

# 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
<b>VATA IMBALANCED</b> prone to worry, fearful, anxious, constipation, fatigue, low energy, and insomnia	<b>PITTA IMBALANCED</b> short-tempered, irritable, inflammation, frustrated, jealous and argumentative	<b>KAPHA IMBALANCED</b> needy, sadness, sluggishness resistant to change, and stubborn



### VATA BOWL

\$14.95

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



### PITTA BOWL

\$14.95

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

\$14.95

Plant-based 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 \$12.95

### 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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VATA PITTA KAPHA

#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

🌐 www.doshabowl.com

### Social Media

📷 instagram.com/eatdoshabowl

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