Menu



Welcome to Café Swasthya

EAT WELL. LIVE WELL.

Café Swasthya is rooted in India's timeless wellness traditions, offering food and beverages inspired by Ayurveda. Our carefully crafted menu blends ancient principles with modern tastes—serving wholesome, dosha-balancing meals and energizing drinks made from fresh, natural ingredients. Every dish is designed to nourish, rejuvenate, and delight.

समदोषः समाग्निश्च समधातुमलक्रियः|
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते||

UNDERSTANDING AYURVEDA

Ayurveda, the "science of life," dates back to the pre-Buddhist era in India. Unlike modern medicine, which often treats symptoms, Ayurveda addresses the root cause of imbalances through food, lifestyle, herbs, and somatic practices such as yoga and meditation.

The foundation of Ayurveda lies in creating harmony between body, mind, and spirit. Its origins are found in the Atharvaveda, where early hymns described healing practices and natural remedies. At its core, Ayurveda seeks to promote health, longevity, and inner joy.

WHAT IS HEALTH IN AYURVEDA?

As defined in the classical text Sushruta Samhita:
"Samadosha samagnischa samadhatu malakriyah | Prasanna atma indriya manah swastha iti abhidheeyate"

Translation:
"True health is a state of balance between the doshas, strong digestive fire, well-formed tissues, proper elimination, a joyful soul, balanced senses, and a contented mind."

Each individual has a unique constitution (Prakriti) based on the balance of these elements and doshas.

THE PANCHAMAHABHUTAS— THE FIVE GREAT ELEMENTS

Ayurveda teaches that everything in nature, including the human body, is made up of five essential elements. These elements combine in a way to form the Tridosha.



EARTH | पृथ्वी

Earth (Prithvi)

Solid and grounding, brings structure and stability.



WATER | जल

Water (Jal)

Cooling and fluid, imparts softness and cohesion.



FIRE | अग्नि

Fire (Agni)

Transformative and radiant, governs digestion and metabolism.



AIR | वायु

Air (Vayu)

Light and mobile, governs movement and breath.



SPACE | आकाश

Space (Aakash)

Expansive and subtle, creates room for all processes.

THE TRIDOSHAS—
VATA, PITTA, KAPHA

Each person's body constitution is defined by a unique combination of these three doshas. When in balance, they support vitality; when imbalanced, they lead to discomfort or disease.

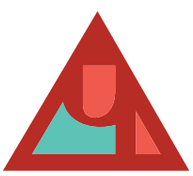


Vata Dosha: Air & Space

Vata is responsible for movement and excretion.Cool, light, and dry. It governs circulation, breath, elimination, nerve signals, bodily movement and speech.

VATA IN BALANCE
healthy bones | gut health | flexibility
creativity | clarity | enthusiasm

VATA OUT OF BALANCE
dryness | gas | pain | irregularity |
fatigue | anxiety | mental instability



Pitta Dosha: Fire & Water

Pitta is responsible for digestion, metabolism and transformation within the body. Hot, light, and sharp. It governs the secretion of bile, and other digestive juices and enzymes, purification of blood, nutrition absorption, vision, and intellect.

PITTA IN BALANCE
strong digestion | healthy skin
confidence | cheerfulness | courage

PITTA OUT OF BALANCE
acidity | inflammation | aggression
irritability | skin sensitivity



Kapha Dosha: Earth & Water

Kapha is responsible for structural development and immunity within the body. Heavy, cool, and moist. It helps with development of the bodily tissues (dhatus), lubrication within the body, and maintains immunity.

KAPHA IN BALANCE
strength | stamina | compassion
stability | calmness | resilience

KAPHA OUT OF BALANCE
lethargy | drowsiness | congestion | water
retention | overemotional | greed

TASTE. FEEL. TRANSFORM.
WELCOME TO CAFÉ SWASTHYA

Café Swasthya Philosophy

Our food philosophy is inspired by Ayurveda and built on four pillars:

INGREDIENT COMPATIBILITY
Each recipe combines ingredients that are harmonious for digestion and nourishment.

DOSHA BALANCING
Menu items are created to suit or balance your dosha.

SEASONALITY & FRESHNESS
Whole grains, freshly milled flours, seasonal produce, pure cow's ghee, and traditional herbs.

CLEAN FOOD
No artificial additives, colors, or preservatives—ever.

We offer a wide selection of:

AYURVEDIC TEAS AND HERBAL INFUSIONS

HAND-BEATEN AND BREWED COFFEES

AYURVEDA-INSPIRED COOKIES, CAKES & MORE

BALANCED MEALS TO ENERGIZE AND HEAL

Not sure of your dosha? Take our Prakriti Quiz and discover your body constitution to tailor your choices.

