



Ananda
GREEN KITCHEN
- THE FLAVOURS OF NATURE -

Vegan & Vegetarian cuisine

Global Delicacies



CREAM OF MUSHROOM SOUP V VEG GF **\$14.95**
 Cream of Mushroom is a thick soup with a delightful aroma. Made with either coconut cream or milk, bits of mushrooms and onions, vegetable broth, seasonings, and a few pieces of celery.



PUMPKIN & POTATO SOUP V VEG GF **\$14.95**
 This blend of pumpkin, potato and vegetable stock creates a thick consistency holding a fragrant mix of tastes and flavours that is sure to tantalise your taste buds.



BROCCOLI WITH HERB SOUP V VEG GF **\$14.95**
 Broccoli infused together with onions, celery, garlic and fresh herbs, puréed into a delicious creamy soup that will broc your world.



CREAM OF TOMATO SOUP V VEG GF **\$14.95**
 A healthy and tasty creamy soup recipe prepared mainly with ripe and juicy tomatoes, flavoured with seasonings and a few pieces of Basil / mint leaves.

(All soups served with small piece of Plain / Garlic Naan or Garlic Bread)

SALAD



GREEN SALAD V VEG GF **\$14.95**
A fresh green salad made with lettuce, green vegetables and a mouth-watering salad dressings.

GREEK SALAD V VEG GF **\$14.95**
Made with pieces of tomatoes, cucumbers, onion, tofu or feta cheese, and olives, dressed with salt, pepper, greek oregano, and olive oil. Common additions include green bell pepper slices or caper berries.

CAESAR SALAD V VEG GF **\$14.95**
A beautiful salad of romaine lettuce and gluten free croutons dressed with lemon juice, olive oil, Worcestershire sauce, garlic, Dijon mustard, parmesan cheese, and black pepper.

SPROUT BEANS & GREEN VEGGIES SALAD **\$14.95**
A refreshing salad, combine sprout and chopped tomatoes, carrot, cucumber, green chillies, coriander, onions etc. perked up with lemon juice, black salt and chilli powder.
V VEG GF

MAINS

STUFFED CAPSICUM V VEG GF **\$24.95**
Vegan stuffed bell peppers filled with healthy ingredients such as curry rice, fresh tomatoes, peppers, vegan cheese, and plant-based protein. The recipe is gluten-free, plant-based and flavoursome.

TOFU BURGER V VEG GF **\$24.95**
Marinated tofu on a tight gluten free bun with fresh tomato, crunchy lettuce, a pickle, crispy butternut pumpkin, ketchup and our signature homemade garlic mayo. Comes with crispy fries and a fresh salad.

TOFU & BEANS SPROUT SOUP V VEG GF **\$24.95**
Tofu and Sprouts Soup is a recipe which anchors the flavour of pure vegetables. With bits of tofu added to create a delicate texture and paired sprouts, they offer a healthy crunch and fortification.

SWEET & SOUR CAULIFLOWER WITH JASMINE RICE V VEG GF **\$24.95**
Enjoy beautiful cauliflower florets, prepared and baked to perfection. Crispy on the outside and tender on the inside. Tossed in a homemade sticky sweet and sour sauce, this full bodied dish is served with a side of jasmine rice.

LASAGNE V VEG **\$24.95**
Onion, zucchini, mushrooms, carrots and squash are cooked until tender and layered with spinach 'ricotta', pasta sauce and wide noodles creating layers of deliciousness for the best vegan lasagne

GRILLER FUSION SIZZLER V VEG GF **\$24.95**
This has pan fried paneer cubes along with roasted vegetables and a spicy sauce that is rich in the garlic- tomato flavour. Adding rice to the sizzler makes this dish a complete meal by itself. Adding loads of seasonal vegetables makes this a wholesome and nutritious dish.



