

prana  
AYURVEDA

MENU

STARTER

GOBI MANCHURIAN 550  
Cauliflower coated in sweet and spicy sauce with sesame seeds

CHILI POPPERS, 379 kcal 480

CHICKPEA BRUSCHETTA WITH SUN-DRIED TOMATOES 450  
Chickpea, whole wheat toasted bread, sun-dried tomato, and spices

PAPDI CHAAT 400  
Papdi, potato, mung bean, yogurt, and chutney

CORN FRITTERS 400  
Sweet corn, green chili, coriander, and cumin

created  
to live  
well

PRANA Vegetarian  
Restaurant  
Influenced by the  
Ayurveda concept which  
has been around for  
thousands of years. It is  
the Sanskrit word for  
breath, life-force, or  
vital energy.



SOUP

CREAM OF BROCCOLI SOUP 400  
Broccoli, potato, and cream

PALAK DAL SOUP 450  
Dal, cumin, and spinach

LEMON CORIANDER SOUP 350  
Lemon, coriander, carrot, and ginger

CHICKPEA & VEGETABLE SOUP 350  
Chickpea, bell pepper, onion, zucchini, and carrot

TOMATO RASAM SOUP 325  
Tomato, cumin, coriander, and tamarind

RED LENTIL SOUP 300  
Red lentil, cumin, coriander, and turmeric

BREAKFAST SPECIAL

DOSA 500  
• Plain  
• Masala Potato

IDLI SAMBAR 500  
Mixed vegetable stew, steamed rice cake, and lentil

BHATURA 350  
Watermelon, pineapple, papaya, and banana

BESAN CHILA WITH CUCUMBER & TOMATO SALSA 550  
Chickpea flour, cucumber, tomato, herbs, and tamarind chutney

UPMA 350  
Semolina, carrots, green peas, herbs, and spices

POHA 300  
Flattened rice, green pea, carrot, herbs, and spices

SALAD

ROASTED SQUASH SALAD 550  
Squash, raisin, candied walnut, arugula, tomato, and onion

SPICY PINEAPPLE SALAD 390  
Pineapple, cabbage, carrot, and chili

SPICY CORN SALAD 350  
Corn, cucumber, tomato, onion, raw mango, and chili

BITTER GOURD, RADISH & FERN SALAD 350  
Bitter gourd, red radish, fern, onion, and tomato

SPROUTED MOONG SALAD 350  
Mung bean, onion, tomato, carrot, cucumber, and roasted peanut

KACHUMBER SALAD 300  
Cucumber, tomato, onion, and green chili

BREADS

STUFFED PARATHA 500 per piece  
• Paneer  
• Masala Potato

BUTTER NAAN 350 for 4 pcs

PLAIN NAAN 350 for 4 pcs

BHATURA 350 for 2 pcs

CHAPATI 300 for 2 pcs

ROTI 300 for 2 pcs

PARATHA 300 for 2 pcs

• Plain  
• Onion

DESSERT

COCONUT FLOUR CHOCOLATE CAKE 400  
Coconut flour, cacao, coconut sugar, and coconut milk

CUSTARD WITH FRUITS 400  
Custard cream, sugar, fruits, and milk

GULAB JAMUN WITH VANILLA ICE CREAM 450  
Milk, sugar, and vanilla ice cream

CARROT HALWA 500  
Carrots, milk, sugar, and cardamom

FROZEN COCONUT YOGURT 375  
Mixed fruit, nut, and yogurt

VERMICELLI KHEER 400  
Roasted vermicelli, milk, sugar, cardamom, and saffron





**MENU**

**MAIN**

**PANEER TIKKA 750**  
Cottage cheese, yogurt, turmeric, chili, ginger-garlic paste, bell pepper, and onion

**PALAK PANEER 750**  
Cottage cheese, spinach, herbs, and spices

**PANEER MAKHANI 750**  
Cottage cheese, tomato, and cashew gravy

**BROCCOLI PANEER TIKKI 550**  
Cottage cheese, broccoli, green chili, and coriander

**RAJMA 550**  
Kidney bean and masala spices

**LADY FINGER WITH ONION 580**  
Lady finger, onion, and spices

**VEGETABLE CUTLETS WITH CILANTRO CHUTNEY 500**  
Potato, carrots, coriander, green pea, and green bean

**VEGETABLE CURRY 550**  
Mixed vegetables, onion, tomato gravy, and spices

**SAMOSAS 480**  
4 pcs of whole wheat flour dough, potato, green pea, herbs, and spices

**CURRY VEGAN BURRITO 550**  
Whole wheat wrap, masala potato, onion, coriander, tomato, and chutney

**VEGETABLE BIRYANI 650**  
Basmati rice, vegetable, raita, herbs, and spices

**CHANA MASALA 550**  
Chickpea, tomato, onion gravy, and spices

**DAL PALAK 450**  
Dal, spinach, and spices

**VEGETABLE KHICHDI 450**  
Rice, lentil, and spices

**VADA PAV 500**  
3 pcs of bread bun, potato, spices, and chutney

**MASALA RICE 480**  
Basmati rice, cauliflower, beans, carrots, and spices

**LEMON RICE 400**  
Basmati rice, lemon, and turmeric

**DUM ALOO 450**  
Marble potato, onion, tomato gravy, and spices

**VEGETABLE PAKORAS 450**  
Potato, eggplant, carrots, onion, and chili

**SIGNATURE DRINK**

**STRAWBERRY BALSAMIC 450**  
Fresh strawberry and balsamic vinegar

**ELECTROLYTE LEMONADE 400**  
Orange, pear, grapefruit, coconut water, honey, and pinch of salt

**GREEN LEMONADE 400**  
Pineapple, apple, cucumber, celery, and coconut water

**PINEAPPLE MINT FIZZ 400**  
Fresh mint, ginger, wheatgrass, coconut water, and honey

**THE FARM'S SUPERFOOD 400**  
Pineapple, lemon juice, banana, mango, celery, lettuce, and pinch of salt

**V7 400**  
Beet, carrot, tomato, bell pepper, cucumber, parsley, celery, and ginger

**ICED GINGER LIME 350**  
Coconut water and honey

**FARMER'S COLADA 300**  
Coconut milk and pineapple

**PINEAPPLE PARASOL 300**  
Cucumber and simple syrup

**TROPICAL ENZYME 300**  
Pineapple, papaya, mango, banana, coconut water, honey, and pinch of salt

**TRUE CLEANSER 300**  
Lime juice, coconut water, and cayenne pepper

**THE FARM'S BREWED ICED TEA 180**  
Black tea, citrus, and simple syrup

**PEANUT BUTTER CUP SMOOTHIE 400**

**FRESH JUICE**

Fruits in season 200  
Mango 200  
Orange 200  
Pineapple 200  
Watermelon 200  
Young Coconut 150

**FRESH FRUIT SHAKE**

Coconut 300  
Mango 220  
Orange 350  
Pineapple 220  
Watermelon 220  
Fruits in Season 200

**COFFEE**

	HOT			ICED	
	Lungo	Double	Single		
Espresso	250	250	200	Cafe Mint Indulgence	250
Americano			200	Choco Mint coffee	250
Cappuccino			200	Americano	220
Latte			200	Cappuccino	220
Macchiato			200	Latte	220
Mochaccino			150	Mocha	220
Tarragon			150		

Rates are stated in PHP, inclusive of service charge and applicable taxes.

