



DRINKS MENU



THE
HUNGRY YOGI



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



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

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.

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.

" 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



TEAS

BLACK TEA

Masala chai

6/-

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



Ginger chai

6/-

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

English breakfast

5/-

A great classic! Full bodies with a spicy aroma.

Finest Earl Grey

5/-

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

The Silk Route

5/-

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

GREEN TEAS

5/-

Summer in Provence

Tea with aromatic herbs from Provence.

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

WHITE TEAS

5/-

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

5/-

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	2.5/-
Double espresso	3/-
Cappuccino	5.5/-
Americano	4/-
Mochaccino	6/-
Café latte	5.5/-
Flat white	5.5/-

OTHER HOT DRINKS GF*



Hot chocolate	6/-
Turmeric latte	6/-
Matcha latte	6/-

ORGANIC BOTTLED DRINKS

5/-

Non alcoholic beer

Non alcoholic spritz

Ginger beer

Cola

Lemonade

Kombucha

