

JUSTINDIA AYURVEDIC MENU

印象派素食菜單

JUST EAT WELL, JUST LIVE WELL
植·得吃好，植·得活好

阿育吠陀 (Ayurveda)，源自梵文詞彙 Āyuh (生命) 和 Veda (知識)，
是世界上最古老的整體療癒體系之一，其起源可追溯至 5,000 多年前。
在阿育吠陀的智慧中，Āhāra (食物) 是 Āyusya (生命) 的根基。
每一粒穀物、每一片葉子、每一種香料，都蘊含著不僅滋養身體，
更能滋養心靈與精神的力量。阿育吠陀料理不僅是一餐，
更是一條通往健康、力量與長壽的道路。

Ayurveda, from the Sanskrit words Āyuh (life) and Veda (knowledge),
It is one of the world's oldest systems of holistic healing.
With origins tracing back over 5,000 years.
In the wisdom of Ayurveda, Āhāra (food) is the
The very foundation of Āyusya (life).
Every grain, leaf, and spice carries the power
to nourish not just the body, but also the mind and spirit.
Ayurvedic cuisine is more than a meal
—it's a path to rejuvenation, strength, and longevity.

我們的素食菜單頌揚阿育吠陀這項印度古老養生傳統，
呈現出 Rasa (滋味) 與 Svasthya (健康) 相遇的食譜。
每道菜皆經過精心設計，以喚醒活力、促進平衡，並讓您更接近整體生活的本質。

Our Ayurvedic menu celebrates this ancient tradition,
presenting recipes where taste (Rasa) meets wellness (Svasthya).
Each dish is thoughtfully crafted to awaken vitality,
promote balance, and bring you closer to the essence of holistic living.

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CHAAT CHAAT CHAAT 印度風味素食三品

crisp puri, black chickpea, bean sprout, pomegranate

脆球 | 黑鷹嘴豆 | 豆芽 | 石榴

MORINGA TIKKI 辣木薯餅

moringa leaves, moringa flesh, guava chutney, smoked tomato chutney

辣木葉 | 辣木果肉 | 番石榴醬 | 烟熏番茄醬

HORSE GRAM RASAM 木豆酸辣湯

curry leaves, fenugreek, black pepper, tomato, asafoetida

咖哩葉 | 葫蘆巴籽 | 黑胡椒 | 番茄 | 阿魏

GREEN TOMATO SEV 青番茄脆面

crispy vermicelli, fennel seed, cilantro, cottage cheese

酥脆鷹嘴豆面條 | 番茄 | 芫荽

KARAIKUDI ERYNGII MUSHROOM 黑石花椰香日本本菇

shimeji mushroom, enoki, black stone flower, long pepper

日本本菇 | 金針菇 | 黑石花 | 長胡椒

GOOSEBERRY ARACHUKALAKKI 油柑子乳酪

homemade yogurt, aloe vera, bird chilli, ginger, organic wild honey

乳酪 | 蘆薈 | 烏眼辣椒 | 姜 | 有機野生蜂蜜

OLAN 椰奶燉雙瓜

pumpkin, ash gourd, long bean, extra virgin coconut oil, quinoa

南瓜 | 冬瓜 | 長豆 | 初榨椰子油 | 藜麥

MULAKUSHYAM 喀拉拉蔬菜咖喱

ridge gourd, okra, pigeon peas, mustard seed, cumin

絲瓜 | 秋葵 | 木豆 | 芥末籽 | 小茴香

MAKHANE KI KHEER 蓮香北海道牛奶

puffed lotus seed, Hokkaido milk, dry fruits

蓮子 | 北海道牛乳 | 乾果

PETIT FOUR 餐後小點

MOP538/位

All prices are in MOP & subject to 10% service charge
所有價格以澳門幣計算，需加收10%服務費