About Butterfly Ayurveda

Founded in 2014, Butterfly Ayurveda specialises in research and development, and manufacturing of Ayurvedic products designed to integrate easily into modern lifestyles. From herbal teas to wellness supplements, our offerings support the prevention and treatment of lifestyle disorders, using high-quality, ethically sourced ingredients from across India. Butterfly Ayurveda's Bakery was founded in 2018, and offers a niche range of Ayurveda-inspired bakery items that include a wide range of wholesome cookies, cakes and bread.

Sustainability At Our Core

Café Swasthya is designed to reflect our values. We use local, homegrown materials for our interiors, serve food in biodegradable packaging, and source sustainably wherever possible. Every element of the café—from its furniture to its food—is a reflection of harmony with nature.

Food

CAFÉ SWASTHYA
कैफे स्वास्थ्य



Gluten Free | Vegan | Diabetic Friendly | Café Special

SOUPS
& SALADS

Pumpkin Soup 250

Simmered with fragrant Ayurvedic spices, served with a choice of toast.

eye health | fiber | digestion
antioxidants | low risk of cancer

Gourd Soup 250

Bottle and pointed gourd delicately spiced to help, detoxify, curb acidity and prevent constipation.

iron | vitamin b& c | digestion
prevents constipation

Yusha Soup 250

Green gram, spiced with mustard seeds, cumin, and black pepper.

protein | antioxidants
vitamin c | detoxifying





Vegetable Clear Soup 250

Your choice of vegetables in a base of garlic, ginger, onion with baby corn and spiced with coriander, black pepper, and lemon juice.

digestion | antioxidants
vitamin c | vitamin a

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: CARROT & BEANS
  Medium spicy prepared with ghee to nourish and ground Vata.
- PITTA: BROCCOLI & BEANS
  Mildly spicy prepared in ghee or olive oil to soothe and balance Pitta.
- KAPHA: BELL PEPPERS & ZUCCHINI
  Spicy, prepared in ghee or olive oil to rekindle the digestive fire.

SOUPS
& SALADS



Sprout Salad — 360

Green gram and kala chana sprouts blended with veggies tossed in lime juice and olive oil.

protein | immunity | iron | fiber
digestive | detoxifying

Amaranth Salad — 325

A wholesome crunch with ancient grain goodness.

heart health | lowers cholesterol
anti-inflammatory | protein
antioxidants | fiber

Gluten Free | Vegan | Diabetic Friendly | Café Special

WRAPS
& SANDWICHES

Bread & Jam

250

Homemade jams served with two slices of bread of your choice.

fiber | immunity | vitamin c
heart health | betacarotene

Our Available Options.
Pick One Each:

JAMS

- Indian Goosebury Jam (Amla) Lightly Spiced
- Apple & Beetroot Jam Naturally Sweet
- Try Both Flavours on each slice of bread

BREAD

- Multigrain
- Barley
- Whole Wheat
- Gluten Free





Paneer Malai Sandwich

300

Creamy paneer with a tomato-cashew sauce, served in your choice of freshly baked bread.

fiber | immunity | protein | brain power | bone health | healthy fats

Know Your Dosha?
Choose Right For Your Body Type:

VATA: MEDIUM SPICY
Lightly spiced and prepared in whole wheat bread to nourish and ground Vata.

PITTA: MILDLY SPICED
Slightly sweet and creamy, made with multigrain bread to soothe Pitta

KAPHA: SPICY
Made with gluten free or barley bread to awaken the senses and balance Kapha.



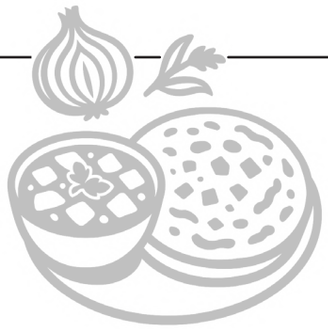
Kala Chana Wrap — 395

Spicy kala chana and potatoes in a wholewheat roti, topped with bell peppers, seasoned with homemade garam masala.

blood sugar regulator
brain health | heart health

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
  Prepared with less kala chana to avoid gas formation, and ease digestion.
- PITTA: MILDLY SPICED
  A moderate spice level with cooling ingredients to keep the Pitta in balance.
- KAPHA: SPICY
  Contains a medium level of spices to stimulate metabolism.



