



Sampoorna Swadesi
Vegetarian Restaurant

ETHICAL & SUSTAINABLE

MENU

☎ +65 98884544, +65 84555543

📍 600 Serangoon Road, Singapore 218211, Opp. Shri Vadapathira Kaliyamman Temple.



Sampoorna Swadesi Vegetarian Restaurant

ETHICAL & SUSTAINABLE

**WELCOME TO SAMPOORNA SWADESI RESTAURANT -
WHERE NATURE MEETS CULINARY CRAFTSMANSHIP!**

**At Sampoorna Swadesi Restaurant, we embark on
a culinary journey that celebrates the art of
nourishing your soul with superior ingredients and
expert craftsmanship. We are delighted to
introduce our latest endeavor - a Millet Based
Vegetarian Restaurant, strategically positioned
next to our well-established Natural Grocery store
@ 600 Serangoon Road.**

IDLY

[Available at all times]

Millet Idly

- \$6.50

Nutritious and fluffy, millet idly is a healthy alternative to traditional rice idly for breakfast.

Millet Idly with Ghee Podi - \$7.50

Nutritious steamed millet Idli topped with ghee and spiced lentil powder, offering a flavorful and healthy treat.

Millet Idly with Rasam - \$6.50

Nutritious steamed millet Idli served with tangy, spiced tamarind soup, creating a wholesome and flavorful Dish.

Millet Idly with Sambar - \$6.50

Nutritious steamed millet Idli paired with hearty, spiced lentil stew, offering a wholesome and delicious Dish.

Ravva Idly - \$7.50

Soft and fluffy steamed Idli made from semolina (ravva), spiced with mustard seeds, curry leaves, and vegetables.

"Millet idli is a nutritious breakfast choice. Made from millets, it is rich in fiber, vitamins, and minerals, promoting good digestion and sustained energy, making it an excellent start to the day."



Food photos are for the illustration purpose only. Food served may differ in presentation.

VADA

[Available at all times]

Plain Vada [3 Pieces]

- \$6.50

Crispy, deep-fried plain vada, made from spiced lentil batter, offering a simple and savory snack.



Medu Vada [3 Pieces]

- \$7.00

Soft, fluffy urad dal fritters, spiced, deep-fried, and traditionally enjoyed with chutney or sambar.

Sambar Vada [3 Pieces]

- \$7.00

Savory South Indian lentil doughnuts served with spicy sambar, a traditional and flavorful snack.



Rasam Vada [3 Pieces]

- \$7.00

Deep-fried vada soaked in tangy, spicy rasam, combining textures and flavors perfectly.

Curd Vada [3 Pieces]

- \$8.00

Soft vada soaked in creamy yogurt, spiced with herbs, offering a refreshing, tangy dish.



Jaggery Vada [3 Pieces]

- \$8.00

Sweet vada made with jaggery, providing a unique, delightful twist on the traditional savory snack.

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DOSA

(Made with Millet / Green Gram / Ravva)

[Available at all times]

Plain Dosa

- \$5.00

Crispy, golden-brown crepe made from fermented rice and lentil batter; a popular South Indian dish.

Ragi Dosa

- \$6.00

Nutritious South Indian crepe made from ragi flour, crispy and rich in calcium, perfect for a healthy meal.

Mysore Masala Dosa

- \$7.50

Crispy dosa filled with spicy potato masala, topped with chutney, a South Indian favorite.

Panner Dosa

- \$8.00

Crispy dosa filled with spiced paneer, offering a delicious fusion of textures and flavors.

Masala Dosa

- \$6.00

Crispy dosa filled with spiced potato mixture, served with chutney and sambar, a classic delight.

Ghee Roasted Dosa

- \$6.50

Crispy dosa roasted in ghee, offering a rich flavor and golden texture, a South Indian favorite.

Ghee Podi Dosa

- \$6.00

Crispy dosa smeared with ghee and spiced podi powder, a flavorful South Indian treat.

Upma Dosa

- \$7.00

Dosa filled with savory upma, creating a unique and delicious combination of textures and flavors.



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UTHAPPAM

[Available at all times]



Plain Uthappam

- \$7.00

Thick, pancake-like dosa with a soft, fluffy texture, typically served with chutney and sambar.



