



COW AND FARMER

ANCESTOR'S FOOD | ZERO CHEMICAL FOOD

100% NATURAL
PURE VEGETARIAN FOOD | HEALTHY HOMELY FOOD
JAIN FOOD | MILLET FOOD | VEGAN FOOD



“SALUTE TO OUR GURUS”



G NAMMALWAR



SUBHASH
PALEKAR



RAJIV
DIXIT



KHADAR
VALI



When Diet Is Wrong, Medicine Is Of No Use.
When Diet Is Correct, Medicine Is Of No Need

- Ayurveda

KNOW YOUR FOOD KNOW YOUR FARMER

A Tribute to Farmers

Every bite we relish today is because of every small effort farmers put in. They work countless hours to ensure that not only we, but many others around the world, don't go to sleep hungry everyday.

Let's thank them as you enjoy farm fresh food everyday!



TIMINGS

Week Days (10.30 AM to 10.30 PM)
Weekends (9 AM to 11.00 PM)

IDLI

South Indian Old Traditionals

Served with sambar & tomato and peanut/coconut chutney

Thatte Idli (1 Piece)

Traditional Karnataka's breakfast dish it is made with urad dal poha and sabudana

\$4.5

Ghee Podi Thatte Idli (1 Piece)

Traditional Karnataka's breakfast dish it is made with urad dal poha and sabudana and flax seeds spicy powder sprinkled on Idli with desi ghee

\$5.5

Plain Idli (2 Pieces)

\$4.2

Ghee Podi Idli (2 Pieces)

Flax seeds powder spicy powder sprinkled on Idli with desi ghee

\$5.6

Sambar/Rasam Idli (2 Pieces)

Served Idli with Andhra Rasam/Sambar

\$5.5

MILLET IDLI **Gluten Free**

Served with sambar & tomato and peanut/coconut chutney

Vasanapoli Idli (2 Pieces)

One Piece Foxtail Millet and One Piece Ragi Millet Idli.
This ancient old millet idli cooked with Palash/ Banana Leaf

\$5.5

Vasanapoli Rasam/Sambar Idli (2 Pieces)

\$6.5

Ragi Idli (2 Pieces)

\$5.5

Ragi Rasam/Sambar Idli (2 Pieces)

\$6.5

We need at least 20 minutes to serve you
10% Service Charge Applicable | 6% Surcharge on Takeaways

DOSA

South Indian Old Traditionals

Served with sambar & tomato and peanut/coconut chutney

Veetu/Set Dosa (2 Pieces) \$6.4

Plain Dosa \$5.5

Ghee Karam Dosa \$6.9

Dosa made with Andhra chilli desi ghee

Ghee Podi Dosa \$6.9

Dosa topped with flax seeds chutney powder and desi ghee

Onion Dosa \$6.5

Ghee Dosa \$6.9

Masala Dosa \$6.7

Mysore Masala Dosa \$6.9

Mysore Masala Dosa is crisp and soft dosa spiced with red chutney and served with a potato dish

Onion Masala Dosa \$6.9

Ravva Dosa \$5.9

Onion Ravva Dosa \$6.9

Masala Ravva Dosa \$6.9

Onion Masala Ravva Dosa \$7.3

Pesarattu (Moong Dal Dosa) \$6.9

Upma Pesarattu \$7.5

Dosa made with green moong dal

Onion Upma Pesarattu \$7.9

Dosa made with green moong dal and topped up with Upma

Utappam \$5.9

Utappam is one of the proteins packed thick base dosa made with urad dal.

Onion Utappam \$6.5

Utappam is one of the proteins packed thick base dosa made with urad dal and topped with onions.

Tomato Onion Utappam \$6.9

Utappam is one of the proteins packed thick base dosa made with urad dal and topped with onions, spices and tomatoes.

Paneer Dosa \$8.5

Paneer Masala Dosa \$8.9

Paneer Cheese Dosa \$9.5

Butter Dosa \$9.0

Paneer Butter Dosa \$9.5




We need at least 20 minutes to serve you
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MILLET DOSA **Gluten Free**

Served with sambar & tomato and peanut/coconut chutney

Millet Set Dosa (2 Pieces)	\$6.6
Ragi Dosa	\$6.9
Mysore Masala Ragi Dosa	\$7.5
Plain Millet Dosa	\$6.0
Ghee Karam Millet Dosa	\$6.9
Ghee Podi Millet Dosa	\$7.2
<small>Dosa topped with flax seeds chutney powder and desi ghee</small>	
Onion Millet Dosa	\$6.6
Ghee Millet Dosa	\$7.0
Masala Millet Dosa	\$6.8
Mysore Masala Millet Dosa	\$6.9
Onion Masala Millet Dosa	\$7.0
Paneer Millet Dosa	\$9.0
Paneer Masala Millet Dosa	\$9.5
Paneer Cheese Millet Dosa	\$10.5
Butter Millet Dosa	\$9.2
Paneer Butter Millet Dosa	\$9.9



