Conscious Café



Kirtana Vurgese





As a chef having a holistic and natural approach to food has always been important to me. There is so much that nature teaches us, so much abundance that grows around us, yet, we fail to see how we can incorporate that into the food we consume.

For me, my responsibilities as a chef is not only about using natural or good quality ingredients but being completely aware and conscious of where the ingredients come from, and how they translate on a plate. Everything we consume has an effect on our physical, mental and emotional being and when we learn to be more conscious of what we consume we learn to become more conscious of our own bodies.

With an honest pursuit to understand mother nature's phenomena of continuous procreation and abundance. We aim to work with local and natural produce while consciously stepping away from processed foods.

Our commitment is to stay "sattvic" from ingredients to recipes, to the intent and the harmony maintained on the kitchen floor.

If you feel we are lacking somewhere in our pursuits, please let us know by leaving your feedback in the visitors books.

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*The word "sattvic" means "pure essence," and sattvic foods are thought to be pure and balanced, offering feelings of calmness, happiness, and mental clarity

Detoxifier - 250

An earthy blend of apple, beetroot, and carrot better known as ABC.









Vit C - 200

A refreshing blend of watermelon, sweet oranges, and pineapples, and with a dash of ginger.

Immunity Punch - 190

A blend of sweet and spicy flavors, made from papayas, limes, ginger, turmeric, and black pepper.





Anti-oxidant - 320 A rich blend of grapes and Pomegranates.









Moring Radiance - 250 Fresh orange, carrot, and apple.

Peach Iced tea - 200

A refreshing blend of tea and peaches.









Summer Berries iced tea

- 200

A refreshing blend of tea and berries.

Piña colada - 230

Indulge in a tropical delight with our signature Piña Colada, blending creamy coconut and sweet pineapple for a refreshing vacation in a glass.





Orange jalapeno mint - 210

A blend of the vibrant essence of orange, the fiery kick of jalapeno, a touch of mint, and carbonated water.









Tamarind Ginger - 210
A tantalizing fusion of tangy tamarind, zesty ginger, orange, and mint.

Mojito - 210

Crafted with fresh mint, tangy lemon, and bubbly ginger ale, beautifully garnished with a slice of lime.









Watermelon Mint Fizz - 210

A combination of fresh watermelon, mint, zesty lemon, and a subtle hint of ginger, sparkling in bubbly ginger ale.

Kokum Fizz - 210

This unique blend features the rich essence of kokum, a hint of green chili's heat, and the vibrant kick of lime.









House Brewed Rose Kombucha - 230

Probiotic-rich kombucha with the essence of rose petals and a hint of kewra water.





Rose Tea - 160

Rose petals, a touch of fennel and licorice for sweetness, and cardamom and ginger giving the tea a spicy and warming flavor.

Lavender Tea - 140

Carefully brewed lavender and chamomile with honey for a touch of sweetness.













Jasmine Green Tea - 120

Finest green tea leaves for a grassy flavor blended with jasmine blossoms adding a delicate floral aroma.





Maharani Chai - 100

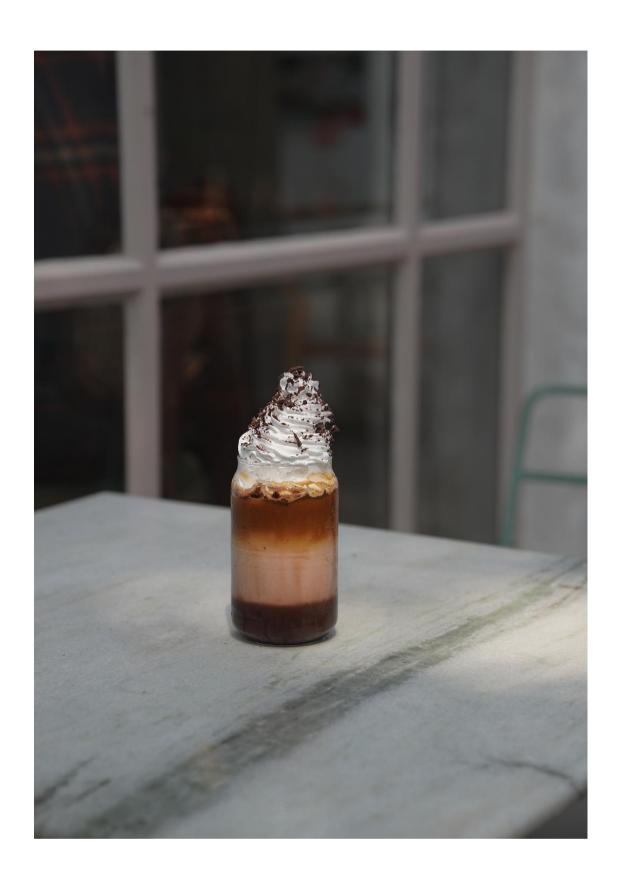
A rich and flavorful blend of spices, milk and black tea leaves.