Onion Uthappam

- \$8.00

Uthappam topped with finely chopped onions, adding sweetness and crunch, served with chutney and sambar.



Tomato Uthappam

- \$8.00

Uthappam topped with juicy tomato slices, enhancing flavor and moisture, served with chutney and sambar.



Mix Veg Uthappam

- \$9.00

Uthappam loaded with assorted vegetables, offering a colorful, nutritious, and flavorful breakfast option.



Panner Uthappam

- \$10.00

Uthappam topped with spiced paneer, blending soft cheese with a crispy base, served with chutney.

Ghee Podi Uthappam

- \$9.00

Uthappam smeared with ghee and spiced podi powder, combining rich flavor and a spicy kick.

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PONGAL / UPMA

[Available at all times]

Millet Upma with Mix Veg & Cow Ghee - \$8.00

A nutritious and flavorful dish made from millet, cooked with a variety of fresh vegetables and enriched with the richness of cow ghee, offering a wholesome and delicious meal.

Vermicelli Upma - \$9.00

Flavorful vermicelli upma, made with roasted vermicelli, vegetables, and spices, offering a light and savory breakfast dish.



Millet Poha - \$10.00

Light and fluffy poha made from millets, a healthy twist on a traditional dish.



Rice Poha - \$10.00

Flattened rice cooked with spices and vegetables, a quick and nutritious breakfast staple.



Millet Pongal - \$8.00

Nutritious pongal made from millets, seasoned with spices and ghee, a healthy breakfast choice.

Rice Pongal - \$7.50

Traditional South Indian dish made from rice and lentils, flavored with ghee, pepper, and cumin.



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LUNCH BUFFET

[Lunch Buffet items will change every day.]

[11:30 AM to 03:30 PM]

- Single Polish Rice
- Unpolished Rice
- Unpolished Millets
- Millet Pani Puri
- Stone Grinder Pickle
- Chutney Powder
- Desi Cow Ghee
- Dal of the Day
- Special Vegetable Curry
- Vegetable Poriyal
- Millet Papad
- Sambar
- Rasam
- Desi Cow Milk Curd
- Himalayan Rock Salt
- Seasonal Dessert
- Seasonal Salad
- Clay Pot Water
- Seasonal Juice / Cold Drink
- Tea / Coffee

\$18 Per Pax

**ENJOY AS MUCH AS YOU
LIKE FROM OUR
SPECIAL LUNCH BUFFET**

THALI

[10:30am to 10:00pm]

Swadesi Thali - \$16.00

Welcome Drink
Chapati / Puri / Phulka
Single Polish Rice / Unpolish Millet
Keerai Dal
Vegetable Curry
Vegetable Fry
Rasam
Sambar
Curd
Sweet
Pickle
Millet Papad
Desi Cow Ghee
Chutney Powder



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SET MEAL

[10:30am to 10:00pm]

Swadesi Set Meal - \$8.00

Chapati / Puri / Phulka
Single Polish Rice / Unpolish Millet
Pickle
Vegetable Curry
Sambar
Rasam
Millet Papad



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KHAPLI WHEAT SPECIALS

[Available at all times]

Poori - \$9.00

With Potato Curry / Onion Curry

[3 Pieces]



Chapati - \$11.00

With Mix Veg Curry

[3 Pieces]

Phulka - \$10.00

With Mix Veg Curry

[3 Pieces]



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STARTERS

[4.00 PM to 10.00 PM]

Panner Ghee Roast - \$18.00

Spiced paneer cubes roasted in ghee, offering a rich and flavorful Indian delicacy.

Gongura Panner Roast - \$16.00

Paneer roasted with tangy gongura leaves, blending unique flavors for a delicious experience.

Mushroom Ghee Roast - \$16.00

Mushrooms roasted in aromatic spices and ghee, delivering a delectable and savory treat.

Chilli Baby Corn - \$14.00

Baby corn stir-fried with spicy chili sauce, delivering a crunchy and zesty snack.

Chilli Gobi - \$14.00

Crispy cauliflower tossed in spicy chili sauce, creating a flavorful and tangy dish.

