



What is Santé Spa Cuisine

In the grand scheme of being, we often forget that the organic course of nature is far more meaningful than we define it to be. Taking from this philosophy, Santé Spa Cuisine is an idea based on our fundamental beliefs -vegetarianism, veganism, environmentalism, awareness, and the notion of minimalism amongst the community. We believe in the sanctity of good ingredients to elevate any meal.

We procure the freshest and, wherever possible, organic ingredients, greens, and micro-greens from the best farms and local businesses around. Healthy eating should always be about enjoying everything in balance.

Our kitchen uses unrefined, nonwhite produce to bring out the most authentic earthly flavours, keeping close to its roots. Emphasis on vegetarianism and veganism is an aspect of the art of Santé living, an idea of a shared planet.

So, relax and indulge yourself in guilt-free dining!

À Votre Santé!

Santé Sattvik Kitchen

Sattva means essence, and foods which contain essential properties using essential cooking techniques is Sattvik Cuisine. Sattvik food is always fresh, made with such love that it nourishes the body and mind.

Sattvik food contains the three necessary ingredients for vitality: ojas; responsibility for overall health, tejas; intelligence and prana; energy levels.

And all that the spiritual practice of Sattvik Bhojan asks in return is gratitude for the hands who make the food, words of thanks for those who cook and serve the food, and a humble prayer to mother earth for bringing food of such great nutrition in our body.

Fresh Tender Coconut Water 120
preferred to be the first drink of your day!

Cocoash Nectar 180
tender ash gourd and coconut water juiced up, best had on an empty stomach

A Bowl of Fruit 190
choose a bowl with single fruit, select from sweet or citrus

Hot Tomato Parfait 340 / 380
light broth with coconut milk, herbs and chilli or citrus (single / shared)

Carrot and Coriander Soup 320 / 360
caramelised carrots and celery with coriander stems (single / shared)

Beetroot Pachadi 320
tempered with curry leaves and mustard, topped with seeds and rice crackers

Zucchini Ribbon Salad, Tulsi Pesto 320
roasted cashews and raisins, cherry tomatoes

The Santé Sattvik Bhojan 720
composite vegetable and multigrain flat breads, seasonal vegetable, curd rice, salad

Soul Kedgerie 540
slow cooked brown rice and seasonal vegetables

Multigrain and Seed Thalipeeth, Cucumber Tzatziki 540
traditional flatbread made from roasted seeds and grains, topped with white butter

Wholesome Smoothies

can be made with oat mylk or coconut mylk, kindly specify your server of your choice

-    **Belgian Dark Chocolate Granola** 450
house mylk, peanut butter, roasted almonds, pomegranate seeds, cacao nibs and roasted flax
-    **Cherry Berry Burst** 450
house mylk, strawberries, cherries, roasted beets, raspberry, raisins, cashew, sunflower seeds
-    **Crunchy Fig and Date Smoothie** 450
house mylk, roasted oats, jaggery, multigrain muesli
-   **Almond Moringa Protein Bowl** 450
house mylk and sweet potato, roasted almonds, homemade amaranth granola and soaked chia
-    **Pumpkin Spice and Seed Boat** 450
house mylk and roasted pumpkin, coconut and spices

Place all ingredients in a blender and blend for 1-2 minutes or until completely smooth

Cherry Berry Burst



Ingredients

Handcrafted Breads

-    **The Basket** 280
moong baguette, pea loaf, psyllium roll, beet bap and seeded cracker
-  **Handchurned Butters** 150
garlic parsley foam, tomato and chilly foam and country style white butter
- Multi Grain and Seed Garlic Bread** 120
- Multi Grain and Seed Garlic Bread with Low Fat Cheese** 160
-    **Couple of Sourdough Toasts, Olive Oil Extra Vergine** 210

Serve 1 bowl

1/2 cup - soaked beets
1/2 - dried banana
1/2 cup - roughly chopped strawberries
1/2 cup - Greek yogurt or tofu, plain or flavoured
1/2 tsp - honey (optional)
1/2 cup - water
3-4 ice cubes