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VADA

South Indian Old Traditionals

Served with sambar & tomato and peanut/coconut chutney

Medu Vada (2 Pieces)	\$4.5
Dahi Vada (1 Piece)	\$4.5
Sambar Vada (2 Pieces)	\$5.5



OTHER SPECIALS

South Indian Old Traditionals

Served with sambar & tomato and peanut/coconut chutney

Millet Pongal	\$7.0
Millet Ghee Upma	\$6.0
Poori (2 Pieces)	\$9.0



TIFFIN COMBO

Served with sambar & tomato and peanut/coconut chutney

2 Plain Idli 1 Vada	\$6.2
Pongal and 1 Vada	\$8.8
All Idli Set (4 Pieces)	\$8.0
<small>Thatte Idli + Ragi Idli + Foxtail Idli + Plain Idli</small>	
Millet Ghee Upma + 1 Vada	\$7.9



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STARTERS

North Indian Old Traditionals



- | | |
|--|---------------|
| <p>Mushroom Dainhat
Spices with palak and native mushroom</p> | \$14.5 |
| <p>Paneer Dainhat
Spices with palak and native paneer</p> | \$14.0 |
| <p>Mushroom Ghee Roast
Mushrooms marinated with yogurt and freshly ground C & F in house spice powders then pan roasted with ghee and curry leaves.</p> | \$15.5 |
| <p>Paneer Ghee Roast
Made with roasted paneer cubs, C & F in house spices and with ghee roasted Guntur chillies cooked in South India style.</p> | \$15.9 |
| <p>Gongura Mushroom Roast
Made with Gongura / Sorrel leaves, Cottage Cheese These dishes are sour, spicy and lip smacking.</p> | \$14.9 |
| <p>Gongura Paneer Roast
Made with Gongura / Sorrel leaves, Paneer Cubes. These dishes are sour, spicy and lip smacking.</p> | \$14.9 |
| <p>Avakaya Mushroom Roast
Avakaya Mushrooms made the South Indian style, mushroom cubes, red chillies and clarified butter cooked with freshly ground in-house spice powders then pan-roasted with C & F homemade Mango Pickel.</p> | \$14.9 |
| <p>Avakaya Paneer Roast
This is one of unique south indian flavour Mango Pickle & Cottage cheese mixed, fried in red chillies natural spices.</p> | \$15.3 |
| <p>Masala Gobi Bytes
Delicious crispy fried appetiser made with Cauliflower and C& F in house spices, yogurt and herbs.</p> | \$14.0 |
| <p>Guntur Chilli Mushroom
Marinated mushroom cooked with curry leaves, red chillies, Guntur spices and tossed with cashew nuts</p> | \$14.5 |
| <p>Guntur Chilli Paneer
Marinated paneer cooked with curry leaves, red chillies, Guntur spices and tossed with cashew nuts</p> | \$14.5 |
| <p>Guntur Chilli Aloo
baked aloo cooked with curry leaves, red chillies, Guntur spices and tossed with cashew nuts</p> | \$13.5 |

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SALADS

Ayurveda & Traditional

Khamang Kachdi \$12.0

Brocoli Salad \$13.0

Green Vegetable Salad \$8.0
Tomato Cucumber Carrot

Onion Lemon Salad \$2.0
Lemon Onion



SOUPS

Protein & Iron Rich

Fresh & healthy Snacks made with high fiber food - millet flour

Moringa Leaf Soup (Monday-Thursday) \$7.0

Lemon Corriander Soup (Friday-Sunday) \$7.5

Tomato Shorba(Every Day) \$7.0



THALI [12PM TO 4 PM]

Indian Traditional, Healthy & Homely

Regular Buffet \$18.0

Two Pulka, Starter, White Rice, Special Rice/Millet, North Indian Curry, Fry/Porrial, South Indian Curry, Dal, Roti Chutney, Podi, Rasam, Sambar, Curd, Pickle, Sweet & Papad

South Indian White Rice Mini Thali \$11.7

White Rice, Gravy Curry, Fry Curry, Dal, Sambar, Rasam, Curd, Sweet & Papad

South Indian Red Rice Mini Thali \$12.5

Red Rice, Gravy Curry, Fry Curry, Dal, Sambar, Rasam, Curd, Sweet & Papad

South Indian Millet Mini Thali \$11.9

Millet, Gravy Curry, Fry Curry, Dal, Sambar, Rasam, Curd, Sweet & Papad

North Indian Mini Thali \$12.5

2 Pulka, North Indian Curry, Dal, Basmati Rice, Raitha, Sweet & Papad



We need at least 20 minutes to serve you
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RICE SPECIALS

