



Cafe Graze

Menu

W H O L E F O O D P L A N T B A S E D

W E S E R V E O N L Y P L A N T B A S E D D I S H E S
1 0 0 % V E G A N

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!

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 / processed free

O U R M E A L S A R E L A R G E L Y P R E P A R E D
F R E S H T O O R D E R .
N A T U R E D O E S N O T R U S H !



Cafe Graze Menu

S M O O T H I E B O W L S

SWEETENED WITH BANANAS, DATES AND DRY FRUITS. CREAM FROM- TENDER COCONUT MALAI,

Verde ₹250

*Spinach, banana, pineapple, spirulina.
Topped with hemp hearts + granola*

Amarillo ₹250

Orange, pineapple, papaya, banana, fresh tender coconut cream. Topped with chia and pomegranate + granola

Marron ₹270

In-house peanut butter, banana, dates topped with goji berries + granola

Morado ₹320

Blueberry and açai with banana and fresh tender coconut cream. Topped with hemp hearts, pomegranate + granola

Key Lime Pie ₹300

*Lemon juice, zest, raisins. fresh coconut malai, dates.
Topped with fresh kiwi, orange + granola*

Carrot Cake ₹280

Carrots, cinnamon, banana, fresh tender coconut, ginger, oats, dates. Topped with walnuts, carrots + granola

Apple Pie ₹220

Apple, almond butter, oats, cinnamon dates. Topped with fresh apples, cinnamon + granola

Cacao ₹320

*Cacao, banana, dates, fresh coconut malai, almond butter.
Topped with cacao nibs, pomegranate + granola*



Cafe Graze Menu

WHOLE FOOD PLANT BASED - 100% OIL FREE
AS NATURE INTENDED US TO EAT

ALL DAY BREAKFAST

Seasonal Fruit Bowl ₹180

English Breakfast ₹300

Vegan omelet, mushroom stir-fry, gluten free bread with cashew cream cheese and grilled tomato

*Gluten free Vegan Pancake Stack ₹320
Topped with banana and berry compote*

Millet upma with vegetables ₹220

Methi Ragi Paratha with chutney ₹260

SOURDOUGH TOASTIES

GLUTEN FREE

Creamy Spinach and corn ₹250

Avocado Salsa (Seasonal) ₹280

Chickpea Tuna ₹280

Open beet and bean burger ₹350

*Classic PB&J (peanut butter and in-house Jam) ₹250
Made in-house, no sugar, only berries and dried fruits jam.*

SOUPS & SALADS

Pumpkin Soup with whole wheat lavoush ₹250

*Raw Buddha Bowl - Antioxidant packed! ₹300
Tofu, colourful vegetables with creamy sunflower and melon seed ranch dressing.*

Pad-Thai with raw veggie noodles ₹280

Raw veggie sticks with in-house cashew mayo dip ₹250

*Cucumber Boats with tzatziki ₹250
Made with peanut yogurt, fresh dill and pomegranate .*



Cafe Graze Menu

LARGE PLATES

100% OIL FREE AND REFINED FREE

Mediterranean Platter ₹450

Hummus, muhammara, mutabal and oil-free falafels with ragi pita pockets.

Tempeh Rendang with Brown rice ₹480

Iconic Indonesian rich and buttery red gravy perfectly cooked with well marinated tempeh served with brown rice and a side of sesame cucumbers.

Vegetable Biryani ₹400

Mixed vegetables in aromatic spices and fluffy brown rice served with peanut curd raitha.

Creamy Alfredo ₹400

Whole wheat spaghetti drenched in creamy pumpkin sauce with oven roasted cherry tomatoes and herbs.

Moussaka -Greek Lasagna ₹450

Perfectly baked lasagna with layers of bechamel, marinara, aubergine and potatoes served with fresh rocket and fig salad.

DESSERTS

GLUTEN FREE AND SWEETENED WITH DRY FRUITS

Almond Vanilla Cake with cranberries ₹250

Fig and coconut ice-cream ₹180

Raw Cacao Fudge Bites ₹180

Banana Tea Cake ₹250

(Seasonal) Raw Tart ₹250

Date' walnut Snicker bite (4 pcs) ₹120



Cafe Graze Menu

B E V E R A G E S

JUICES ARE NOT STRAINED TO RETAIN FIBER
ONLY PLANT MILK IS USED FOR TEA AND COFFEE.
PURE DATE SYRUP IS USED TO SWEETEN HOT
BEVERAGE.

Lemon water/ soda ₹100

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 and
pink salt.*

Chaas ₹180

Made with peanut curd

Digestive Jaljeera ₹150

H O T B E V E R A G E S

Hot/ Cold Chocolate ₹250

Espresso ₹150

Americano (Hot/iced) ₹180

*Coffee with plant milk and
date syrup (hot/cold) ₹220*

Masala Chai ₹220

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

H E R B A L T E A

Matcha Latte ₹200

Kashmiri Kahwa ₹150

Hibiscus ₹120

Rose ₹120

Lemongrass ₹100

Lavender ₹150

Blue pea tea ₹150

Oolong Rose ₹150

Green Tea ₹120

Spearmint ₹150

Chamomile ₹150

Darjeeling ₹120

A D A P T O G E N

S H O T S

Ashwagandha ₹100

Shatavari ₹100

Ginger Turmeric ₹100

Spirulina ₹100



natureville

HOLISTIC WELLNESS CENTER

Cafe Graze

Menu

A B O U T U S



Upasana started her career as a flight attendant and new 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 plays 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."

Nutritionist- Upasana Bijoor