Masala Idly - \$12.00

Steamed idly pieces sautéed with spices, creating a flavorful and spicy variation.

Gongura Mushroom Roast - \$14.00

Mushrooms cooked with tangy gongura leaves, offering a distinct and flavorful taste.

Pani Puri - \$6.00

Indian street snack featuring crispy hollow shells filled with tangy tamarind water, spicy potatoes, and chickpeas.



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SNACKS

[4.00 PM to 10.00 PM]

Millet Onion Pakoras

- \$6.00

Crunchy fritters with millet flour, onions, and spices, perfect for a tasty snack.

Millet Paneer Bajji

- \$7.00

Paneer cubes coated in millet flour [5 Pieces] batter and fried, offering a crispy and flavorful snack.

Millet Spinach Pakoras

- \$8.00

Crispy fritters made with millet flour and spinach, seasoned to perfection.

Mysore Bonda [5 Pieces]

- \$6.00

Crispy Mysore bonda, made from urad dal batter, deep-fried, and spiced, [Only Weekends] offering a savory South Indian snack.

Millet Pungulu [8 Pieces]

- \$7.00

Traditional South Indian snack made from millet and lentil batter, deep-fried to perfection.

Millet Masala Mirchi Bajji - \$6.00

Spicy chili peppers stuffed with a millet [4 Pieces] flour mixture, fried until crispy.

Millet Aloo Bonda [4 Pieces] - \$6.00

Spiced mashed potato balls coated with millet flour batter, fried to golden perfection.

Millet Onion Bajji [4 Pieces] - \$6.00

Slices of onion dipped in millet flour batter and fried, offering a crunchy delight.

Millet Vazhakkai (Banana) Bajji - \$7.00

Raw banana slices coated in millet flour batter and fried until golden brown.

[4 Pieces]



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FUSION FOOD

[4.00 PM to 10.00 PM]

Millet Pasta

- \$14.00

Pasta made from millet flour, offering a gluten-free alternative with a wholesome texture and flavor.

Millet Noodles

- \$14.00

Noodles crafted from millet, providing a nutritious and gluten-free option for delicious noodle dishes.

Fried Rice

- \$14.00

Delicious stir-fried rice with assorted vegetables, a satisfying vegetarian dish.



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PULAO SPECIALS

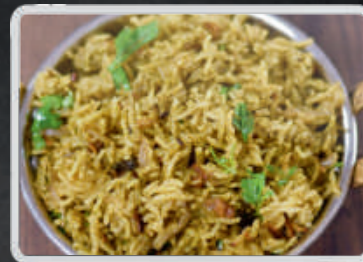
(Choice of Rice or Millets)

[11.30 AM to 10.00 PM]

Tomato Pulao

- \$12.00

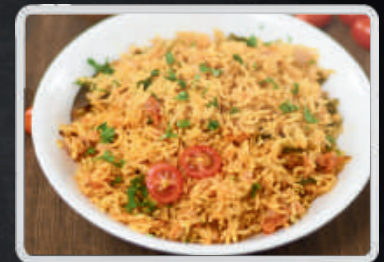
Fragrant rice cooked with tomatoes, spices, and herbs, offering a tangy and flavorful dish.



Coriander Pulao

- \$12.00

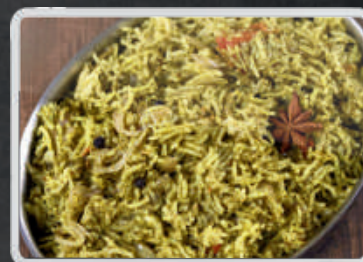
Aromatic rice infused with coriander leaves, adding freshness and flavor to the dish.



Curry Leaf Pulao

- \$12.00

Fragrant rice cooked with curry leaves, imparting a unique and aromatic taste.



Gongura Pulao

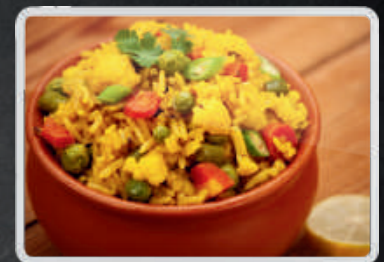
- \$12.00

Tangy rice dish flavored with gongura (sorrel) leaves, a traditional Andhra Pradesh delicacy.

