

The health zone

Drinks of life

Lassi sweet (with honey)	50
Lassi salted	40
Lassi banana	50
Lassi apple	60
Banana milk shake	60
Apple milk shake	70
Chikoo milk shake	60

Juices

Orange	60
Pineapple	50
Watermelon	50
Papaya	50
Mixed fruit	70
ABC (apple, beetroot, carrot)	80
Vegetable juice (mixed)	80

Tea

Black tea	15
Milk tea	25
Tulsi tea	30

Lemon tea	30
Mint tea	30
Ginger tea	30
Ginger, lemon and honey tea	40
Glass of hot milk	20
(10 rupees extra for any tea with soymilk)	

Coffee

Espresso	50
Café Latte	60
Cappuccino	60
Americano	40
Hot lemon	20
Fresh mint	20

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Goodmorning Goa

Fresh fruit salad	60
Oat porridge plain	40
Oat porridge with banana	60
Oat porridge with apple	80
Oat porridge with mix fruit, nuts and honey on the side	120
Muesli with homemade curd and nuts	90
Muesli with homemade curd, mix fruit and nuts	120
Muesli with homemade curd and banana	70

Food for thought

Indian health in THALI	160
(Indian platter with lentil, seasonal vegetable, spinach raita, chutney, mixed salad. Served with brown rice and multigrain green Roti - Indian bread)	
Dal Palak (green mung lentil and spinach)	80
Yellow Dal	60
Mixed vegetables	90
Today's special (please ask the waiter)	60
Spinach raita	60
Mixed vegetable raita	50
Cucumber raita	50

Multigrain green Roti – Indian bread	20
Brown rice	40
Extra	
Honey	15