

VEGAN MENU

Something about us

Su = Good ; Ananda = Ultimate bliss

Our homemade food is prepared with lots of love & respect. We use as many organic veggies as we can (availability by season).

A P P E T I Z E R S

GOTU KOLA SALAD 110 GF

with raw mango

LAHPET THOKE SALAD 160 GF

spicy fermented tea leaves with nuts & olive oil

GREEK SALAD 160 GF

with tofu, olives, lemon & olive oil

STEAMED VEGETABLES 160 GF

with cashew cream

CAESAR SALAD 160 GF

with cashew mustard

FALAFEL SALAD 180 GFO

with hummus dressing

SOUP & YOGHURT

DAAL OF THE DAY 80 GF

SOUP OF THE DAY 90

SPICY MISO MUSHROOM SOUP 90

VEGAN YOGHURT RAITA OF THE DAY 90

VEGAN YOGHURT 70

BITES TO SHARE....

HOME FRIED GARLIC POTATOES 140 GF

MIANG KHAM LEAF WRAPPED SALAD BITES
120 GF

SPINACH PATRA 160 GF

HUMMUS 120 GF

VEGGIE STICKS 160 GF
with hummus, spicy chilli & tzatziki

FRITTERS & PAKORAS

MORNING GLORY FRITTERS 110 GF

GINGER FRITTERS 110 GF

ONION FRITTERS 110 GF

FALAFEL FRITTERS 140 GF

VEGETABLE PAKORAS 140 GF

CHAWAL (RICE)

- JASMINE WHITE 40 GF
- ORGANIC RED OR RICE BERRY 70 GF
- CUMIN & PEA PILAF 95 GF
- THAI BASIL & VEGETABLE SOYA 160 GFO
- POHA WITH POTATO, ONION & PEANUTS 140 GF
(flattened rice)

FROM WOK & PAN

- PHAD THAI 160
- BURMESE KHAO SOY 180
- SPICY BASIL SPAGHETTI & VEGETABLES 170
- SPAGHETTI CHERRY TOMATOES & OLIVES 190 GFO
- VEGETABLE SWEET BASIL PENNE 210 GFO
- VEGETABLE GREEN CURRY 160 GF
- TOFU & PEAS CURRY 180 GF
- ALOO GOBI 150 GF
- MIXED VEGETABLES SABZI 150 GF
- OKRA SABZI 150 GF

SIDES

- MUNG BEAN LEMON SALAD 60 GF
- CUCUMBER PEANUT SALAD 60 GF
- KACHUMBER SALAD 60 GF
- CHICKPEA TOFU 80 GF
- SPICY CHICKPEA 80 GF

FROM CREPE PAN

FINGER MILLET CREPE

- PLAIN 120 GF
- POTATO MASALA 160 GF
- SPINACH & TOFU 195 GF
- BELL PEPPERS, OLIVES &
TOFU 210 GF

FROM THE IRON GRIDDLE

- PLAIN CHAPATI 20
- PITA BREAD 25

PARANTHA

*(whole wheat Indian flatbread
with your choice of filling)*

- PLAIN 70
- MINT 90
- POTATO 110
- CAULIFLOWER 110
- BEETROOT 140

DESSERTS

- SEMOLINA COCONUT BARFI 80 GF
- CARROT WALNUT CAKE 110
- VALRHONA ALMOND BROWNIE 110 GF
- ALMOND PARANTHA 120
- CARAMELIZED BANANA PARANTHA 120

Set Menu

SUANANDA AYURVEDA 225

Daal of the Day, Vegetable Sabzi,
Rice & Roti

FALAFEL FOR LIFE 285

Falafel & Hummus, House Pita Bread,
Salad & Soup

PUNJABI DESI DHABA 295

Tofu & Peas Curry, Mint Paranthas,
Salad & Raita

LOVE THY NEIGHBOR 245

Burmese Khao Soy, Chickpea Tofu &
Semolina Coconut Cake

EK CREPE JI 285

Choice of Finger Millet Crepe,
Salad & Soup GF

THANON PAN 265

Green Curry, Tofu Fritters, Gotu Kola
Salad, Organic Red Rice & Parantha

SOBA SAMADHI 265

Buckwheat Noodles & Grilled Teriyaki Tofu
with Spicy Miso Mushroom Soup

PESTO PROBABLY 295

Vegetable Sweet Basil Penne,
Salad & Soup

ONE FOR ME ONE FOR YOU

For every set you order, we will provide a meal for another less privileged.