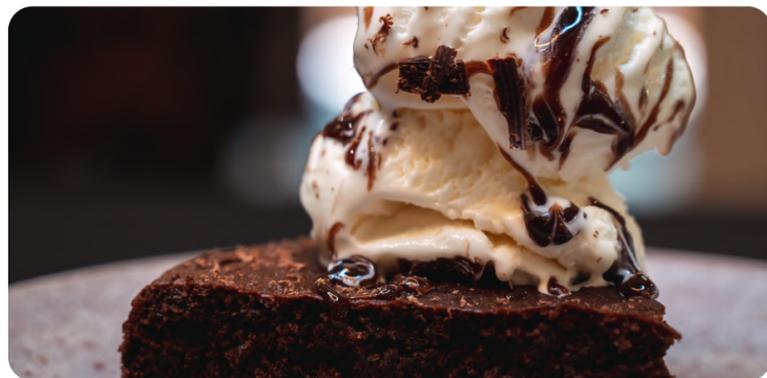
DESSERT



CHOCOLATE CAKE V GF

\$9.95

Spoil yourself with a rich and moist chocolate cake topped with a chocolate buttercream icing set to make your mouth water.



BROWNIE WITH VEGAN PANA ICE CREAM V GF

\$14.95

Indulge in a warm and fudgy brownie with premium vegan Pana ice-cream on top, this is sure to take you to chocolate heaven.



BANANA FILLETS WITH PANA ICE CREAM

This desert will leave you yearning for more. Banana fillets drizzled with deliciousness and a side of vegan Pana ice cream.

\$14.95 V GF



PAVLOVA

Pavlova is a meringue-based dessert. It has a crisp crust and soft, light inside, usually topped with fruit and whipped cream.

\$19.95 V GF



SIZZLING BROWNIE WITH VANILLA & CHOCOLATE ICE CREAM

Indulge in a warm and fudgy brownie with premium vanilla & Chocolate ice-cream on top, this is sure to take you to chocolate heaven.

\$24.95 V GF



DOSA



PLAIN DOSA V GF **\$24.95**
A dosa is a rice pancake, originating from South India, made from a fermented batter predominantly consisting of lentils and rice. It is somewhat similar to a crepe, rather savoury than sweet. This comes served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew).



GHEE ROAST DOSA VEG GF **\$24.95**
Thin south Indian pancake made of fermented lentils and rice blended with water & clarified butter creating a background note of nutty roastedness. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew).



CHEESE DOSA V VEG GF **\$24.95**
A crisp and savoury Indian pancake with a vegan cheese filling coupled with chutney or sambar is sure to leave you beyond satisfied. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew).



MYSORE MASALA DOSA **\$24.95**
A delicious Dosa, quite similar to the masala Dosa, but with a twist. Throw in some red chillies and garlic to create a fiery chutney that is lathered all over the Dosa. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew). V VEG GF



MASALA DOSA **\$24.95**
An authentic dosa made with a traditional mouth-watering potato filling served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew). V VEG GF



PANEER / TOFU MASALA DOSA - \$24.95
A properly made crisp and savoury Indian pancake combined with traditional potato & Paneer or Tofu filling. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew). V VEG GF



ONION MASALA DOSA **\$24.95**
Enhance the crisp and savoury Indian pancake by adding a well-crafted potato & onion filling. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew). V VEG GF



CHILLI DOSA **\$24.95**
South Indian Dosa with a kick. This one's made with a vegan cheese and a green chilli flake filling. This is a dish you will be sure not to forget. Served with coconut & Tomato chutney and sambar (a lentil-based vegetable stew). V VEG GF

IDLI / UTTAPAM



IDLI SAMBAR V GF **\$14.95**
Experience a steamed savoury rice cake coupled with an inviting bowl of Sambar (Indian lentil-based stew consisting of carrots, potatoes, eggplant, tomatoes and pumpkin)



ONION UTTAPAM V VEG GF **\$24.95**
A thick savoury pancake made from rice flour to which onions & chilli peppers are added during cooking to enhance the flavours. Served with chutney or sambar.



MIX UTTAPAM V VEG GF **\$24.95**
This classic South Indian dish is made up of a soft fluffy rice pancake topped with finely chopped nutritious vegetables and served with chutney or sambar.



