DAPUR USADA

IndoVedic Health Foods

Discover the Flavors of Dapur Usada: A Visual Guide to Our Exquisite Dishes

Welcome to DAPUR USADA

Our concept is "IndoVedic" cuisine, a fusion of the ancient Indian science of Ayurveda and the Balinese concept of Usada.

Both words find their roots in the Sanskrit word "Aushadhi," which means "medicinal plant." "Aushadhi" itself originates from "Osha," meaning "light-bearing."

We firmly believe that we are what we consume. On a physical level, our choices in food and drink can either serve as daily medicine or poison.

Nature offers a diverse array of foods in different regions for a reason. We encourage you to embrace locally sourced ingredients and explore traditional diets that existed before the era of processed foods.

At Usada, quality is our priority, and we opt for organic ingredients whenever possible. With the exception of a few Indian spices, all our products come from the Indonesian archipelago.

Each morning, we receive fresh mountain-grown vegetables to maximize their vitality. We avoid freezing and preparing large batches to ensure freshness, although this means that some items may occasionally sell out.

At our core, we are gluten-free and predominantly vegan. However, we do incorporate honey, ethically produced non-pasteurized milk, and free-range chicken and duck eggs into specific dishes. Our sweeteners of choice are medicinal lontar palm syrup and raw honey.

Yet, the most vital ingredient in our kitchen is the love and care we infuse into every dish. For many of us, our fondest food memories come from the kitchen of a beloved maternal figure

Because the energy and intention put into the food preparation are absorbed by the ingredients, we prioritize fostering a joyful workplace and a sattvic kitchen environment.

We hope you'll carry a piece of our "IndoVedic" food philosophy into your own kitchen, regardless of where you are. With all our hearts, we express our gratitude for your support.

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Best Balancing

KAPHA PITTA VATA

Doshas are Ayurvedic bio-energies (Vata, Pitta, Kapha) that govern our body and mind, influencing health, behavior and dietary needs.

Discover Your Dosha!

Breakfast






Seasonal Fruit Plate

The Seasonal Fruit Plate offers a light and refreshing option, perfect for those seeking a not-so-heavy or warm choice.

Brimming with a variety of vitamins and nutrients, the diverse colors reflect its nutritional richness.

We recommend accompanying it with a cup of herbal tea, as it aids in the improved assimilation and absorption of nutrients.

This plate is an easy-to-digest, fresh alternative, making it an ideal choice for a wholesome and nourishing experience.

Sweet Porridge

Sweet Porridge is the go-to choice for those yearning for a hearty, fulfilling, warm, and comforting dish with a touch of sweetness.

This well-balanced combination of carbohydrates and protein makes it a wholesome option. The addition of cinnamon not only enhances the flavor but also plays a role in preventing sudden spikes in blood sugar levels.

Tailored for the Vata dosha, this porridge offers a satisfying and nourishing experience for those seeking a comforting and balanced meal.

Indo French Toast

Indo French Toast presents a healthier take on the classic indulgence, perfect for those moments when you crave a sweet treat.

Crafted with care, this rendition incorporates cinnamon, not just for its delightful flavor but also for its role in ensuring a gradual release of sugars, providing a more balanced and sustained energy experience.

Indulge yourself with this refined version of French toast, a satisfying choice for those looking to savor something sweet without compromising on wellness.

Lontar Pisang Goreng

Lontar Pisang Goreng is a delicately sweet Balinese traditional dessert, known for its lightness and simplicity.

This dessert offers a subtle sweetness, avoiding an overwhelming sugary taste.

Immerse yourself in the authentic flavors of Balinese cuisine with this delightful treat, a perfect conclusion to your dining experience.

Avocado Toast

Avocado Toast is a gluten-free option that may not boast extensive Ayurvedic benefits but stands as a wholesome choice for those seeking an avocado-centric meal.

This dish, suitable for the Kapha dosha, offers a simple yet satisfying experience, especially for those drawn to the creamy richness of avocados.

Enjoy the guilt-free indulgence of a classic avocado toast for a delightful and nourishing culinary encounter.

Spinach & Mushroom Omelette

The Spinach & Mushroom Omelette is a delightful, protein-rich dish offering a healthy breakfast option abundant in protein and vitamin B12.

Ideal for those following a Vata-balancing diet, this eggs omelette combines the goodness of spinach and mushrooms, creating a nutritious and flavorful start to your day.

Enjoy the richness of this breakfast choice, providing both sustenance and essential nutrients for a wholesome morning meal.

