

CONSCIOUS CAFÉ



Kirtana Vargese



FOOD MENU



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.

Kirtana Vargese

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

Green Queen Smoothie - 270

Spinach, banana, lime, moringa leaves, and coconut milk. Topped with fresh banana and pomegranate, chia seeds, flax seeds, sunflower seeds, pumpkin seeds, coconut flakes with side of house made granola.



Cacao Peanut Butter Smoothie Bowl - 280

Cacao, banana, oats, peanut butter, and soy milk. Topped with fresh banana, sliced oranges, and pomegranate, chia seeds, flax seeds, sunflower seeds, pumpkin seeds, coconut flakes with side of house made granola.



Goodness Bowl - 260

Whipped Greek yogurt and natural honey, creating a creamy base. Topped with papaya, orange wedges, pomegranate with lemon, granola and coconut (vegan option is also available).



Mediterranean Savories

Muhammara - 340

Savory roasted red pepper dip with lime, spices, and peanuts, crowned with grilled eggplant, vegan sour cream, chili oil, and micro greens, garnished with infused herb oil, parsley, and chives. Served alongside warm pita bread. A harmonious blend of Mediterranean flavors.



Mushroom Toast - 270

Two toasties of ciabatta bread topped with baba ghanoush, roasted garlic mushrooms, and basil pesto, served with a side of green salad.



Cilbir- Turkish Eggs - 320

Turkish style poached eggs, on a bed of creamy whipped herb (dill), lemon yogurt (using hung curd), topped with dill, chili oil, and a side of warm pita bread.

Zulfi's Platter - 420

Choose your eggs (poached, scrambled, sunny-side up), with golden hash browns, creamy spinach-corn blend, salad, baba ghanoush, roasted mushrooms, and sourdough toast with vegan mayo



Platters, the culinary canvases of abundance, offer a visual and gustatory feast. Laden with an array of flavors, textures, and colors, they transform a meal into an edible masterpiece.

Mezze platter - 590

Mediterranean platter loaded with beetroot hummus, muhammara, baba ghanoush, falafel, marinated feta (or vegan cheese), veggies, sweet potato fries, warm pita, salad, and pickled veggies.



Yogi Platter - 350

A platter of herb-roasted mushrooms, millet & mixed veg salad with mustard vinaigrette dressing, served with hash browns, vegan mayo dip, sourdough toast, and chia seed pudding.

Taro Root Fries - 230

Taro root, also known as Arbi, is topped with caper salt, thyme, and lemon zest, and served with vegan sour cream.



Sweet Potatoes Fries - 230

Grilled sweet potatoes are enhanced with a tantalizing chili and avarampoo spice rub, served with a side of spicy chipotle dip.



Braised Leeks - 270

Charred leeks, braised in a rose reduction, are served on a bed of creamy lemon and dill sauce and garnished with sesame seeds and rose petals.



Hasselback Beetroot - 250

Hasselback-style roasted beetroot is served on a bed of vegan sour cream and topped with dill and lemon salsa, caper salt, chili oil, and microgreens.

Tropical Salad - 280

A fresh salad crafted with oranges, roasted beets, seasonal fruit, basil, and kale or lettuce, drizzled with an orange tahini vinaigrette, and garnished with toasted walnuts and bocconcini.





Watermelon Feta Salad - 250

A refreshing salad featuring fresh watermelon and cucumber, served on a bed of basil, mint, and kale/lettuce. Enhanced with a date and balsamic reduction, and finished with feta, microgreens, and almonds. A vegan option is also available.



Appam & Stew - 250

Made with fermented rice and coconut, Appam is a style of pancake originating from Kerala. It is served with a coconut-based vegetable stew, prepared with traditional Kerala spices, and garnished with chili oil and fried garlic.

Oyster Mushroom Stew - 450

Oyster mushroom and black lentil stew, simmered in a red wine reduction. It is served on a bed of creamy herb garlic mashed potatoes and accompanied by a side of toast.





Plant Balls with Parmigiana Pasta - 450

Plant-based meatballs made from roasted eggplant, served in a velvety tomato-based sauce infused with ricotta, Parmesan, and basil. Choose between spaghetti-style pasta or gluten-free zucchini noodles.

Green Zucchini "Pasta" with Grilled Halloumi - 470

Green Zucchini 'Pasta' offers a creative twist on traditional pasta dishes, with thinly spiralized zucchini ribbons mimicking the texture of pasta. They are cooked in basil pesto, served on a bed of creamy dill sauce, and crowned with grilled halloumi and walnuts.



Noodle Bowls

Khao Soi / Rs 490

A creamy noodle soup with a coconut, ginger, and turmeric broth. The broth is simmered with mushrooms, corn, tofu, zucchini, and red peppers, then served on a bed of noodles. It's topped with fried shallots, green chilies, lime, peanuts, crispy noodles, fresh coriander, and a drizzle of chili oil.



Noodle Bowls

Laksa - 490

A Malaysian-style noodle soup, Laksa boasts a luxurious coconut, chili, and peanut-based broth infused with mushrooms, zucchini, and red peppers. It's topped with crispy tofu, bok choy, fresh corn, pickled veggies, lime wedges, and spring onions, all served on a bed of delicate rice noodles. Gluten free option is available.



Kimchi Noodle Soup - 490

This stew, known as Jjigae, bursts with the essence of fermented kimchi and gochujang sauce. It's topped with crisp radishes, cucumbers, spring onions, tofu cubes for a creamy richness, and tender ramen noodles.



Black Garlic Miso Ramen - 490

Creamy chili ramen in Tantanmen style features black garlic miso and soy milk, topped with braised oyster mushrooms, pickles, bok choy, sweet corn, sesame, scallions, and a chili oil drizzle. Add an optional egg for extra perfection.



Pancakes - 350

Pancakes crowned with a luscious strawberry compote, served with a dollop of whipped cream, a drizzle of salted caramel, and chocolate ganache. Finished with a sprinkle of roasted almonds for the perfect sweet delight. Vegan and Gluten free option is available.



French Toast / Rs 300

Bread slices soaked in a rich milk and egg mixture, grilled to perfection with butter. Topped with a delightful blend of cinnamon sugar, zesty lemon curd, sweet honey, and fresh oranges for a burst of flavor.
