

PANAJI NEW SWASTH AHAR (REAL FOOD) MENU

All dishes will be selected with Protein first, then flavour and thereafter Mild, Medium, Hot or Extra Hot.

All vegan descriptions are the same but excludes meat and diary.

All meals served on a bed of Panaji new LCLF Vegan base.

PROTEIN

VEG	VEGAN	PANEER	CHICKEN	CHICKEN & PRAWN	LAMB	LAMB MINCE	FISH	PRAWN
R69	R65	R76	R79	R89	R91	R89	R89	R95

FLAVOUR

MAKANI (butter)	A smooth tomato gravy enriched with cashew nut paste, fresh cream and butter. Also known as butter masala.
VINDALOO (meat only)	A spicy onion cashew nut gravy.
ROGAN JOSH (meat only)	A brown onion gravy and flavoured with tomato and Kashmiri spices.
KORMA (non-vegan)	A mild onion cashew nut gravy with butter and fresh cream.
TIKKA MASALA	A spicy tomato-onion gravy with butter and fresh cream.
PALAK (spinach)	A spinach puree along with onion, tomato and spices.
MADRAS CURRY	A spicy tomato-onion gravy with coriander and mustard seeds.
DURBAN CURRY	A tomato gravy with exotic homemade spices in traditional 'Natal' style.
GOAN CURRY	Balchao (a masala mix) is a traditional Goan dish with the flavours of ginger, garlic and tomato.
DAL GOSHT	Selected meat cooked with simmered beans and lentils
ACHARI (pickle flavour)	Deliciously cooked in a hot and sour pickled sauce and onion gravy.
KADAI	Deliciously cooked along with green pepper, herbs and homemade spices.
JALFREZI	Cooked with green pepper and onion in a thick tomato gravy.
DHINGRI DOLMA	Fresh mushroom, onion, tomato and green pepper cooked in a onion-tomato gravy fortified with paneer
BANTING	Selected protein cooked with a creamy chunky spiced cashew sauce.
DAL FRY	A yellow lentil dhal curry simmered with jeera, garlic and mixed veg.

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PANAJI NEW SWASTH AHAR (REAL FOOD) MENU

Stop dieting and Eat your way to good health and weight loss. It's never been this Healthy, Tasty and Economical with a vast selection of flavours to choose from and catering for Vegetarians, Vegans and Non Vegetarians.

Health is a relationship between your mind and body. Your body has certain nutrient needs but your mind has other ideas. Every diet prescribes to your mind what the body should have, but in most cases the mind eventually wins. Now for the first time you can please the mind while giving the body what it needs.

Your body is the most complex mechanism in the universe and it can take a lifetime to understand it. However the basics that you need to know to keep a lean and healthy body can be limited to a few factors.

- Stretch nerve sensors send a signal to your brain that you are full. (quantity)
- Nutrient sensors send a signal to your brain that you have what your body actually needs. (quality)

Your brain needs to be satisfied that both the above factors are met, so that you won't worry about food for a substantial period of time. If your food does not have the required nutrients or you have the correct nutrients but not enough you will be agitated and hungry. Now in order to fulfil the hunger, you invariably consume the wrong quality and quantity. This is how the vicious cycle of over eating, becoming overweight, ill health, lethargy and fatigue sets in.

The new Panaji base has been formulated by Co-Owner Sasi Gangiah, M.Phil Dietetics, over the last three years. It is essentially a low carb, low fat base to help you with weight loss and cure various ailments from diabetes to high blood pressure and high cholesterol. The base is a preservative, gluten and diary free vegetable base packed with essential nutrients to replace highly processed pasta, cereals, bread, and foods with excess fats and carbohydrates. You can select any one of the flavours with a Vegetable, Paneer, Vegan or Meat option, with the new LCLF base.

The base is made of fresh vegetable braised in coconut oil with cashews, chick pea, flax seeds, moringa and 21 shades of spices which have various health benefits. The base can be purchased alone so that you can eat it with a topping you like to prepare yourself or with any of Panaji's delicious toppings. Sasi Gangiah will be meeting once a week at Panaji to discuss further benefits of the meal so that you can accelerate yourself to health and weight loss while enjoying every bit of it at the same time.