

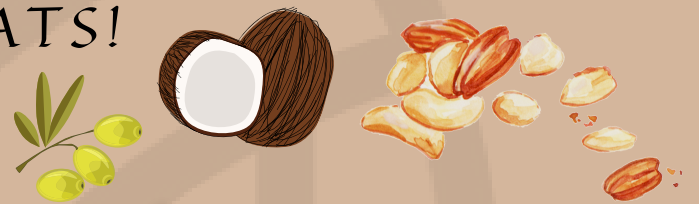
Menu

Café Graze

Plant Based Kitchen

At Natureville we believe in the healing powers of Nature!

NATURE GAVE US COCONUTS, SUNFLOWER SEEDS, SESAME SEEDS, OLIVES, GROUNDNUTS AND WHOLESOME HEALTHY FATS!



Why squeeze the oil out when you can use the whole goodness!

NATURE GAVE US SUGARCANE!



Why process it into jaggery or sugar!

NATURE GAVE US WHOLE GRAINS!



Why use refined and processed grains!

Café Graze

Plant Based Kitchen

Serves Whole Food Plant Based dishes,

We focus on fruits, vegetables, whole grains, legume/beans, nuts and seeds.

All our food is 100% Oil free, Sugar/ jaggery free and refined grain free.



natureville

— HOLISTIC WELLNESS CENTER —

Smoothie Bowls

8am to 8pm - Tuesday to Sunday

Our smoothies are made with fresh fruits, sweetened with dates and made perfectly creamy with tender coconut malai. Topped with fresh fruit and in-house granola.

Verde ₹220

Spinach, banana, pineapple, spirulina.
Topped with hemp hearts.



Amarillo ₹250

Orange, pineapple, papaya, fresh
tender coconut cream



Marron ₹270

In-house peanut butter, banana,
dates topped with gogi berries.



Morado ₹320

Blueberry and açai with sweet
fruits and fresh tender coconut cream.



Key Lime Pie ₹300

Lemon juice, zest, raisins.
fresh coconut malai, dates.



Carrot Cake ₹280

Carrots, fresh tender coconut,
ginger, oats, dates.



Apple Pie ₹220

Apple, almond butter, oats,
cinnamon dates.



Cacao ₹320

Cacao, banana, dates, fresh
coconut malai, almond butter.



Add a scoop of Plant Pea and Brown rice protein for ₹150/-

Beverages

8am to 8pm - Tuesday to Sunday

Our juices are not strained so the fiber is intact.

Only Plant Milk is used for tea and coffee.

Pure date syrup is used to sweeten hot beverage.

Cafe Graze Herbal Tea Club

Lemon soda/water ₹50

Watermelon ₹120

Orange ₹180

Pineapple ₹180

Carrot Cayenne ₹200

Carrot orange with hint of chilli

Miracle ₹220

Apple, beet, carrot, ginger, pineapple

Pink Lady ₹220

Kokum, coconut malai, black salt.

Chaas ₹180

Made with peanut curd and oil free tadka.

Digestive Jaljeera ₹150

Hot Beverages

Arakku Valley coffee

Espresso ₹150

Americano ₹180

Coffee with plant mylk and date syrup ₹220

Hot Chocolate ₹250

Masala Chai ₹220

Made to perfection with warmth of ginger, spices and cashew mylk

Matcha ₹150

Kashmiri Kahwa ₹150

Hibiscus ₹120

Rose ₹120

Lavander ₹150

Lemongrass ₹100

Blue pea ₹150

Oolong Rose ₹150

Green ₹120

SpearMint ₹150

Chamomile ₹150

Darjeeling ₹120

Adaptogen Shots

Naturally bitter herbs, blended with orange and dates

Ashwagandha ₹100

Shatavari ₹100

Ginger Turmeric ₹50

Spirulina ₹100

All Day Dining

10 am to 8pm - Tuesday to Sunday

100% Vegan, Oil Free, Refined grains free and sugar/jaggery free

Breakfast

Bircher Oats

₹280

Whole rolled oats, almond milk, dates, chia topped with apples and granola.

GF

Vegan Omelette

₹220

Chickpea Flour, in-house vegan Parmesan served with toasted sourdough

Millet Masala Dosa

₹250

Oil free crispy millet dosa with classic potato masala filling and peanut chutney.

GF

Gluten Free Pancakes

₹280

Oat flour pancakes with banana, date syrup and berry compote.

