

SALADS

Farm fresh harvest offering a selection of super foods

SATBARI RAW PAPAYA

Crisp raw papaya tossed with tangy jaggery dressing, French beans, and cherry tomatoes, bird eye Thai chilly and roasted peanuts
(V,O,G,Z) | 375

ROASTED BEETROOT CARPACCIO 🌱

Thinly sliced slow roasted beetroots rubbed with chilly and sundried tomato pesto, garnished with Valencia oranges, fresh mint, homemade herbed feta and fresh rocket leaf
(G,O) | 425

QUINOA KACHUMBER

Protein rich organic quinoa with in-house pickled vegetables, yoghurt dressing
(G,O) | 495

AVOCADO AND BURATTA

Exotic Italian burrata paired with imported Peruvian avocado, fresh rocket salad served with wild honey and ginger dressing
(G,O) | 69



RED QUINOA

Originally from South America, they called it chisaya mama – meaning mother of all grains. It is a complete protein containing all 9 essential amino acid.

Red quinoa is a protein rich, gluten free grain packed with fiber iron and antioxidants offering a nutty flavor and chewy texture to salads, bowls and side dishes. With its slightly sweet and earthy taste, red quinoa is a nutritious and flavorful alternative to traditional grains.

SOUPS

Soul soothing soup and broths

CLASSIC MANCHOW

Wholesome clear broth with farm fresh herbs and spices (starch free option is available)
(V,Gs,O,J) | 345

ANDHRA PINEAPPLE RASSAM, FRESH MORINGA 🌱

Lentil rassam flavored with fresh pineapple and handpicked drumstick leaves served with sweet and sour pineapple relish, medu vada cratons (Moringa leaf is seasonal)
(V,G,O,J) | 425

TOMATO SOUP WITH FRESH HERBS

Lemongrass scented light tomato soup flavored with freshly made coconut milk served with pearl barley
(V) | 425

MANALI WILD MUSHROOMS,TRUFFLE OIL 🌱

Velvety textured wild mushrooms sourced from great Himalayan national park, enriched with protein rich cream cheese and perfumed with truffle oil
(G) | 485

We levy 10% service charge

Options available: V – Vegan, G – Gluten Free, O-Onion Garlic Free, J - Jain;

Gs-Contains soy which may contain traces of gluten

Z- Zero oil | 🌱Specials | Kindly specify your dietary requirement to the server

ALL DAY SMALL BITES

REGIONAL

AVOCADO CHAAT

Tart with filling of chickpeas, potato puree, guacamole with sweetened yaghurt & assorted chutneys

(O) | 495 (5PC)

LOTUS ROOTS KI BHEL

Crisp lotus roots tossed with homemade tangy chutney and roasted peanuts

(V, G, O) | 495

PALAK PATTI CHAAT

Spinach fried in chickpea flour batter served with sweet & tangy chutneys

(J,V,G) | 465

SHAKARKANDI KEBAB

Sweet potato and pumpkin kebab served with savory pumpkin relish and tamarind chutney

(V) | 525

SPROUTS GALOUTI KEBAB 🌱

Succulent and aromatic galouti made with home grown sprouts served with a fresh mint aioli

(G)

545

SOUL CAFE SPECIALS

JOWAR POHA CUTLET

Railway style cutlets prepared from hearty Sorghum poha

(V) | 465

DAL VADA, CHERRY TOMATO CHUTNEY 🌱

Fermented lentil vada prepared with fresh moringa leaves served with a South-Indian tomato pickle

(Moringa leaf is seasonal)

(G,V,J) | 495 (6PC)

KIARA'S BHUTTE KI KEES

Creamy charred corned served in a baked corn shell

495

GLOBAL INFLUENCE

MEXICAN STYLE WHITE BEAN TART

Spicy white beans salsa ,classic avocado guacamole, pico-di-gallo and sour cream

(O,J) | 495 (5PC)

CLASSIC FALAFEL (5PC)

High protein chickpeas falafel served with hummus, roasted chickpeas and pickled vegetables

