

MIENU



pure
vegetarian
food





SALAD

Indian salads are not only healthy, they are non-fancy dishes packed full of flavor and spices. Just basic, wholesome ingredients that come together in a simply delicious way. Try them, to add something special to your Sattvik meal.

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|---|-------------|
| 1. Green Salad | 40 K |
| Fresh garden vegetables with cucumber, onion, tomato and lettuce | |
| 2. Pyaaz Ka Laccha (Onion Salad) | 45 K |
| Thinly sliced onion rings spiced with lemon juice, red chilli and salt | |
| 3. Kachumber Salad | 45 K |
| Packed with flavors salad of onion, tomato & cucumber salad tossed with Indian spices and herbs | |
| 4. Sweet Corn Salad | 48 K |
| A Salad full of flavor and crunch. A treat for Sweet corn lovers. | |
| 5. Mini Onion Lemon Salad | 15 K |



SOUP

- | | |
|---|-------------|
| 1. Lemon Coriender Soup | 45 K |
| 2. Sweet Corn Soup | 50 K |
| 3. Hot & Sour Soup | 50 K |
| 4. Manchow Soup | 50 K |
| Manchow soup is a bit high on spice quotient, so if you have a liking for all this spicity, this one's the best soup variety to go for. | |

CHATPATA SWAD

Chat is a savory snack that originated in India, typically served as an hors d'oeuvre at roadside tracks from stalls or food carts across the Indian subcontinent in India, Pakistan, Nepal and Bangladesh. With its origins in north India- chat has become immensely popular in the rest of the Indian subcontinent.

A Thumbs up menu to try a perfect blend of spices in Indian menu for a small palate.

- 1. Sev Papdi Chat** **55 K**
Crispy flat puries topped with boiled potato, chana, sweet yoghurt and various chutneys
- 2. Bhel Puri Chat** **55 K**
Mixture of puffed rice, sev, boiled potatoes, chana and various chutneys
- 3. Samosa Chat** **58 K**
Samosa topped with chickpeas curry, served with chilled sweet yoghurt and various chutneys
- 4. Aloo Tikki Chat** **50 K**
Deep fried Potato dumplings flavoured with, chana, sev, and various chutneys
- 5. Dahi Bhalla** **78 K**
Dahi vada is a pillow-y fried savory doughnut-like lentil dumpling that is soaked in liquid to soften up and then "dressed with yogurt and spices.

ACCOMPANIMENTS

- 1. Plain Papad** **15 K**
Thin, crisp, disc-shaped salted cracker from seasoned dough made from peeled black gram flour served deep fried or roasted
- 2. Masala Papad** **25 K**
Plain papad served with chopped onion, tomatoes, green chili and coriander. Perfect blend along with chilled beer.
- 3. Mixed Raita / Boondi Raita** **35 K / 40 K**
An Assortment of raw vegetables, like onions, tomatoes, cucumbers and chilies are chopped and added to yogurt. A sprinkling of salt, cumin powder and pepper makes this raita even better.
- 4. Plain Yoghurt** **25 K**

All Prices above are subject to 10% govt taxes and 5% service charges



STARTES



1. Mumbai Pav Bhaji

75 K

Pav Bhaji is a fast food dish from India, consisting of a thick vegetable curry, fried and served with a soft bread roll. A staple street food of Mumbai.

2. Mumbai Vada Pav

60 K

Deep fried potato dumpling placed inside a bread bun (pav) sliced almost in half through the middle Accompanied with chutney and a green chilli.

3. Chole Bhatora

95 K

Popular North Indian dish originating from Punjab region. Combination of flavourful chana masala--- cpicy white chickpeas and bhatura, a deep fried bread made from soft wheat flour. A real filling dish on a sunny Day.

4. Samosa

45 K

India's Pride - Samosa - fried dish with a savoury filling, of well spiced potatoes, onions, peas.

5. Masala Tikki Burger

75 K

Our Burger Patty made up with Cottage cheese, mashed potatoes, spinach and secret Indian herbs served with hand - cut fries and sweet rings.

6. Frankie

75 K

Grilled cottage cheese wrapped up in tasteful indian bread making it a heart feeling.

KEBABS

Kebabs - seasoned Vegetables or Cheese skewered and barbecued in a Tandoor - charcoal flame. Kebabs are commonly sold by street vendors and served shish kabob-style. Sattvik brings this distinctive part of Indian cuisine to your Table here for you to savor.

