



The Ayurvedic Restaurant by Flow Food Joe

The doshas, the building blocks of our body

The 3 bioenergies (= Doshas) are called Vata, Pitta and Kapha and are the building blocks of our body. If a Dosha is overactive, its characteristics increase, if it is rather inactive, it shows a deficit in us.

Vata

is the bioenergy of movement. Its functions in the body are enthusiasm, inhalation and exhalation, movement, circulation, elimination of waste products. It feels cold, light, dry, rough, mobile, penetrating, clear, tart and bitter.

Pitta

is the bioenergy of transformation. Its functions in the body are vision, digestion, temperature, hunger, thirst, radiance, happiness and intelligence. It feels hot, light, slightly oily, liquid, penetrating, salty, sour and spicy.

Kapha

is the bioenergy of the structure. Its functions in the body are oiliness, cohesion, steadiness, weight, fertility, potency, strength, endurance, patience and desirelessness. It feels cold, heavy, moist, slimy, immobile, soft and sweet.

Agni

is the digestive fire in the body. Every meal nourishes the doshas and our agni is responsible for the complete digestion and utilization of food. The state of agni depends on the dominance of the doshas in us. People with a high Vata percentage usually have a fluctuating and unstable Agni, Kapha types have a stable but small Agni and Pitta types have a quite strong and often overheated digestive fire. Ayurvedic Dosha related food nourishes and harmonizes the Doshas and strengthens your Agni.



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Light dishes

Idli	12.-
Fluffy savory steamed cakes from Uriddal. Served with dal, coconut chutney and chili sauce.	
Oats coconut porridge	8.-
With Agni strengthening spices, mango / banana, ghee & honey.	
Power Drink	9.-
Naturally energy from dates, ginger, oats, banana, honey and rice milk.	

Snacks & Appetizers

Samosa	12.-
Dumplings with potato, veggie filling, Plus 2 sauces.	
Pakora	12.-
Sweet potato, cauliflower and corn in spicy chickpea crust. Served with 2 sauces.	
Kofta Chat V	10.-
Snack plate with crispy koftas, chickpeas, yogurt, colorful sauces & spice indian mix.	
Papadam	2.-
Lentil chips	
Masala Papadam	11.
Papadam garnished with tomato, avocado, cucumber, carrot and spiced Indian mix.	
Pizza Chapati V	12.-
Chapati stuffed with curry & cheese	
Falafel chapati	14.-
Corn falafel, chickpea curry, fresh salads and sauces in chapati.	
Dark Chips V	7.-
Crispy baked bitter cucumbers in chickpea dough are the noble bitter highlight! Served with yogurt-tamarind dip.	
French fries	8.-
With homemade ketchup.	
Cheese fries V	11.-
With spicy cheddar tomato sauce.	

Prices in CHF; Subject to change; All our dishes are vegan; Vegetarian dishes are marked with a green V marked; In case of allergies please contact the service staff



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Our specialties

"Thali" Ayurvedic miracle plate	31.50
Basmati rice with chapati, dal, 2 curries (with panir / tofu), pakora, raita, papadam & dessert.	
Biryani	27.-
Spicy Basmati Rice with Cashews, Veggies and Panir / Tofu / Planted Chicken. Served with raita and papadam.	
Tandoori Raita V	18.-
Baked vegetables in mild spicy yogurt. Served with rice and papadam.	

Joe`s Currys & Dal

All curries are served with basmati rice and papadam.

Butter Masala V	21.50
Tomato cream sauce flavored with attention to detail. With peas, turnip and cauliflower, Panir V / Tofu / Planted Chicken. Upgrade with Pakoras and Raita / + 5.-	
Sunrise	21.50
Curry of coconut cashew milk and sunrise masala is a warming taste experience. With eggplant, turnip and cauliflower, Panir V / Tofu / Planted Chicken. Upgrade with Pakoras and Raita / + 5.-	
Full Moon	21.50
Refreshing curry made with coconut cashew milk, turmeric, coriander and lemon. With peas, turnip, cauliflower and raisins, Panir V / Tofu / Planted Chicken. Upgrade with Pakoras and Raita / + 5.-	
Mango Flower	21.50
Mango, apple juice, smart spices and rice milk. Sweet and sour, refreshing and spicy. With eggplant, turnip and cauliflower, Panir V / Tofu / Planted Chicken. Upgrade with Pakoras and Raita / + 5.-	
Jogi Mellow	21.50
Smart tomato sauce, yogurt and fresh curry leaves. With peas, turnip and cauliflower, Panir V / Tofu / Planted Chicken. Upgrade with Pakoras and Raita / + 5.-	



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Mong Dal 15.-

Home recipe with the queen among Asian lentils. Very digestible. Served with rice and papadam.

With roasted vegetables / + 3.-

Upgrade with Pakoras and Raita / + 5.-

Supplements

Basmati rice 4.-

- with ghee / + 1.50.-

Chapati 4.-

Homemade pita bread

Plain Paratha 5.50

Flatbread baked with ghee

Joe's homemade sauces 3.50

Ketchup, mango chili, tamarind, yogurt herb and coconut chutney

Refreshing side dishes

Raita V 6.50

Yogurt with cucumbers, carrots and herbs.

Salad 10.-

Green salad, beetroot, cucumber and tomatoes finished with sunflower seeds, olive oil and lemon juice dressing.

Natural yogurt V 4.-

Jain Travel Bag

Plain Paratha, Alu Baji and Acar 15.-

2 Homemade flatbreads with ghee; roasted potatoes and mango acar.



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Desserts

Surprise dessert	8.-
1 scoop ice cream V Vanilla / Strawberry / Chocolate - with whipped cream V / +2.- - with Mango Muus / +2.-	3.50
Chi Twister Turrets with apple, marzipan, fruit elixir, banana, gulab jamun, honey and chili. A colorful explosion of flavors, good for digestion, heart and mind.	3.50
Ayurvedic digestive Ayurvedic home remedies for a strong "Agni" (digestive fire) and immune system	
Gour Ras V A golden syrup made from honey, turmeric, ginger, lemon juice & pepper, contains natural antibiotic, *Agni* strengthening enzymes and vitamins.	5.-
Ginger cubes & Himalayan salt Ground in the mouth it is like liquid fire. Ideal for a good digestion.	5.-
Pepper Ginger Drink High Agni strengthening.	4.50



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Drinks

Hot

Saffron tea 6.50

Our saffron flowers from the Afghanistan highlands, picked and dried traditionally, have a very warming, soothing and aphrodisiac effect.

Ginger lemon tea 6.50

Time miracle products sweetened with cane sugar, strengthen your metabolism and warm from the inside.

Masala Chai 6.50

Ayurvedic tea with warming masala, rooibos / black tea and milk / rice milk.

Coffee cream 4.80

Roasted with Don George in Switzerland.

Espresso 4.50

Roasted with Don George in Switzerland.

Cold

Mango Lassi V 6.50

With yogurt, mango, vanilla and saffron.

Salty Lassi V 6.50

Pure refreshment with natural yogurt, roasted cumin and coriander.

Nimbu Pani 5.-

Refreshing lemon water and ginger juice (sweetened).

Soft drinks 4.50

Coke, Sprite, Fanta, water (still & sparkling), iced tea (peach / lemon), etc.

Alcoholic

Beer 5.50

Kingfisher, Lion, Cobra, Quöllfrisch

Wine 7.-

(red, white)