(V,G) | 545

CORN CAKES, AVOCADO PICO DE GALLO 🌱

Sweet corn cakes infused with aromatic herbs from Kiara's farm served with sweet chili yoghurt cream

(O) | 545

BRUSCHETTA, SMASHED AVOCADOS, TOMATO & BASIL

Guacamole, cherry tomatoes and basil served on grilled bread

(V,O) | 525

We levy 10% service charge

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Z- Zero oil | 🌱Specials | Kindly specify your dietary requirement to the server

SOUL KITCHEN

Kiara's culinary philosophy is deeply rooted in holistic vegetarian cuisine, emphasizing natural, unprocessed ingredients and local/traditional elements.



PURE

Kiara Soul Kitchen sources a selection of wholesome, natural ingredients and specialty foods which are minimally processed.

From organic produce to artisanal staples our products are carefully selected and sourced to ensure the highest quality and nutritional value. Some of such items are

- A wide selection of Organic whole Grains:
 - Barley
 - Himalayan Black Rice
 - Finger Millet
 - Foxtail Millet
 - Buckwheat
 - Sorghum
 - Quinoa
- Many vegetables and herbs sourced from Kiara's farm e.g. lemongrass, basil and other seasonal vegetables
- Microgreens and edible flowers from our partner farms

We have eliminated light and dark soya from our preparations and use only naturally brewed soya sauce. None of our ingredients of ingredients contain MSG.



MINDFUL

We at Kiara believe in practice of preparing food with intention, attention and presence.. By cooking mindfully we can transform the routine cooking into a meditative and creative experience, nourishing both body and soul. We have selected some ingredients to make this experience wholesome such as -

- Khaand: also using natural sweeteners like jaggery, honey, and stevia
- Rock Salt: Incorporating mineral-rich rock salt for flavour and health benefits.
- Sunflower oil – Tridoshic as per Ayurveda i.e. suitable for all body types, sunflower oil increases energy, improves immune system and promotes healthy digestive system



INNOVATIVE

Kiara Soul Kitchen crafts artful, health-conscious dishes blending global flavors with Indian twists such as quinoa bowls, millet burrito bowl and ratatouille. Kiara's creative menu reinvents comfort food for the modern palate.

By focusing on these pillars, Kiara creates dishes that not only delight the palate but also promote well-being and sustainability. This approach:


- Supports local farmers and communities
- Preserves traditional culinary practices
- Offers nutrient-dense, whole food options
- Fosters a connection with nature and natural ingredients

Kiara's commitment to holistic vegetarian cuisine sets a new standard for mindful, health-conscious dining.

We levy 10% service charge

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WORLD PLATES

MEDITERRANEAN

Prepared in extra virgin olive oil, seasoned with rock salt.

WHOLE WHEAT SPAGETTI, AURORA SAUCE

Whole-wheat spaghetti made in a traditional Italian tomato sauce with parmesan cheese
(OJ)545

ZUCCHINI LASAGNE (GRAIN FREE)

Layered zucchini sheets filled with tomato sauce & goodness of mozzarella
(G) 625

RAVIOLLI, HOME-MADE RICOTTA AND
FARM FRESH SPINACH

Handmade heirloom whole-wheat filled with organic spinach, homemade ricotta cheese tossed with creamy tomato and holy basil sauce
675

ARTESIAN ASSORTMENT OF EASTERN
MEDITERRANEAN MEZZE – PLATTER

Hummus – 3 ways, pickled vegetables, chickpeas
falafel, beetroot nuggets, harissa cottage cheese
825



BLACK RICE/FORBIDDEN
BLACKRICE

Black rice also known as forbidden rice – as it was exclusively cultivated for emperors in China. Its high anthocyanin content makes it a rich source of antioxidants. Its nutty flavor and soft sticky texture its used in traditional dishes like risottos sushi and desserts. essential minerals like iron, zinc, and potassium, supporting healthy blood flow, immune function, and energy production