 - Vegan
 - Gluten-free
 - Jain

#honestlyhealthy |

Service Charge Applicable | GST Applicable

Homemade Soups

- | | SINGLE | SHARED |
|--|--------|--------|
|   Creamy Haas Avocado Bisque 350
light yogurt soup, spiced with ginger, chilli, and coriander, topped with avocado ice cream | | |
|  House Style Pearl Barley Broth 340 370
spiced pimento chimmichurri, vegan cheese | | |
|   Slow Simmered Mixed Vegetable Chowder 320 380
high fibre, seasonal vegetables and homemade tofu | | |
|   The Vegan Bortsch 320 380
an invigorating mix of vegetables and herbs, topped with cashew smetana | | |
|   Chargrilled Red Pumpkin Tom Kha 320 380
zesty and spiced, with coconut milk | | |
|   Truffled Edamame and Hemp Cappuccino 420 520
toasted edamame, hemp hearts, high protein | | |

Cilantro Pesto

1 cup - packed cilantro including stems
1/2 cup - blended almonds
1/2 cup - chopped red onion
1/2 tsp - chopped and soaked pecans
1 tsp - higher salt
1/2 cup olive oil

Process

Toast the almonds
In a food processor, pulse the cilantro, almonds, onion, shallots and salt until well blended
Drizzle with the oil

Yields about 1 Cup

Farm Fresh Salads

-    **Roasted Fennel and "Maghai Paan" Salad** 520
intermingled with red lettuce, coconut masai, toasted coriander seeds, rose petal vinaigrette
-   **Haas Avocado "Burger"** 560
stuffed with micro greens, mustard and cashew cheese, gluten free, raw and vegan
-   **Warm Oyster Mushroom and Pearl Millets** 520
sweet and sour pesto, mixed lettuce
-   **Ibiza Style Avocado Tartare** 560
mixed greens, lime juice, lime leaf, chilly, cilantro stems, green onions, red cherry tomatoes and bell peppers
-   **Mediterranean Quinoa** 540
apples, walnuts, cranberries and orange segments on mixed leaves, feta cheese
-   **The Vegan Raw Buddha Bowl** 580
a raw mix of greens, beet, carrots, avocado, red cabbage, sprouts, peanuts, dressed as you like coconut oil, flax seeds, himalayan pink salt, jaggery mustard dressing, raspberry vinaigrette and dill yogurt
-   **Vietnamese Chilled Salad Burrito** 520
sprouts, green cucumber, carrots, micro greens and pea shoots, wrapped in rice paper with sweet chili basil dressing



Service Charge Applicable | GST Applicable

(V) - Vegan

(G) - Gluten-free

(J) - Jain

Appetizing Morsels

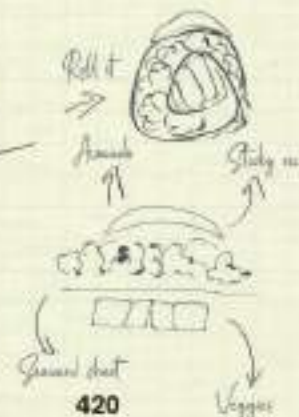
- Holy Guacamole** 580
haas avocado, freshly prepared with our special condiments, served with homemade corn chips
- Roasted Sweet Potato Tikki Chaat** 340
curried dry peas and preserved vegetables, mint and lime essence
- Homemade Nachos, Stir Fried Vegetables** 480
multigrain khakhra, melted cheddar and spicy salsa, baked red beans
- Beetroot and Spinach Hommus** 360
multigrain khakhra chips, extra virgin olive oil, vegan
- Turmeric and Charcoal Moroccan Hommus** 420
curcumin loaded and green chilly spiked, multigrain khakhra chips, extra virgin olive oil, vegan
- Southern Spiced Low Fat Cottage Cheese Saute** 340
served over cucumber spaghetti, watermelon chutney
- Stir Fry of Broccoli and Mushrooms** 380
wok stirred with garlic, vegan and gluten free
- Smoked Hommus of Red Pumpkin** 450
made with green moong and topped with olives, paprika and seeds