South Indian Old Traditionals

Served with sambar & tomato and peanut/coconut chutney

Tomato Rice	\$8.9
Chitrannam	\$8.9
Coconut Rice	\$8.9
Bisebele Baath	\$8.9
Pulihora	\$9.9
Gongura Rice	\$9.5
Curry Leaf Rice	\$8.9
Corriander Leaf Rice	\$8.9
Daddoanam/Curd Rice	\$8.9



MILLET SPECIALS

Gluten Free

Millet BeseBele Bath	\$9.3
Curry Leaf Millet Bath	\$9.3
Millet Daddoanam (Millet Curd Rice)	\$9.3
Millet Tomato Bath	\$9.3
Veg Millet Pulav	\$9.9



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SPECIAL RICE/MILLET COMBO

Select Any Two Varieties

Special Rice Combo

Gongura Rice, Tomato Rice, Bise bele Bath & Curd Rice

\$12.0

Special Rice & Millet Combo

Gongura Rice, Tomato Rice, Bise bele Bath & Curd Rice Millet Bisbele Bath, Millet Veg Pulav & Millet Curd Rice

\$12.5

Millet Combo

Millet Bisbele Bath, Millet Veg Pulav & Millet Curd Rice

\$12.9

BIRYANI

Hyderabadi Old Traditionals

Served with Mirchi Salan Gravy & Raita

Cow And Farmer Veg Biryani

Biryani prepared with C & F special spices

\$13.9

Ulavacharu Biryani

This Biryani is mixed with horse gram soup one of the traditional South Indian biryani

\$14.9

Kabuli Channa Biryani

Traditional North Indian biryani. Kabuli Chana biryani is an aromatic, spiced and delicious dum cooked layered biryani made with white chickpeas, basmati rice, coconut milk, onion, tomatoes, herbs and spices

\$13.0

Cashew Nut Biryani

Traditional North Indian biryani

\$14.9

Brinjal Biryani

\$13.5

Avakaya Biryani

This Biryani is mixed with Andhra special mango pickle and mix veg one of the traditional South Indian biryani

\$14.5

Paneer Biryani

Traditional North Indian Biryani mixed with paneer

\$15.5

Jack Fruit Biryani(Seasonal)

Jackfruit biryani recipe is a mildly spiced dum cooked biryani made with raw unripe jackfruit, basmati rice, yogurt and lots of spices and herbs. This is a gluten-free dish and makes for a comforting, healthy and satisfying vegetarian biryani variant.

\$15.9

Mushroom Biryani

Mushroom biryani is a delicious one pot dish made with rice, mushrooms, freshly ground C & F in house spice powders & herbs.

\$15.5

Gongura Mushroom Biryani

Mushroom biryani is a delicious one pot dish made with rice, mushrooms, Gongura leaves, masala powder & herbs.

\$15.5

Kaju Paneer Biryani

\$15.9

Brocoli Biryani

\$15.9



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PULAV

North Indian Old Traditionals

Served with Mirchi Salan Gravy & Raita

Kashmiri Pulav	\$9.9
Jira Pulav	\$9.0
Green Peas Pulav	\$9.9
Kaju Paneer Pulav	\$12.0
Broccoli Pulav	\$12.0



OUR SIGNATUR DISH

Fiber Rich Food

Ragi Sankati

Served with Sambar & Rasam

\$11.0



BREAD

Gluten Free Or Low Gluten

Pulka Low Gluten - Buckwheat Flour	\$2.0
Chapathi Low Gluten - Buckwheat Flour	\$2.5
Millet Pulka Gluten Free - Foxtail Millet	\$2.2
Millet Chapathi Gluten Free - Foxtail Millet	\$2.7



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CURRIES

North Indian Old Traditionals

Dal Moong dal tampered in north indian style with natural spices	\$10.5	Aloo Jira(Dry) Potato gently blend with jira, herbs and natural spices	\$13.5
Dal Tadka Indian lenthil dish made with arhar dal husked & split pegoen pea lenthils	\$12.0	Mixed Vegetable Masala Mixed vegetables cooked in brown gravy & garnished with ginger and other spices	\$14.0
Dal Makhani Black Lenthils gently prepared in butter with ginger and tomatos	\$12.5	Aloo Methi(Dry)	\$13.0
Dal Palak Dal cooked with spinach leaves with ginger and green chillies	\$12.5	Paneer Do Pyaza	\$14.5
Moringa Leaf Dal Fry	\$13.0	Mushroom Butter Masala	\$14.5
Brocoli Stir Fry	\$14.0	Kaju Paneer Curry	\$15.5
Kadai Paneer Paneer marinated with cream & natural spices	\$14.5	Kaju Tomato Curry	\$14.5
Paneer Butter Masala Cubes of cheese cooked in a piquant onion, tomato & cashewnut gravy	\$14.5	Aloo Capsicum Tomato Curry	\$15.5
Palak Paneer C7F Cheese cooked in delicately prepared spinach gravy & garnished with cream	\$14.0	Vegetable Diwani Handi	\$14.5
Muttor Paneer Masala	\$14.5	Chana Masala	\$13.0
Vegetable Kolhapuri Mixed vegetables in a thick & spicy gravy	\$14.5	Brocoli Paneer Bhurji	\$15.5
Gobi Masala Creamy, Deliciuos and lightly spiced gobi masala made with natural spices	\$14.5		
Aloo Gobi(Dry) Spiced gobi abd aloo made with indian natural spices	\$14.0		
Aloo Masala Boiled potatos cooked with blend of natural spices	\$13.0		