FROM THE WOK

Prepared using naturally brewed soya sauce (no light soya or dark soya) and without MSG

KHO-SUEY, RAW TURMERIC, RICE NOODLES

Rice noodles served with Khao-suey curry
(G.V) | 575

ORGANIC BLACK RICE, GREEN THAI CURRY 🍛

Organic black rice from north-east, served in a bowl with green Thai curry prepared using fresh herbs from Kiara's farm.
(V.G.O) 625

MONGOLIAN VEGETABLES

Fresh vegetables - Yellow & green zucchini | baby corn | carrot | broccoli cooked in hot ginger & garlic sauce
(V.G.O.I.) | 595

MAKE A BOWL - NOODLES/RICE - RS 145

FRESH GREENS IN BLACK BEAN SAUCE

Wak tossed vegetables – Broccoli, green beans, baby corn and in flavorful black bean sauce (V,G,S,O,I) | 635

MAKE A BOWL NOODLES/RICE RS 145

NOODLES & RICE

KOREAN CHILLI NOODLES

Noodles made in Gochujang chilli sauce and vegetables
(V) | 495

WHOLE WHEAT NOODLES

Hawker style whole-wheat noodles
(V,O) | 495

FLAT RICE NOODLES, HOME MADE TAMARIND SAUCE (PAD THAI)

(V,GS,Q) | 525

INDRIYANI FRIED RICE

(V,GS,O) 1365

We levy 10% service charge

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Z- Zero oil | Specials | Kindly specify your dietary requirement to the server

RAAGI

Ragi roti, made from finger millet flour, offers numerous health benefits, including high fiber and protein content, rich antioxidants, and essential minerals like calcium, iron, and potassium. It supports healthy digestion, promotes satiety, and aids in weight management, while also regulating blood sugar levels and improving insulin sensitivity. Ragi roti is also beneficial for bone health, reducing the risk of osteoporosis, and supports healthy hair and skin. Additionally, it has anti-inflammatory properties, helps lower cholesterol levels, and supports cardiovascular health, making it an excellent gluten-free and nutritious alternative to traditional wheat roti, providing overall well-being and energy.

SHARBATI WHEAT FLOUR

Sharbati atta, a type of wheat flour, offers numerous health benefits, including high fiber content supporting healthy digestion, rich antioxidants reducing oxidative stress and inflammation, and a good source of iron improving hemoglobin levels. It also contains selenium supporting immune function and thyroid health, has a lower glycemic index regulating blood sugar levels, and promotes healthy weight management. Additionally, Sharbati atta is rich in B vitamins supporting energy metabolism and nerve function, may help lower cholesterol levels and improve heart health, and provides essential nutrients making it a nutritious and healthy choice for baking and cooking.

ACCOMPANIMENTS

LOCAL PLATES

DAL KALBELIYA

Unpolished yellow lentils cooked in pure brass metal pot, tempered in cow ghee and house spices served with accompaniments
(V,G,O,Z,J) 465

MAAH KI DAL WITH A2 GHEE

Overnight simmered black lentils, enriched with whipped white butter
(G,O,J) | 545

RAITA

Pineapple/Mix Veg
(G,O) 225

DIGESTIVE STICKY RICE

(V,G,O) | 295

PAPAD / MASALA PAPAD

(V,G,O) | 125 / 225

ADD A2 CULTURED GHEE(5 GM)

100

BASMATI RICE

225

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BARBEQUE

LAHORI PANEER TIKKA

Cottage cheese marinated in therapeutic yellow chilies served with mint chutney
(G,O,J) | 585

TEEN MIRCH PANEER

Stuffed paneer tikka cooked in tandoor with assortment of bell peppers and red onions served with mint chutney
(G,O,J) | 585

BARBEQUE PLATTER

(3pc each)
Barbeque pineapple, Paneer Tikka, Potato drums, barbeque broccoli
(G, O) | 1145

SHAHI SOYA NUGGET SEEKH

(5pc)
Minced soya seekh kebab prepared using aromatic spice mix
(V,G,Z)
585



INDRIYANI RICE

Named after a river in Maharashtra, it is exclusively grown there – making it a geographically protected indication product much like Champagne in France.

