



prāna  
kitchen

Mon-Sat 9:00 am – 6:30 pm  
insta @pranakitchen  
contact us 9833139080 9833160585

Prisim Healing Institute, Ground Floor,  
Hormuzd Building, Sleater Road  
Grant Road (w) Mumbai, Maharashtra 400007

# WHAT IS RAW FOOD?

Raw or living food is a plant-based diet consisting of fruit, vegetables, nuts and seeds in their original unaltered state, vibrating with Prāna (life force) and abundant in enzymes, vitamins and minerals. Living foods are more alkaline (they have a higher water content) which helps us balance our bodies' PH.



# WHAT IS VEGAN FOOD?

Vegan food is essentially a vegetarian diet without any animal by-products such as dairy, eggs and honey. These dampen the vitality of the body and are low energy foods. Please enjoy our main attached in the next few pages.

# VEGAN, BECAUSE THE STRONG DEFEND THE WEAK

Animals are treated horribly and exploited merely to satisfy our taste buds. Beautiful, intelligent animals that are capable of forming relationships and feeling emotions are tortured, artificially inseminated and kept in conditions that lead to disease and sickness – we can no longer keep quiet and watch this happen.

# EVERYTHING IS MADE FRESH DAILY

## ☞ TODAY'S MENU ☞



Nothing is frozen or made in bulk. Our food is preservative-free, cruelty-free, dairy-free, refined sugar-free, iodized salt-free, predominantly gluten free and trans-fat free. We use Reverse Osmosis purified drinking water which is devoid of toxic chemicals like Arsenic, Mercury, Nitrates, Lead, Fluoride etc. We love experimenting and playful learning so please check our 'Daily Specials' board for new items made with love.



## HOW FAR DOES YOUR FOOD TRAVEL TO GET TO YOUR PLATE?

### CHASING A PLATE



We reduce our food miles by using local and seasonal produce. 95 per cent of our ingredients are local. Besides the personal health benefits associated with eating what naturally grows in our country, eating local sustainable foods creates a healthy planet. We can also reduce our ecological footprint by being conscious in our food choices – a vegan and raw diet leads to reduction in water consumption, NO methane (which is produced as a byproduct of cattle rearing) and NO deforestation (in order to create space for animal grazing).

# WHY RAW



In Prāna kitchen, we serve raw meals, desserts, and dehydrated snacks. Raw means that food is not cooked above 118 F/ 47 C, which preserves its nutritional value. Raw food contains enzymes (protein molecules) that aid digestion, immune function, brain activity and energy production. These same molecules are denatured or lost when food is cooked. If the natural enzymes in food are destroyed, your body must draw upon its own well of enzymes for digestion, which is **what leaves you feeling sluggish after a meal.** We serve raw meals, desserts, and dehydrated snacks in our kitchen. You won't believe it's raw! So come on over and try it out!

## BIODEGRADABLE ECOFRIENDLY CONTAINERS



We keep mama earth in our hearts in everything we do. Even for our food packaging, we use biodegradable eco-friendly containers, which are made in India from sugarcane bagasse, cornstarch and naturally fallen areca palm leaves.. (Rs 25 per container and Rs 50 per glass bottle)

## DABBA DELIVERY



If you love our high Prāna foods you can have our Vegan / Raw dabbas delivered to you at your doorstep. We also do catering for special events and parties and meal subscriptions. Call us!

