

justbe

A decorative graphic consisting of a thin green vine with several oval-shaped leaves. The vine starts under the 'j' of 'justbe', goes under the 't', and ends under the 'e'. There are three leaves on the left side and two on the right side. Small dots are placed along the vine.

Taste Good Health

THREE - FOLD MENU DESIGN

ENGLISH BREAKFAST

Rich and robust with notes of malt

CHAMOMILLE RAY

A blend of aromatic nilgiri black tea and chamomile flowers, that is smooth and fragrant

NILGIRI WHITE

From the renowned Billimali tea estate in the Nilgiris, that's immensely smooth and flavorful

KASHMIRI KAHWA

Fine green tea combined with rich ingredient, including cardamom, almonds, cinnamon and cloves.

MOUNTAIN ROSE

Exotic blend for robust, sweet and intensely floral, with flavors of pink rose, jasmine and cardamom

MINT JUBILEE

Refreshing blend of green tea with spearmint, fennel and marigold

ASSAM MASALA CHAI WITH ALMOND MYLK

Premium black tea mixed with dry spices

FILTER COFFEE WITH ALMOND MYLK

Classic blend of robusta and arabica coffee beans

HOT CHOCOLATE

Dark chocolate sauce with almond mylk

ALMOND ITALIAN LATTE

NUTTY COLD BEVERAGES

ALMOND COLD CHOCOLATE

195

ALMOND COLD COFFEE

195

ALMOND AND WALNUT TURMERIC CHILLED LATTE

195

WALNUT MYLK WITH SAFFRON AND CARDAMOM

195

BOTTLED MOUNTAIN WATER

40

JUST BE MORE

- JUST BE SHOPPING

- LIBRARY - BOOK READING

- COUNSELING AND THERAPY

- SPACE AVAILABLE FOR EVENTS

- VIPASSANA - MEDITATION - YOGA

- SVARAM - SOUND HEALING (AUROVILLE)

- ORGANIC FARMER'S MARKET EVERY SUNDAY

ABOUT JUST BE

■ Veg - Vegan, Whole plant based



Just Be is a whole plant based cafe. Our mission is to serve health on a plate. Our delicious and wholesome food is made in a conscious kitchen with kindness.

Our dishes are completely natural. We do not use refined and processed ingredients.



Our kitchen

- Is preservative, color and chemical free
- Contains no added oil, sugar or white flour
- Is Dairy free

We make our own plant based mylk, cheese and bake our own bread. Dips, sauces and dressing used in our dishes are made in-house.

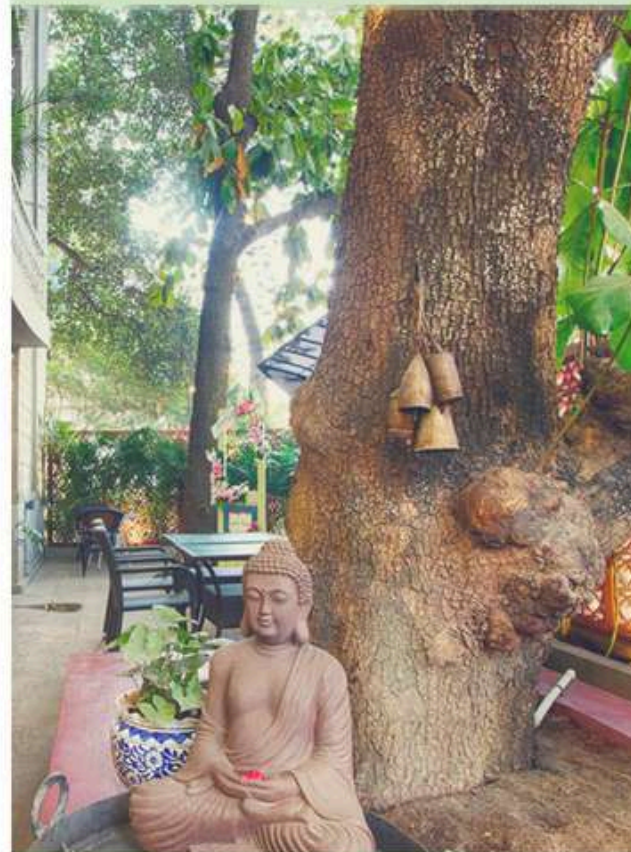


We avoid the use of aluminum and non-stick cookware. Our cutlery does not contain bone ash. Our kitchen waste goes into composting and we use ecofriendly packaging.