Its unique blend of sweetness, softness and fluffy texture making it a versatile ingredient. It is easy to digest, rich in nutrients – excellent choice for those with dietary restrictions. Its high fibre content and low glycaemic index helps lower cholesterol levels and regulates blood sugar.

ORGANIC INDRIYANI RICE SUSHI

(4pc/8pc)

AVOCADO, PICKLED ASIAN VEGETABLES

(V,G,O,Z) | 445/785

SPICY MUSHROOMS, SCALLIONS AND SESAME

(V,G) | 445/785

CRISPY TOFU, SRIRACHA

(V,G) | 445/785

ASPARAGUS TEMPURA AND PICKLES DAIKON MAKI

(V,O,J) | 445/785

TEMPURA KAKEAGE

(V,O) | 445/785

Served with preservative free home - made gari (ginger pickle) and naturally brewed soy sauce

KIDS MENU

(FROM SOULCAFE)

ASSORTED VEGETABLE CIGAR ROLLS

Wheat Flour rolls, filled with fresh French beans, baby corn, carrots, corn kernels and fine herbs
(V) | 425

CHILLY TOFU/PANEER

Tangra indian style chilly paneer or tofu
(O,J) 545

POTATO FRIES

Classic French fries
(V,G,O) 325

ROOT VEGETABLE NUGGETS

Home made root vegetable nuggets
(V) 365

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DESSERT

Indulge in specially curated desserts, with alternate ingredients such as millets, alternate natural sweeteners and more.

PAHADI SAMAK PHIRNI

Phirni using Pahadi jhingora or barnyard millets
(G,O) | 425

BAKED YOGHURT, BLUEBERRY COMPOTE

(O) 🌱

Sweetened yoghurt, blue berry compote, almond praline, multi grain sable
425

LOVE FOR MILLETS, RAGI CHOCOLATE MUD CAKE PUDDING

Chocolate pudding made from millet flour served with hot chocolate sauce

(G,O) | 425

BAKED GULAB JAMUN, TRES LECHES 🌱

Gulab jamun baked in an oven and served with condensed milk

(O) | 425

INDULGENT PAAN KULFI, PEPPER CUSTARD, CINNAMON SOIL 🌱

Kulfi made with fresh betel leaves, dates served on a splash of pepper custards and cinnamon soil

(G,O) | 365

FRENCH VANILLA GELATO

Stevia based Almond milk gelatos

(V,O) | 425

SELECTION OF ICE CREAM

(Check with server for available flavors)

425

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LARGE PLATES HERBS & SPICES



Mindfully prepared in tri-doshic (suited to all body types) sunflower oil, seasoned with Himalayan pink salt with low to moderate amounts of fat

PANEER RAJPUTANA

Char grilled homemade cottage cheese spiked with Rajasthani royal spice mix, served on rustic fenugreek gravy
(G,O,J) | 545

PANEER ROULADE, MAKHNI GRAVY

Green peas stuffed cottage cheese rolls, with silky textured delicious tomato and fenugreek gravy
(G) | 565

ANJEER BADAM KOFTA, PALAK SAAG 🌱

Extra ordinary combination of Afghan figs, Gurbani almonds dumplings with garlicky spinach saag, white butter
(G) | 595

KHUMB KA MUSSALAM

Lucknow now spiced Himalayan mushrooms, tossed in stone ground brown gravy, served with Bhutani spinach and hint of truffle oil
(G) | 595

STEAMED CHENNA KOFTA, PHUKTAN GRAVY 🌱

Steamed koftas served in a rich aromatic tomato gray
(G) 575

BAKED DUM ALOO

Tandoori stuffed potatoes, served with a rich cashew and tomato
(G,O) | 495

KOHLAPURI VEGETABLES

Maharashtrian style seasonal vegetables in a spicy tomato gravy
(O,J) | 495

SOFYANI VEGETABLE BIRYANI

Aromatic tri-doshic rice, vegetables marinated in a rich spice mix from Hyderabad, served with mixed raita
(G) 575