Shakshuka

Shakshuka is a hot, high-protein breakfast that combines both animal and vegetable proteins, offering a satisfying option with fewer carbs and rich in good oils and fibers.

This robust dish is perfect for those seeking lasting satisfaction from their meal.

Tailored for the Vata dosha, Shakshuka not only provides a fulfilling experience but also contributes to a balanced and nourishing start to the day.

Kampung Benedict

The Kampung Benedict stands out as the lightest among the egg dishes, featuring a hollandaise sauce that is both gentle on the palate and easy to digest.

This option is particularly suitable for those with Vata and Kapha doshas who desire an egg-based dish.

Experience the delicate balance of flavors in this meal, where lightness meets satisfaction, offering a pleasant choice for your culinary preferences.

Sweet Potato Rosti

Savor the sweet Potato Rosti - crispy sweet potato rosti with onion and parsley, served with a vibrant mix of spinach, cucumber, green sauce, fermented vegetables, and roasted tomato. On the side: fresh rucola salad and a spicy sambal matah for extra kick.

Grounding and nourishing, this dish supports Vata and Kapha balance, while Pitta types can enjoy its bold flavors in moderation.

Simple, colorful, and full of life – a wholesome plate with just the right spice.

Breakfast Dosa

The Breakfast Dosa presents a lighter alternative to burritos, featuring mung beans for a filling and nutritious start to the day.

This gluten-free wrap is not only rich in protein but also packs a fiber punch, thanks to the inclusion of mung beans. The addition of avocado introduces good oils, enhancing both the texture and nutritional profile.

The vibrant flavors of the assorted sauces contribute to a delightful and flavorful experience. The green sauce, in particular, plays a dual role – aside from adding taste, it supports agni, the body's digestive ability.

By incorporating these green sauces, digestion becomes more efficient, potentially reducing issues like bloating, gas, and constipation.

Embrace a wholesome breakfast option tailored for Vata with the Breakfast Dosa. a dual role – aside from adding taste, it supports agni, the body's digestive ability.

Bali Inspired Pancakes

Introducing our Bali Inspired Pancakes – a gluten-free and vegan delight designed for those seeking a sweet yet balanced breakfast option.

These pancakes offer a subtle sweetness, complemented by the health-conscious addition of cinnamon, which prevents sudden blood sugar spikes.

Made with mungbeans, these pancakes go beyond mere carbohydrates, providing a filling and protein-rich experience.

Tailored for the Vata dosha, this breakfast choice combines indulgence with nutritional value, offering a wholesome start to your day without compromising on flavor.

Naga Merah Bowl

Enter the realm of nourishment with our Naga Merah Bowl – a carefully crafted blend of smoothie ingredients curated to maintain Vata balance by avoiding the use of frozen fruits.

Designed for easy digestion without agitating the Vata and nerve system, this bowl features a medley of ingredients such as dragon fruit, banana ambon, coconut cream, sea moss, pineapple, and coconut yogurt.

Topped with a symphony of flavors including mango, papaya, caramelized banana cream, pumpkin seeds, Dapur Granola, coconut, and cacao mass, this bowl offers a harmonious fusion of taste and well-being.

Immerse yourself in the vibrant goodness of the Naga Merah Bowl, a celebration of mindful nourishment.

Good Karma Bowl

Experience the essence of well-being with our Good Karma Bowl – a thoughtfully crafted blend of smoothie ingredients, intentionally excluding frozen fruits to ensure ease of digestion without aggravating Vata and the nervous system.

This bowl is enriched with minerals and micronutrients, including essential amino acids, thanks to the addition of seaweed – an ideal choice for vegans seeking these vital nutrients.

The harmonious combination of mango, papaya, banana ambon, ginger, turmeric, flaxseed, coconut milk, coconut yogurt, and black pepper creates a wholesome and nourishing experience.

Topped with dragon fruit, Good Karma Seaweed, coconut, and Dapur Granola, the Good Karma Bowl is a celebration of mindful nutrition that contributes to both taste and holistic well-being.

Forest Bowl

Embark on a journey of vitality with our Forest Bowl – an artful blend of smoothie ingredients meticulously composed to maintain Vata balance, steering clear of frozen fruits for ease of digestion without unsettling the Vata and the nervous system.

Tailored for Kapha, this bowl features a refreshing combination of passion fruit, arugula, Moringa leaves, banana ambon, papaya, coconut water, mint, spirulina, and honey.

