



roots
CAFÉ

NATURAL.
NUTRITIOUS.
NOURISHING.

Wellness

- MENU -

SOUPS

Papaya Corn Soup 65/-

Raw papaya and corn mixed together with vegetable stock and seasoned, garnished with coriander leaves.

👉 ABILITY TO FIGHT INFLAMMATION WITH POWERFUL ANTIOXIDANTS

Spinach Singhara Soup 65/-

Fresh spinach combined with rich grain Singhara.

👉 PERFECT WINTER WARMER AND ITS HEARTY AND COMFORTING.

Pea Carrot Soup 65/-

Boiled green peas and carrot with vegetable stock grinded and seasoned with pepper.

👉 PROVIDES FIBER & FOUR DIFFERENT CAROTENOIDS THAT HELP WITH VISION

Broccoli Soup 65/-

A rich creamy soup prepared with fresh broccoli & herbs.

👉 EXTREMELY RICH IN CALCIUM, VITAMIN C, SELENIUM & DETOXIFIES THE BODY

Pumpkin Soup 65/-

A rich creamy soup prepared with riped pumpkins.

👉 RICH IN FIBER, BOOSTS IMMUNITY AND IMPROVES SKIN

Veg Clear Soup 65/-

Healthy clear vegetable soup with cabbage, onions, beans, carrots, spring onions, garlic and seasoned with fresh herbs.

👉 RICH SOURCE OF FLUIDS AND PROMOTES CARDIAC FUNCTIONING.

Tomato Soup 65/-

A perfect Vegan appetizer which energizes the immune system.

👉 PROMOTES HEALTHY SKIN, VISION AND FULL OF ANTIOXIDANTS



SALADS & BOWLS

Sprout Lettuce Salad 65/-

Sprouts, dry legumes tossed and served with brown rice

➤ PROMOTES CARDIOVASCULAR AND GASTROINTESTINAL HEALTH.

Beetroot Apple Salad 65/-

Diced beetroot and apple mixed with honey

➤ EXCELLENT TONIC FOR DETOXIFICATION, SUPPORTS DIGESTIVE SYSTEM

Sattuik Salad 65/-

Freshly chopped cucumber, tomato, carrot, capsicum, coriander mixed together and garnished with grated coconut.

➤ GREAT SOURCE OF ESSENTIAL NUTRIENTS, DIETARY FIBER, PROTEINS

Carrot Raisin Salad 65/-

Grated carrot mixed with coconut base mayonnaise and mixed with raisin.

➤ PREVENT CANCER, BOOSTS IMMUNITY AND REDUCES RISK OF FALLS

Thai Papaya Salad 65/-

Prepared with shredded unripe papaya & seasoned with herbs

➤ BOOSTS DIGESTION WITH SPECIAL ENZYMES & SUPPLIES HEALTHY FIBER

Beet Rocket Salad 65/-

Beetroot and Rocket leaves mixed together and seasoned with pepper.

➤ LOADED WITH VITAMINS, MINERALS AND ANTIOXIDANTS

Tossed Chickpeas & Bell pepper Salad 75/-

Perfectly boiled chickpeas, tossed with green, yellow and red bell peppers and seasoned with spice mix.

➤ HELPS TO IMPROVE APPETITE AND HIGH IN DIETARY FIBER

Buddha Bowl 90/-

Freshly steamed vegetables, served with brown rice and seasoned with spices.

➤ RICH IN FIBER AND PROTEINS, A COMPLETE MEAL

Bliss Garden Salad 65/-

Handpicked leaves and vegetables from Bliss garden.

➤ FULL OF VITAMINS, BETA-CAROTENE, CALCIUM, FIBER & PHYTONUTRIENTS





HEALTHY SNACKS

Sattuik Wraps 90/-

Fresh veggies wrapped in spinach mixed flour.

➤ IMMUNE BOOSTERS, HELPS IN WEIGHT LOSS.

Sattuik Sandwich 165/-

Vegan sandwich using fresh vegetables and herbs.