Mix it all

black olives,
roasted garlic,
multigrain

Appetizing Morsels

- Duo of Roasted Garlic Mushrooms** 420
cremini and chanterelles, balsamic glaze, gluten free
- Baked Mediterranean Sweet Potato "Bhel"** 440
roasted chunks with medley of salad vegetables, scallions, flattened rice crispies and coriander sauce, gluten free
- Balinese Tempeh "Satay"** 450
chargrilled tempeh with our homemade peanut and chilly dip
- Vegan Truffled Cream Cheese Dumplings** 490
homemade truffled cashew cheese and peppers
- Thai Spiced Mushroom Dimsums** 440
white fungus, shitake, cremini and carrots enwrapped and steamed
- Tofu Siumai** 460
served over a pumpkin tom kha
- Crunchy Chlorophyll Dimsums On Red Curry** 460
broccoli, pakchoy, baby spinach, basil, chestnuts encased in tapioca and steamed
- Avocado Dynamite Sushi Rolls** 420
made with asian heritage purple rice, our special dynamite sauce
- Cream Cheese and Asparagus Uramaki** 480
sesame crusted asparagus in an aromatic togarashi and sweet pepper sauce
- Truffled Green Gaia Temaki** 550
zero carbs, smothered in vegan cheese, avocado and greens and wrapped in leaves
- Mushroom and Eggplant Onigiri** 400
made with shitake mushrooms and roasted eggplant
- Marinated Tomato Nigiri** 400
topped with vegan caviar
- Edamame & Haas Avocado Sushi Cake** 720
purple rice, white rice and tofu cashew cheese

Uramaki roll
(layers)

1- Tofu
2- Cream cheese
3- Avocado
4- spinach

Rustic Bakes And Grilles

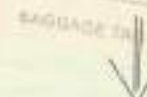
all pizzas can be made with vegan cashew cheese, add INR 120/-, kindly specify with your server

-   **The Green Pizza** 520
wood fired ragi base with basil arugula pesto, capers, zucchini, spinach, broccoli, fenugreek
-  **Woodland Pizza** 520
wood fired ragi base with roasted garlic blanco, olives and marinated mushrooms, arugula and basil
-   **Organic Farm Fresh Vegetable Pizza** 520
wood fired ragi base with tomato hash, olives, jalapenos, sundried tomatoes and seasonal vegetables
-   **Cajun Jack** 580
gluten free almond flour and cauliflower base, topped with olives, roasted peppers and pulled jackfruit
-  **Tokio** 580
gluten free almond flour and cauliflower base, garlic blanco, topped with roasted edamame and exotic mushrooms, keto friendly
-  **Roasted Purple Aubergine** 580
gluten free almond flour and cauliflower base, with gorgonzola and plum sauce with extra virgin olive oil, keto friendly
-  **Hummus and Spiced Mushroom Tartine** 340
on warm sourdough, high protein
-  **Nutty Avocado Dynamite On Lavache** 440
toasted seeds, high protein, good cholesterol
-   **Multigrain Sourdough Panini "Primavera"** 320
multigrain, kanioli panini loaded with crunchy lettuce and salad vegetables, sweet potato crisps
-  **Organic Falafel Shwarma Burger** 360
spicy muhammara, in a parsley garlic bun, sweet potato crisps
-  **Blackened Edamame Burger** 450
charred edamame beans, roasted mushrooms and white onion jam in a charcoal bun, sweet potato crisps

Wood Fire Pizza Bases

Tahini

2 cup - halved pomegranate
1 cup - in warm water
serving size: 1/2 cup



Heat a clean dry cast iron or heavy duty skillet over medium high heat and add the pomegranate. Once they're toasted, let them cool a few minutes then add them to a food processor. Start by adding 3 tablespoons of date oil.

Store the tahini paste in the refrigerator in an airtight jar. Will keep for several months.