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LOCAL DELIGHTS

Singapore Healthy Varieties

Millet Veg Noodles	\$13.0
Ragi Veg Noodles	\$14.0
C&F Special Fried Rice (No Preservatives - No Soy Sauce)	\$13.0



NORTH INDIAN SNACKS

North Indian Traditional Healthy Street Food

Aloo Tikki Chat	\$9.0
Pani Pouri(6 Pieces)	\$8.0
Millet Samosa Chat	\$9.0
Bhel Pouri	\$8.0
Millet Samosa	\$2.0



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SOUTH INDIAN SNACKS

Gluten Free & Healthy Street Food

Fresh & healthy Snacks made with high fiber food - millet flour

Millet Aloo Bonda (4 Pieces)	\$8.5
Millet Alu Bajji (4 Pieces)	\$8.0
Millet Paneer Bajji (5 Pieces)	\$9.5
Millet Onion Bajji (4 Pieces)	\$8.0
Millet Banana Bajji (4 Pieces)	\$8.0
Onion Pakoda	\$7.0
Palak Pakoda	\$7.9
Punugulu(12 Pieces)	\$8.0
Mirchi Bajji (4 Pieces)	\$8.9
Masala Mirchi Bajji (4 Pieces)	\$9.9
Fried Idli	\$9.0



DESSERTS

Sathwik Desserts Made with Raw Sugar

Bottle Gourd Halwa (Friday - Sunday)	\$5.0
Sweet Rice/Millet Pongal (Monday - Thursday)	\$4.0
Wild(Black/Red) Rice Kheer (Friday - Sunday)	\$6.0



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HOT BEVERAGES

Made with Indian Original Milk or Herbs

Herbal Tea	\$3.0
Lemon Gross Tea	\$3.0
Honey Lemon Tea	\$3.5
Hot Milk	\$4.5
South Indian Filter Coffe	\$4.0
Ginger Tea	\$3.5
Masala Tea	\$3.5
Tea	\$3.0



COLD BEVERAGES

Made with Indian Original Milk or Herbs

Butter Milk	\$5.8
Lassi Sweet	\$6.5
Mango Lassi	\$7.5
Mint Lassi	\$6.5
Badam Milk Cold	\$5.0



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FRESH JUICES

Made with Local Variety Fruits

Ash Gourd Juice	\$8.0	Lime Juice	\$6.0
Carrot Juice	\$7.0	Watermelon Juice	\$6.9
Beetroot Juice	\$7.0	Sweet Lime Juice	\$6.9
Mango (Seasonal)	\$7.5	Apple Juice	\$7.0
Orange Juice	\$6.9	ABC Juice	\$9.5
Pomegranate Juice	\$8.0	Combo Juice (Any two)	\$9.0



SMOOTHIES

Made with Original & Natural Ingredients

Strawberry	\$7.0	Blueberry	\$6.5
Yogurt, Honey, Milk and Fresh Strawberries		Yogurt, Honey, Milk and Fresh Blueberries	
Kiwi	\$7.0	Orange	\$6.5
Yogurt, Honey, Milk and Fresh Kiwi		Yogurt, Milk, Honey and Fresh Orange Juice	



MILK SHAKES

Made with Original & Natural Ingredients

Mixed Fruit Milkshake	\$7.0
Banana Milk Shake	\$6.0



WATER

Luke Warm Jeera Water	\$0.10	Mineral Water	\$1.0
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PREPARED WITH



COLD PRESSED
OILS



NATURAL
FARMING
VEGETABLES



NATURAL
FARMING
INGREDIENTS



HIMALAYAN
PINK SALT/SEA
SALT



UNREFINED
SUGAR/ BLACK
JAGGERY

SAY NO TO

REFINED OILS



ARTIFICIAL FOOD
COLORS



MSG



WHITE SALT

MAIDA FLOUR



WHITE SUGAR