Mint pulao

- \$12.00

Fragrant rice cooked with mint leaves, offering a refreshing and aromatic twist to the dish.



Mixed Vegetables Pulao - \$12.00

Flavorful rice dish cooked with assorted vegetables, creating a colorful and nutritious meal option.

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MILLET OR RICE SPECIAL

[11.30 AM to 10.00 PM]

Bisi Bille Bath

- \$12.00

Spicy, flavorful South Indian rice dish with vegetables, lentils, and aromatic spices, a wholesome comfort food.

Lemon Rice

- \$12.00

Tangy, aromatic rice dish flavored with lemon juice, turmeric, and tempered with mustard seeds and curry leaves.

Kichadi

- \$14.00

Soft, savory Indian dish made from rice and lentils, often spiced and served as a comforting meal.

Pudina Rice

- \$12.00

Fragrant rice dish made with fresh mint leaves, spices, and herbs, offering a refreshing and flavorful taste.

Chithrannam

- \$12.00

Tangy, spiced rice dish typically made with lemon juice, turmeric, and assorted spices, perfect for a light meal.

Jeera Rice

- \$12.00

Simple and aromatic rice dish cooked with cumin seeds, adding a subtle, earthy flavor to the rice.

Pulihora

- \$12.00

Tangy and spicy South Indian rice dish flavored with tamarind, curry leaves, and a mix of spices.

Tomato Rice

- \$12.00

Flavorful rice cooked with tomatoes, spices, and herbs, offering a tangy and aromatic dish.

Curd Rice

- \$12.00

Cooling, creamy South Indian dish made by mixing yogurt with rice, often tempered with mustard seeds.

Mudda Pappu Avakaya Rice - \$14.00

Simple and hearty rice dish paired with lentil dal and spicy mango pickle, a traditional comfort meal.



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BIRYANI

[11:30 AM to 10:00 PM]

Vegetable Biryani

- \$14.00

Flavorful rice dish cooked with mixed vegetables, aromatic spices, and herbs, offering a wholesome and delicious meal.

Chana Biryani

- \$14.00

Protein-rich biryani with chickpeas, aromatic spices, and basmati rice, offering a hearty and flavorful dish.

Paneer Biryani

- \$16.00

Aromatic rice dish featuring marinated paneer cubes, layered with spices, herbs, and basmati rice, creating a rich flavor.

Aloo Biryani

- \$14.00

Comforting rice dish with spiced potatoes, aromatic spices, and basmati rice, offering a delicious and satisfying meal.

Mushroom Biryani

- \$15.00

Savory rice dish with tender mushrooms, spices, and herbs, creating a rich and earthy flavor profile.



Brinjal Biryani

- \$15.00

Unique rice dish with tender brinjal, aromatic spices, and herbs, offering a delightful and flavorful meal.



Kaju Biryani

- \$16.00

Rich and aromatic rice dish featuring cashews, spices, and herbs, creating a luxurious and nutty flavor.



Gongura Paneer Biryani

- \$16.00

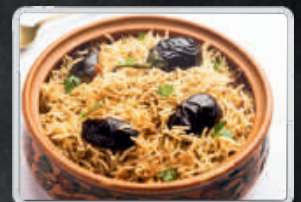
Unique biryani with tangy gongura leaves and marinated paneer, layered with fragrant basmati rice and spices.



Mushroom Paneer Biryani

- \$16.00

Delicious biryani combining marinated paneer and mushrooms, layered with aromatic rice and flavorful spices.



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TRADITIONAL SPECIALS

[11.30 AM to 10.00 PM]

Ragi Muddai - \$12.00

Nutritious and dense steamed balls made from ragi flour, typically served with spicy curries or dal.

Jowar Muddai - \$12.00

Healthy, steamed balls made from jowar flour, providing a hearty and gluten-free meal option.



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COFFEE

(Coffee Specials With Desi Cow Milk)

[Available at all times]

In House Spl Coffee - \$3.00

Signature blend coffee with unique flavors, crafted in-house for a rich and distinctive experience.