- 1. Lasuni Malai Broccoli** **85 K**
Simple dish served with crisp and creamy Broccoli, charred florets with a lick of thick nutmeg-spiced sauce baked into every nook and cranny.
- 2. Paneer Jodhpuri** **88 K**
Cottage Cheese mixed up with diced bell peppers, mint and coriander, wrapped up in aluminium foil, cooked in a traditional Indian Tandoor. Served with Cheddar on top.
- 3. Paneer Tikka Kebab** **98 K**
Spicy grilled Indian Cottage Cheese dish. It is hands down one of the most delicious Indian appetizers, made from chunks of Paneer which are marinated in yogurt, spices, diced onions, tomatoes and bell pepper.
- 4. Harabhara Kebab** **78 K**
One of the most love kebabs in Indian restaurants around the world, this dish interestingly made with the humble spinach, bound together with mashed chana dal, green peas, paneer, flavoured with rich Indian spices.
- 5. Stuffed Mushroom** **82 K**
Grilled button mushroom stuffed minced spiced vegetables
- 6. Khumb Galouti Kebab** **88 K**
One of Lucknow's most famous dishes that has been interwoven with the history of the place is the "Galouti Kebab". The word 'galouti' meaning "the thing that melts in the mouth". A must Try Kebab.
- 7. Lasuni Paneer Tikka** **95 K**
Tandoori paneer tikka is marinated skewers of paneer which are grilled in a super hot tandoor (or traditional clay oven). It's spicy, Juicy, light and slightly smoky.
- 8. Tandoori Aloo** **75 K**
Sattvik Special Tandoori Item. Potatoes floured with perfect spices baked in the clay oven and served hot
- 9. Achari Paneer Tikka** **98 K**
Is a delicious starter made with paneer (Indian Cottage Cheese) marinated in an achari (Pickle Spices) marinade. The soft and juicy morsels of paneer coated with spicy and tangy masala is a delight to eat.
- 10. Hariyali Paneer Tikka** **98 K**
Paneer Hariyali Tikka is a North Indian Recipe made using paneer (cottage cheese), coriander leaves, mint leaves and a bit of all purpose flour. This delightful tikka is not just a treat to the eyes but is also healthy and full of interesting.

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SATTVIK INDIAN SPECIALS

- 1. Paneer Makkhan Masala** **95 K**
Succulently cooked cottage cheese cubes in a smooth sauce of tomatoes & cream, lightly spiced with a hint of tang and sweetness.
- 2. Kadhai Paneer** **96 K**
Semi dry curry made with cottage cheese, bell peppers and Indian spices.
- 3. Paneer Khurchan** **92 K**
Spicy sliced cottage cheese cooked in a flavorful spicy kashmiri red chilies.
- 4. Paneer Tikka Masala** **98 K**
- 5. Malai Kofta** **88 K**
Indian cottage cheese balls dunked in rich delicious and creamy gravy adding a dash of cream to give a perfect texture to relish the delicacy.
- 6. Bhindi Do Pyaaza** **78 K**
A Popular North Indian dish made up with okra and double the amount of onions.
- 7. Aloo-Do-Phool** **82 K**
Potatoes and cauliflower cooked with onion, tomatoes, and Indian spices, packed with flavours and super comforting.
- 8. Palak Paneer** **88 K**
Cottage Cheese in a thick paste made from puréed spinach and seasoned with ginger, garlic, garam masala, and other spices.
- 9. Kashmiri Aloo Dum** **85 K**
All the way from the Valleys of Heaven - Kashmir. Baby potatoes, in a spicy vibrant curd based gravy. A must try item on Sattvik menu.
- 10. Mix Vegetable Curry** **82 K**
Mix Veg Curry is made by cooking a mixture of vegetables together in a traditional Indian onion - tomato gravy.
- 11. Mushroom Curry** **82 K**
Choice of Kadhai Mushroom, Mahar Mushroom, Palak Mushroom, Mushroom Masala
- 12. Kadhai Vegetable** **82 K**
- 13. Kadi Pakoda** **78 K**
Spicy sour yogurt and gram flour (besan) based curry with besan pakodas dipped in a rich besan-yogurt gravy, goes best with a bowl of steamed rice or Folded Nan.

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LENTILS

In Indian cuisine, dal (or lentils) are everything. This is not an exaggeration.

Dal can be an essential building block of literally any type of dish - salads, condiments, breads - but its most important function is in stews, the most basic of Indian food offerings.

No one does lentils better than Indian cooks here's how to sort your "Toor" from your "Urud" and make the most of them in your stew pot.

1. Tadkewali Dal

78 K

One of the most popular Lentil/dal Recipes in India restaurant. Cooked Yellow lentils tempered with Indian spices with a smoky charcoal flower.

2. Dal Makhani

88 K

Originating from the India subcontinent, notably in the Punjab region, the primary ingredients are whole black lentil, red kidney beans, butter and cream. The dish gets its richness from the use of cream.

3. Dal Panehgani

82 K

Thick and creamy lentil soup made up with a mixture of mung beans and gram beans, definitely the perfect dish to go with your rice or choice of bread.