We conduct cooking classes. We host parties at Just Be. We also provide diet consultation.



JUST BE IS HERE TO PROVIDE A GUILT FREE EXPERIENCE WITH DELIGHTFUL HEALTHY FOOD SERVED WITH LOVE



Delivery through Swiggy and Dunzo

Just Be Cafe, 383/31, 13th cross road, opp Akshar Power Yoga, Sadashiv Nagar, near Bashyam Circle, Bengaluru - 560080

80 48538672 / +91 9513804561

@JustBeCafe

www.justbeyou.in

SMALL BITES

CHIP AND DIP

Beetroot hummus with veggie sticks and baked multigrain chips

175

SMOKED POTATO WEDGES

Roasted potato wedges served with cheesy dip and mint chutney

175

LENTIL AND FALAFEL ROULADE

Baked beetroot falafel and lentil patties with mint chutney and chilli dip

185

BRUSCHETTA

Millet and wheat bread with assorted topping of spiced tofu, tomato and olives and grilled veggies

185

CRUNCHY NACHOS

Baked beetroot and spinach multigrain chips with in house cheese dip, refried beans and pico de gallo

250

SPINACH QUESADILLA

Whole wheat tortilla stuffed with spiced spinach, corn, jalapenos and salsa served with beetroot hummus and cheesy dip

220

JUSTBE PLATTER

Assorted dips of tahini, baba ganoush, beetroot hummus, tomato salsa, tzatziki, mint chutney, veggies sticks and pita bread

300

EXTRA BREAD - 60

EXTRA CHIPS / DIP - 50

SOUPS

TANGY TOMATO

Roasted tomato and carrot with hint of basil, cashew cream and amaranth pop sprinkle

200

SMOKY SQUASH

Roasted pumpkin and mint topped with spiced sunflower seeds

200

GREEN GOODNESS

Creamy spinach and corn garnished with walnuts

200

MINESTRONE

Mixed veggies in a tomato flavored broth, seasoned with herbs.

200

AROMATIC ASIAN SOUP

Spiced mushroom, veggies, tofu and coconut mylk with lemongrass topped with sesame and peanuts

200

SALADS

GO NUTS

Mixed greens and veggies, tossed in creamy sesame dressing topped with raisins, olives, walnuts, chia, flax seeds, peanut, sunflower seeds and almonds

310

DESI BEAN

Assorted beans, barley, mixed lettuce, tossed in spiced lemon ginger dressing

295

SPROUT ME UP

Mixed sprouts, tossed in tangy dressing topped with assorted seeds

295

KHUSH WITH COUS COUS

Crunchy veggies, chickpeas and cous cous tossed in lemon dressing topped with spiced walnut and sunflower seeds

295

QUINOA COLESLAW

Shredded red and white cabbage, with spiced potatoes tossed in cashew mayo and topped with quinoa and assorted seeds

295

RAW RAINBOW

Carrot, beetroot, cucumber, and radish sprinkled with super seeds and served with red cabbage cheesy dressing

275

SANDWICHES

(Made with In-house bread served with potato wedges and small salad)

HOTPRESS BATATA

Quinoa and potatoes, served with cheesy mint chutney and spiced garlic sprinkle

310

MEDITERRANEAN

Roasted veggies, black olives, barley and almond pesto

310

PINK FALAFEL

Beetroot, chickpeas falafel with cucumber and tomato with tahini spread

310

TOFU BURJI

Scrambled spiced tofu, sprouts, cucumber, peppers, corn and harissa sauce

310

MIXED VEG PATTY

Mixed veggies and bean patty with mint chutney and chilli dip

310

SPINACH AND CORN

Spiced corn and spinach filling with mint dip and chilli sauce

310

MAIN COURSE

VEGGIE LASAGNA

No pasta, assorted veggies layered and topped with creamy cashew cheese and tomato sauce

350

ASIAN CURRY

Spiced red curry with coconut mylk, mushroom, tofu, veggies served with roasted garlic red rice

390

QUINOA SIZZLER

Potatoes, mushroom, veggies and tofu in garlic soy served with quinoa and red rice blend (Contains Gluten)