STUFFED PARATHAS

Mixed Vegetable Paratha — 375

Hearty Indian paratha stuffed with a medley of fresh vegetables and warming spices served with hing spiced aloo curry and mom's pickle.

blood sugar regulator | gut health | immunity | carotenoids lowers risk of cancer

Paneer Pyaz Paratha — 375

Wholesome, protein-rich paratha bursting with paneer and onion goodness, served with flavorful aloo hing curry.

bone, teeth, skin health metabolism | protein healthy fats

Gluten Free | Vegan | Diabetic Friendly | Café Special

AYURVEDA-INSPIRED ALL-DAY MEALS

Eggs & Toast 350

Bhurji, omelette, fried or boiled eggs made in olive oil or ghee, with onion, tomato, green coriander, and green chilli. Served with your choice bread toast / parantha and homemade ketchup.

fiber | vitamins | protein | healthy fats | immunity | antioxidants

*Additional Charges: *Extra Egg @15/pc | **Add Vegetables @25/serving
***Extra Bread / Paratha @25/pc

Make It Your Own.
Just The Way You Like It:

CHOOSE YOUR EGGS*

- Bhurji
- Omelette
- Sunny Side Up
- Boiled

ADD VEGETABLES*

- Carrots & Olives mildly spiced to ground Vata.
- Zucchini & Beans less spiced to soothe Pitta.
- Zucchini/Beans & Olives medium spicy, to balance Kapha.

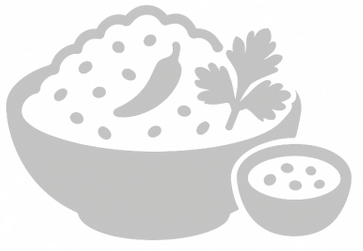
CHOOSE YOUR BREAD/PARATHA*

- Multigrain Bread
- Barley Bread
- Whole Wheat Bread
- Gluten Free Bread
- Whole Wheat Paratha
- Multigrain Paratha





AYURVEDA-INSPIRED ALL-DAY MEALS



Penne Pasta 375

Whole wheat penne preprared in rich and flavourful tomato sauce with vegetables, served with a side of toast.

fiber | healthy carbs | vitamins protein | antioxidants

Ask For Vegan Option

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: CARROT, BABY CORN & OLIVES
  Creamy sauce with carrots, baby corn, broccoli, beans, and black olives to ground and nourish Vata.
- PITTA: BROCCOLI, ZUCCHINI & BEANS
  Cooling broccoli, zucchini, and beans in a mild sauce to soothe and balance Pitta.
- KAPHA: CARROT, BEANS & OLIVES
  Made with carrots, beans, and black olives for a stimulating, lighter option to balance Kapha.





Khicchdi 375

A tridoshic blend of rice and lentils simmered with a ‘tadka’ of spices, ghee, and chilli, served with ‘Panchfodan’ chutney.

fiber | antioxidants | protein blood sugar regulator

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
  Made with extra ghee and grounding vegetables like carrots to nourish and calm Vata.
- PITTA: MILDLY SPICED
  Lightly spiced and garnished with cilantro, to soothe Pitta’s heat.
- KAPHA: SPICY
  Made with relatively less ghee and stimulating spices such as red chilli, designed to boost Kapha’s metabolism.

Gluten Free | Vegan | Diabetic Friendly | Café Special

AYURVEDA-INSPIRED ALL-DAY MEALS

Khatta Meetha Poha — 325

Tangy-sweet, light Indian breakfast with flattened rice, peanuts, and spices.

brain health | folate | vitamin b
digestion | cognitive function

Chana Masala Poha — 325

A flavorful twist on classic poha, infused with bold spices and vibrant masalas for a deliciously satisfying bite.

blood sugar regulator
brain health | heart health





Upma — 375

Roasted semolina with vegetables, spices, and our in-house gunpowder for a nourishing, flavorful dish. Served with freshly prepared coconut chutney, and green chutney.

fiber | digestion | protein |
immunity | healthy fat
anti-Inflammatory

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: CARROT & BEANS
  Prepared in ghee, with a spicy tadka of rai, and curry leaves, topped with green chilli, pumpkin and sunflower seeds.
- PITTA: CASHEW & COCONUT FLAKES
  Prepared in ghee or coconut oil, with a less spicy tadka, topped with coconut flakes and cashews.
- KAPHA: PEANUT & CAPSICUM
  Prepared in ghee or olive oil, with a spicy tadka, topped with peanuts and coriander.

Ask For Vegan Option



Namkeen 200

A crunchy, wholesome savory mix of peanuts, chidwa, roasted chana, and spices, blended in ghee for rich flavor and digestive warmth.

protein | healthy fat
digestion | lowers cholesterol

KUCHH NAMKEEN HO JAAYE?

Try our savory snack combos—a wholesome meal *served with two cups of Desi or Desi Masala Chai.*

Namkeen 515
A wholesome savory mix of 'chiwda', chana and peanuts sautéed in with ghee and spices.