Topped with Dapur Granola, pineapple, coconut brown, caramelized banana cream, and banana ambon, the Forest Bowl offers a symphony of flavors and textures, inviting you to savor both nourishment and balance.

Snack

Masala Papadam

Savor the delectable Masala Papadam – a gluten-free and light snack that transcends the ordinary.

These lentil-based crackers are adorned with our signature Goducola sauce, a flavorful blend celebrated for its memory-enhancing properties, digestive benefits, and anti-aging richness in antioxidants. Crafted with care, this snack is specifically tailored for the Vata dosha, offering a delightful and health-conscious choice.

While it's a regular treat for Vata, Pitta, and Kapha doshas can indulge occasionally.

Dive into a harmonious fusion of taste and well-being with Masala Papadam.

Note: Contains raw onions for an extra layer of flavor.

Gado-gado roll

Savor the harmony of flavors and textures in this nourishing dish – crisp cabbage leaves embrace a medley of tender, blanched vegetables, served alongside crunchy spinach crackers. A velvety, zesty kencur-peanut sauce ties it all together, offering a delightful contrast that's both refreshing and indulgent. Balanced to suit all three doshas – Vata, Pitta, and Kapha – this wholesome creation supports well-being in every bite.

Dapur Saté Sticks

Savor the Dapur Saté Sticks, featuring Sate Lilit with taro and Balinese spices – a culinary delight crafted with care.

Ideal for Vatas and pittas, it's important for Kaphas to exercise caution due to the frying process.

These saté sticks promise a unique blend of flavors and textures, inviting you to relish a cultural culinary experience.

Yuka Fries

Enjoy the simplicity of Yuka Fries, featuring marinated cassava.

Tailored for Vatas, considered moderate for pitas, it's advisable for Kaphas to approach with caution due to the carb content and frying.

Indulge in the distinct taste of this dish while keeping in mind your dosha preferences.

Taro Chips

Delight in the wholesome goodness of Taro Chips, made from the ancient and mineral-rich taro root.

Served with the skin intact, these chips provide a slow-release carb option without pesticides, offering a more nutritious alternative to potatoes.

As a very light snack, Taro Chips are suitable for all doshas, making it a delightful and inclusive choice for everyone to enjoy.

Utappam

Savor the Utappam – a satisfying snack for those seeking a nutritious option without the appetite for a full meal.

Packed with protein, vegetables, and gluten-free goodness, it's a healthy choice suitable for all three doshas – Vata, Pitta, and Kapha.

Embrace the wholesome flavors and nourishing qualities of this delightful dish.

Soups

Emerald

Introducing the Emerald Soup – a vibrant option crafted for green enthusiasts, especially kale lovers.

Rich in minerals, calcium, potassium, and fiber, this soup is a nutritional powerhouse suitable for all three doshas – Vata, Pitta, and Kapha.

With a medley of ingredients including potato, leek, kale, moringa leaves, white cabbage, garlic, shallot, seasoned with salt, water, coconut oil, rosemary, and coconut cream, the Emerald Soup offers a flavorful and nourishing experience for those embracing the goodness of greens.

Digestive Dal Veggie

Discover the Digestive Dal Veggie, the lightest soup designed to kindle your inner fire.

Perfect for those recovering from a cold, flu, or returning from a fast, this Tridosha-friendly option is carefully crafted with mung dal, local carrots, green beans, cauliflower, curry powder, hing, salt, red tomatoes, black pepper, turmeric powder, water, and coriander.

Embrace a soup that not only nourishes but also supports your well-being during recovery or post-fasting moments.

Moringa and Cauliflower

Indulge in the Moringa and Cauliflower Soup – a creamy and filling delight.

Abundant in vitamin C from moringa, this nutritious soup is suitable for all three doshas – Vata, Pitta, and Kapha.

With a blend of ingredients including taro, white cabbage, cauliflower, fermented vegetables, rosemary, mustard seeds, salt, moringa leaves, cashew Parmesan, coconut butter, water, and coconut cream, this soup promises a rich and satisfying experience while catering to a balanced well-being for all dosha types.

Pumpkin soup

Begin your meal with something gentle and grounding.

A smooth, comforting blend of pumpkin, root vegetables, and garlic, slow-cooked with warming spices like nutmeg and rosemary. Designed to nourish the body and calm the senses, this velvety soup brings warmth, softness, and balance.