-  - Vegan
-  - Gluten-free
-  - Dairy

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Substantial Nourishments

-  **Multigrain Roti, Onion and Dill** 450
basted with ghee, probiotic yogurt, served with "methi paneer", gluten-free
-   **Heritage Farmed Organic "Bajra" Riso** 440
with mungo, spinach and green beans, protein rich, gluten free
- The Green "Pao Bhaji"** 400
low carb alkaline vegetables, multigrain focaccia pao, side salad
-  **Oven Roasted Salt and Pepper Yam** 480
ris of handout spiced red lentils and sprouted field beans, hand churned white butter
-   **Grilled Zucchini Raichado** 480
pan grilled squash with spicy goan masala, green bean salad
-  **Truffled Tagliatelle "Bolognese"** 520
nutritional yeast, tofu and soy bolognese, purely vegan
-  **Warm Chick Pea Pappardelle Puttanesca** 560
coconut cream genoise with cherry tomato, exotic mushroom and olive hash
- Chargrilled Yellow Squash Bharta** 480
coriander kabneh, multigrain crackers
-  **Mediterranean Amaranth Tart** 480
fresh leafy amaranth, olives, peppers, cherry tomatoes and herbs
-  **Low Fat Cottage Cheese "Akuri"** 440
crisp multigrain toasts and cilantro pesto, grilled seasonal vegetables, protein rich
-   **"Upma" of Quinoa and Broccoli** 440
spiked with mustard and chilly, protein rich
-  **Piri Piri Crusted Cottage Cheese Steak** 520
broccoli pesto, ratatouille, protein rich
-   **Red Thai Curried Vegetables** 520
steamed unpolished brown rice, gluten free and vegan, replace with jasmine rice add INR 90/-
-    **Homemade Green Thai Curry** 540
steamed unpolished brown rice, gluten free, vegan and jam, replace with jasmine rice add INR 90/-



 	Burmese Khaukswe rice noodles, veggies in a piquant turmeric sauce, topped with the jewels	560
	Activated Garlic Roasted Vegetables on spinach cream, iron rich	480
 	Millet and Lentil Khichada slow simmered melange of millets and lentils, whole roasted spice mix, pulled jackfruit	580
	Whole Wheat Spaghetti, Kale Pesto tossed in olive oil and chunks of garden fresh vegetables with paprika flakes, carotenoid rich	540
 	Quinoa Penne Primavera made with your choice of light cream sauce or tomato concasse or a bit of both tossed with fresh vegetables, high protein	540
	Whole Wheat Spaghetti Aglio Olio E Peperoncino shaved parmesan, olives	540
	Truffled Macaroni and Cheese sauteed duo of mushrooms and tangy pesto	580
 	Zucchini Zoodles, Hemp Pesto tossed in olive oil, spinach and cashew cheese sauce, vegan and gluten free, ketoals friendly	520
	Tempeh Chettinadu Pepper Masala, Steamed Amaranth homemade soyabean cake marinated in chettiyar spices and slow cooked, gut friendly	580
 	Hot 'N Sour Tempeh steamed jasmine rice	520
	Homemade Tofu Ratatouille Bowl tomatoes, eggplant, zucchini, micro herbs, olive oil, gluten free vegan and high protein	520
	Spicy Korean Tofu Bowl sauteed homemade tofu and soy protein, marinated kimchi and baby spinach, steamed jasmine rice, spring vegetables	520
 	Cauliflower Rice "Nasi Goreng" Bowl sweet soy, seasonal veggies, peanuts and chilly, ketoals friendly	480
	Rajma Chawal Bowl single estate heritage rice, desi white butter	480
	"I Want It All" Platter canot salad, mini pizzeria, mac n cheese and a choccup honestly prepared for kids below 10	580

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 - Vegan
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- Jain

Primavera
made with lightly sauteed
spring vegetables

Ingredients

5 cups dried tomatoes
1/4 cup golden onion, diced
1/4 cup celery, small, diced
1 tablespoon garlic, minced
2 tablespoons olive oil
1 pinch ground cumin
1 pinch red pepper flakes
1 bay leaf
1 teaspoon orange zest
Salt and pepper to taste