Arjuna Coffee - \$4.00

Specialty coffee infused with Arjuna bark, offering a heart-healthy boost and a unique, earthy flavor.

Moringa Coffee - \$4.00

Nutritious coffee blend enriched with moringa, providing antioxidants and a subtle, healthful green taste.

Methi Coffee - \$4.00

Distinctive coffee with fenugreek (methi) infusion, promoting digestion and imparting a slightly nutty flavor.

Parijat Coffee - \$4.00

Exotic coffee blend infused with Parijat flowers, delivering a floral aroma and unique, calming experience.

Turmeric Coffee - \$4.00

Healthful coffee blend with turmeric, offering anti-inflammatory benefits and a warm, earthy taste.

Brahmi Coffee - \$4.00

Cognitive-boosting coffee blend with Brahmi herb, enhancing mental clarity and providing a mild, herbaceous flavor.



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TEA

(Tea Specials With Desi Cow Milk)

[Available at all times]

In House Spl Masala Tea - \$3.00

Signature masala tea blend with aromatic spices, providing a warm, comforting, and invigorating drink.

Shatavari Spice Tea - \$3.50

Herbal tea infused with Shatavari root and spices, promoting vitality and offering a soothing taste.

Lemongrass Spice Tea - \$3.50

Refreshing tea blend with lemongrass and spices, delivering a zesty, aromatic, and invigorating flavor.

Ashwagandha Spice Tea - \$3.50

Relaxing tea with Ashwagandha and spices, supporting stress relief and offering a mildly earthy taste.

Jamun Spice Tea - \$3.50

Unique tea blend with Jamun seeds and spices, supporting blood sugar management with a rich, fruity flavor.

Anti-Obesity Spice Tea - \$3.50

Herbal tea blend with spices designed to support weight management and metabolism, offering a flavorful taste.

Amla Spice Tea - \$3.50

Nutrient-rich tea with Amla and spices, providing vitamin C and antioxidants with a tangy, refreshing flavor.

Arjuna Tea - \$3.50

Heart-healthy tea blend with Arjuna bark and spices, offering a slightly bitter and earthy taste.

Black Tea - \$3.50

Classic black tea with a robust flavor, perfect for a strong, invigorating, and traditional tea experience.

Tulsi Chai - \$3.50

Soothing tea blend with Tulsi (Holy Basil) and spices, promoting relaxation and offering a herbal, aromatic flavor.

Jadi Buti Chai - \$3.50

Herbal tea blend with a mix of traditional Ayurvedic herbs, offering a healthful and earthy taste.

Jaggery Tea - \$3.50

Sweet and warming tea with jaggery and spices, providing a rich, caramel-like flavor and natural sweetness.

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KASHAYAM

[Available at all times]

After Meal Tea Pot - \$5.00

A soothing blend of digestive herbs and spices, perfect for a comforting post-meal experience.

Pure Tulsi Tea Pot - \$5.00

A calming and aromatic tea made from pure Tulsi leaves, promoting relaxation and well-being.

Assorted HM Tea Pot - \$5.00

A variety of handcrafted tea blends, offering a diverse and flavorful tea-tasting experience.

Refresh Tea Pot - \$5.00

Invigorating herbal tea blend designed to refresh and energize, perfect for revitalizing your day.

Detox Tea Pot - \$5.00

Cleansing herbal tea blend designed to support detoxification and promote overall wellness.

Tridosha Balance Tea Pot - \$5.00

Ayurvedic tea blend aimed at balancing the three doshas, promoting harmony and overall health.

Glowing Skin Tea Pot - \$5.00

Herbal tea infused with skin-friendly ingredients, aimed at enhancing complexion and promoting radiant skin.

Tulsi Green Tea Pot - \$5.00

A rejuvenating blend of Tulsi and green tea, offering antioxidant benefits and a refreshing taste.

Immunity Booster Tea Pot - \$5.00

Fortifying tea blend with immune-boosting herbs, designed to support and strengthen the body's defenses.



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COLD PRESSED JUICES

[Available at all times]

Orange Juice - \$10.00

Freshly squeezed orange juice, packed with vitamin C, offering a tangy and refreshing citrus flavor.