Especially grounding for Vata dosha, and gently supportive for Pitta, it offers a soothing experience in every spoonful. Served with soft, gluten-free banana flour bread for a wholesome, plant-based pairing.

Salads

The Raw Rabbit Bowl

Indulge in the Raw Rabbit Bowl – an excellent choice for Kaphas seeking to maintain blood sugar levels and lose weight, with benefits extending to Pittas as well.

This wholesome bowl comprises a blend of salad arugula, white cabbage, local carrots, coconut, broccoli, cauliflower, avocado, beetroot, sesame seeds, and is dressed in a probiotic ginger dressing.

Enhanced with fermented vegetables, local cucumbers, and red cabbage, this bowl offers a satisfying and nutritious experience for those mindful of their well-being and weight management.

Desak's Mango Salad

Enjoy the refreshing Desak's Mango Salad – a delightful mix of salad greens and fruits.

Tailored for Vatas, the sweetness of the fruits complements their palate. Moreover, this salad is an excellent choice for Kaphas and Pittas alike.

The medley includes mint, romaine lettuce, coriander, mango, avocado, cherry tomatoes, local carrots, local cucumbers, cashews, all harmonized with a luscious mango dressing.

Relish the vibrant flavors and nutritional goodness of this salad that caters to a variety of tastes and dosha preferences.

Medicinal Salad

Discover the Medicinal Salad – a truly exotic blend featuring specially chosen, locally grown ingredients.

Abundant in nutrients and antioxidants, this salad earns its "medicinal" status due to the heart-healthy properties of its leaves, their infection-preventing benefits, blood-purifying qualities, and iron-rich composition.

Suited for all three doshas – Vata, Pitta, and Kapha – it's recommended to be included in your diet twice a week.

With ingredients like romaine lettuce, Daun Dewa, Daun Gedi, Daun Ginseng, Daun Malabar, cherry tomatoes, pumpkin seeds, all accentuated by a Medical Salad Dressing, this salad offers a flavorsome and health-boosting experience.

Young Papaya Salad

A bright, refreshing celebration of texture and taste. This vibrant salad brings together shredded young papaya, crisp carrot, cucumber, and juicy pomelo – uplifted by cooling mint, coriander, and the healing touch of ginseng and gedi leaves. It's all gently tossed in a zesty, herb-forward dressing made from rice vinegar, green chili, garlic, and just a hint of natural sweetness.

Light yet nourishing, this dish awakens the palate while offering a feeling of clarity and calm.

In Ayurvedic insight this salad's cooling, light, and slightly astringent nature makes it especially beneficial for balancing Pitta dosha, which tends to overheat and seek refreshing, soothing foods. The crisp textures and vibrant herbs also help gently stimulate Kapha, while the raw ingredients may be too cooling or light for Vata types unless balanced with something warm.

Main Courses

Usada Kitchari

Delight in the Usada Kitchari – a signature Ayurvedic dish known for its simplicity and easy digestibility, with a detoxifying effect.

Suitable for anyone, at any time of the day, this Tridosha-friendly dish becomes particularly beneficial for individuals recovering from illness, such as the flu, or those returning from a period of fasting.

Embrace the nourishing qualities of the Usada Kitchari, a timeless and versatile Ayurvedic offering.

Cleanse Kitchari

a warm, grounding bowl designed to nourish, restore, and reset. This classic Ayurvedic cleansing dish features red rice and mung dal – a deeply balancing combination – slow-cooked until soft and comforting. It's enriched with green beans, beetroot, and carrot, and gently spiced with digestion-supportive cumin and fresh ginger.

More than just a meal, it's a ritual of healing – calming to the system, light on the digestive fire, yet deeply satisfying.

In Ayurveda, Kitchari is known as the ultimate tridoshic dish – suitable for all three dosha types – but this version is particularly balancing for Vata and gentle for Pitta, thanks to its warmth, moisture, and grounding qualities. The cooked vegetables and spices help stimulate sluggish Kapha without overwhelming it, making it a gentle detox meal for anyone seeking clarity, digestion support, or inner balance.

Green Mung Bean with Thoran

Enjoy the wholesome goodness of Green Mung Bean with Thoran – a Sattvic delight without garlic.

This dish boasts a balance of fiber and protein from mung beans, offering a filling yet light meal with nutritious carbohydrates. Packed with the goodness of carbs, proteins, and veggies, it's a harmoniously balanced option suitable for all three doshas–Vata, Pitta, and Kapha.