TOMATO UTTAPAM V VEG GF **\$24.95**
A thick pancake made from fermented lentils and rice blended with water and topped with tangy tomatoes and served with a chutney or sambar.



CHEESE UTTAPAM V VEG GF **\$24.95**
A delicious fusion of South Indian & Italian cuisine. A thick savoury pancake made from rice flour to which onions & chilli peppers are added during cooking and topped with vegan cheese. As always, served with chutney or sambar.

CURRIES



SPINACH PANEER (V) (VEG) (GF)

\$24.95

A wildly popular Indian dish of tofu cubes or cottage cheese in a mild, spiced smooth spinach sauce. This delicious creamy dish is made with fresh spinach leaves, tofu or paneer (firm cottage cheese), onions, tomatoes, herbs and spices. Goes well with anything from roti, naan and even rice.



PANEER BUTTER MASALA (V) (VEG) (GF)

\$24.95

It is a rich & creamy curry made with paneer or tofu (firm cottage cheese), spices, onions, tomatoes, cashews and butter. Goes well with anything from roti, naan and even rice.



PANEER TIKKA (V) (VEG) (GF)

\$24.95

This simple paneer tikka masala is packed with flavours. Pan fry pieces of spiced yogurt marinated paneer until golden brown and then bathe them in a rich tomato sauce. Goes well



MIX VEG (V) (VEG) (GF)

\$24.95

Our mixed veg curry is made by cooking a unique combination of vegetables together in a traditional Indian onion-tomato gravy. With multiple flavours, this dish is sure to have some character.



ROASTED VEG CURRY (V) (VEG) (GF)

\$24.95

Combining roasted aromatic vegetables into this delicious curry, your sense will be asking us for more. Lovely served with cooked rice.

CURRIES



VEG JAIPURI (V) (VEG) (GF)

\$24.95

Veg Jaipuri is a DELICIOUS mixed vegetable dish with an array of colours. Prepared with an Indian style smooth curry, this dish is sure to be flavourful.



VEG KOLHAPURI (V) (VEG) (GF)

\$24.95

Vegetable kolhapuri is a dish from the city of Kolhapur in Maharashtra, India consisting of mixed vegetables in a thick, spiced gravy. This appealing meal goes well with a side of bread.



DAAL TADKA (V) (VEG) (GF)

\$24.95

An Indian vegan dish consisting of yellow creamy lentils cooked with onion, garlic, and a special blend of spices.



SAMBAR (V) (VEG) (GF)

\$24.95

A spicy southern Indian dish consisting of lentils (usually red gram, also called toor dal), vegetables, spicy tamarind and a unique combination of spices. It is sure to leave you feeling nourished.

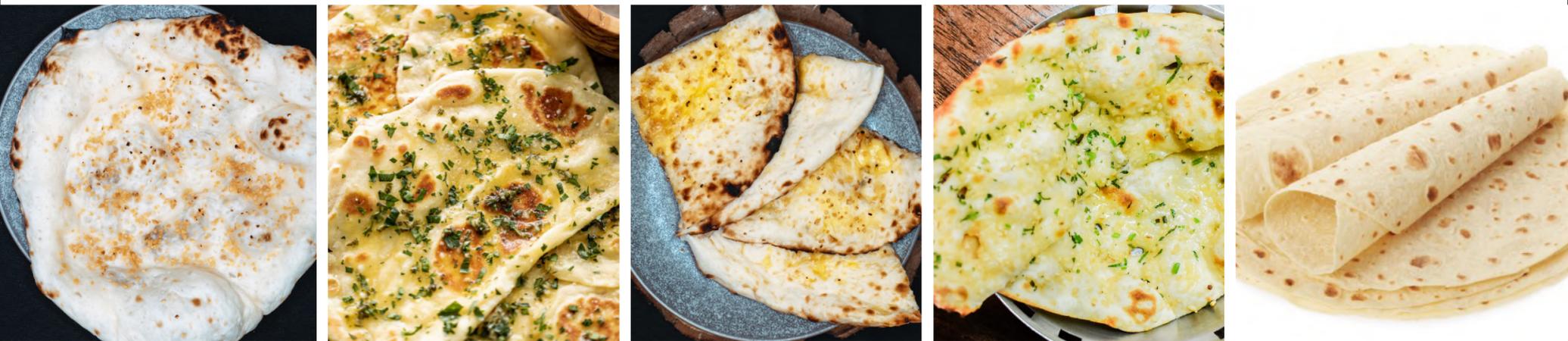


RASAM (V) (VEG) (GF)