390

GARDEN PIZZA

Assorted veggies and in-house cashew cheese

390

ALFA ALFA PIZZA

Spicy scrambled tofu topped with alfa alfa with in-house cashew cheese

390

MEXICAN FIESTA

Spiced veggies, jalapenos, olives, zucchini, red beans with in-house cashew cheese

395

DESSERTS

CHOCO CRILLON PIE

225

CHOCOLATE AND CHIA PUDDING

225

JUST BE SPECIAL

200

AMARANTH, DRY FRUITS AND NUTS PAYASAM

130

TWISTED BANANA SORBET

130

SUGARCANE SORBET

130

COCO CHOCO SORBET

130

BROWNIE AND ICE CREAM SIZZLER

275

SMOOTHIES

FOREVER GREEN

Spinach, Mint, Banana, Pineapple

190

BE FRESH

Pineapple, Banana, Beetle Leaf

190

APPLE TANGO

Mint, Apple, Banana, Cinnamon

190

GO COCO

Chickoo, Banana, Cocoa, Mint

190

COOLERS

PINK NIMBU PANI

Lemon, Spices, Jaggery

149

ZESTY CUCUMBER

Cucumber flavored with Jal Jeera

149

AROMATIC LEMONGRASS

Mint, Basil, Cardamom, Lemon And Jaggery

149

BUTTERMYLK

149

TENDER COCONUT BLITZ

Fresh coconut water blended with rose water and chia seeds

149

PINACOLADA COOLER

Pineapple and coconut mylk flavor

159

SPICED ICE TEA

In house five spiced tea with seasonal fruits

129

JUST BE SIGNATURE

Fresh fruit juice of watermelon and pineapple with hint of basil

159

HOT BEVERAGES

TEA | WITH ALMOND MYLK - 120 | 150

JUST TEA

In-House 5 spice blend tea

COUNTRY KAAP

Palm jaggery decoction infused with pepper and ginger

All prices are exclusive of taxes. We levy GST of 5 % on the bill. Items on the menu are prepared fresh. Kindly allow minimum 20 minutes to serve from the time of order. Please mention your food allergies if any or any dietary preferences, at the time of placing the order. Jain options available on request.

Outer Side

Inner Side

CAFE INSPIRED

Healthy Kitchen Template



HEALTHY KITCHEN

REPLACE WHITE RICE WITH



UNPOLISHED RED RICE, BROWN RICE



HEALTHY KITCHEN

REPLACE SUGAR WITH



DATES, FIGS, RAISINS



HEALTHY KITCHEN

REPLACE PANEER WITH



TOFU

CAFE INSPIRED

Cooking Contest Posts



HEALTHY DRINK CONTEST

RECIPE CONTEST

WIN JUST BE GIFT HAMPERS AND VOUCHERS WORTH 1500

LAST DATE: 24TH JULY

Mail: justbeblore@gmail.com
Contact: 08048538672 / 9513804561



HEALTHY DRINK CONTEST

RECIPE CONTEST

WIN JUST BE GIFT HAMPERS AND VOUCHERS WORTH 1500

LAST DATE: 24TH JULY

Mail: justbeblore@gmail.com
Contact: 08048538672 / 9513804561



WHOLE PLANT BASED CONTINENTAL APPETIZER

RECIPE CONTEST

WIN JUST BE GIFT HAMPERS AND VOUCHERS WORTH 1500

LAST DATE: 21ST AUGUST

Mail: justbeblore@gmail.com
Contact: 08048538672 / 9513804561



WHOLE PLANT BASED CONTINENTAL APPETIZER

RECIPE CONTEST

WIN JUST BE GIFT HAMPERS AND VOUCHERS WORTH 1500

LAST DATE: 28TH AUGUST

Mail: justbeblore@gmail.com
Contact: 08048538672 / 9513804561



WHOLE PLANT BASED CONTINENTAL APPETIZER

RECIPE CONTEST

WIN JUST BE GIFT HAMPERS AND VOUCHERS WORTH 1500

LAST DATE: 21ST AUGUST

Mail: justbeblore@gmail.com
Contact: 08048538672 / 9513804561



CAFE INSPIRED

Demo Class Posts



DANCE STORIES



Dance Stories

New batch starting on
25th September

At Just Be Holistic Studio
Every Tuesday
4:30 pm to 5:30 pm

Registration Open,
Contact : 080-48538672



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At Just Be Holistic Studio
Every Tuesday | 4:30 pm to 5:30 pm
New batch starting on 25th September
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DANCE STORIES

A movement-based class by Priyanka designed for children between 2.8 and 5 years to assist them in expressing themselves using their bodies.