Khatta Meetha Poha 620
Tangy-sweet

Chana Masala Poha 620
Spicy & Bold

Upma 660
See Available Options

KUCHH MEETHA HO JAAYE?

Try our sweet snack combos—a slice of cake *served with two cups of Desi or Desi Masala Chai.*

Walnut Brownie 500
A Slice of Heaven

Pumpkin Cake 515
Spiced Delight



HEARTY INDIAN CLASSICS
AVAILABLE FROM 12:00 NOON

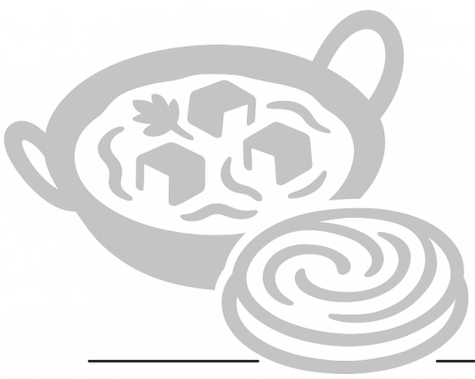
Kadhai Paneer — 575

Passionately cooked with home-made masalas and rich tomato onion based gravy served with Laccha Parathas.

digestive health | bone health
immunity | antioxidants
weight loss | healthy skin
protein

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
  Infused with Vata pacifying spices such as hing, jeera and curry leaves
- PITTA: MILDLY SPICED
  Made with Pitta balancing spices such as cardamom, fennel and cinnamon
- KAPHA: SPICY
  Spiced with red chilli, along with dry dhaniya, jeera and black pepper



Mixed Seasonal Vegetables — 495

Served with steamed rice or savory ajwain parathas. Wholesome and colourful blend of seasonal vegetables sauteed and cooked in lightly spiced curry.

detoxifies | vitamins | minerals
fibre | digestive health
metabolism | heart health
skin health | blood pressure
regulator

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
  Medium spiced to ground Vata.
- PITTA: MILDLY SPICED
  Light on hot spices, yet flavourful and satiates the fiery Pitta.
- KAPHA: SPICY
  Spicy and warming to enliven the digestive fire and boost metabolism.



Gluten Free | Vegan | Diabetic Friendly | Café Special

HEARTY INDIAN CLASSICS
AVAILABLE FROM 12:00 NOON



Pumpkin Spiced Curry — 495

Sweet and savoury sautéed pumpkin diced in a mildly spiced coconut curry served with steamed rice or laccha parantha.

boosts immunity | vitamin c antioxidants | nutrients

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
- PITTA: MILDLY SPICED
- KAPHA: SPICY

Panchvati Dal — 450

A delicious home-made blend of 5 types of dal topped with a garlic based tadka in ghee. Served with steamed rice or whole wheat chapatis (phulkas).

lowers cholesterol heart health | vitamin b fibre | protein

Know Your Dosha?
Choose Right For Your Body Type:

- VATA: MEDIUM SPICY
  With a tadka of garlic, jeera and hing
- PITTA: MILDLY SPICED
  With a tadka of garlic, jeera, onions with coriander leaves
- KAPHA: SPICY
  With a tadka of garlic, ginger, and jeera

Large Thali (Maharaja) — 575

Consists of a dal, 1 mix seasonal vegetable, 1 paneer subzi, 2+ Rotis, a cup of steamed rice, dessert of the day and a side of salad.

detoxifying | fibre | protein vitamins | minerals

Small Thali (Maharani) — 525

Consists of dal, 1 mix seasonal vegetsble, 2 Rotis, steamed rice, dessert of the day and a side of salad.

detoxifying | fibre | protein vitamins | minerals

Gluten Free | Vegan | Diabetic Friendly | Café Special



Dosha Balancing Meal 600

These combinations have been designed to help balance the tridosha within the body. Choose the meal as per your requirement.

fiber | *digestive* | *immunity* | *metabolism* | *minerals* | *vitamins* | *protein*



Know Your Dosha?
Choose Right For Your Body Type:

- VATA BALANCING MEAL
  Enjoy a Vata-balancing soup, pasta, and hazelnut chocolate cake. Perfect for grounding and revitalization.
- PITTA BALANCING MEAL
  Balance your pitta with a Pitta-balancing soup, pasta and mint chocolate cake.
- KAPHA BALANCING MEAL
  Relish the uplifting flavors of a invigorating soup, energizing pasta, and spiced pumpkin cake.