Feel free to recommend this well-rounded and nourishing dish to anyone seeking a satisfying and health-conscious meal.

Pumpkin Dal Tamarind Rice

Indulge in the flavorful Pumpkin Dal Tamarind Rice – a perfect choice for those who appreciate a rice dish with a delightful mix of protein and a hint of sweetness paired with saltiness.

Easy to digest, it caters well to Kapha and Vata, but due to the spices, it's recommended in moderation for Pitta dosha individuals.

Optimal when the pumpkin is chunky, this dish promises a satisfying and well-balanced culinary experience for those seeking a unique blend of flavors and textures.

Gobi Masala

Savor the Gobi Masala – a dish that makes cauliflower easily digestible through a harmonious blend of spices.

While it may not be ideal for Pitta due to its spice content, it is excellent for Kapha and Vata doshas.

For those with a Pitta constitution, a side of yogurt to cool down the palate or finishing the meal with peppermint tea can complement the dish.

Delight in the rich flavors while making adjustments to suit individual dosha preferences.

The Yogi Burger

Introducing The Yogi Burger – a customizable delight where clients can opt for either a side of salad or taro chips. The burger features a Mungbean and Taro pattie and can be made with a chicken egg for a vegetarian option or vegan with avocado.

This burger is perfect for those with hearty appetites and is particularly well-suited for Pittas and Vatas. Pittas may prefer the salad over chips.

Enjoy the flexibility of choice and nourishing satisfaction with The Yogi Burger.

Jackfuit Rendang

Savor the Jackfruit Rendang – Usada's vegetarian edition of the classic meat rendang.

This fulfilling dish, brimming with protein from jackfruit, is a delightful choice for Pittas and Vatas.

While it can be enjoyed occasionally by Kaphas, its richness makes it a hearty and satisfying option for those seeking a plant-based twist on a traditional favorite.

Jackfuit & Moringa Curry

Delight in the Jackfruit & Moringa Curry – a flavorful option perfect for curry enthusiasts.

Ideal for Pittas and Vatas, this dish might not be as suitable for Kaphas due to the additional carbs.

Featuring pulled jackfruit, parsley salsa, coconut yogurt, serundeng, moringa leaves, papaya sambal, rice cake, local cucumber, peanut butter, coconut cream, sugar palm, salt, and lemongrass, this curry promises an aromatic and satisfying culinary experience.

Nasi Campur

Experience the vibrant flavors of Nasi Campur – a delightful meal designed for those who relish a variety of tastes.

This complete plate encompasses cooked rice, sate lilit, perkedel taro, tempe curry, curried jackfruit, sambal matah, papaya sambal, and cashew parmesan.

With a harmonious blend of proteins, veggies, and carbs, Nasi Campur offers a culinary journey showcasing the diverse and rich tapestry of Indonesian flavors.

Enjoy the feast of textures and tastes in this all-encompassing plate.

Tofu Tikka Masala

Indulge in the Tofu Tikka Masala, a vegetarian edition of the classic Chicken Tikka Masala featuring non-GMO tofu.

This delightful dish is well-suited for Vatas, offering a satisfying and flavorful experience. For Pittas, a suggestion is to pair it with yogurt to complement the flavors.

While it may not be the most ideal choice for Kaphas due to the presence of tofu and carbs, it remains a delicious option for those with other dosha constitutions.

Enjoy the rich and aromatic experience of Tofu Tikka Masala.

Masala Dosa

Savor the Usada version of Masala Dosa – a nod to the classic Indian dish, sans excessive spice.

For Kapha, the option to substitute potatoes with spinach adds a refreshing twist.

This substantial lunch option, brimming with protein from mung beans and dal sauce, is well-suited for those seeking a hearty meal.

Masala Dosa is an excellent choice for Pitta and Vata; however, it's advised for Pittas to skip the sambal if spice is a concern. Indulge in this satisfying and customizable dish, marrying traditional flavors with Usada's unique touch.

Sweet Potato Dosa

Indulge the Sweet Potato Dosa, the crispy dosa wrapped around a warm and gently spiced sweet potato filling – simple, nourishing, and deeply satisfying. Paired with vibrant coriander chutney, tangy tamarind sauce, and a bowl of earthy sambar stew, this dish brings comfort with every bite.

Its soft interior and grounding sweetness are ideal for calming Vata, while its lightness and balanced spices also make it a supportive choice for Kapha. For Pitta, enjoy with milder chutneys for a harmonious experience.