GF

Sourdough Toasties

Our sourdough is made with 100% whole wheat, perfectly oven toasted

Creamy Spinach and corn

₹250

Spinach, sweet corn, herbs and cashew cheese

Firery Avocado Salsa

₹280

Seasonal and local butter fruit mashed with spicy salsa

In-house peanut butter and jam

₹250

Classic combo, all made in-house with no preservatives or sugars

Open beet n' bean burger

₹350

Beetroot and kidney beans patty with lettuce, tomato and in-house cashew mayo.

GF- Gluten Free

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All Day Dining

10 am to 8pm - Tuesday to Sunday

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Soup of the day

₹250

Salads

Veggie Sticks with cashew mayo

₹250

Pad Thai salad with zoodles

₹280

Mediterranean Platter

Hummus, muhammara, baba ganoush

₹320

Natureville Platter

₹380

Nutritionally balanced, oil free, Indian meal designed to maximize nutrient absorption leaving you feeling satisfied and content.

A portion of salad

Cooked veggies

Whole grains

Beans/ lentils

Stuffed Dates

Menu changes on daily basis, keeping it fresh, local and seasonal.

We offer meal subscription of this platter too, contact staff/ reception for more details.

We cater for events upto 50 pax

Pre-book our space for your event and we got you covered!

Contact us on +91 82969 89895

GF- Gluten Free

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All Day Dining

10 am to 8pm - Tuesday to Sunday

100% Vegan, Oil Free, Refined grains free and sugar/jaggery free.
We use dates and dry fruits to sweeten our dessert.

Desserts

Gluten free, vegan, oil free
cake of the day.

GF

₹250

Protein PB, almond cookies
2pcs

GF

₹180

Raw Brownies

GF

₹180

Fig and coconut ice cream

GF

₹180

Hot Chocolate Beverage

GF

₹250

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Weekend Special

11am to 8pm

*100% Vegan, Oil Free, Refined grains free and sugar/jaggery free.
We use dates and dry fruits to sweeten our dessert.*

Global Weekends

Weekend Natureville Platter

₹480

Check today's special.

Our Founder, Upasana, is a former flight attendant and she travelled to over 80 countries in her 14 years as an air hostess. She also did majority of her travel while following a healthy whole foods plant based diet.

She takes some of her favourite dishes from around the world and converts them to oil free, vegan delicacies. Don't miss out on this one.

Sunday Salad Bar

₹400

Natureville Sunday Salad bar has been a hit since the beginning.

Check out our salad display of over 20 items, yummy oil free, nut and seed based dressings, dips and sauces.



1plate/serving per person, if you like seconds please ask the server.

If you don't like salads this will change your mind!

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About Us



Upasana started her career as a flight attendant and flew for 14 years with International Airlines. Like many of us, she fell prey to the contradictory nutritional advice found everywhere. At a young age of 28, she was diagnosed with low grade breast cancer and underwent a lumpectomy surgery. She felt western medicine was not the answer to her health concerns. Eventually, she found all her answers in food and nutrition. She was able to recover from all her ailments after switching her food choices and lifestyle completely. She started her studies in plant-based nutrition and realized that food and lifestyle have everything to do with the diseases one gets. Natureville was born to showcase natural healing.

The Visionary
Upasana Bijoor
Plant-Based Nutritionist and
Integrative Health Coach,



Fitness is her passion and adventure her thrill! As a child, Mahalakshmi's fondest memories were waking up early to watch the sunrise and experience the peace and calm in nature before the hustle bustle of city life began. Over the years she, has developed a keen passion for challenging herself to build physical strength in multiple ways. She is happiest when she spends a couple of morning hours lifting weights and increasing stamina with intense workouts. Mahalakshmi enjoys mother nature by trekking, hiking, motorbiking and mountain climbing. She says, "With every adventure trip, I am amazed at the simplicity and beauty we are surrounded with, all as a gift in the form of Nature." As her latest passion, she trained to become a DJ and plans to play her tunes at Natureville's rooftop café, Café Graze.

Director
Mahalakshmi



"We look at how nutrition affects our body at a cellular level. Food is converted to nutrients which affect how the cells behave and function. Our body is an advanced machine that does several functions each day to keep us alive and healthy. Nutrition is the raw material our body needs to perform its best, hence food is medicine."

Upasana Bijoor

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