

# Mocktail Menu



## Sweet (Madhura Rasa)

### Taruni

#### Tanqueray 0.0, Rose, Raspberry, Litchi

In Ayurveda rose is used in many rasayanas, the herbal formulas that promote overall health and longevity. The rose enlivens inner beauty, helps the skin to radiate inner glow out to others, and enhances all seven dhatus (body tissues). Litchi on the other hand is very good for immunity and also improves the digestive system.

## Sour (Amla Rasa)

### Vrikshamla

#### Kokum, Beetroot, Mustard

Kokum is a tropical fruit native to India. In Ayurveda, kokum is considered a cooling food and is used to treat pitta-related disorders such as ulcers, indigestion, and inflammation. Beetroot in Ayurveda transcends its culinary identity and becomes a valuable ally in the pursuit of holistic well-being. One of the notable attributes of beetroot acknowledged in Ayurveda is its ability to support blood purification and with its fiber content, supports digestive harmony.

## Salty (Lavana Rasa)

### Kalingam

#### Watermelon, Strawberry, Basil

In Ayurveda, watermelon is highly valued for its cooling and hydrating properties. Watermelon is rich in antioxidants like lycopene and vitamin C, which support overall health and reduce inflammation. Strawberries are considered cooling and sweet. They are rich in vitamins and minerals, aiding digestion and boosting immunity.

## Pungent (Katu Rasa)

### Ana-Nas

#### Burnt Pineapple, Red Bell pepper, Homemade Pickle

In Ayurveda, pineapple helps improve immunity due to the presence of antioxidants and a wide variety of vitamins, minerals and enzymes such as bromelain that collectively improves immunity, reduces inflammation and quickens healing. Bell peppers, particularly red bell peppers, are valued for their unique properties and benefits. Bell peppers are known to aid digestion. They stimulate the digestive fire (Agni), which is crucial for proper digestion and metabolism.

## Bitter (Tikta Rasa)

### Jarjeer

#### Arugula, Orange, Balsamic

Arugula, also known as rocket, is an incredibly healthy cruciferous veggie. Among the top arugula health benefits is cancer prevention as well as treatment. As with most other cruciferous veggies, arugula fights cancer-causing toxins. It reduces inflammation, reduces free radical damage, and tackles carcinogens. Arugula can not only prevent cell proliferation, but also halt the growth of cancer in the body.

## Astringent (Kashaya Rasa)

### Jambudweep

#### Tanqueray 0.0, Java Plum, Citrus

Jamun, also known as Java plum or Syzygium cumini, holds significant importance in Ayurveda due to its numerous health benefits and medicinal properties. The seeds of Jamun are particularly valued in Ayurveda for their ability to help control blood sugar levels, making it a popular remedy for diabetes among many other health benefits.

All prices in aed, inclusive of 7% municipality fee, 5% vat & 10% service charge

**Mocktail menu priced at Aed 60**