



Slow Food® Nilgiris

Honey bees are crucial for pollination of vegetables, fruits. Farm and forest food is possible because of these Gardeners of Nature. Keystone Foundation, www.keystone-foundation.org, a not for profit trust, has been working with bees and honey. since the early 1990s. It works with local and indigenous communities on Livelihoods, Conservation Culture, Environmental Governance and other such issues.

In 2007, this place, where you sit was converted into the first Bee Museum of Asia. The posters, displays and the film have a story – a narrative that talk about bees and the people whose lives are dependent on them.

In 2015, we added another interesting layer in this space; apart from the Green Shop – run and managed by the Last Forest Enterprises Private Limited, a company that was incubated by Keystone; we launched the a Restaurant, based on the principles of Slow Food. It was to create a space that is not only a restaurant but a social enterprise that builds capacity of local and community people, connects consumers to local ecological realities and promotes the values of Slow Food Principles.

Slow Food, www.slowfood.com is a concept that was founded in Italy, which gives importance to locally produced “good, clean and fair” foods, safeguarding agricultural biodiversity, at risk of extinction and giving visibility and the proper value to their supplying producers.



Starters/Snacks

<i>French Fries</i>		R\$. 120
<i>Plain Focaccia [vegan]</i>		R\$. 120
<i>Rosemary Focaccia [vegan]</i>		R\$. 150
<i>Oreganon Chilli Garlic Focaccia [vegan]</i>		R\$. 150
<i>Crochette di Patate [cheese stuffed potatoes]</i>		R\$. 300
<i>Spiedini Vegetariani [cottage cheese skewers]</i>	🌀 🍴	R\$. 280
<i>Honey and Balsamic Vinegar Chicken Bocconcini</i>	🌀 🍴	R\$. 310
<i>Honey Glazed Chicken Wings with Mustard Sauce</i>	🌀 🍴	R\$. 310
<i>Crispy Fried Ginger Chicken</i>		R\$. 290

Salads

<i>Avarai Salad</i>	🌀	R\$. 180
<i>Mediterranean Salad</i>		R\$. 260
<i>Chicken Walnut Salad [contains nuts]</i>	🍴	R\$. 290
<i>Spicy Chicken Salad</i>		R\$. 280

Soups

<i>Tomato Soup</i>		R\$. 140
<i>Zuppa di Fagioli [vegan]</i>	🌀	R\$. 160
<i>Lemon Corriander Soup [vegan]</i>		R\$. 150
<i>Cream of Mushroom Soup</i>		R\$. 160
<i>Chicken Garden Clear Soup</i>		R\$. 180
<i>Cream of Chicken Soup</i>		R\$. 180



Pizza - Make your Pizza

Margherita Large R\$. 280 Small R\$. 200

Marinara Large R\$. 200 Small R\$. 150

Extra Vegetarian Toppings [per topping] R\$. 50

*Olives, Mushrooms, Onion, Capsicum, Zucchini,
Aubergines, Garlic, Capers, Fresh Tomatoes,
Jalapeneos, Corn, Paneer*

Extra Non - Vegetarian Toppings R\$. 100

Chicken, Salami, Sausage, Bacon, Ham [on availability]

Extra Mozzarella, Feta R\$. 50

Pasta

VEGETARIAN

Pomodoro [red sauce] R\$. 260

Arabiatta [spicy red sauce] [vegan] R\$. 260

Aglio Olio with Broccoli [vegan] R\$. 350

Mushroom in Cream Sauce R\$. 300

NON VEGETARIAN

Chicken & Mushroom in Cream Sauce R\$. 380

Chicken & Olives in Red Sauce R\$. 380

Carbonara [contains eggs & bacon] R\$. 430



Main Course

*Served with Salad and Butter Veggies/
Butter Garlic Rice/ French Fries*

VEGETARIAN

<i>Avarai</i> 🌀	Rs. 290
<i>Ragi Crêpe with Mushrooms</i> 🌀	Rs. 300
<i>Ragi Crêpe with leeks & Zucchini</i> 🌀	Rs. 300
<i>Paneer with Broccoli & Sesame</i> 🌀	Rs. 320

NON VEGETARIAN




<i>Natu Kozhi</i> [indigenous recipe of country chicken] 🌀	Rs. 400
<i>Chicken Steak, Green Pepper Sauce</i> 🌀	Rs. 400
<i>Chicken Steak, Mushroom Sauce</i>	Rs. 400
<i>Braised Chicken Leg</i> 🌀 🍷	Rs. 370
<i>Chicken Steak Supreme</i>	Rs. 370
<i>Pollo Alla Milanese</i> [breadcrumb fried chicken]	Rs. 380

Desserts

<i>Banoffee Pie</i>	Rs. 180
<i>Panna Cotta</i> [served with seasonal fruit toppings]	Rs. 170
<i>Lemon Cheese Cake</i> [served with seasonal fruit toppings]	Rs. 190
<i>Ragi Crêpe</i> 🌀	Rs. 150
<i>with chocolate/ chocolate banana/ honey banana/ honey cinnamon/ lemon sugar</i>	
<i>Brownie with Homemade Vanilla Ice Cream</i>	Rs. 300



Beverages

<i>Chai</i> [black, green, mint, milk]	Rs. 50
<i>Masala Chai</i>	Rs. 70
<i>Coffee</i> [black, milk]	Rs. 60
<i>Cappuccino</i>	Rs. 150
<i>Espresso</i>	Rs. 80
<i>Fresh Lime Juice or Soda</i>	Rs. 50
<i>Fresh Juice</i> [seasonal fruits]	Rs. 80
<i>Honey Lemon</i>  	Rs. 80
<i>Hot Honey Ginger Lemon</i>  	Rs. 100
<i>Milkshake</i> [chocolate, banana, vanilla]	Rs. 90
<i>Ragi Cool</i> 	Rs. 70
<i>Iced Tea</i>	Rs. 80
<i>Plain Soda</i>	Rs. 30
<i>Mineral Water</i>	Rs. 20



The Slow Food movement was founded in Italy in 1986. It strives to preserve traditional and regional cuisine and encourages farming of plants seeds and livestock characteristic of the local ecosystem.



The Ark of Taste is an international catalogue of endangered heritage foods which is maintained by the global Slow Food movement. The Ark is designed to preserve at-risk foods that are sustainably produced, unique in taste and part of a distinct eco-region.

Restaurant Timings
Lunch - 12:30 PM to 03:00 PM
Dinner - 06:30 PM to 09:30 PM
Closed on Tuesdays