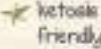
Extra Helpings

Wheatgrass Powder	70
Gir Cow Ghee	90
Oven Roasted Potatoes	180
Garlic Sauteed Spinach	180
Sauteed Long Beans	160
Marinated Olives	90
Olive Oil / Balsamic Vinegar	120
Jalapenos	90
Grana Padano Cheese	90
Chia Seeds	90
Quinoa	120
Khakhra Crisps	90
Pure Moringa Powder	90
Spirulina Powder	90
Jasmine Rice	180
Brown Rice	180
Curd / Homemade Yogurt	120
Butter	50
Homemade Tempeh	160
Homemade Tofu	90
A Multigrain Roti	100
A Pair of Multigrain Pao	90
An Ounce of Toasted Hemp Hearts	90

Grilled Seasonal Vegetables



Gluttfree Desserts

-   **Turkish Fig and Rhubarb Tart** 340
with ceylon cinnamon, rhubarb confit, couverture white chocolate, rose petals and honey
-   **Citrus Cedrat Cheesecake** 340
gluten free granola base with a light cream cheese topped with candied orange and fresh berries
-   **Forest of Chocolate Truffles** 310
made with dark chocolate, white chocolate, and milk chocolate in exotic flavours, gluten free
-    **Oops I Dropped Your Apple Tart!** 340
diced granny smith and cinnamon, toasted buckwheat slabs, rosemary ice cream, gluten free
-    **Rujak** 340
hibiscus gelato, date jaggery, peanut butter fudge, marinated fruits and fruit leather
-   **Peanut Butter Mud Cake** 320
ragi and almond flour, jaggery caramel and pink himalayan salt and hand pounded peanut butter, caramel ice cream
-    **Valrhona Treacle Torte** 340 
toasted buckwheat flour base topped with persimmon treacle and rich dark french chocolate, gluten free
-    **Dark Decadent Brownie** 340
real almond and coconut flour, belgian dark chocolate and toasted walnut, ketosis friendly
-    **Tender Coconut Affogato** 280
a shot of our single estate espresso poured on homemade coconut ice cream
-    **Colostrum Pannacotta** 340
carrot and almond chip halwa, sandalwood and tulsi gastrique

Japanese Matcha Panna

Matcha is finely ground powder of specially grown and processed green tea leaves.

Gluttfree Desserts

- | | SINGLE | DOUBLE |
|--|--------|--------|
|    Madagascar Dark Chocolate and Hemp Ice Cream 180 340
toasted hemp hearts, vegan | | |
|  Almond Meusli Ice Cream 170 320
ghee roasted kaffir lime, roasted nuts, vegan | | |
|    Avocado and Pistachio Ice Cream 170 320
granola bar, pistachio praline, 24 carat gold dust | | |
|    Pure Coconut and Palm Jaggery Ice Cream 170 320
protein and iron rich, vegan | | |
|   Filter Coffee Ice Cream 170 320
finest single estate coorgi beans, medium roasted to perfection | | |
|    Fig and Walnut Ice Cream 180 340
zero sugar, dates and chia seeds | | |



Home Baked Cookies

freshly baked goodness
also available in bulk packs

	PER PIECE	QUARTER KILO
   Real Almond Cookies, Gluten Free	50	375
   Country Style Bajra "Namak Para", Gluten Free	40	300
   Chocochip Ragi Cookies, Gluten Free	50	375
   Organic Oats and Raisins Cookies, Gluten Free	40	300
  High Fibre Bran and Seed Cookies	50	375

Oatmeal Raisin Cookies

Process

- Preheat oven to 350 degrees F (180 degrees C).
- In large bowl, cream together butter, white sugar, and brown sugar until smooth.
- Stir together flour, baking soda, xanthan, and salt.
- Gradually beat into butter mixture.
- Stir in oats and raisins. Drop by tablespoons onto ungreased cookie sheets.
- Bake 10 to 12 minutes in the preheated oven, or until golden brown. Cool slightly, remove from sheet to wire rack. Cool completely.

-  - Vegan
-  - Gluten-free
-  - Join

Ingredients

- 3/4 cup butter softened
- 3/4 cup sugar
- 3/4 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground xanthan
- 1/2 teaspoon salt
- 2 3/4 cups rolled oats
- 1 cup raisins