marinated kimchi and baby spinach, steamed jasmine rice, spring vegetables	520
 	<b>Cauliflower Rice "Nasi Goreng" Bowl</b> sweet soy, seasonal veggies, peanuts and chilly, ketosis friendly	480
	<b>Rajma Chawal Bowl</b> single estate heritage rice, desi white butter	480
	<b>"I Want It All" Platter</b> carrot salad, mini pizette, mac n cheese and a chococup honestly prepared for kids below 10	580

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*Primavera.*

*made with lightly sauteed  
spring vegetables*

*Ingredients*

*6 cups diced tomatoes*

*1/4 cup yellow onions, diced*

*1/4 cup celery, small, diced*

*1 tablespoon garlic, minced*

*2 tablespoons olive oil*

*1 pinch ground cumin*

*1 pinch red pepper flakes*

*1 bay leaf*

*1 teaspoon orange zest*

*Salt and pepper to taste*

## Extra Helpings

Wheatgrass Powder	70
Gir Cow Ghee	90
Oven Roasted Potatoes	180
Garlic Sauteed Spinach	180
Sauteed Long Beans	160
Marinated Olives	90
Olive Oil / Balsamic Vinegar	120
Jalapenos	90
Grana Padano Cheese	90
Chia Seeds	90
Quinoa	120
Khakhra Crisps	90
Pure Moringa Powder	90
Spirulina Powder	90
Jasmine Rice	180
Brown Rice	180
Curd / Homemade Yogurt	120
Butter	50
Homemade Tempeh	150
Homemade Tofu	90
A Multigrain Roti	100
A Pair of Multigrain Pao	90
An Ounce of Toasted Hemp Hearts	90

*Grilled Seasonal Vegetables*





## Guiltfree Desserts

### Turkish Fig and Rhubarb Tart 340

with ceylon cinnamon, rhubarb confit, couverture white chocolate, rose petals and honey

### Citrus Cedrat Cheesecake 340

gluten free granola base with a light cream cheese topped with candied orange and fresh berries

### Forest of Chocolate Truffles 310

made with dark chocolate, white chocolate, and milk chocolate in exotic flavours, gluten free

### Oops I Dropped Your Apple Tart! 340

diced granny smith and cinnamon, toasted buckwheat slabs, rosemary ice cream, gluten free

### Rujak 340

hibiscus gelato, date jaggery, peanut butter thins, marinated fruits and fruit leather

### Peanut Butter Mud Cake 320

ragi and almond flour, jaggery caramel and pink himalayan salt and hand pounded peanut butter, caramel ice cream

### Valrhona Treacle Torte 340

toasted buckwheat flour base topped with persimmon treacle and rich dark french chocolate, gluten free

### Dark Decadent Brownie 340

real almond and coconut flour, belgian dark chocolate and toasted walnut, ketosis friendly

### Tender Coconut Affogato 280

a shot of our single estate espresso poured on homemade coconut ice cream

### Colostrum Pannacotta 340

carrot and almond chip halwa, sandalwood and tulsi gastrique

Japanese Matcha Powder

Matcha is finely ground powder of specially grown and processed green tea leaves

Service Charge Applicable | GST Applicable

## Guiltfree Desserts

### Madagascar Dark Chocolate and Hemp Ice Cream 180 340

toasted hemp hearts, vegan

### Almond Meusli Ice Cream 170 320

ghee roasted katira gond, roasted nuts, vegan

### Avocado and Pistachio Ice Cream 170 320

granola bar, pistachio praline, 24 carat gold dust

### Pure Coconut and Palm Jaggery Ice Cream 170 320

protein and iron rich, vegan

### Filter Coffee Ice Cream 170 320

finest single estate coorgi beans, medium roasted to perfection

### Fig and Walnut Ice Cream 180 340

zero sugar, dates and chia seeds



Service Charge Applicable | GST Applicable



# Home Baked Cookies

freshly baked goodness  
also available in bulk packs

	PER PIECE	QUARTER KILO
   <b>Real Almond Cookies, Gluten Free</b>	<b>50</b>	<b>375</b>
   <b>Country Style Bajra "Namak Para", Gluten Free</b>	<b>40</b>	<b>300</b>
   <b>Chocochip Ragi Cookies, Gluten Free</b>	<b>50</b>	<b>375</b>
   <b>Organic Oats and Raisins Cookies, Gluten Free</b>	<b>40</b>	<b>300</b>
  <b>High Fibre Bran and Seed Cookies</b>	<b>50</b>	<b>375</b>

## Oatmeal Raisin Cookies

### Process

- Preheat oven to 375 degrees F (190 degrees C).
- In large bowl, cream together butter, white sugar, and brown sugar until smooth. Stir together flour, baking soda, cinnamon, and salt.
- Gradually beat into butter mixture.
- Stir in oats and raisins. Drop by teaspoonfuls onto ungreased cookie sheets.
- Bake 8 to 10 minutes in the preheated oven, or until golden brown. Cool slightly, remove from sheet to wire rack. Cool completely.

### Ingredients

- 3/4 cup butter, softened
- 3/4 cup sugar
- 3/4 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 1/4 cups all purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 3/4 cups rolled oats
- 1 cup raisins

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