



MENU



THE
HUNGRY YOGI



THE HUNGRY YOGI

was born as a result of our love for food and good health combined with our love of yoga.

Keeping with the principles of non-violence, and in our quest to continue to do better for the animals and for the planet, this is a vegetarian restaurant.

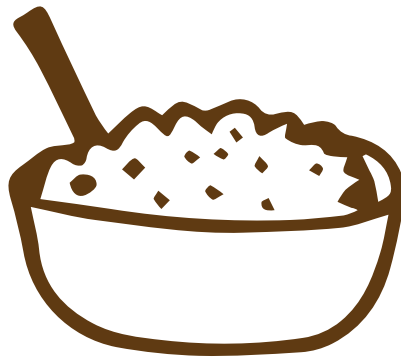
In our kitchen, we use organic products as much as possible, products are locally sourced as much as possible, everything is homemade as much as possible and everything is served with a warm heart.



All our dishes can be made vegan even if they are not mentioned as such. Please let us know your preference while ordering. Preparation of all dishes are dependant upon seasonal availability of fruits and vegetables.

8.5/-

OATS PORRIDGE 3 WAYS GF*



Overnight oats

Warm oats with peanut
butter and bananas

Blueberry and almond butter
porridge

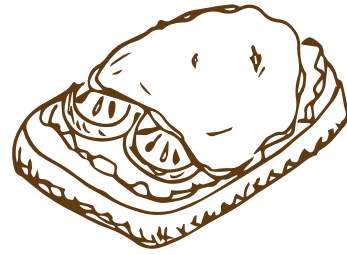
OPEN SANDWICHES

8.5/-

MADE WITH ORGANIC SOURDOUGH BREAD

Goey goodness

Avocado with onions, tomatoes and cilantro



Shroom it Up!

Garlic mushrooms with caramelised onions

Tofu 'egg'

Scrambled tofu, a delicious vegan alternative to your eggs.

SANDWICHES

10/-

MADE WITH ORGANIC SOURDOUGH BREAD

An Indian Summer

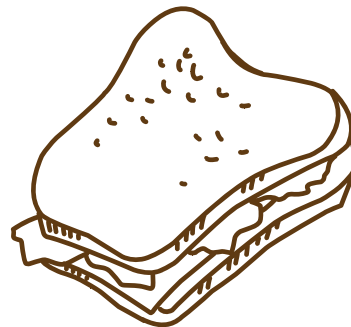
Classic cucumber sandwich with mint chutney

Veggie Medley

Mixed vegetables grilled sandwich

Bombay toast

Indian style potato sandwich





CREPES

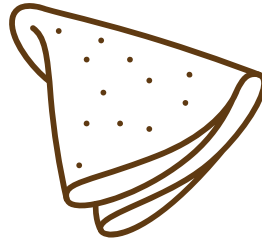
CREPES

9/-

SERVED WITH OUR HOMEMADE DIPS

make it into a meal

12.5/-



Dal cheela GF*

Crepe of lentils making it high in protein and fibre

Besan cheela GF*

Gram flour crepe high in protein and very filling

Kuttu cheela GF*

Buckwheat flour crepe that always leaves you wanting for more

Everything is an act of meditation. Whatever is done mindfully, becomes a meditative practice. Eating is also the same. Looking into our plates with consciousness, reflecting upon the ingredients, wondering about the source and as importantly who has prepared it, how has it been prepared, how is this food going to affect me are all questions to be asked every time we sit down to eat.



Everything around us has energy. What we surround ourselves with, what we see, what we touch what we hear and what we put in our bodies has energy that affects us on a much deeper level than we can understand.

Intangible energy is one of the reasons why homecooked food makes you feel good or food grown in your backyard tastes better. Always be aware of the vibrations on your plate.

PARATHAS

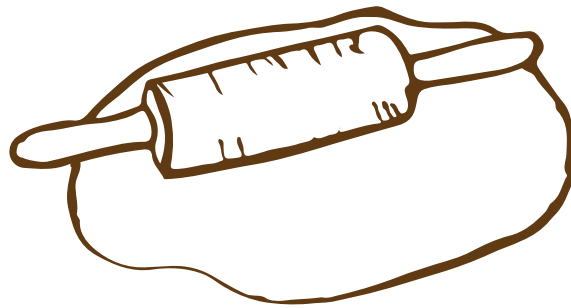
9.5/-

STUFFED INDIAN FLAT BREADS

Let us know if you are a vegan

make it into a meal -

15/-



Aloo

Tangy potato filling

Mooli

Experience radish in this new avatar

Gobhi

Delightfully crunchy cauliflower filling

Cheese

French cheese for a local twist

“ Let food be thy medicine and medicine be thy food. ”

- HIPPOCRATES



INDIAN FAVOURITES

INDIAN FAVOURITES

10/-

TEAM THESE UP WITH OUR MASALA CHAI
FOR A TRUE INDIAN EXPERIENCE

13/-

Poha GF*

A popular dish from central and western India made with flattened rice, peas and potatoes.

