



Cafe Graze

Menu

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

*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 WHOLE PLANT FOODS
such as fruits, vegetables, whole grains,
legume/beans, greens, nuts and seeds.*

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

*OUR MEALS ARE SLOW COOKED &
PREPARED FRESH TO ORDER.*

NATURE DOES NOT RUSH!



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 ₹280

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

Marron ₹280

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

Morado ₹330

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

Key Lime Pie Smoothie ₹330

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

Carrot Cake Smoothie ₹280

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

Apple Pie Smoothie ₹280

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

Cacao Smoothie ₹330

*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

In-House Nut n' Seed Granola with cold Oat Mylk ₹200

English Breakfast ₹300

Vegan omelet, mushroom stir-fry, gluten free bread with cashew cream cheese and oven roasted tomatoes

Gluten free Vegan Pancake ₹320

Served with cashew cream, granola and berry compote

Podi Masala Dosa ₹220

Barnyard Millet Dosa filled with spiced potato and served with green chutney.

Jowari Aloo Paratha ₹250

Gluten Free Aloo Paratha served with in-house pickle and peanut curd.

S O U R D O U G H T O A S T I E S & S M A L L G L U T E N F R E E B I T E S

Creamy spinach and corn ₹250

Avocado Salsa (Seasonal) ₹280

Chickpea Tuna ₹280

Double 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.

Onion Pakoda with Masala Chai ₹280

Enjoy oil free crispy pakodas with our spiced Indian tea.

Dhokla ₹200

Steamed chickpea flour batter tempered with spices, served with green chutney.



Cafe Graze Menu



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

SOUPS & SALADS

ALL SALADS ARE RAW AND MADE FRESH TO ORDER. ALLOW A MINIMUM OF 20 MINUTES TO PREPARE YOUR DELICIOUS, NUTRITIOUS MEAL

Roasted Tomato & Red Pepper Soup ₹220
Served with gluten free crutons.

Cream of Mushroom Soup ₹280
Creamy mushroom soup with fresh garden herbs.

Raw Buddha Bowl - Antioxidant packed! ₹300
Pesto Tofu, colourful raw vegetables & creamy dressing topped with seeds.

Pad-Thai with Raw Veggie Noodles ₹280
Zucchini, carrot & purple cabbage fine noodles doused in a creamy peanut Sauce topped with roasted peanuts and fresh pomegranate.

Raw Veggie sticks with in-house cashew mayo dip ₹250
A vibrant mix of raw vegetable sticks, including red and yellow bell peppers, crisp cucumber and sweet carrots, served alongside a rich and creamy cashew mayonnaise that's entirely vegan & oil-free.

Cucumber Boats Tzatziki ₹250
Crisp cucumber boats filled with a refreshing vegan tzatziki sauce made from peanut yogurt, fresh herbs, garlic and a hint of lemon.

Burrata Salad ₹450
Cashew burrata cheese with juicy cherry tomatoes, fresh basil, gluten free sourdough, red pepper sauce and a rich balsamic glaze.



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 and fresh salad

Asian Bowl with Peanut Satay Sauce ₹480

An Asian bowl featuring a fresh salad, steamed broccoli, sweet corn and hearty brown rice, topped with satay-grilled tofu and drizzled with a rich peanut satay sauce.

Dum Vegetable Biryani ₹400

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

Creamy Alfredo Pasta ₹400

CHOOSE: Whole wheat spaghetti OR Gluten Free Penne Drenched in creamy pumpkin sauce, sautéed veggies with oven roasted cherry tomatoes and herbs.

Arrabiata Pasta ₹400

CHOOSE: Whole wheat spaghetti OR Gluten Free Penne Velvety red sauce made with tomatoes, sweet peppers and Italian herbs, sautéed veggies topped with our in-house Parmesan.

Zesty Pesto Pasta ₹450

CHOOSE: Whole wheat spaghetti OR Gluten Free Penne In-house pesto crafted with a blend of walnuts, cashews, and fresh basil, finished with our in-house Parmesan for a rich, savory flavor.

Moussaka -Greek Lasagna ₹450

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

Nourish Bowl ₹380/- (Except Sunday)

Nutritiously balanced Indian meal. Salad, sabzi, whole grain, proteins and date sweetened dessert.

MEAL SUBSCRIPTIONS AVAILABLE for Nourish Bowl



Cafe Graze Menu

DESSERTS

GLUTEN FREE AND SWEETENED WITH DRY FRUITS

Almond Vanilla Cake with cranberries ₹250

Gluten Free Cake made with whole GF Oats and Almond Flour sweetened with dry fruits topped with cashew vanilla frosting

Fig and Coconut Ice-Cream with crunchy granola ₹180

Naturally sweet with figs and creamy with coconut.

Dark Chocolate & Cacao Nibs Ice-Cream with crunchy granola ₹220

Raw Cacao blended with creamy nuts and seeds.

