

DOSHA BOWL Menu

DOSHA
BOWL
VATA PITTA KAPHA

Our menu features dishes crafted to balance your Ayurvedic dosha - your **mind-body type**.

We divide options into:

Vata: Air and movement. Grounding and warming foods.

Pitta: Fire and metabolism. Cooling and calming foods.

Kapha: Earth and stability. Light and easily digestible foods.

All ingredients and preparations specifically address the nutritional needs and flavors associated with your body type.

MIND-BODY TYPES: DOSHA GUIDE

VATA (air and movement)	PITTA (fire and metabolism)	KAPHA (earth and stability)
Thin and light frame Erratic metabolism Difficult to gain weight Learns and forgets quickly Cold body & hands Nervous Temperament	Medium-sized built Fiery metabolism Medium weight Good memory Warm hands & feet Motivated	Large and strong frame built Slow metabolism Easy to gain weight, hard to lose Learns slowly but does not forget Normal body temperature Satisfied
VATA IMBALANCED prone to worry, fearful, anxious, constipation, fatigue, low energy, and insomnia	PITTA IMBALANCED short-tempered, irritable, inflammation, frustrated, jealous and argumentative	KAPHA IMBALANCED needy, sadness, sluggishness resistant to change, and stubborn



VATA BOWL

\$12.95

Herb moong sprouts/Basmati rice, kale, grilled paneer cheese, roasted chickpeas, grilled yams, grilled broccoli, pickled cucumbers, boondi (crunchy protein), cilantro vinaigrette



PITTA BOWL

\$12.95

Herb quinoa, herb lentil, kale, seasoned tofu, fire-roasted red bell pepper, grilled corn, pickled cucumbers, sev (crushed noodles), miso carrot dressing

(Add-on: Avocado +\$2.50)



KAPHA BOWL

\$12.95

Plant-based beef patties, romaine lettuce, herb quinoa, fire-roasted red bell pepper, grilled yams, grilled cauliflower, grilled broccoli, roasted pumpkin seeds, chipotle tahini dressing

CREATE

Your Own Dosha Bowl

Mix and match greens, grains, proteins, toppings, dressing, and more to create a bowl tailored to your unique dosha. No matter what your dosha is, you are sure to find a combination of ingredients that you will love. So get creative and build your own Dosha Bowl today!

Create Your Own Bowl starting at \$11.95

GREENS (Choose 1)

- Kale (Vata, Pitta, Kapha)
- Romaine (Pitta, Kapha)

GRAINS (Choose 1)

- Warm Quinoa (Vata, Pitta, Kapha)
- Warm Moong Bean Sprouts/ Basmati Rice (Vata, Pitta, Kapha)

PROTEINS (Additional Ingredient)

- Plant-based Beef (Vata, Kapha) \$ 3.50
- Roasted Paneer (Vata) \$ 2.50
- Beluga Lentils (Vata, Pitta, Kapha) \$ 2.50
- Roasted Tofu (Vata, Pitta, Kapha) \$ 2.50
- Avocado (Vata, Pitta) \$ 2.50

VINAIGRETTES/DRESSINGS (Choose 1)

- Lime Cilantro Vinaigrette (Vata, Pitta, Kapha)
- Tamarind Date Vinaigrette (Vata, Pitta, Kapha)
- Chipotle Tahini Dressing (Vata, Kapha)
- Miso Carrot Dressing (Vata, Pitta, Kapha)
- Olive Oil/Fresh Lime Squeeze (Vata, Pitta, Kapha)

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TOPPINGS (Choose upto 4)

- Roasted Chickpeas (Vata, Pitta, Kapha)
- Avocado (Vata, Pitta)
- Pickled Cucumbers (Vata, Pitta)
- Sev (crunchy noodles) (Vata, Pitta, Kapha)
- Boondi (crunchy protein) (Vata, Pitta, Kapha)
- Pickled Onions (Vata)
- Fire-roasted Red Bell Peppers (Vata, Pitta, Kapha)
- Grilled Corn (Pitta, Kapha)
- Grilled Yam (Vata, Pitta, Kapha)
- Grilled Broccoli (Vata, Pitta, Kapha)
- Grilled Cauliflower (Vata, Pitta, Kapha)
- Roasted Pumpkin Seeds (Vata, Pitta, Kapha)
- Roasted Carrot (Vata, Pitta, Kapha)

****Additional toppings - 0.50 each**

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#yourbellyisyourbrain

ORDER ONLINE: FOR DELIVERY OR PICKUP

You can order for delivery through
UberEats, Grubhub, and DoorDash or in-store pickup

DELIVERY OPTIONS



UberEats



GRUBHUB Grubhub



DOORDASH DoorDash

IN-STORE PICK-UP



40-05 Skillman Ave,
Long Island City, NY 11104

We look forward to serving you soon!

Contact Us

✉ doshabowl@gmail.com

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