Iced Americano with Orange & Cinnamon - 175

A refreshing iced Americano infused with fresh orange zest and a hint of warm cinnamon spice, served over ice and garnished with a slice of orange.









Frappé - 290

A refreshing frappé to cool off on a hot day. Made with freshly brewed coffee, ice, and milk, topped with whipped cream and a drizzle of chocolate sauce.

Iced Vanilla Latte - 180

Espresso poured over ice and then combined with cold milk to create a creamy, smooth texture



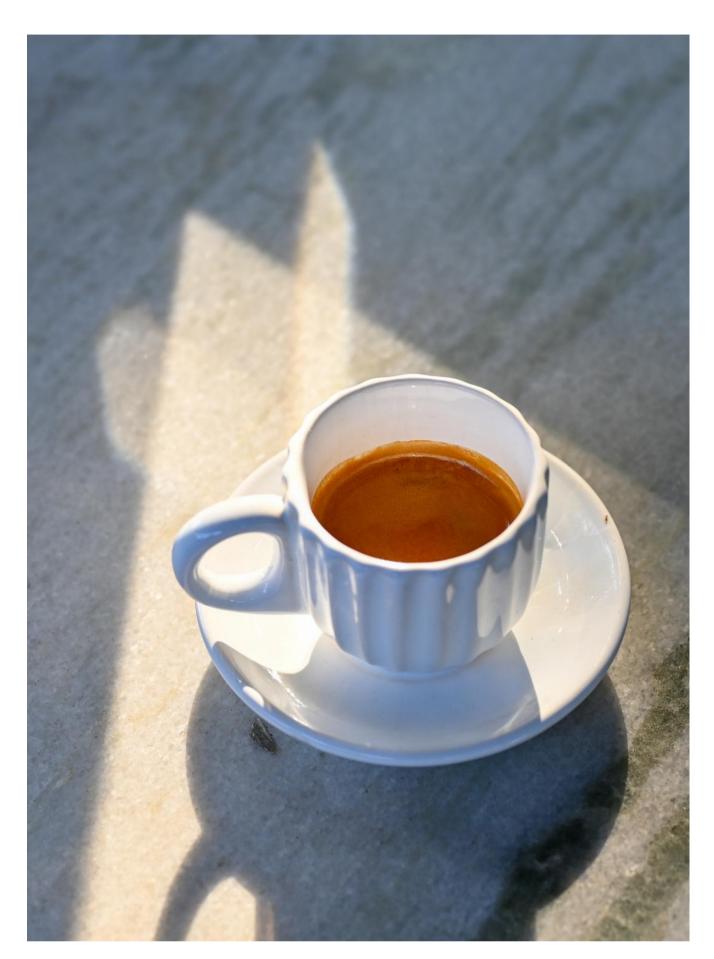






Vegan iced latte - 240

Espresso poured over ice and then combined with coconut milk, and date syrup suitable for vegans and those who are lactose intolerant





Espresso - 70

A strong and bold shot of coffee, made from finely ground coffee beans and high-pressure hot water.

Doppio - 130

The term "doppio" is Italian for "double," and this classic espresso drink is a staple of Italian coffee culture. Double shot of espresso, made with two shots of coffee.









Cortado - 120

A shot of espresso and an equal amount of warm milk. The name "cortado" means "cut" in Spanish, and refers to the way that the milk "cuts" the intensity of the espresso.

Cappuccino / Rs 150

A classic Italian coffee that consists of equal parts espresso, steamed milk, and foam.









Latte / Rs 150

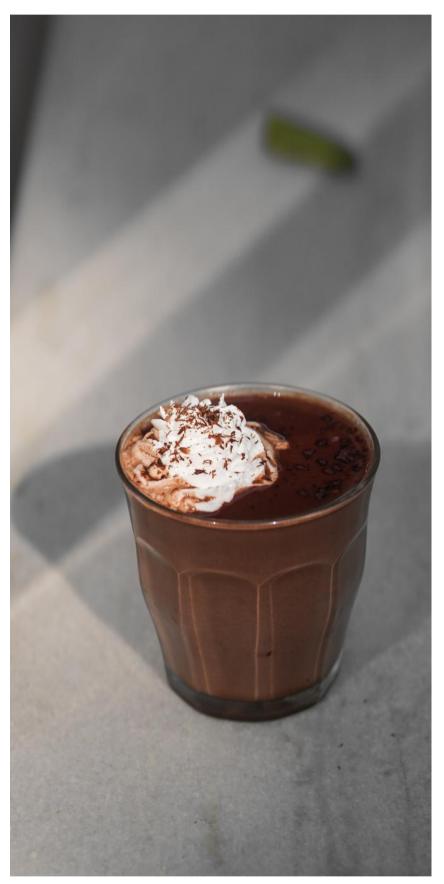
A velvety delight, featuring a rich espresso base harmoniously combined with steamed milk.

Mochaccino - 240

A rich blend of espresso, chocolate, and steamed milk.









Hot Chocolate - 280

Cocoa, and milk, sweetened with sugar or your choice of sweetener.