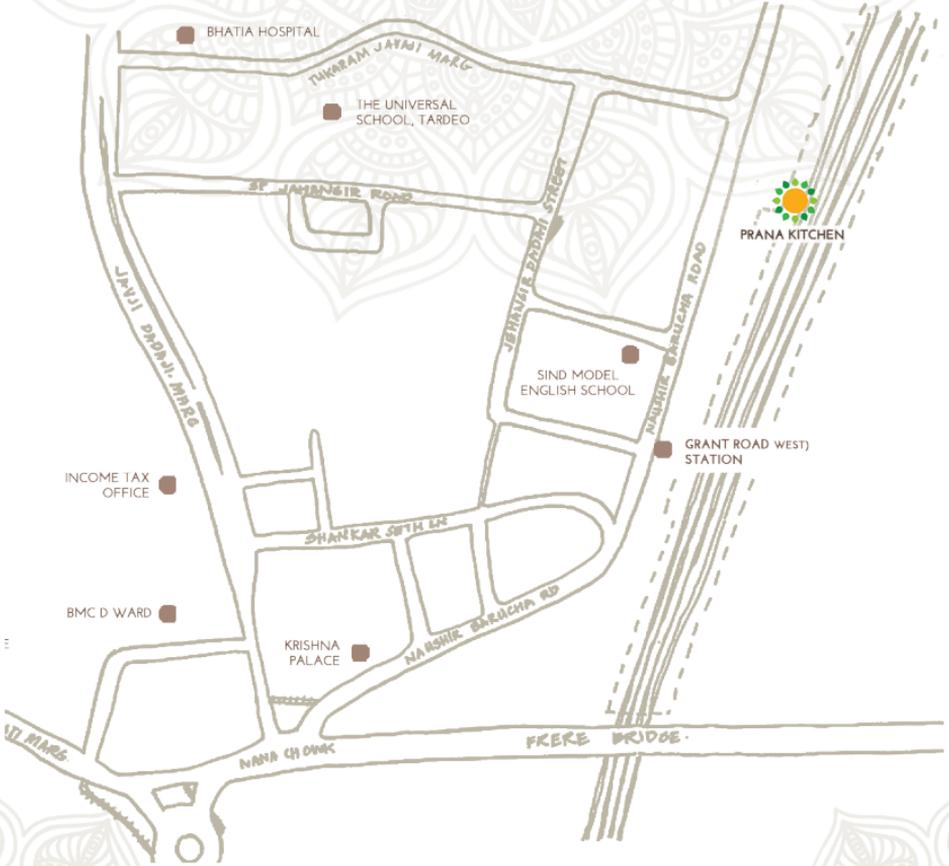
# WHO WE ARE :)

At Prāna Kitchen we aim to redefine our experience with food by eating mindfully with awareness and celebrating our relationship with food {ahamannam} because “we are what we eat”. We believe that our consciousness needs to expand to include all beings and therefore the lifestyle we create awareness about is built on compassion. We hope that by making raw and vegan food more accessible you will have the power to make a choice – compassion over cruelty..



We invite you to bless your food. Thanking the earth, the farmers and the people that prepare your food. Ask that your body shall receive ultimate nourishment from this meal and be grateful that the food fuels you to live your purpose and walk in peace. Try to eat slowly, chew completely and take a moment to breathe between bites. We do believe that eating food that is free of harm is a spiritual practice in itself. We would love to help you give it a try

# LOCATION MAP

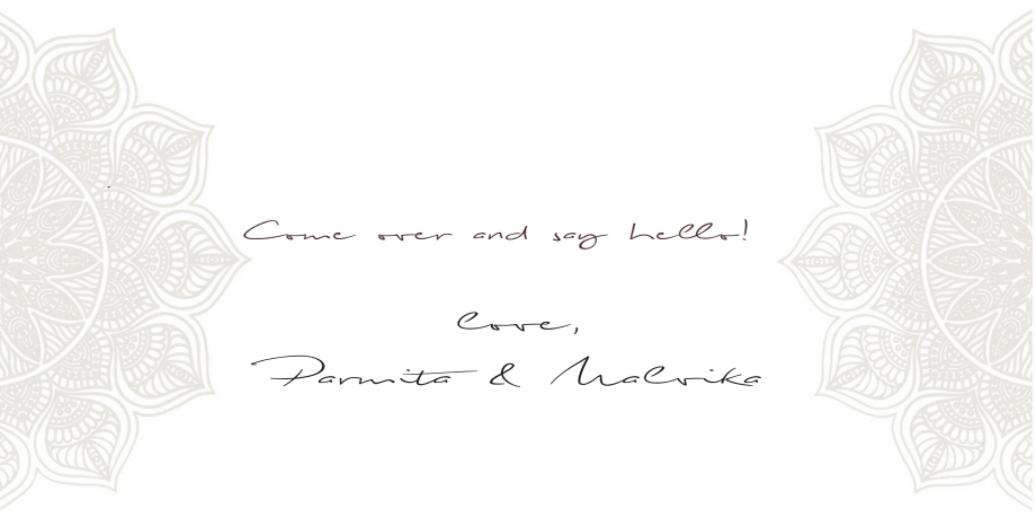


We are located at



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*Come over and say hello!*

*Love,*

*Parvita & Malvika*



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