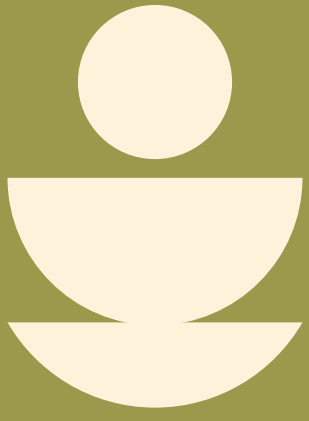

AAHAARA

At AUM Life, we believe food is more than nourishment. It is a path to balance and connection with nature.

Rooted in the wisdom of Yoga, Ayurveda and sattvic principles, our cuisine embraces simplicity, mindfulness and the healing power of what we eat as medicine. Guided by the ethos of slow food with seasonal, local, organic and whole, we craft vegetarian, vegan and gluten-free dishes designed to harmonise body, mind and self.

Each meal is prepared with care, reflecting balance, sustainability and a deep respect for well-being.

Breakfast & High-Tea	*₹735/-*
Lunch & Dinner	*₹1260/-*

Inclusive of all taxes.

MON

BREAKFAST

Served with seasonal fruits

MAINS

Nutritive Vegetable Paratha (G, D (Vegan option available))

Whole wheat paratha generously stuffed with seasonal vegetables, served alongside spiced curd.

BEVERAGES

Kanji Drink (L, S, V)

A gut-friendly probiotic fermented porridge crafted with ragi, cucumber (seasonally) and tomato, finished with roasted peanuts and seeds.

LUNCH

SALAD

Sprout Salad (L, V, GF)

A refreshing medley of moong and matki sprouts tossed with cucumber (seasonally) and ripe tomatoes.

STARTER

Jowar Cups with Vegetable Filling (L, V, GF)

A savory blend of urad dal and jowar filled with seasonal vegetables.

MAINS

Jowar Methi Thepla (S, V, GF)

Soft jowar flatbreads infused with fresh fenugreek leaves and sesame seeds.

Raw Banana Curry (S, V, GF)

Tender raw banana and pumpkin simmered in a lightly spiced gravy enriched with sunflower seeds.

Jowar Khichdi (V, GF)

A wholesome one-pot preparation of jowar and seasonal vegetables, slow-cooked for comfort and nourishment.

SWEET

Jowar Malpua (V, GF)

Traditional jowar pancakes sweetened with unrefined khandsari sugar.

SERVED WITH

Buttermilk, Papad & Paan.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

MON

EVENING SNACKS

Jowar Veg Grilled Cake with Chutney (V, GF)

Golden grilled jowar cakes layered with seasonal vegetables, served with fresh coriander chutney.

Protein Laddu (L, D (Vegan option available))

Handcrafted gram flour laddus enriched with ghee and naturally sweetened with khandsari sugar.

Roasted Jowar Poha Chivda (N, V, GF)

Lightly roasted jowar flakes tossed with peanuts for a crisp and satisfying snack.

DINNER

SALAD

Sautéed Exotic Salad (L, V, GF)

A warm salad of seasonal vegetables gently sautéed and finished with crunchy peanuts.

SOUP

Hot & Sour Thai Soup (V, GF)

A vibrant broth of seasonal vegetables delicately thickened with rice flour and balanced with hot and sour notes.

MAINS

Thai Curry (V, GF)

Seasonal vegetables simmered in a fragrant coconut milk curry inspired by classic Thai flavours.

Thai Chilli Potato Fry (V, GF)

Crisp potatoes and bell peppers tossed in aromatic seasonings and coconut oil.

SWEET

Peanut Barfi (N, V, GF)

A wholesome bite of sweetness and crunch, crafted with roasted peanuts and khandsari sugar syrup.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

TUE

BREAKFAST

Served with seasonal fruits

MAINS

Red Rice Poha with Moong Rassa (L, V, GF)

Red rice poha served with comforting green gram and coconut-infused rassa.

BEVERAGES

Kanji Drink (L, S, V)

A fermented blend of jowar, cucumber (seasonally), tomato, roasted peanuts, and seeds.

LUNCH

SALAD

Baby Corn Exotic Salad (V, GF)

A crisp salad of baby corn and seasonal vegetables.

STARTER

Broccoli & Sweet Potato Tikki (V, GF)

Golden tikkis crafted with broccoli, sweet potato, and fresh coriander.

MAINS

Little Millet Dhanshak (L, V, GF)

A hearty millet and five-dal preparation cooked with seasonal vegetables.

Millet Pocket with Jowar Crispies (N, V, GF)

Millet pockets in a creamy cashew sauce, topped with exotic vegetables and jowar crispies.