Raw Cacao Fudge Bites ₹180

100% Raw Indulgent Fudge Bites made with walnuts, dates and raw cacao.

Gulab Jamun (3pcs) ₹ 220

Oil free Gulab Jamuns made with cashew butter, sweet potatoes and dates which will leave you asking for more.

Date' walnut Snicker bite (4 pcs) ₹120

Try nature's Snicker - Dates stuffed with salted peanut butter, walnuts and cacao nibs.

RETAIL PRODUCTS

MADE IN-HOUSE. CHECK AVAILABILITY

Dry Coconut Butter 200gms - ₹400

Made with single ingredient dry coconut (cobri). The oil separates naturally, mix well before use.

Peanut Butter 200gms - ₹300

Berry Jam 200gms - ₹450

Made only with dry fruits. Dates, raisins, figs, apricots, dried berries, cranberries, spices and orange zest.

Hot Chocolate Mix 200gms - ₹500

Use as a chocolate spread, add and whisk to boiling water to make hot chocolate or blend with cold water to make cold chocolate.

Vegan Parmesan 200gms - ₹500

Made with cashews, nutritional yeast and salt. Adds umami to every boring dish.



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.

J U I C E S

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, Greenchilli, 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) ₹250*

Masala Chai ₹220

*Made to perfection with
warmth of ginger, spices and
plant milk*

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

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 began her career as a flight attendant, spending 14 years flying with international airlines. Like many, she struggled with the conflicting nutritional advice that is so prevalent. At just 28 years old, she was diagnosed with low-grade breast cancer and underwent a lumpectomy. Disillusioned with the limitations of Western medicine, she turned to food and nutrition for answers.

By completely changing her diet and lifestyle, she was able to recover from all her ailments. This experience led her to study plant-based nutrition, where she discovered the profound connection between diet, lifestyle, and disease. Today, she practices nutrition, helping clients prevent and even reverse chronic lifestyle diseases. This journey inspired the creation of Natureville, a platform dedicated to natural healing.

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

DJ Mahaa invites you on a liberating musical journey. Fitness fuels her passion, and adventure ignites her spirit. Growing up, Mahalakshmi cherished early mornings spent watching the sunrise, savoring the peace and calm of nature before the city awakened. Over the years, she has cultivated a deep love for challenging herself physically, constantly building strength in diverse ways. Her happiest moments are found in the early hours, lifting weights and pushing her limits with intense workouts. Mahalakshmi embraces Mother Nature through trekking, hiking, motorbiking, and mountain climbing. She reflects, "Every adventure trip reveals the simplicity and beauty that surround us, a gift from Nature." A dedicated musician, she is a trained DJ who specializes in ecstatic healing music, blending downtempo, organic house, and spiritual sounds. Experience her music on YouTube or join our music healing sessions.

DJ Mahaa
Director | Artist

We at Natureville, take inspiration from mother nature to maintain a healthy mind, body, and spirit. Only food on our plates is not enough to keep us healthy. Our mental and spiritual state matters just as much. Nurturing this spirit of Holistic Wellness, we don't treat diseases. We instead look at the underlying cause of the ailment, trying to fix it from its roots, resulting in a balanced and healthy life.

W W W . N A T U R E V I L L E . I N



Cafe Graze

S E R V I C E S

• Nutrition Counselling



Men's Health Form
natureville.in

Plant Based Functional Nutritionist, Upasana Bijoor works on chronic disease prevention and reversal through food and lifestyle change. Book your complimentary consultation by scanning this QR code and filling the health form.



Women's Health Form
natureville.in

• Yoga Classes

Join our Yoga classes from Monday to Thursday.

Timing: 6am batch and 8am batch.

Nikita Solanki has 9+ years of experience teaching yoga. She will help boost balance, stability & strength, keep your body healthy inside & out through asanas, pranayama's, kriyas (yogic purification techniques), meditation and much more.

• Whole Food Plant Based Cooking Course |

Non Residential Retreats

Our 6 Sunday Retreats and plant based cooking academy will help address the root causes of your health concerns and teach you practical ways to implement a healthy lifestyle from movement, home cooking techniques, nutrition and emotional wellness.

Join our WhatsApp Community to know the upcoming dates.

• Acupuncture, cupping, foot reflexology

Traditional Chinese Medicine has been used for years to help relieve pain and stimulate blood flow. Along with a healthy lifestyle, this healing modality will help you achieve your health goals sooner with no side effects. Book your session at our reception desk.

• Access Bars

Access Bars is a form of energy healing that involves gently touching 32 points on your head. This releases anything that doesn't allow you to receive. These points contain all the thoughts, ideas, beliefs, emotions, and considerations that you have stored in any lifetime.

This is an opportunity for you to let go of everything that you no longer need.

• Healing Events Space

We encourage many forms of natural healing through physical, emotional and spiritual healing workshops. If you would like to conduct healing workshops please write to us at

info@natureville.in