Bakery



Gluten Free | Vegan | Diabetic Friendly | Café Special

HANDCRAFTED CAKES

Hazelnut Chocolate — 210

Luxurious blend of cocoa powder, toasted hazelnuts, and homemade hazelnut butter in a whole wheat base.

protein | *fibre* | *healthy fat*
calcium | *heart health*

Hazelnut Extra Dark Chocolate — 225

Made with 55% dark couverture chocolate. Rich, nutty, and best in moderation for balance.

antioxidants | *heart health*
brain power | *nutrients*

Mint Chocolate — 175

Aromatic mix of mint and chocolate, offering a refreshing twist on traditional chocolate cake.

relaxing | *detoxifying* | *digestion*
antioxidant | *nervous system support* | *vitamins*

Mint Extra Dark Chocolate — 225

Made with 55% dark couverture chocolate. Minty and dark—delicious, but warming and light.

antioxidants | *digestive refreshing* | *nutrients*





HANDCRAFTED CAKES

Peanut Chocolate 190

Peanuts and cocoa create a rich, fluffy texture, echoing flavors of homemade peanut butter.

fiber | protein | healthy fats
antioxidants | bone health
gall bladder health
cholesterol health

Banana Walnut 180

Made from banana puree, ragi, walnuts and water-chestnut flour, this gluten-free cake balances sweetness and nuttiness.

iron | vitamin b6 & c | potassium
digestive | heart health

Ask For Vegan Option



Plum 210

Rich, fruity cake with a hint of rum, packed with prunes, cranberries, and apricots.

antioxidants | relaxing | cognition
metabolism | vitamins

Mango 210

A slice of summer bliss the king of fruit—Mango Magic!

vitamin c | vitamin a
antioxidants | immunity
gut health | heart health

Gluten Free | Vegan | Diabetic Friendly | Café Special

HANDCRAFTED CAKES

Pumpkin 195

Soft cake infused with homemade pumpkin puree and cinnamon, perfect for a light, nutritious snack.

vitamin c | fiber | beta-carotene
bone health | immunity
gut health



Carrot 185

A moist and nourishing treat featuring ragi and flax seeds, with cooling Ayurvedic properties.

antioxidants | fibre | heart health
vitamin a & c | digestive
anti-inflammatory
beta-carotene

Black Carrot 195

A nutritious cake made with ragi, wheat, jaggery, mix seeds and cow ghee. for a naturally sweet, guilt-free treat.

antioxidants | fibre | heart health
vision | anti-inflammatory
skin health | digestive

Beetroot 195

A blend of beetroot, coconuts, and jaggery, for a moist, fudgy texture and rich flavor.

iron | energy | helps lower
blood pressure
anti-cancer properties

Ask For Vegan Option



WHOLESOME COOKIES



Sesame Barley 65
Ojas

Made with cow ghee and whole grains to enhance immunity and brain function.

○ △ ■

immunity | fibre | strength | brain power | bone health | digestive

Saunf Elaichi 65
Tejas

Multigrain cookies infused with fennel and cardamom cool the body and boost appetite.

○ ▲ □

antioxidants | appetizing fiber | gut health | protein

Mint Jeera 65
Prana

Crunchy cookies with roasted black gram, toasted cumin, and mint enhance digestion and energy.

● △ □

immunity | strength | digestion anti-Inflammatory | protein weight management

Fruit n Nut 65

Pistachio and fig cookies offer a rich, crisp snack, packed with antioxidants, calcium, and protein.

● ▲ □

fibre | protein | calcium antioxidant | bone health immunity | healthy fat

Ajwain 65

Sweet and savory Ajwain cookies boost appetite and immunity with freshly-milled multigrain flour.

● △ ■

protein | fibre | digestion respiratory health | detox bone health



WHOLESOME COOKIES

Cashew Nut 65

Delight in the creamy richness of cashew nut butter and ghee, set in our in-house developed whole wheat base.

healthy fats | fibre | protein
vitamins | bone health
antioxidant

Jau Jwar 65
Diabe Choice

A blend of wheat, sorghum, gram, and barley flour, with cinnamon, cardamom, flaxseeds, and fenugreek to support healthy blood sugar and cholesterol levels.

weight loss | heart health
no sugar added | fiber | calcium
lowers cholesterol | minerals



Coconut 65

Experience the luxurious flavor of fresh coconut combined with whole wheat flour, rich butter, and ghee.

weight loss | nerve support
vitamin B & C | manganese
bone health

Choco Chip 90

Bittersweet chocolate chips nestled in a buttery, cocoa and coffee-infused base; a classic favorite.

energy | fibre | protein
heart health | magnesium
nerve support | polyphenols

Oat & Raisin 90

Chewy oat and raisin cookie bars made with atta, gram, and barley flours, and wholesome ingredients.

protein | fibre | stamina
heart health | metabolism
selenium

Gluten Free | Vegan | Diabetic Friendly | Café Special

WHOLESOME COOKIES

Millet 80

Wholesome treats made with bajra, ragi, jwar flour, khand, and flavored with elaichi powder for a naturally sweet snack.