Spinach Kofta Curry

Delight in the Spinach Kofta Curry, a dish that comforts and uplifts. Soft spinach and potato koftas are gently cooked in a creamy tomato-onion curry, topped with cooling coconut yoghurt and fresh coriander. Paired with heritage red rice cake for a naturally nourishing finish.

Crafted to ground and nourish Vata, gently stimulate Kapha, and cool Pitta, this plant-powered curry brings together flavor, balance, and Ayurvedic wisdom in every bite..

Desserts






Gooey Local Chocolate Brownie

Indulge guilt-free in our Gooey Local Chocolate Brownie – a healthy rendition that's both gluten-free and vegan.

Crafted with high-quality cocoa, chosen specifically for its use in cocoa ceremonies, these brownies offer a delectable treat without compromising on quality.

While suitable for most, individuals with Pitta and Vata constitutions are advised to enjoy them in moderation to maintain a balanced and harmonious experience.

Savor the goodness of this sweet delight, mindful of your unique dosha needs.

Nusantara spice cake

Delight in the Nusantara Spice Cake – a delightful vegetarian dessert that doubles as a gluten-free treat.

Infused with a tantalizing hint of spice, it's the perfect accompaniment to a cup of tea.

This dessert is not only a flavorful indulgence but is also tailored for individuals with Pitta and Vata constitutions, ensuring a sweet experience that aligns with their dosha preferences.

Savor the rich flavors of this gluten-free delight, offering a perfect balance of sweetness and spice.

Coconut Citrus Cake - Contains Gluten

A delightful blend of coconut and orange, made with wheat flour, duck egg, brown sugar, and orange syrup, and served with a luscious chocolate sauce.

This is our only non-gluten-free dish on the menu and a favorite among our staff.

Bima's Sesame Nougat

Bima's Sesame Nougat stands as a special and traditional dessert, designed not only for its delightful taste but also for its numerous Ayurvedic and general benefits.

This unique sweet treat serves as a medicinal dessert, specifically crafted to rejuvenate individuals feeling weak, exhausted after childbirth, or fatigued from extensive work.

It excels in enhancing the nervous system and strengthening bones, making it an excellent choice for individuals of all three constitutions – Vata, Pitta, and Kapha.

Savor the richness of this dessert, where tradition meets well-being.

Shilajit Trouffle

Introducing the Shilajit Truffle – a unique and indulgent treat infused with the powerful properties of Shilajit.

This delectable truffle offers a delightful combination of flavors while harnessing the Ayurvedic benefits associated with Shilajit.

Known for its rejuvenating and energy-boosting qualities, Shilajit is believed to support overall well-being.

Savor the richness of the Shilajit Truffle, where the goodness of this ancient Ayurvedic substance meets the pleasure of a decadent treat.

'Bounty' Ball

Experience the goodness of our 'Bounty' Ball – an exquisite treat that encapsulates the essence of indulgence and health.

Crafted with care, this ball offers a delightful blend of flavors reminiscent of a classic 'Bounty' bar.

Immerse yourself in the richness of coconut and chocolate, relishing a sweet moment that combines the joy of a treat with the wholesome goodness you deserve.

Usada Ice cendol

A refreshing harmony of tradition and taste – soft, jade-green cendol crafted from suji and aromatic pandan leaves, blended with rice and tapioca flours for a silky, delicate texture. Served chilled in creamy coconut milk and rich palm sugar syrup, this indulgent dessert cools the senses and lifts the spirit.

Rooted in Ayurvedic principles, this dish is especially soothing for Pitta dosha, helping to balance inner heat and promote calm. Its cooling nature and gentle sweetness can also pacify Vata, offering grounding comfort. Best enjoyed in moderation by Kapha types due to its richness.

A sweet escape that nourishes both body and mind – light, cooling, and deeply satisfying.

Avocado Chocolate Mousse

Indulgence redefined – lush avocado blended with rich cacao powder and pure cacao mass, swirled with creamy coconut milk and velvety cashew for a naturally decadent, dairy-free mousse. Finished with a banana cream topping, it's a dessert that's both luxurious and nourishing.

From an Ayurvedic perspective, this dessert is a balancing treat for Vata and Pitta doshas. The healthy fats and grounding ingredients help calm Vata's airy nature, while the cooling, sweet elements soothe fiery Pitta. Best enjoyed in moderation for Kapha types due to its dense and creamy nature.

A guilt-free pleasure that satisfies the senses and supports inner harmony.

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