Every Tuesday

From 04:30-05:30 p.m | Rs 2000 per month

TO REGISTER YOUR CHILD, CONTACT: +91 99160 23926

justbe

Dance Stories

At Just Be Holistic Studio
Every Tuesday
4:30 pm to 5:30 pm

New batch starting on 25th
September

Registration Open,
Contact : 080-48538672



COOKING EVENTS



SRI LANKAN CUISINE

Cooking Demo by Priya Bala. Sri Lankan Food, the vegan way

Banana blossom salad

Banana blossom, finely chopped, steamed, tossed with onion, tomato, lemon juice, roasted peanuts

Carrot sambol

Grated carrots, tossed with onion, tomato, shredded coconut

Yellow Rice

Rice cooked with spices in thin coconut milk and turmeric, to be served with curries & dal

Parippu

Sri Lankan dal. Masur dal simmered with spices, onion, ginger, garlic & finished with coconut milk

Pineapple curry

Ripe pineapple simmered in spices & mustard paste

Cashew and pea curry

Soaked cashews in a creamy curry, mildly spiced with Sri Lankan curry powder

Dessert - Curd & Treacle

Peanut milk curd served with melted jaggery

At Just Be Cafe. 31st March. 10:30 am to 1:30 pm. Rs 2000/- Per Person.
To Register, contact: 80 48538672 / +91 9513804561

HEALTH IN YOUR KITCHEN

Presentd by Nidhi Nahata

Oil free, whole plant based cooking class

17 March 11 am - 1:30 pm,
followed by lunch at Just Be Cafe
Rs.2000/- per person (Rs. 1800 per person till 15 March)



Smoothie Bowl

Chocolate Seed Milk

Carrot and Ginger Soup

Charred Corn Quinoa

Vegetable Salad with Ranch

Channa Chat Salad

Mango Safron Lassi

Spinach Bajra Roti

Spiced mixed bean stew

Blueberry Treat

To Register

log on to: www.sharan-india.org

contact: +919513804561



BASIC WHOLE PLANT BASED COOKING CLASS

Presentd by Nidhi Nahata

Health in your kitchen.

Learn the art of oil-free and whole plant based cooking for a healthier lifestyle.

📍 Just Be Cafe
📅 14 July
🕒 11 am - 2 pm
☎ 080-48538672, 9513804561



HEALTH IN YOUR KITCHEN

Presentd by Nidhi Nahata

Oil free, whole plant based cooking class



Smoothie Bowl
Chocolate Seed Milk
Carrot and Ginger Soup
Charred Corn Quinoa
Vegetable Salad with Ranch
Channa Chat Salad
Mango Safron Lassi
Spinach Bajra Roti
Spiced mixed bean stew
Blueberry Treat

17 March 11 am - 1:30 pm
followed by lunch
at Just Be Cafe

Rs.2000/- per person (Rs. 1800 per person till 12 March)

To Register
log on to: www.sharan-india.org
contact: +919513804561



PRESENTED BY NIDHI NAHATA

HEALTH IN YOUR KITCHEN MEXICAN FIESTA COOKING CLASS

Oil free, whole plant based cooking class

21 APRIL 11 AM - 1 PM, FOLLOWED BY LUNCH
AT JUST BE CAFE

Key lime pie Smoothie

Baked multigrain nacho chips

Tomato corn salsa

Nut free cheese

Refried beans soup

Spinach quesadilla

Mexican spiced rice

Mixed vegetable stew

Chocolate Mousse

RS.2000/- per person
(RS. 1800 per person till 18 April)

To Register
log on to: www.sharan-india.org
contact: 80 48538672 / +91 9513804561