digestion | fibre | weight loss
blood pressure support
diabetic friendly
cardiovascular health

Ask For Vegan Option

Atta Delight 65

A healthier alternative crafted with whole wheat flour, cow ghee, brown sugar, butter, and cardamom powder—perfect for a nourishing snack.

digestion | fibre | protein
healthy cholesterol
anti-inflammatory | minerals
vitamins



BROWNIES & MUFFINS



Walnut Brownie 185

Fudgy nutty brownie, crafted with ragi flour. A rich, indulgent treat for cool afternoons!

protein | heart health
stamina | stress relieving
antioxidant | brain health
healthy fats

Hazelnut Chocolicious Muffin 105

A perfect blend of hazelnuts, hazelnut butter, and whole grains for a wholesome, flavor-packed treat.

protein | fiber | minerals
omega fatty acids | antioxidants



Extra Dark Chocolate Brownie 225

Made with 55% chocolate couverture. Extra dark. Extra fudgy. Guilt-smart.

iron | antioxidants | heart health
stress relieving | cognition

Pumpkin Splash Muffin 100

A soft muffin made with homemade pumpkin puree and cinnamon, offering a light and nourishing treat.

iron | antioxidants | heart health
fiber | vitamin A & C | gut health
anti-inflammatory

Ask For Vegan Option

Gluten Free | Vegan | Diabetic Friendly | Café Special

BROWNIES & MUFFINS

Peanut Butter Chocolate Muffin — 100

A perfect blend of peanuts and cocoa, creating a rich, fluffy texture with homemade peanut butter.

protein | *fiber* | *healthy fats* | *bone health* | *digestive antioxidants* | *gall bladder health*

Rum Plum Muffin — 110

A rich blend of plums and rum, creating a moist, flavorful muffin with a hint of warmth.

antioxidants | *relaxing* | *digestive* | *stress relieving vitamin A, B & D* | *immunity*

Banana Walnut Muffin — 105

Ripe bananas and crunchy walnuts combine to create a moist and flavorful muffin.

iron | *vitamin b & c* | *digestive* | *bone health antioxidant* | *phosphorous*

Ask For Vegan Option



Drinks



Gluten Free | *Vegan* | *Diabetic Friendly* | *Café Special*

COMFORT IN A CUP

Turmeric Latte — 190

Anti-inflammatory, rich in antioxidants, useful in diabetes, and helps relieve skin disorders.

anti-inflammatory | soothing skin health | diabetes care

Turmeric Latte With Pepper — 210

Enhanced with black pepper for improved curcumin absorption and a spicy finish.

boosts absorption | anti-inflammatory antioxidants | digestion blood sugar support



Hot Chocolate — 225

This warm cocoa delight, enriched with makhana, walnuts, giloy, and rich cocoa powder, enhances flavor and well-being. Highly recommended for children.

heart health | immunity brain power | joint health

Jaggery Latte — 225

A naturally sweet comforting blend of jaggery and milk, that boosts energy and supports digestion.

digestion | energy | respiratory health | detox | relieves menstrual discomfort | skin health

Cinnamon Spiced Cocoa — 225

Cocoa spiced with cinnamon for a soothing drink that aids digestion and improves circulation.

digestion | heart health antioxidant | anti-inflammatory cognitive support

Gluten Free | Vegan | Diabetic Friendly | Café Special

FRESH JUICES



Pomegranate 449

Loaded with nutrients, this sweet nectar is an elixir to increase haemoglobin and strengthen the heart.

iron | *antioxidants* | *heart health*
kidney health | *anticancerous properties*

Detox 300

Apples, beets, carrots and sweet lime—this revitalising ruby red delight helps cleanse the liver and purify the blood.

iron | *immunity* | *liver health*
digestion | *skin health*
blood purifier | *anti-inflammatory*

Sweet Lime 250

This juice is a great detoxifier, helps with jaundice and other types of fevers, and removes anorexia.

digestion | *minerals* | *vitamins*
liver health | *electrolyte balance*
detoxifier





ICED TEAS

Rose 175

Delicate rose petal iced tea calms the mind and supports heart health.

heart health | calming digestion | antioxidants glowing skin | detoxifying

Mint 175

Mint-infused iced tea soothes digestion and cools the body, perfect for summer hydration.

cooling | relaxing | hydrating digestion | breath freshener brain power | mmunity





Lemongrass 175

Iced tea infused with lemongrass promotes digestion and supports immune function.