SWEET

Dudhi Halwa (D (Vegan option available), GF)

A comforting bottle gourd dessert delicately sweetened with khandsari sugar.

SERVED WITH

Buttermilk, Papad & Paan.

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TUE

EVENING SNACKS

Spiced Mini Idli with Chutney (L, V, GF)

Soft mini idlis made from yellow moong dal and seasonal vegetables, served with chutney.

Pumpkin Seed Laddoo (S, V, GF)

Wholesome pumpkin seed laddoos lightly sweetened with khandsari sugar.

Roasted Rice Poha Chivda (L, V, GF)

Crunchy roasted flakes tossed with peanuts.

DINNER

SALAD

Beet Thoran Salad (V, GF)

Beetroot and fresh coconut tossed in a traditional South Indian-style preparation.

SOUP

Millet Vegetable Soup (V, GF)

A nourishing soup of barnyard millet and seasonal vegetables.

MAINS

Idiyappam with Coconut Stew (V, GF)

Delicate red rice noodles served with a fragrant coconut vegetable stew.

Spiced Mini Idli with Chutney (L, V, GF)

Soft mini idlis made from yellow moong dal and seasonal vegetables, served with chutney.

SWEET

Coconut Barfi (V, GF)

A classic coconut confection sweetened with khandsari sugar.

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WED

BREAKFAST

Served with seasonal fruits

MAINS

Grilled Mixed Dal Cake (L, V, GF)

A protein-rich grilled cake made with five dals and seasonal vegetables.

BEVERAGES

Kanji Drink (N, S, V)

A fermented blend of ragi, cucumber (seasonally), tomato, roasted peanuts, and seeds.

LUNCH

SALAD

Couscous Salad (G, V)

Light couscous tossed with fresh seasonal vegetables.

STARTER

Moong Dal Cups (L, V, GF)

Crispy moong dal cups filled with seasonal vegetables and served with mint and sweet chutneys.

MAINS

Mixed Vegetable Sabji (V, GF)

Seasonal vegetables cooked in a mildly spiced pumpkin-based gravy.

Sonamoti Wheat Paratha (G, V)

Soft, wholesome flatbread prepared with Sonamoti wheat flour.

Vegetable Daliya (G, V)

Broken wheat cooked with seasonal vegetables for a comforting, nourishing meal.

SWEET

Orma (G, D)

A traditional sweet of broken wheat, ghee, and natural sweetness.

SERVED WITH

Buttermilk, Papad & Paan.

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WED

EVENING SNACKS

Mixed Dal Chilla with Vegetable Stuffing (L, V, GF)

Five-dal savoury pancakes filled with seasonal vegetables and served with chutney.

Peanut Protein Laddoo (N, V, GF)

A wholesome blend of peanuts and jaggery rolled into an energy-rich treat.

Chana Jor (L, V, GF)

Crispy, spiced black gram snack with a satisfying crunch.

DINNER

SALAD

Carrot-Beetroot Salad (V, GF)

A refreshing salad of carrot and beetroot.

SOUP

Drumstick-Moong Dal Soup (L, V, GF)

A nourishing soup of drumstick and moong dal.

MAINS

Grilled Mixed Dal Cake (L, V, GF)

A protein-rich grilled cake made with five dals and seasonal vegetables.

Dum Masala Khichdi with Curd (L, D, GF)

Comforting rice and moong dal khichdi with seasonal vegetables, finished with smoky notes and served with curd.

SWEET

Nutty Date Bites (N, S, V, GF)

A naturally sweet blend of dates, cashews, almonds, and pumpkin seeds.

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THU

BREAKFAST

Served with seasonal fruits

MAINS

Moong Chilla with Vegetable Stuffing (L, V, GF)

Whole moong pancakes stuffed with seasonal vegetables and served with coriander chutney.

BEVERAGES

Kanji Drink (N, S, V, GF)

A gut-friendly probiotic fermented porridge crafted with ragi, cucumber (seasonally), tomato, roasted peanuts, and seeds.

LUNCH

STARTER

Paanki (L, V, GF)

Fermented yellow moong dal batter steamed in banana leaves and served with coriander chutney.

SALAD

Vegetable Sticks with Peanut Sauce (N, V, GF)

A choice of seasonal vegetable sticks (cucumber/carrot/raw banana/potato), served with a creamy peanut sauce.

MAINS

Jowar Frankie Roll (V, GF)

Wraps made with jowar flour filled with seasonal vegetables and pumpkin sauce.

Jowar Khow Suey (N, S, V, GF)

Noodles made with jowar flour and seasonal vegetables in a fragrant coconut milk broth, topped with peanuts and pumpkin seeds.

