

Welcome to Roots

Healing Kitchen :Nourishing the Body, Mind, and Soul

Why Healing Kitchen?

Food is more than just sustenance-it is the essence of Life. It has the power to heal, energise, and transform us from within. The Concept of Healing Kitchen stems from the understanding that what we consume directly affects our physical, mental, and emotional well-being.

A truly healing meal isn't just about nutrition; it engages all the senses, bringing joy, balance, and a deep sense of nourishment.

For Roots, your farm to table cafe, this means:

Sourcing: Using fresh, organic produce from our own farm and local farmers.

Seasonal Menu: Creating dishes based on what's available, ensuring variety and freshness.

Sustainability: Reducing food miles, minimising waste, and promoting eco-friendly practices.

Transparency: Educating customers about where their food comes from and how it's grown.

Why Roots?

Roots is a powerful and fitting name for my farm-to-table cafe because it symbolises:

Connection to Nature: It reflects my connection to fresh, organic, and locally sourced ingredients straight from the earth.

Cultural & Spiritual Depth: "Roots" ties into tradition, authenticity, and a return to a simple, wholesome living- aligned with your vision of mindful eating.

Sustainability: The name suggests growth, grounding, and nurturing, which aligns with eco-conscious farming and ethical sourcing.

Personal Meaning: "Roots" resonates with my personal journey and philosophy. It has become more than just a name; it tells a story of my purpose and passion.

Absolutely Healthy Food can be Vibrant, Flavourful, and deeply satisfying.

Here at Roots We Focus on:

Bold flavours: Using fresh herbs, spices, and natural umami-rich ingredients like fermented foods, roasted vegetables, and slow cooked broths.

Textures and Colours: Mixing crunchy, creamy, and juicy elements with colourful plating to make Dishes visually and texturally exciting.

Global Inspiration: Healthy doesn't have to mean bland salads- We do Mediterranean grain bowls, Indian millet dishes, Japanese miso glazed veggies, Mexican inspired avocado tostadas.

Guilt Free Indulgence: Nutrient- dense desserts, naturally sweetened treats, and innovative healthy twists on comfort foods.

Why Vegetarian?

Choosing a vegetarian Approach for Roots aligns with several meaningful values:

Health & Wellness: A plant based diet is rich in nutrients.

Sustainability: Vegetarian Food has lower environmental Impact.

Connection to Nature: Farm-to-table ad vegetarianism naturally complement each other.

Mindful & Spiritual Living: Our Spiritual Traditions advocate for vegetarianism.

Creativity in Cooking: A vegetarian menu challenges the idea that meat is necessary for flavour.

Rural Mitra is our Organic Farm 40 mins away here. Do let us know if you ever wish to visit it.

Our Happy Juice Bar
Detox your mind and Body with our amazing Cold Pressed juices

Please Ask For the Detox Water

Hydrate yourself

Cucumber Lemon Water

Orange Fresh Mint Water

Beetroot Ginger Water

Orange Detox Juice 500

Orange, Carrot, Apple, Ginger

Green Juice 500

Spinach, Celery, Orange, Carrot

Beet me Better 500

Beetroot, Spinach, Apple

Give me Glow 500

Beetroot, Apple, Orange

Hydrate my soul 500

Watermelon , Fresh Mint

Give me tangy 500

Pineapple, Fresh Mint, Coconut Water

Brighten my eyes 500

Carrots and ginger

Tropical Beauty 500

Fresh Coconut Water, Chia Seeds, Fresh Mint

Immunity Boost Shot 250

Fresh Turmeric, Indian Gooseberries, Ginger, Lemon

In House Made Delicacies
Nourishing your Soul

Cashew Milk 500
Cashews, Honey

Almond Milk 500
Almonds, Dates, Cinnamon

Warm me up

Italian Coffee Moka 450
Almond or Cashew Milk on the side (+100)

Cutting Masala Chai 200

Kahwa 400

Fresh Mint Green Tea 400

Mixed Fruit Tea 400

Hot Chocolate 400
Made with Almond or Cashew Milk (+200)

Soothe my Soul

Avocado Peanut Butter Smoothie 600

Banana Blueberries Smoothie 600

Banana Chocolate Smoothie 600

Strawberry Smoothie 600

Little Punjabi

Sweet Pista Lassi 600

Start your Day with Wonderful vibes

Breakfast 'O' Clock

Peanut Butter Toastadas 500

Bajra Poha served Fresh Greens of the day 700

Sooji Upma: Nutrition Packed meal 700

Toastadas Platter 700

Avocado Toast

Mushroom Toast

Tomato Toast

Sweet Oats Porridge packed with Nuts and Fruits 700

Butter and Toast 700

Sourdough Toast served with In House Made Cashew Butter and Organic
Honey

Avocado Platter 800

Keep It Light yet full of Nutrition

Lunchin Time

Thai Basil Tofu Bowl 800

Mushroom Tempeh Bowl 800

Quinoa Bowl 800

Red Lentil Spaghetti with Tomato Tofu Sauce 800

Oats Curd Rice 800

Tofu Avocado Salad 800

Warm Salad Rich in protein and nutrients 800

Tofu Steak 800

Broccoli Steak 800

Keep It Light

Supper Time

Carrot and Ginger Broth Served with Sour Dough Toast 800

Spinach Leek Broth 800

Guilt Free Indulgence

Anti Inflammatory Dark Chocolate Cake 500

Served with Strawberry Sauce

Winter Orange White Chocolate Cake 500

Served with Blueberry Sauce

Clean your Palate

Beetroot Sorbet 400

Cilantro Green Apple Sorbet 400

"All our Butters, Jams, Sauces, Oils we make in house"

Thank you

Meenakshi

Chef/Owner

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