digestion | immunity | blood pressure supportive anti-inflammatory | anticancer



SIGNATURE SHAKES & COOLERS

Hazelnut Butter Shake — 300

Homemade hazelnut butter blended with creamy milk rich in manganese, copper, vitamin E and omega fatty acids

heart health | *brain health*
antioxidants | *protein*

Nutty Chocolate Shake — 300

A naturally sweetened blend of cocoa powder boosted with giloy, walnuts, makhana and more.

protein | *detoxifying*
heart health | *anti-Inflammatory*

Gond Katira Mint Cooler — 175

Prepared with overnight soaked tulsi seeds, mint leaves, lemon and shakkar. Relieves acidity, heartburn, and constipation.

digestive | *cooling* | *skin health*



Khajur Shake — 300

Overnight soaked dates (Khajur) blended with milk, this is one of the few fruit and milk combinations recommended in Ayurveda.

fiber | *bone health*
intestinal health
blood pressure regulator

Gond Katira Rose Cooler — 175

Prepared with overnight soaked tulsi seeds and shakkar.

cooling | *refreshing*
digestive | *gut health*
skin health



SIGNATURE
SHAKES & COOLERS

Rose *Thandai* 210

A sweet, aromatic blend of milk, rose petals, fennel, cardamom, pistachios, and a hint of black pepper. Cooling, refreshing, and delicately spiced.

●▲□

cooling | *refreshing* | *hydrating*

Kesar *Thandai* 210

A golden blend of saffron and tradition in every sip.

cooling | *antioxidants*
immunity | *digestion*
skin health

●▲□



Takra Buttermilk 210

An authentic Ayurvedic drink for all seasons, customised for each dosha with a different blend of herbs and spices.

digestion | *strength* | *bone health* | *immunity* | *detox*

Know Your Dosha?
Choose Right For Your Body Type:

● VATA: SUNTHI + PINK SALT + CURRY LEAF & MUSTARD SEEDS

▲ PITTA: CUMIN + MINT + ROCK SALT + SUGAR

■ KAPHA: TRIKATU + CUMIN + BLACK SALT

Tea & Coffee



Gluten Free | Vegan | Diabetic Friendly | Café Special | Caffeine Free

SIGNATURE TEAS



Suprabhat Chai Green — 175

Start the day with an energizing blend of Darjeeling green tea, tulsi, mulethi, black pepper and dried brahmi leaves.

immunity | *cognition* | *liver health* | *throat health*

○ △ ■

Suprabhat Chai Black — 175

Assam black tea paired with refreshing lemongrass and other herbs for a bold, citrusy kick.

energy | *cognition* | *liver health* | *vitamin c*

○ △ ■

Ask For Milk On The Side

Shubh Saanjh Chai Green — 175

Soothing evening blend with mint leaves, ajwain, fennel, and shankhpushpi and green tea leaves to aid digestion.

digestion | *carminative* | *relaxing*
breath freshener | *removes bloating and burping*

● △ □

Ratri Chai — 175

Caffeine-free tea with ashwagandha, brahmi, shankhpushpi, black pepper, tulsi, guduchi, and lemongrass for calm and deep rest.

relaxing | *detoxifying* | *uplifts mood* | *memory boost* | *pain relief*

● ▲ ■



SIGNATURE TEAS



Masala Chai — 175

This strong, aromatic Indo-English brew with warming herbs like ginger and cinnamon balances doshas and aids wellness.

digestion | *immunity* | *appetizing* | *carminative* | *anti-Inflammatory*

Ask For Milk On The Side

Ginger Black Tea — 175

Bold Assam black tea infused with fiery ginger for a robust flavor to clears congestion effectively.

digestion | *immunity* | *detoxifying* | *antioxidants*

Ask For Milk On The Side

Cardamom Black Tea — 175

Fragrant black tea enhanced with sweet and spicy cardamom which supports blood sugar levels.

digestion | *detoxifying* | *anti-inflammatory*

Ask For Milk On The Side

Tulsi Green Tea — 175

A therapeutic blend of green tea and tulsi with antibacterial properties, for a calming experience.

immunity | *weight-loss* | *detoxifying* | *relaxing*

Gluten Free | *Vegan* | *Diabetic Friendly* | *Café Special* | *Caffeine Free*

SIGNATURE TEAS



Orthodox Black Tea — 210

Bold, malty and full bodied—pure Assam black tea leaves for an authentic, invigorating brew.

digestion | *heart health* | *antioxidants*
brain health | *flavonoids*

○ △ ■

Darjeeling Green Tea — 210

Experience the elegance of Darjeeling green tea—mildly grassy, lightly floral, and beautifully smooth on the palate.

digestion | *metabolism* | *antioxidants*
immunity | *flavonoids* | *prostate health*

○ △ ■

Desi Chai

cup	teapot
210	450

A rich blend of Assam black CTC tea leaves, infused with your chosen herb or spice, offering sweet and spicy flavors with a soothing aroma.