\$24.95

It is a spicy, sweet and sour stock traditionally prepared using kokum, tamarind, or dried green mango juice as a base along with jaggery, chili pepper, black pepper, cumin, tomato, and other spices as seasonings. Your taste buds won't know what to do.

NAAN



PLAIN NAAN V GF

\$5.95

Type of flatbread created from scratch. Manually turned into a large, round, flat disc and baked in a clay oven (tandoor), usually eaten as a side with Indian food.

GARLIC NAAN V GF

\$5.95

Garlic Naan is a soft and fluffy Indian flatbread made using gluten free flour infused with an irresistible garlic flavour.

CHEESE NAAN V GF

\$6.95

Naan stuffed with soft-melted vegan cheese which is crispy on the outside and soft on the inside.

CHEESE GARLIC NAAN V GF

\$6.95

The flaky naan is packed with a gooey vegan cheese and covered with roasted garlic creating an irresistible flavour. Slathered with butter, it doesn't get better when paired well with an Indian curry or daal.

CHAPATI V

\$4.95

Chapati meaning "slap" is a popular everyday Indian flatbread made from whole wheat flour cooked on a 'tava' or skillet. Perfect for a side to any meal.

RICE PREPARATIONS



PLAIN RICE V GF

\$4.95

Rice that has been cooked either by steaming or boiling.



COCONUT RICE V GF

\$9.95

Coconut rice is an appetizing rice dish made with fresh grated coconut, tempering spices, curry leaves and rice.



VEG PULAO V GF

\$24.95

Vegetable Pulao is a spicy rice dish prepared by cooking rice with a specific combination of various full bodied vegetables and spices.



JEERA RICE V GF

\$5.95

A flavoured Indian rice dish made by cooking basmati rice with ghee, cumin & other fragrant spices.



MATAR PULAO V GF

\$14.95

Matar Pulao or Peas Pulao is a quick, filling, one-pot, mouth-watering rice dish. It is nutritious and will take care of your carb cravings. Made using fresh green peas, long grain rice, and a handful of spices, you can serve it with lentils or any Indian curry.



VEG BIRYANI V GF

\$24.95

This single pot dish is made by making separate layers of rice and curry, and loading it with fresh chopped vegetables, spices, saffron and delicate dried fruits.

INDIAN DESSERT

GULAB JAMUN WITH ICE CREAM

\$14.95

Gulab Jamun is one of India's most popular sweets. These deep-fried dumplings/donuts made of dried milk [khoya] are dipped in a rose-cardamom flavoured sugar syrup.



Italian Delicacies



ITALIAN DELICACIES



NAAN PIZZA

Flatbread created from scratch. Manually turned into a large, round, flat disc baked in a clay oven (tandoor) then topped with tomato sauce and black olives, tomato, onion, baby spinach, mushroom, capsicum etc.,

\$24.95



VEGGIE PIZZA

It's fresh and full of flavour, featuring cherry tomatoes, bell pepper, olives, red onion, mushroom, capsicum and some hidden (and optional) baby spinach. You'll find a base of rich tomato sauce and golden, bubbling cheese underneath.

\$24.95



PANEER VEGGIE PIZZA

The Marinated paneer cubes and variety of veggies with some curd and Indian spices are topped on thin crust pizza base with generous amount of homemade sauce & mozzarella cheese.

\$24.95



MARGHERITA PIZZA

A typical homemade pizza base, topped with tomatoes, mozzarella cheese, fresh basil, salt and extra-virgin olive oil.

\$24.95



PENNE PASTA WITH RED OR WHITE SAUCE

Homemade penne pasta cooked with your choice of authentic red tomato or creamy white sauce, variety of veggies like baby corn, garden fresh basil, olives, zucchini and fresh broccoli florets and seasoned with chilli flakes and oregano and a good amount of cheese.