HEALTH IN YOUR KITCHEN

Presentd by Nidhi Nahata

Oil free, whole plant based
cooking class

- 📍 Just Be Cafe
- 📅 17th March
- 🕒 11am - 1:30pm
- ☎ +91951380456



justbe
SHARAN
www.sharan-india.org



JUSTBE HOLISTIC STUDIO



MEDITATION ROOM

Open from 11 am to 9 pm

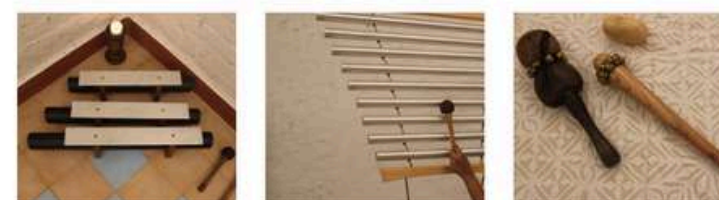
Monday to Sunday

At Just Be Holistic Studio



Sound Immersion Sessions

At Just Be Holistic Studio



justbe



Book 5 sessions. Get 2000 off !

~~Rs.9000~~

Now at Just Rs.7000

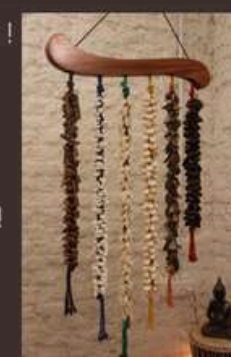
30 minute sessions

Book 5 sessions. Get 2500 off !

~~Rs.15000~~

Now at Just Rs.12500.

1 hour sessions



justbe SVARAM

Sound Bath

SURROUND YOURSELF WITH THE HEALING ENERGY OF SOUND TO SOOTHE YOUR SENSES AND RELAX YOUR BODY, MIND AND SPIRIT.



MINIMUM 10 PEOPLE

RS. 500 PER PERSON

Booking by appointment only. Call or WhatsApp:

9916023926

OFFERS AND COUPONS



justbe
GIFT VOUCHER

Free Consultation with health coach
Nidhi Nahatha

Rs. 200
Just Be Cafe

Validity: _____

📍 Opp Akshar yoga, Sadashiva Nagar 🌐 www.justbeyou.in f@t justbecafe ☎ 9513804561
08048538672



justbe
GIFT VOUCHER

On order of Rs.500 and above
One voucher applicable
for one bill

15% Off
Just Be Cafe

Validity: _____

📍 Opp Akshar yoga, Sadashiva Nagar 🌐 www.justbeyou.in f@t justbecafe ☎ 08048538672



justbe
#weeklyoffer

Hurry!
Only 2 days left!
Get a complementary
Quinoa Coleslaw

*One code applicable per bill.
Please mention the code before ordering.
Offer valid from 6th August to 12th August.

CAFE INSPIRED

Offers

HAPPY BIRTHDAY!

justbe

Is 11th July your birthday?

Celebrate your birthday at Just Be
With complimentary pizza and dessert*



Valid on a minimum billing of Rs. 500
To avail the offer get an ID Card. Redeem from 9th to 12th July

justbe

HAPPY FRIENDSHIP DAY

Buy 1 get 1 free on any beverage
Use code: *JBFD*

Offer valid today on a minimum bill of Rs.500.
One coupon applicable per bill. Mention code before ordering.



justbe

Freedom offer: 15th August

BUY 1 GET 1 FREE ON ANY BEVERAGE

*Use code: *JBIB**



Offer valid on minimum bill of Rs.500. One coupon applicable per bill. Mention code before ordering

ORGANIC FARMERS MARKET



WE CORDIALLY INVITE YOU THE
INAUGURATION OF

ORGANIC FARMERS MARKET

If you ate today, thank a farmer

At
Just Be Cafe
Sadashivnagar

On 14th April, 2018
10 am to 4 pm



ORGANIC FARMER'S MARKET

NO MIDDLEMEN;
BUY STRAIGHT FROM FARMERS

Every Sunday
From 10 am to 1 pm

📍 Just Be Cafe

ADDITIONAL



WHAT IF YOUR CHEAT DAY
WASN'T A CHEAT DAY?



Enjoy Healthy Pizzas, Sizzlers, Nachos and more

Know more: www.justbeyou.in



VEGAN CAKES AND
CUPCAKES AVAILABLE ON
ORDER



Contact : 080 48538672

THANK YOU!