Upma

A south Indian dish made of semolina and tempered with spices and herbs.

Pakora GF*

A delicious Indian crisp fried snack made with gram flour, spices and vegetables.



The secret ingredient is always love.

There is a reason why our mother's food is the best food in the world - because it is full of love. Food should be prepared fresh with human hands and served with joy; not by machines, stuffed in boxes and covered with plastic.





**SUGGESTIONS
FOR KIDS**

SUGGESTIONS FOR KIDS

Let us know if you are a vegan



Aloo Paratha	10/-
Stuffed Indian flat breads with tangy potato filling	
Cheese Paratha	10/-
Stuffed Indian flat breads with French cheese for a local twist	
Poha  GF*	10/-
A popular dish from central and western India made with flattened rice, peas and potatoes.	
Besan cheela  GF*	10/-
Gram flour crepe high in protein and very filling	
Kids platter with menu of the day	10/-



JUICES

Dependant upon seasonal availability of
fruits and vegetables.

JUICES

9/-

ABC

Apple Beetroot Carrot

A summer favourite

Cucumber, lemon and mint

Liver rescue

Watermelon and mint



Detox

Carrot, orange and ginger

All that is good

Kale, spinach, ginger and apple

The 4-6 pm hunger

This is the make or break meal of any diet. This is when we are quick to reach for a packet of crisps or a sugary buttery treat. Come to the hungry yogi for a quick bite or grab something on your way home, that keeps your hunger in check until dinner; giving you enough time to prepare a quality dinner and not reach for a frozen pizza or a bottled soup.

You are what you eat!



Dependant upon seasonal availability of fruits and vegetables.

SMOOTHIES GF*

10/-

MADE WITH OAT MILK

SMOOTHIE BOWLS -

13/-



Midnight Melody

Blueberry banana and cinnamon smoothie with Basil

Apple pie

Apple, ginger and some lovely warm spices

Very berry smoothie

Summer berries with avocado

The Alchemist's Drink

Dates, tahini and banana

Tropical Delight

Mango pineapple and banana

*All our smoothies can be converted to smoothie bowls,
served with fresh fruits and cereals 13/-*

 - VEGAN

GF - GLUTEN FREE

* - gluten free dishes are prepared in the same kitchen as everything else, hence they might contain traces of gluten.

TEAS

BLACK TEA

Masala chai

5/-

An Indian classic! Milk tea infused with spices that warm the heart and soul.



Ginger chai

5/-

Milk tea infused with ginger; it's a hug in a cup.

English breakfast

4/-

A great classic! Full bodies with a spicy aroma.

Finest Earl Grey

4/-

Combination of a sweet and subtle Darjeeling vintage with the finest bergamot essences.

The Silk Route

4/-

A marriage of different black teas giving a mild and sweet flavour.

GREEN TEAS

4/-

Blissful Moments

The generous combination of fig, almond and orange on a green tea base

Samurai Tea

Fresh and herbaceous underlined with a slightly spicy lemon note.

Indian Romance

Delivers a delicate cup filled with sweetness and lightness.

Tender Moments

Delicious green tea sweetened by vanilla.

Oriental Light

Deliciously fruity – mandarin, orange, lemon and spicy cinnamon blend

" Drink your tea slowly and reverently, as if it is the axis on which the whole earth revolves – slowly, evenly, without rushing towards the future.

Live the actual moment.

Only this moment is real. "

- THICH NHAT HANH



WHITE TEA

4/-

A woman's dream

White tea with rose, mango and peach.
An envelope of sweetness!

Tea with the Angels

White tea and wild flowers with vanilla.

Dhyana

Tea and infusions of meditation.
Lemongrass, liquorice, rose petals,
amaranth & tulsi.

The secrets of the muses

A delicious, intoxicating and light cup,
conducive to the awakening of the
senses and creativity. Elderberry and
raspberry.

Waking dream

The subtle and energizing aromas of
ginger, magnified by vanilla.

INFUSIONS

4/-

Ginger lemon honey

Boosts immunity and gut health.



Island Fragrance

Rooibos with Vanilla; this bewitching
and sunny drink makes us travel and
dream gently.

Happy Belly

Mauve and sweet mint for a liberated,
light and healthy body!

Fairy Potion

Fresh and sparkling, pleasantly flowery,
it is ideal for letting your mind wander and
inviting creativity.

Good Mood

A generous and colourful herbal tea that
makes you want to see life from the
good side!

“ If the only prayer you ever say is
'Thank you,' that will be enough. ”

- ECKHART TOLLE

Mindful eating is also a way to practice gratitude during mealtimes. It is a way to slow down the pace of our meals, pay attention to how our bodies respond to food, and gives us time to appreciate the food in front of us and the eating process.