Fresh Amla Juice - \$8.00

Tart, refreshing amla juice, rich in Vitamin C, boosts immunity, aids digestion, and promotes radiant skin and healthy hair naturally.



Pomegranate Juice - \$12.00

Nutrient-rich pomegranate juice, bursting with antioxidants and a sweet-tart flavor, promoting heart health.



Pineapple Juice - \$10.00

Tropical pineapple juice, naturally sweet and refreshing, loaded with vitamins and digestive enzymes.



Muskmelon Juice - \$12.00

Hydrating and sweet muskmelon juice, perfect for cooling down and rich in vitamins A and C.



Papaya Juice - \$11.00

Smooth and sweet papaya juice, rich in vitamins, aiding digestion and promoting skin health.



Apple Juice - \$10.00

Crisp and sweet apple juice, rich in vitamins and fiber, supporting overall health and hydration.

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COLD PRESSED JUICES

[Available at all times]

Mango Juice - \$8.00

Refreshing mango juice, made from ripe mangoes, blended smooth, offering a sweet, tropical, and invigorating drink.

Beet Root Juice - \$11.00

Vibrant beetroot juice, full of antioxidants and nutrients, boosting stamina and supporting detoxification.



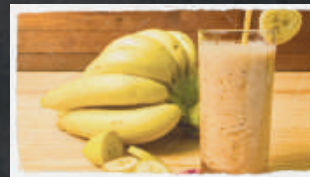
Carrot Juice - \$14.00

Sweet and nutritious carrot juice, rich in beta-carotene, promoting eye health and overall vitality.



ABC Juice - \$12.00

A healthy blend of apple, beetroot, and carrot juices, packed with vitamins and antioxidants.



Banana Stem Juice - \$11.00

Refreshing banana stem juice, known for its detoxifying properties and benefits for kidney health.



Ash Gourd Juice - \$12.00

Refreshing ash gourd juice, known for its cooling properties and benefits for detoxification and digestion.



Grapes Juice - \$13.00

Sweet and delicious grape juice, packed with antioxidants and nutrients, promoting heart health.



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DESI COW MILK SPECIAL

[Available at all times]

Badam Milk [Cold]

- \$8.00

Refreshing almond milk blend with spices, chilled for a nutritious and flavorful beverage.

Salt Lassi

- \$6.00

Refreshing salt lassi, made with yogurt, salt, and spices, offers a cool, savory traditional Indian drink.

Pure Cow Milk [Hot]

- \$5.00

Warm, pure cow milk, providing a comforting and nutritious drink, rich in calcium and vitamins.

Mango Lassi

- \$8.00

Creamy mango lassi, blending yogurt and ripe mangoes, offers a sweet, tropical, and refreshing Indian beverage.

Kesar Milk Masala [Hot]

- \$8.00

Warm milk infused with saffron and spices, offering a rich, aromatic, and soothing drink.



Kesar Milk Masala [Cold]

- \$14.00

Chilled milk with saffron and spices, delivering a refreshing and luxurious taste experience.



Golden Milk Masala [Hot]

- \$8.00

Hot turmeric milk blend with spices, promoting wellness and offering a warm, comforting drink.



Thandai [Cold]

- \$14.00

Traditional cold Indian drink with milk, nuts, and spices, perfect for a refreshing and festive treat.



Sweet Lassi

- \$7.00

Creamy sweet lassi, made with yogurt, sugar, and cardamom, offering a refreshing, traditional Indian beverage.



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HERBAL COOL DRINKS

[7:30am to 10:00pm]

Amla Pulp

- \$8.00

Tangy, vitamin C-rich fruit pulp, boosts immunity, aids digestion, and promotes healthy skin and hair.

Shahi Kesar

- \$10.00

Luxurious beverage made with saffron, milk, and nuts, offering a rich, aromatic, and royal taste experience.

Lemon Shikanji

- \$8.00

Refreshing Indian lemonade made with fresh lemon juice, sugar, salt, and spices, perfect for a cooling summer drink.

Strawberry Pulpy

- \$10.00

Refreshing drink made with real strawberry pulp, offering a sweet and tangy flavor with a rich, fruity texture.