TRI-DOSHIC KHICDHI

Basmati rice and moong dal khichdi served with buttermilk and papad

CUSTOM

Add special aromatic spice mix – Konkani masala
(V,G,O) 525

KANGNI PULAO

Inspired from Sofiyani biryani, pulao made using hearty foxtail millet and vegetables
(G,O) | 445

SPECIALITY BREADS

Kiara soul kitchen serves an array of hearty breads influenced by our age-old traditions with a focus on whole grains

RAAGI / BAJRA ROTI (Seasonal)

125

SHARBATI ATTE KI ROTI

115

PAANCH ANAJI KI ROTI

(Amaranth flour, wholewheat, chickpeas flour, bajra, maize)
125

MULTI-GRAIN KULCHA

(Option of Peas/Paneer/Potato & Onion)
165

DOODH KI KHAMEERI NAN

(Plain/Stuffed)
105/165

SATTU KE ATTE KA TANDOORI PARANTHA

155

MISSI ROTI

155

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SOULFUL BOWLS

WITH WHOLE GRAINS

(serves 1-2)

Bursting with protein, fiber, and a treasure trove of nutrients, they're not just grains – they're your secret allies for a deliciously healthy journey. Elevate your meals, nurture your well-being, and savor the goodness of these ancient wonders

BARLEY RISOTTO, FRESH PESTO

Organic barley cooked with home-made basil pesto and served with crispy chickpeas and spinach.

645

MEDITERRANEAN BOWL WITH QUINOA, AURORA SAUCE

Spanish style quinoa, tomato truffle sauce, grilled cottage cheese steak, pesto

695

(G)

CHIPOTLE CHILLI BOWL, BARLEY

Cozumel style spicy organic barley bowl, topped with sautéed veggies, salsa & pico-de-galo

675

(V)



HULLED BARLEY

Hulled barley also known as barley groats is considered one of the oldest cultivated grains in the world.

It's a minimally processed whole grain that retains its nutrient rich bran and germ layers making it a great source of fiber, vitamins and minerals. With its nutty flavor and chewy texture it is perfect for salads, soups and other dishes cognitive well-being, making it a nutritious and wholesome addition to a balanced diet

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WHOLE WHEAT SOUR DOUGH FLAT BREADS (PIZZAS)

Sourdough, the artisanal maestro of the bread world, not only tantalizes your taste buds with its tangy flavor and chewy texture but also boasts gut-friendly probiotics that support digestive wellness.

Prepared using an aged starter

MARGARITA

Classic margarita with mozzarella & basil.
575

CAPRESE

Plum and cherry tomatoes, homemade basil pesto, Bocconcini and extra virgin oil
695

FUNGI MISTI, MUSHROOM LOVERS

Rich in vitamin d, exotic wild mushrooms, sautéed with thyme, paired with mozzarella and truffle oil
(O) | 695

MEDITERRANEANAANO

Tomatoes, mozzarella, zucchini, bell peppers, red onions, green olives, black olives and pesto
(O) | 675

CHIPOTLE

Hot Mexican smoked chilies, house cheese and mozzarella, three types of pepper, red onions and jalapeno
(O,J) | 695

BURATTA

Fresh cheese filled with light white butter, rocket leaves, homemade basil pesto, sundried Roma tomatoes and extra virgin olive oil
(O) – 850

Add on: RS 100 - Bocconcini cheese / Extra vegetables / Extra olives / Extra truffles oil



WHOLE WHEAT SOURDOUGH

Sourdough – the act of fermenting bread with natural bacteria present in the surroundings. This type of breads contains a larger amount of nutrients and fibre than traditional bread due to slower fermentation process, which breaks down phytates and releases minerals.

Not only the health, the starters of sourdough through aging release various degrees of sourness and tastes. Each starter has its own unique taste.

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