It is also a time to practice compassion for all those who don't have enough to eat - something that we so take for granted.

If you are dining with others, remember to appreciate your relationships and the time that you are spending together.

Gratitude can turn any meal into a feast.



COFFEE



Espresso	2/-
Double espresso	2.50/-
Americano	3/-
Cappuccino	4/-
Café latte	4/-
Flat white	4/-
Mochaccino	4.5/-

OTHER HOT DRINKS GF*

Hot chocolate	4.5/-
Turmeric latte	5/-
Matcha latte	5/-

SUGAR CRAVING ? ✓

Head over to our bar and check out our freshly baked cakes and cookies. Vegan and organic, enjoy them guilt free!





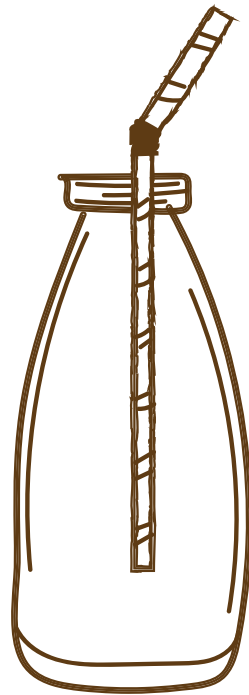
ORGANIC BOTTLED DRINKS

4/-

Non alcoholic beer

Non alcoholic spritz

Ginger beer



Cola

Lemonade

Kombucha



SATURDAY BRUNCH

11AM – 5PM

Avocado with onions, tomatoes, and cilantro in an open sandwich. ✓	8.5/-
Tofu 'egg' open sandwich ✓	8.5/-
Overnight oats ✓ GF*	8.5/-
Besan Cheela ✓ GF* Gram flour crepe high in protein and very filling	9/-
Poha ✓ GF* A popular dish from central and western India made with flattened rice, peas and potatoes.	10/-
Upma ✓ A south Indian dish made of semolina and tempered with spices and herbs.	10/-
Mixed vegetables grilled sandwich	10/-
Bombay toast Indian style potato sandwich.	10/-
Aloo Paratha Whole wheat flat bread stuffed with potatoes.	15/-
Gobhi Paratha Whole wheat flat bread stuffed with cauliflower.	15/-
Mooli Paratha Whole wheat flat bread stuffed with Radish.	15/-
Buckwheat pancakes served with fruits, yoghurt and maple syrup ✓ GF*	15/-
Our Brunch platter	25/-

Check out our menu for our selection of juices, smoothies, teas and coffee.
Walk over to the bar to choose from our vegan cakes and cookies.

✓ - VEGAN

GF - GLUTEN FREE

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How to eat a ROTI?

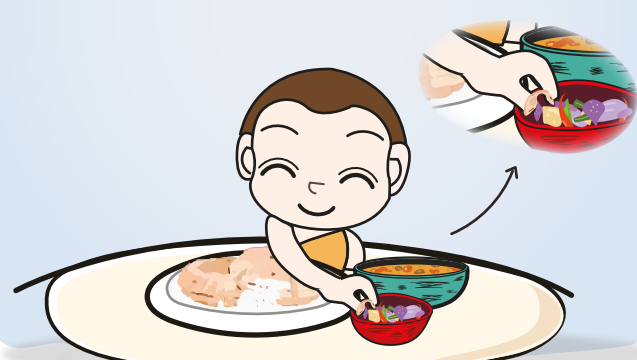
Break a Roti USING ONE HAND.



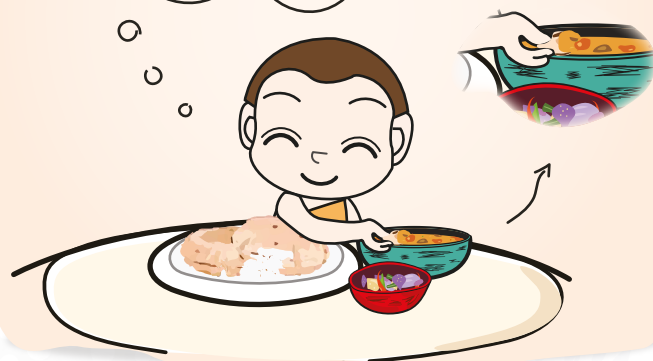
FOR amATEUrs, you CAN use BOTH HANDS TO BREAK.



USE the piEce of roti like a rag cloth OR a piEce of pAPER to PICK UP THE DRY VEGETABLES



USE THE piEce like a SPOON TO SCOOP UP GRAVY FROM A bowl.



PUT IN your mouth.





We bring you simple food from India and around the world, dishes that not just feel good while eating but continue to make you feel good long after the meal is over.

"Good food is very often, even most often, simple food" – Anthony Bourdain