Royal Rose

- \$9.00

Elegant beverage infused with rose syrup, milk, and subtle spices, offering a refreshing and fragrant drink fit for royalty.

Jaggery Lemon Ice Tea

- \$8.00

Refreshing iced tea sweetened with jaggery and infused with lemon, offering a natural, tangy, and wholesome taste.

Fennel

- \$9.00

Aromatic herb with a sweet, anise-like flavor, used in cooking and teas, aids digestion, and freshens breath naturally.

Lemon Ice Tea

- \$8.00

Refreshing iced tea with a zesty lemon flavor, perfect for a cool and invigorating drink on hot days.

Lemon Ginger

- \$8.00

A zesty blend of lemon and spicy ginger, perfect for a refreshing and invigorating drink or tea.

Barley Water

- \$6.00

Nutritious barley drink, mild and earthy, promotes hydration, aids digestion, and supports overall health with a soothing, refreshing taste.

Lemon Soda

- \$6.00

Zesty lemon soda, a refreshing fizzy drink, invigorates with tangy citrus flavor, perfect for cooling down and revitalizing anytime.

Lemon Sabja Juice

- \$7.00

Jaggery lemon sabja juice blends sweet jaggery, tangy lemon, and cooling basil seeds, creating a refreshing, nutritious, and hydrating drink.



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GHEE SWEETS

[Prepared By using Desi Cow Ghee]

Athirasam

- \$2.50

Sweet rice flour doughnut, deep-fried, with jaggery, offering a chewy, traditional South Indian treat.

Poota Rekalu

- \$2.50

Delicate, crispy rice flour crepes layered with sugar, offering a sweet, flaky, Andhra Pradesh delicacy.

Sesame Athirasam

- \$2.50

Crunchy sesame seeds enhance this sweet, fried rice flour and jaggery delicacy, a festive favorite.

Milk Mysore Pak

- \$2.50

Rich, buttery Mysore pak made with ghee, chickpea flour, and sugar, melts in your mouth.

Urad Dal Laddu

- \$2.50

Nutty, protein-rich urad dal laddus, sweetened with jaggery, offer a wholesome, melt-in-mouth treat.

Besan Mysore Pak

- \$2.50

Smooth, rich Mysore pak with chickpea flour, sugar, and ghee, offering a delicious traditional taste.

Besan Laddu

- \$2.50

Rich, sweet besan laddus with ghee and cardamom, providing a traditional, flavorful, festive dessert.

Jowar / Bandar Halwa

- \$5.00

Nutty jowar halwa, flavored with cardamom and ghee, provides a healthy, wholesome sweet treat.



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GHEE SWEETS

[Prepared By using desi Cow Ghee]

Gulab Jamun [2 Pieces] - \$5.00

Soft, spongy gulab jamuns soaked in rose-flavored sugar syrup, a classic Indian dessert.

Millet Ravva Kesari - \$7.00

Sweet, fragrant millet rava kesari with saffron, ghee, and nuts, a healthy twist on a classic.

Dry fruit laddu with Rose Petals - \$3.00

Nutty, sweet laddus with dry fruits and fragrant rose petals, a luxurious, aromatic treat.



Dry Fruit Burfi with Dates - \$3.00

Rich, chewy burfi packed with dates and dry fruits, offering natural sweetness and nutrition.



Dry Fruit Burfi with Anjeer - \$3.00

Rich, chewy burfi made with figs (anjeer) and dry fruits, offering a naturally sweet, nutritious dessert.

Dry Fruit chikki with Gulkand - \$4.00

Crunchy chikki with nuts, sweetened with gulkand, providing a rose-flavored, delightful treat.



Millet Vermicelli Payasam - \$7.00

Creamy millet vermicelli payasam, sweetened with jaggery, spiced with cardamom, a healthy festive treat.

Millet Milk Payasam - \$7.00

Nutritious millet milk payasam, flavored with cardamom and jaggery, offering a creamy, traditional dessert.



Food photos are for the illustration purpose only. Food served may differ in presentation.

NAMKEENS

[Prepared By Using Bull Driven Oil]

Karaboonthi

- \$4.00

Spicy, crunchy boondi made from gram flour, perfect as a savory snack or side dish.