SWEET

Protein Laddoo (L, V, GF)

Handmade gram flour enriched with coconut oil and naturally sweetened with khandsari sugar.

SERVED WITH

Buttermilk, Papad & Paan.

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THU

EVENING SNACKS

Baked Potatoes (V, GF)

Oven-baked potatoes tossed with spices and served with basil sauce.

Pumpkin Seed Laddoo (S, V, GF)

Wholesome pumpkin seed laddoos lightly sweetened with khandsari sugar.

Roasted Makhana (S, V, GF)

Foxnuts and pumpkin seeds roasted in coconut oil with aromatic spices.

DINNER

SALAD

Seasonal Dry Vegetable (N, V, GF)

A seasonal preparation featuring ridge gourd, stuffed lady finger, or bitter gourd with dates and cashews.

SOUP

Seasonal Vegetable Gravy (V, GF)

A seasonal selection of pumpkin, snake gourd, bottle gourd, or ridge gourd, served in the chef's choice of gravy.

MAINS

Nachni (Ragi) Roti (V, GF)

Traditional flatbread made with ragi flour.

Mixed Dal (L, V, GF)

A hearty blend of chana dal, toor dal, and moong dal served with rice.

Baked Potatoes (V, GF)

Oven-baked potatoes tossed with spices and served with basil sauce.

SWEET

Ragi Sevaiya (D, GF (Vegan option available))

Ragi vermicelli simmered with milk and lightly sweetened with khandsari sugar.

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FRI

BREAKFAST

Served with seasonal fruits

MAINS

Barley Upma (G, D)

Comforting barley upma finished with ghee.

BEVERAGES

Kanji Drink (N, S, V, GF)

A gut-friendly fermented blend of jowar, cucumber (seasonally), tomato, roasted peanuts, and seeds.

LUNCH

SALAD

Cucumber Coconut Salad (V, GF)

Fresh cucumber and coconut tossed with mild seasonings.

MAINS

Jav Chapati (G, V)

Wholesome flatbread made with barley flour.

Turiya-Gathiya Sabji (L, GF)

Ridge gourd cooked with chickpea flour and aromatic spices.

Kaju-Karla Date Sabji (N, V, GF)

Ridge gourd cooked with chickpea flour and aromatic spices.

Barley Khichdi (G, D)

Ridge gourd cooked with chickpea flour and aromatic spices.

SWEET

Jav Sheera / Barfi (G, D)

A traditional barley sweet prepared with ghee and khandsari sugar.

SERVED WITH

Buttermilk, Papad & Paan.

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FRI

EVENING SNACKS

Cigar Rolls (G, V)

Crisp Sonamoti wheat rolls stuffed with seasonal vegetables and pumpkin sauce.

Barley Laddoo (G, D)

Barley enriched with ghee and khandsari sugar.

Moong Jor (L, V, GF)

Roasted green moong tossed with tomato, cucumber, and spices.

DINNER

SALAD

Sautéed Zucchini Salad (V, GF)

Yellow and green zucchini lightly sautéed with spices.

SOUP

White Pumpkin Soup (V, GF)

A light and nourishing soup of white pumpkin and coconut milk.

MAINS

Cigar Rolls (G, V)

Crisp Sonamoti wheat rolls stuffed with seasonal vegetables and pumpkin sauce.

Kadhi Pakoda (L, D, GF)

Stuffed chickpea-flour fritters in a tangy curd-based kadhi, served with jeera rice.

SWEET

Moong Dal Sheera (L, N, D, GF)

Slow-cooked moong dal delicately flavored with cardamom and garnished with nuts.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

SAT

BREAKFAST

Served with seasonal fruits

MAINS

Ragi Idli with Coconut Chutney & Sambar (L, V, GF)

Soft ragi and urad dal idlis served with fresh coconut chutney and a hearty toor dal sambar.

BEVERAGES

Kanji Drink (V, GF)

A gut-friendly fermented blend of red rice, cucumber (seasonally), tomato, and spices.

LUNCH

SALAD

Creamy Sprout Salad (L, S, V, GF)

Whole moong sprouts with carrot, cucumber, watermelon seeds, mint, and fresh seasonings.

MAINS

Stuffed Ragi Appe (L, V, GF)

Soft ragi and urad dal appe stuffed with seasoned seasonal vegetables.

Ragi Chapati (V, GF)

Wholesome flatbread made with ragi flour.

Lauki Kofta Curry (S, V, GF)

Bottle gourd koftas with sweet potato and pumpkin in a lightly spiced gravy enriched with sunflower seeds.

Seasonal Dry Vegetable (V, GF)

A seasonal dry preparation of ridge gourd with aromatic spices.

