

SOLITUDE

FARM CAFE



_____ m e n u _____

COOLERS

Served cold or at room temperature

Hibiscus flower 80

Butterfly pea flower 80

Soursop leaf 80

Giloy 80

Tangerine & turmeric 100

Lemon & ginger 80

Bael * 80

Rosella * 80

Nannari * 80

Aam panna (mango sherbet) * 80

HOT BEVERAGES

Solitude herbal tea 80

Vegan masala tea 140

Vegan coffee 160

Black coffee 80

Lemon ginger tea 80

Green detox juice 100

to be drunk on an empty stomach

Rosella seed drink 160

coffee substitute

Black velvet bean drink 160

boosts dopamine levels

SMOOTHIES

Papaya smoothie (papaya+lemon) 180

Green smoothie (papaya+lemon
+ spinach + banana) 180

Banana smoothie 180

Ramphal smoothie * 180

Chikoo smoothie * 180

Pineapple & papaya smoothie * 180

Mango smoothie * 180

MILKSHAKES

made with coconut milk

Papaya 190

Banana 190

Ramphal * 190

Chikoo * 190

Pineapple * 190

Mango * 190

BREAKFAST

9:00 a.m. to 11:30 a.m.

Red rice dosai / Red rice idli / Millet pongal 130

LUNCH

12:30 p.m. to 3:30 p.m.

Thali of the day 290

A farm-to-plate local food thali using fresh produce that is harvested daily. Honouring the amazing nutritional diversity of Mother Nature. Millets, fruits, vegetables, roots, flowers, spinaches. This food has "no carbon footprint" and reflects the nutritional heritage of this bioregion.

Farm Salad

with Dosai and Chutney 240

A selection of wild leaves, stems, fruits and flowers. These gifts of Mother Nature are the "secrets of our salad". Their medicinal and nutritional values are discovered in their taste. This is the heritage of Ayurveda.

DESSERTS

Available all day

Ice lolly 80

Green papaya halva 100

Millet firni 100

Solitude laddoo 60

Chocolate ragi crepe 160

Vegan ice creams / sorbets *

Check Specials' Board for seasonal delights



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Food is medicine



* seasonal items

The farmer became too busy when people began to investigate the world and decided that it would be "good" if we did this or did that. All my research has been in the direction of not doing this or that. These thirty years have taught me that farmers would have been better off doing almost nothing at all.

The more people do, the more society develops, the more problems arise. The increasing desolation of nature, the exhaustion of resources, the uneasiness and disintegration of the human spirit, all have been brought about by humanity's trying to accomplish something. Originally there was no reason to progress, and nothing that had to be done. We have come to the point at which there is no other way than to bring about a "movement" not to bring anything about.

—Excerpt from the book "The One-Straw Revolution:
An Introduction to Natural Farming" by Masanobu Fukuoka.



Free farm tour on Saturdays at 11:30 a.m.
For workshops and more information visit www.solitude.farm