➤ STACKED WITH MINERALS, VITAMINS AND PROTEINS

Dates Ball 45/-

Highly nutritious dates ball made with chopped dry fruits and binded with honey.

➤ PROMOTES BRAIN AND BONE HEALTH

Fruit Satay 45/-

Freshly diced seasonal fruits served with honey.

➤ BOOSTS IMMUNE SYSTEM AND RELEASES STRESS

Multigrain Idli 160/-

5 Grains combination idli served with tender coconut chutney

➤ RICH IN FIBER AND PROTEINS, EXCELLENT FOR DIABETICS

Millet Upma 160/-

Highly nutritious upma made with veggies served with coconut chutney

➤ HEALTHY RECIPE TO LOWER CHOLESTEROL AND BLOOD SUGAR

Dry Fruit Pancake 80/-

Healthy pancakes served with honey

➤ HELPS BONES, MUSCLES AND NERVES FUNCTION

Multi Fruits Bowl 110/-

Freshly cut fruits like apple, banana, chikoo, pear and other seasonal fruits served with honey

➤ HIGH IN FIBER, EXCELLENT SOURCE OF VITAMINS AND MINERALS

REFRESHING JUICE'S

Fresh Seasonal Fruit Juice 95/-

Apple / pineapple / watermelon / chikoo / banana.

➤ LOADED WITH VITAMINS, MINERALS AND ANTIOXIDANTS

Aloe Vera Juice 95/-

Freshly cut aloe vera juice blended with lemonade.

➤ NATURAL SOURCE OF VITAMIN C, CONTROLS SUGAR LEVELS

FROM BLISS GARDEN

Bliss Mint Cooler 55/-

Fresh mint leaves blended with lemon juice and Indian spices.

➤ RELIEVES INDIGESTION AND GREAT FOR BODY DETOXIFICATION

Tulsi Juice 45/-

Juice extracted from fresh tulsi leaves and blended with lemon and honey.

➤ HELPS IN ANTI-AGING & TREAT KIDNEY STONE

Adusa Juice 45/-

Juice extracted from fresh adusa leaves and mixed with honey.

➤ NATURAL BLOOD PURIFIER

Brahmi Juice 45/-

Juice extracted from fresh brahmi leaves and mixed with cucumber & orange juice, spiced with dry ginger.

➤ A MEMORY BOOSTER

Paan Footi 45/-

Juice extracted from fresh betel leaves and mixed with milk.

➤ MAINTAINS PH LEVEL OF BODY

Infused Water 45/-

Freshly cut cucumber with lemon and mint leaves, infused in water.

➤ RICH IN VITAMINS

Pink Power Juice 45/-

An immunity booster juice with high nutritional value.

➤ HELPS TO IMPROVE DIGESTION.



COLD BEVERAGES

Metabolism Booster 85/-

A fresh blend of apple, lettuce, cucumber, beetroot, lemon and ginger.

➤ STIMULATES ENERGY USE AND INCREASES METABOLISM

Hydrating Booster 85/-

A fresh blend of watermelon, orange, ginger and turmeric.

➤ HIGH IN VITAMIN A & AIDS IN PROTECTING SKIN & HYDRATES BODY

Vitamin Punch 85/-

A fresh blend of carrot, orange, cucumber, ginger & lemon.

➤ FULL OF VITAMIN C, KEEPS A HEALTHY BLOOD FLOW & CIRCULATION

Pinacolada 85/-

Fresh pineapple and banana blended with coconut milk & dates.

➤ RICH SOURCE OF VITAMIN C AND HENCE BOOSTS THE IMMUNE SYSTEM

Banana Dates Shakes 85/-

A perfect blend of banana, seedless dates, coconut milk & topped with cinnamon powder.

➤ HELPS IN BONE STRENGTHENING AND PROVIDES CALCIUM & PROTEINS

Coconut Chaas 85/-

A Ayurvedic Drink, coconut buttermilk blended with rock salt & coriander, served cold.

➤ CAN ASSIST IN WEIGHT LOSS AND IMPROVES DIGESTION

Sattuik Thandai 85/-

Rose Petals & Spice seeds blended with coconut milk, sweetened with Dates & served cold.