SWEET

Ragi Sevaiya (D, GF (Vegan option available)

Ragi vermicelli simmered with milk and lightly sweetened with khandsari sugar.

SERVED WITH

Buttermilk, Papad & Paan.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

SAT

EVENING SNACKS

Ragi Pancake with Vegetable Stuffing & Chutney (V, GF)

Soft ragi pancakes filled with seasonal vegetables and served with coconut chutney.

Mixed Seeds Ball (S, V, GF)

A nourishing blend of pumpkin, sunflower, chia, flax, and watermelon seeds lightly sweetened for a wholesome bite.

Katori Chaat (G, L, V)

Crisp Sonamoti wheat katoris filled with sprouted moong, sweet potato, hibiscus and mint chutneys, and finished with baked besan sev.

DINNER

SALAD

Exotic Salad (V, GF)

A fresh medley of seasonal vegetables lightly seasoned.

SOUP

Mexican Soup (V, GF)

A vibrant soup of seasonal vegetables and warming spices.

MAINS

Mexican Rice with Curry (V, GF)

Spiced rice served with a hearty vegetable curry.

Guacamole with Baked Chips (G, V)

Creamy avocado guacamole served with baked corn and Sonamoti wheat chips.

SWEET

Churros (G, V)

Golden Sonamoti wheat churros dusted with cinnamon and lightly sweetened with khandsari sugar.

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SUN

BREAKFAST

Served with seasonal fruits

MAINS

Stuffed Rice Paanki (V, GF)

Rice flour pancakes steamed in banana leaves, filled with seasonal vegetables and served with chutney.

BEVERAGES

Kanji Drink (N, S, V, GF)

A gut-friendly fermented blend of jowar, cucumber (seasonally), tomato, roasted peanuts, and seeds.

LUNCH

STARTER

Sandwich Dhokla (L, V, GF)

Steamed rice and urad dal dhokla layered with seasonal vegetables.

MAINS

Red Rice Chapati (V, GF)

Soft flatbread prepared with wholesome red rice flour.

Raw Banana Curry (S, V, GF)

Raw banana and pumpkin simmered with sunflower seeds and aromatic spices.

Lauki Kofta Curry (S, V, GF)

Bottle gourd koftas with sweet potato and pumpkin in a lightly spiced gravy enriched with sunflower seeds.

Seasonal Dry Vegetable (L, GF)

A seasonal dry preparation of ridge gourd finished with chickpea flour and spices.

Crispy Rice Balls in Mixed Dal (L, GF)

Crispy rice balls made with a blend of five dals and warming spices.

SWEET

Red Rice Kheer (D, N, GF)

Creamy red rice pudding cooked with milk, khandsari sugar, and mixed nuts.

SERVED WITH

Buttermilk, Papad & Paan.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

SUN

DINNER

SALAD

Sautéed Salad (V, GF)

Seasonal vegetables lightly sautéed with aromatic spices.

SOUP

Hot & Sour Soup (L, V, GF)

A tangy soup of seasonal vegetables, rice flour, and aromatic spices.

MAINS

Lentil Burger Bun (L, V, GF)

A hearty red lentil burger layered with seasonal vegetables and creamy cashew sauce.

French Fries (V, GF)

Baked sweet potato, potato, or raw banana fries, lightly seasoned.

SWEET

Apple Cinnamon Muffin (G, V)

A comforting apple and cinnamon muffin baked with Sonamoti wheat flour and coconut oil.

G – Gluten | GF – Gluten Free | D – Dairy | L – Legumes | N – Nuts | S – Seeds | V – Vegan

BEVERAGES

COLD	Coconut Chia Rose Sharbat	₹150/-
	Aam Panna	
	Amla Panna	
	Kokam Sharbat	
	Fennel Rose Sharbat	
	Coconut Sole Kadi	
	Peanut Buttermilk	
	Amla Ginger Cooler	
	Coconut Cucumber Chaas	
	Mogra Sharbat	
	Hibiscus Sharbat	
	Sattu Drink	
	Lemongrass Mint Sharbat	
HOT	Fennel Rose Tea	₹150/-
	Lavender Tea	
	Digestive Kadha	
	Herbal Tea	
	Cinnamon Tea	
	Hibiscus Tea	
	Mahua Tea	
	Mint Ginger Tea	
	Dry Ginger Tea	
	Amla Ginger Tea	
	Sea Buckthorn Tea	
	Ragi Hot Chocolate Drink	₹350/-

AAHAARA CAFE TIMINGS

MONDAY - SATURDAY: 8 AM TO 8 PM
SUNDAY: 8 AM TO 5 PM

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

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