\$24.95



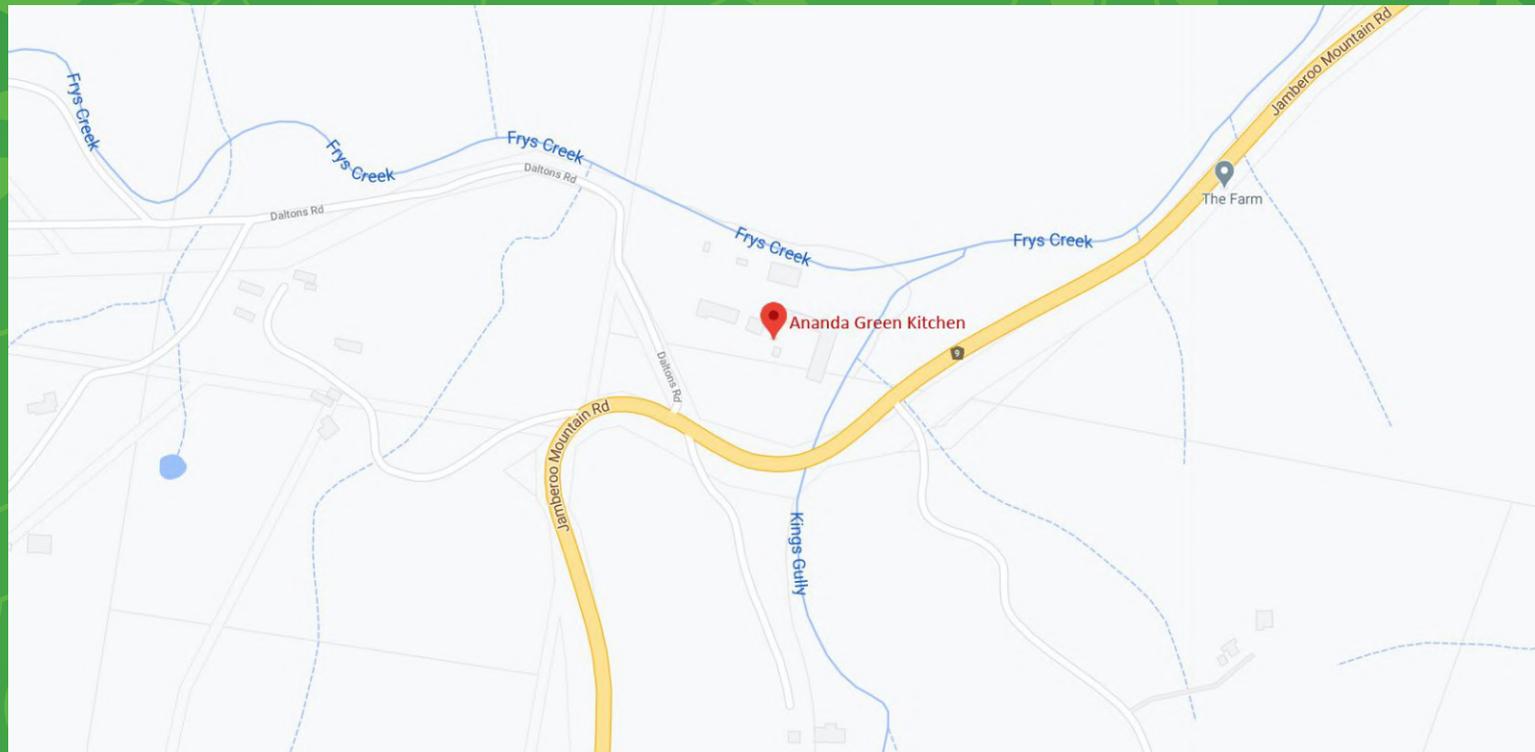
RISOTTO WITH RED OR WHITE SAUCE

Made with Arborio rice, butter, Parmesan cheese, fresh parsley with choice of sauce and variety of fresh veggies.

\$24.95



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