digestion | *detoxifying*
immunity | *appetizing*
heart health | *antioxidants*
anti-inflammatory

Know Your Dosha?
Choose Right For Your Body Type:

■ ● ADRAK
● ▲ ELAICHI
▲ ■ SAUNF

Ask For A Teapot—serves 3–4

Desi Masala Chai — 215

An Ayurveda-inspired appetising blend of cinnamon, cardamom, black pepper and ginger with black tea which cleanses the palate and relieves a cold and cough.

digestion | *detoxifying* | *immunity*

● ▲ ■

Gluten Free | *Vegan* | *Diabetic Friendly* | *Café Special* | *Caffeine Free*

HERBAL INFUSIONS

Heart Strong — 175

Blend of giloy and arjuna bark, promoting heart health and vitality.

antioxidants | *lowers cholesterol* | *heart & liver health*

Love Your Body — 175

A nurturing infusion infused with Ayurvedic herbs to ease menstrual pain (for women), and improve overall health.

anti-inflammatory | *weight loss* | *cholesterol control*

Tummy Love — 175

A gentle infusion of fennel and ajwain designed to soothe the stomach and aid digestion while detoxifying the colon.

digestion | *detoxifying* | *relaxing* | *relieves constipation*









Lady Love — 175

A gentle herbal blend to support women's health. Healing herbs like shatavari and guduchi help treat ulcers, support lactation, and reduce the symptoms of menopause.

hormone balancing | *immunity* | *galactagogue* | *antioxidant*

Can be taken by pregnant women and new mothers

Diabe — 175

A Kapha-balancing infusion crafted with herbs like gurmar, giloy and vijaysagar, stevia to support healthy blood sugar and glucose levels.

glucose support | *lowers cholesterol* | *liver health*

Jivanti Kwath — 175

A potent Ayurvedic blend of tulsi, dalchini, sunthi, kali mirch, ashwagandha, mulethi, and guduchi that helps with fever, pain and supports the respiratory system.

immunity | *vitality* | *antioxidant* | *antibacterial* | *antimicrobial*

Kwath — 175

A traditional Ayurvedic decoction to treat symptoms of a fever, pain, and cough & cold, and promotes overall health and well-being.

immunity | *respiratory health* | *anti-Inflammatory* | *detox*

Gluten Free | *Vegan* | *Diabetic Friendly* | *Café Special* | *Caffeine Free*

HERBAL INFUSIONS

Moringa 175

A nutrient-rich tea made from 100% dried moringa leaves. Known in Ayurveda as “Sigru” or “arrow,” moringa penetrates deep into the tissues to energize and cleanse.

energy | *immunity* | *nutrition*
eye health | *antioxidant*
blood sugar support | *liver health* | *prostrate health*

Mint 175

A refreshing tea made with dried mint leaves, offering cooling properties that are perfect for relaxing and rejuvenating.

anti-inflammatory
weight loss | *gut health*
brain health | *digestion*






Lemongrass 175

A light, refreshing infusion made from 100% natural lemongrass to balance Vata and Kapha.

antioxidants | *vitamin c* |
relaxing | *blood pressure support* | *anti-Inflammatory*

Rose 175

A delicate and aromatic tea made from 100% natural rose petals for a calming experience.

digestion | *heart health*
skin health | *cooling*
calming

SPECIALTY COFFEE

Plain Dalgona Coffee

200

Traditional Robusta coffee served plain or hand-beaten for an energizing finish. Perfect for a strong start.



energy | *immunity* | *nutrition* | *eye health*
antioxidant | *metabolism* | *blood pressure support*
weight management | *brain power*

Spiced Filter Coffee

240

A rich and aromatic blend of freshly ground coffee powder and a spice of your choice. Irresistibly smooth drip coffee.



heart health | *cognition* | *antioxidants* | *energy*

Ask For Hazelnut | Mint

Coffee With Cinnamon

210

Rich coffee with a warming hint of cinnamon to boost digestion and provide a comforting, spiced flavor.



warming | *metabolism* | *anti-inflammatory*
blood sugar balance | *stress relief*

Ask For Filter Coffee | Dalgona Style

Black Coffee With Ghee

175

Fueling your mind and body with clean energy, healthy fats, and focus.



metabolism | *mental health*
gut health | *healthy fats* | *liver health*

Gluten Free | *Vegan* | *Diabetic Friendly* | *Café Special* | *Caffeine Free*











Taste. Feel. Transform.

Café Swasthya

Shop No 94, Eros City Square
Sector 49, Gurugram, Haryana 122018

taste. feel. transform.

0124 4255805 | info@cafeswasthya.in