

Tbd... To Go

Available 5pm to 8:30pm Tuesday through Sunday

IMMUNITY BOOSTER Ayurveda Menu Prepared with Immune Stimulating Spices

Ayurveda Menu Prepared with Immune Stimulating Spices. Ayurveda is considered by many scholars to be the oldest healing science in Sanskrit, meaning "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." Chef Garg developed this menu following Ayurveda recommendations on spices and seasonings to boost your immunity and aid in digestion - allowing full absorption of the food's nutrients.

Chicken Curry, Traditional Indian Curry	22
Pork Curry "Vindaloo", Mildly Spiced Curry From Goa, Portuguese Influence	22
Seafood Curry, Seasonal Fish Braised in Coconut Milk, Tamarind & Curry Leaf	24
Spinach & Chickpeas Curry, Scented with Fenugreek. <u>A Vegan Must!</u>	22
48 Hour Black Lentils, Cooked for 48 Hours with Spices & Ghee	19

MORE The Dinner Menu is Also Available For Take Out

To Order Call 808.791.5164

or

Go Online at www.tbdhawaii.com or call