4. Dal Gujrati

75 K

Mildly sweet and tangy thin tempered dal made with pigeon pea lentils, a dish worth trying.

5. Rajma Rasila

75 K

Boiled red kidney beans are cooked to perfection in an onion tomato masala flavoured with aromatic powdered and whole spices.

6. Cholle Masala

78 K

INDIAN CHINESE KITCHEN

Indo Chinese/Indian Chinese cuisine is the adaptation of Chinese seasoning and cooking technique to Indian tastes through a larger offering to also include vegetarian dishes. The Indian-style Chinese cuisine is said to have been developed by the small Chinese community that has lived in Kolkata for over a century.

- 1. Mixed Fried Rice** **78 K**
Finely chopped veggies cooked with rice & Chinese spices
- 2. Hakka Noodles** **75 K**
Thin noodles stir fried with choice of vegetables
- 3. Chilli Paneer** **95 K**
Slices of cottage cheese, onions and peppers cooked in a spicy soy sauce
- 4. Veg Manchurian** **88 K**
Seasoned mince of mixed vegetable dumplings tossed in a spicy blend of Chinese herbs and spices
- 5. Paneer 65** **98 K**
Paneer 65 is made by batter frying the paneer until crispy and then it is tossed in a spicy tempering masala

RICE

(BASMATI RICE USED FOR ALL THE DISHES)

- 1. Subz Biryani** **95 K**
- 2. Pulao** **85 K**
- 3. Plain Rice (Basmati)** **45 K**
- 4. Jeera Rice** **55 K**
- 5. Hara-Bhara Rice** **58 K**
Rice Made up with Green peas, mint and fresh coriander
- 6. Dal Kichadi** **88 K**
- 7. Curd Rice** **82 K**

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BAKERS WHEAT

1. Choice of Naan-
 - Plain Naan 25 K
 - Folding Naan 40 K
 - Pudina Naan 35 K
 - Butter Naan 35 K
 - Garlic Naan 45 K
 - Cheese Naan 50 K
2. Tandoori Roti 20 K
3. Chapati 18 K
4. Choice of Paratha-
 - Onion 48 K
 - Laccha 50 K
 - Aloo Paratha 55 K
 - Chilli Partha 55 K
5. Missi Roti 35 K
6. Choice of Kulcha
 - Butter Kulcha 50 K
 - Stuff Kulcha 65 K
 - Onion Kulcha 60 K
 - Aloo Kulcha 60 K
7. Sattvik Special Mix Bread Basket 88 K
(2 Tandoori Roti, 2 Plain Nan & 1 Garlic Nan All comes in small size)

SATTVIK EXQUISITE DESERT

1. Gulab Jamun 45 K
The word gulab means rose and jamun means berry, gulab jamun are berry sized balls dunked in rose flavour sugar syrup
2. Gajar Ka Halwa 60 K
Carrot-bassed sweet dessert pudding from the Indian subcontinent, made by placing grated carrots in a pot containing a specific amount of water, milk and sugar and then cooking while stirring regularly.
3. Kheer 40 K
Kheer is a rice pudding, originating from the Indian subcontinent, mostly from the state of Kerala, made by boiling with milk and sugar along with vermicelli
4. Choice of Ice-Cream- Butterscotch/ Vanilla/Chocolate 40 K

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COLD BEVERAGES



- 1. Sweet Lassi** **35 K**
- 2. Mango Lassi** **45 K**
- 3. Ice Cream Lassi** **50 K**
- 4. Chaas** **30 K**
A classic Indian Buttermilk drink made with yogurt, black salt and roasted ground eumin.
- 5. Mineral Water** **20 K**
- 6. Jal Jeera** **30 K**
A Refreshing Indian drink made using fresh coriander, mint and roasted cumin powder. It is perfect to sip on hot, humid summer days.
- 7. Choice of Soft Drinks- Coke / Sprit/ Diet Coke** **20 K**
- 8. Masala Coke** **30 K**
Cola Flavoured with India Chat Masala and black Salt, A Perfect Fusion on a lot summer day
- 9. Beer - Bintang** **30 K**
- 10. Fresh Lime Soda** **30 K**
- 11. Fresh Fruit Juices (seasonal)** **35 K**



HOT BEVERAGES



- 1. Masala Chai** **30 K**
A world wide popular Indian beverage. Black Tea brewed with a mixture of aromatic spices and herbs like green cardamon pods, cinnamon sticks, ground cloves, ground ginger, sip over a perfect Indian beverage to make your day.
- 2. Instant Coffee** **35 K**
- 3. Lemon Tea** **25 K**
- 4. Green Tea** **30 K**



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Sattvik Special Thali

Enjoy Sattvik special delicious thali with
a variety of food to fulfill your palate

IDR 145.000 / Thali Nett



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