Chakodi

- \$4.00

Crispy, ring-shaped rice flour snacks seasoned with spices, offering a delightful crunch and flavor.

Sanna Poosa

- \$4.00

Fine, crispy sev made from gram flour, lightly spiced, ideal for snacking or garnishing.

Gatti Chekkalu

- \$4.00

Crunchy rice flour crackers with spices and peanuts, offering a traditional, savory South Indian treat.

Mixture

- \$4.00

Savory blend of nuts, sev, and fried lentils, spiced perfectly for a crunchy, tasty snack.

Masala Banana Chips

- \$4.00

Crispy banana chips spiced with masala, offering a flavorful and crunchy snack.

Ragi Chakli

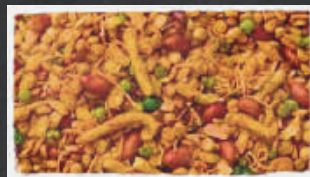
- \$5.00

Nutritious ragi chaklis, deep-fried spirals with spices, providing a healthy and crunchy snack.

Desi Rice Chakli

- \$5.00

Traditional rice flour chaklis, spiced and deep-fried, offering a crispy and flavorful snack.



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SALAD

[Available at all times]

Palak Salad

- \$8.00

Fresh palak salad, with vibrant spinach leaves, crunchy veggies, and a tangy dressing, offering a nutritious, refreshing dish.



Fruit Salad

- \$8.00

Colorful fruit salad with mixed fresh fruits, offering a sweet, juicy, and refreshing healthy treat.



Vegetable Salad

- \$8.00

Vegetable salad with cucumber, carrot, bottle gourd, and tomato, offering a fresh, crunchy, and nutritious medley of flavors.



Sprouts Salad

- \$9.00

Sprouts salad with tomatoes, carrot, onion, cucumber, and sesame oil, offering a fresh, crunchy, and nutritious dish.



Protein Salad

- \$9.00

Protein salad with cucumber, tomato, onion, ground nuts, chana dal, pepper powder, and coriander, offering a nutritious and flavorful crunch.

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MUESLI

[Available at all times]

Dark Cocoa & Millet Muesli - \$10.00

Crunchy muesli with dark cocoa, puffed millet, nuts, dried fruit, and seeds for a nutritious breakfast.



Omega Vanilla Muesli - \$10.00

Nutritious muesli with vanilla, oats, millet, nuts, dried fruit, chia, flax, and hemp seeds.



Amaranth Muesli - \$9.00

Wholesome muesli featuring amaranth, oats, nuts, seeds, dried fruit, and a touch of sweetness.



Natural Jaggery Amaranth Muesli - \$9.00

Healthy muesli with natural jaggery, amaranth, oats, nuts, dried fruit, seeds, and coconut flakes.

Royal Saffron Muesli - \$10.00

Luxurious muesli with saffron, oats, nuts, dried fruit, seeds, and a hint of honey.



Royal Saffron Muesli With Jaggery - \$10.00

Exquisite muesli with saffron, jaggery, oats, nuts, dried fruit, seeds, and a touch of honey.

Sugar Free Dates & Millet Muesli - \$9.00

Healthy muesli with dates, millet, oats, nuts, seeds, and dried fruit, naturally sweetened.

Nut Millet Muesli - \$10.00

Crunchy muesli with millet, mixed nuts, oats, seeds, dried fruit, and a hint of honey.

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Sampoorna Swadesi Vegetarian Restaurant

ETHICAL & SUSTAINABLE

**PROSPEROUS NATION IS ONLY POSSIBLE
WHEN IT'S PEOPLE ARE HEALTHY.**

Food and Lifestyle creates people's health. Sampoorna Swadesi is committed and takes responsibility of providing healthy food to people of Singapore. Sampoorna Swadesi takes advantage of Ancient Vedic Science to build healthy Societies.

With strong farming background and a decade of hardship, we educated & converted 100s of farmers to Chemical-free Natural Farming methods. Also we preserved and distributed indigenous seeds to farmers. We use the same farmers network to supply chemical-free unadulterated groceries to people of Singapore.



ETHICAL & SUSTAINABLE

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