➤ SOOTHING DRINK TO KEEP YOUR BODY COOL WHILE GETTING A BOLT OF ENERGY

REFRESHING BEVERAGES

Black Tea / Herbal Tea 40/-

Indian tea boiled to perfection with Indian spices.

➤ NATURAL IMMUNITY BOOSTER

Kadha 40/-

Grounded spices boiled with tea in water, served hot.

➤ HELPS RELIEVE STRESS AND IMPROVES DIGESTIVE SYSTEM





Mint Tea

40/-

Fresh mint leaves boiled with tea powder & honey.

➤ HELPS TO FIGHT BACTERIAL INFECTIONS

Peach Tea

40/-

Fresh peaches blended with black tea, served hot.

➤ HELPS TO REGULATE BLOOD SUGAR LEVELS

Honey Ginger Tea

40/-

Ginger & Honey boiled to perfection.

➤ RICH SOURCE OF ANTIOXIDANTS WITH MULTIPLE HEALTH BENEFITS

Black Coffee

55/-

Rich Indian origin coffee blends.

➤ CALORIE-FREE BEVERAGE HELPS TO MAINTAIN A HEALTHY WEIGHT.

SMOOTHIES

Multi Fruit Smoothie

120/-

A multi fruit combination blended with milk and honey.

➤ HELPS MANAGE FOOD CRAVINGS AND RICH IN VITAMINS

Avocado Smoothie

120/-

A perfect blended smoothie combination.

➤ HELPS REDUCE BAD CHOLESTEROL

Banana Smoothie

90/-

Perfectly riped bananas blended to perfection.

➤ GREAT SOURCE OF CALCIUM, AIDS WEIGHT LOSS

Strawberry Smoothie

90/-

Strawberries blended with honey and curd.

➤ PACKED WITH VITAMINS, FIBER & HIGH LEVELS OF ANTIOXIDANTS

Cherry Almond Smoothie

90/-

Made with tart cherries & buttery almonds, blended with yogurt.

➤ FULL OF PROTEINS AND HIGH IN NUTRITION

Mango Smoothie

90/-

Made with mango blended with milk, honey & jaggery.

➤ HELPS IN SKIN GLOW AND STRENGTHENS BONES

Coffee Smoothie 90/-

A delicious drink with mocha coffee power blended with banana & almonds.

☞ HEALTHY FOR HEART AND LOWERS THE RISK OF DIABETES

Tropical Smoothie 90/-

A blend of apple, spinach, lemon juice and garnished with mango chunks

☞ HIGH IN FIBER, WHICH CAN HELP YOU FEEL FULL LONGER

S A T T V I K

Beetroot Chapati (2 Chapati) 185/-

Sattuik Sabzi

Brown Rice

Gajar Halwa

Sattuik Khichadi 185/-

High protein meal ,help to reduce the weight and low in calories.

Sattuik Daliya 185/-

Helps to build mass muscle, a rich source of Protein.

Spinach Cheelas 100/-

A rich source of protein served with tender coconut chutney.

D E S S E R T

Sattuik Kheer 110/-

Rice grind blended with coconut milk, sweetened with dates and garnished with dry fruits.

Sattuik Gajar Halwa 110/-

Grated carrot mixed with jaggery & dates. Garnished with dry fruits

Dry Fruit Pancake 80/-

Healthy pancakes served with honey .

Multi Fruits Bowl 110/-

Mixed fruit bowl served with honey.



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OUR SINCERE REQUESTS

- Please allow us 20 - 30 minutes for food preparation & service.
- Few items in the menu are seasonal & subject to availability.
- The restaurant guarantees that all the products offered meet the standards of the concept.
- If there are any complaints, the management needs to be informed immediately. Appropriate actions will be taken as soon as possible.
- GST will be levied on all the items as per Government Rules.
- Customer care / Helpline : 7030 060 422



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CAFÉ

BY touchwood HOSPITALITY

☎ 7030 919 100 | 7030 929 200

Touchwood Bliss Nature Retreat, Bhagatwadi,
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www.touchwoodbliss.com/rootscafe