



PALM BLISS - RISHIKESH

Café
AVEDA

HEALTHY SELF



EATERIES....

SALADS

BROCCOLI SALAD INR ₹ 229/- <i>Broccoli, coriander, mint, almond, peanut, ginger served with olive oil, honey and black pepper</i>	PESTO PASTA ₹ 310/- <i>Penne, Mushrooms, Spinach, Zucchini, Mint and Pesto with Balsamic Dressing.</i>
SUPER SEED SALAD ₹ 280/- <i>Salad leaves (red/green), spinach, carrot, lettuce, seed mix served with Himalayan salt</i>	Apple Cider Vinegar Salad ₹ 280/- <i>Baby Spinach, Carrot, Cherry Tomatoes, Onion, sweet Potato, Bell pepper, Celery, Served with apple cider vinegar dressing.</i>

SMALL PLATES (₹ 249-Each)

HUMMUS WITH PITA <i>A traditional dish popular in the Middle East, made from organic chickpeas, sesame tahini, roasted garlic, lemon juice and olive oil served with pita bread</i>	OAT PORRIDGE <i>Rolled oats, jiggery, raisins, seeds and cardamom, cooked with fresh milk.</i>
	QUINOA BHEL WITH TAMARIND CHUTNEY <i>Quinoa, sweet potato, spring onion, olive oil, black pepper salt.</i>

SANDWICHES AND BOWLS (₹ 249-Each)

SIGNATURE TOFU BROWN RICE <i>Organic brown rice with Zucchini, broccoli, onions, tomatoes, carrots, red, yellow and green peppers and scrambled tofu</i>	PROTEIN PRESS SANDWICH <i>brown bread, filled with cucumber tomato and fresh sprouts</i>
MEXICAN BOWL <i>Himalayan brown rice with farm fresh vegetables and tomato salsa.</i>	GARDEN FRESH SANDWICH <i>brown bread, fresh vegetables</i>
SOUP OF THE DAY <i>Ask our chef for today's special.</i>	



***café Aveda uses mostly organic whole food, natural sweeteners and minimal oil. Our mission is to help you eat healthier and feel amazing through a delicious vegetarian diet.*





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BLACK TEAS (₹ 99-Each)

DARJEELING HIMALAYA

Apure high-mountain Indian black tea, plucked in the fall on the southern slopes of the Himalayas. We recommend this tea as a good thirst- quencher.

EARL GREY TEA

Earl grey tea is a tea blend which has been flavored with the addition of oil of bergamot. Its high in Anti oxidants, very energizing and refreshing to kick start your day.

ENGLISH BREAKFAST TEA

English breakfast tea is a black tea blend usually described as full- bodied , robust, rich and blend to go well with / without milk and sugar, in a style traditionally associated with a hearty English breakfast!

MASALA TEA

A ritual based on an Indian recipe. Tea with a mixture of spices –ground ginger, cardamom, cinnamon, and cloves. Served with warm milk and honey . The infusion has a strong fragrant aroma and slightly intoxicating effects.

Add Some Milk
(ask for regular or soya milk)

GREEN & HERBAL TEAS (₹ 129-Each)

MATCHA

Matcha is always a pea green, extra fine powder with distinctive, grassy aroma. The foamy infusion is fresh and deep and green with an unforgettable, very intense taste. Its health benefits are endless.

Create your Aveda Blend
Choose any 2.....

LEMON GRASS

With perfect concoction of medicinal herbs, this tea will help in preventing any muscle soreness and will keep exhaustion away from you!

CHAMOMILE

A herb that helps fight anxiety and all sleep related issues .We absolutely recommend this tea!

TULSI IMMUNITY

The mother medicine of nature, this enlivening herbal is fresh and popular, Grown in south India, Tulsi "Holy BASIL" is sure to stimulate and awaken the crown chakra. Tulsi is exceptionally good for cleansing and immunity. Drink for prosperity

JASMINE GREEN

Blissful aroma of jasmine will surely uplift your mood .We recommend this tea if you are fighting with digestive issues!

KASHMIRI KAHWA

Supreme blend of green tea and Indian spices promises to give you rich aromatic flavor. A cup of kahwa will give you a soothing feelings and work wonders for mild headaches

UPAGGA LEMON

This tea will give you delicious essence of tingling lemon. Have a cup if you have had a long day to rejuvenate yourself!

AVEDA DETOX CHAI (Without Milk)

Ginger, lemon &honey-stay hydrated and give immune system a gentle boost with this anti-inflammatory drink!

THE OLD SCHOOL KADA CHAI

(Antidepressant ,antifungal, antibiotic, etc.). Lemongrass, cinnamon, ginger, black pepper and clove served with honey





COFFEE (₹ 179-Each)

CAPPUCCINO	AMERICANO
CAFÉ LATE	AVEDA SPECIAL TURMERIC LATTE <i>Milk, turmeric, cinnamon and cardamom with sprinkled saffron-a traditional ayurvedic drink that is known for its immense anti-inflammatory and anti-oxidants effects</i>
ESPRESSO	

ENERGY SHOTS (₹ 99-Each)

IMMUNITY SHOT – (WHEATGRASS)	PINK COOLER-(WATERMELON AND HONEY)
BOOSTER SHOT- (ALOEVERA & HONEY)	

JUICES (₹ 179-Each)

PURE JUICE <i>Lemongrass, cardamom, lime and ginger pepper</i>	GREEN DETOX JUICE <i>Cucumber, celery, ginger and lime</i>
HEART-BEET <i>Beetroot, apple, carrot, lemon and ginger slice</i>	MULTIVITAMIN JUICE <i>Orange, carrot, apple, lemon and ginger</i>
VIRTUOUS JUICE <i>Beetroot, carrot, amla and celery</i>	COLD-PRESSED JUICES <i>(Please ask for the seasonal fruit juice)</i>

