



VILLA RĀĀG

YOGA SANCTUARY . AGONDA BEACH



Wellness Menu

ENERGIZE

Breakfast & Beverages

Ancient Grain Porridge

₹ 390/-

Local millets, coconut milk, tropical fruit  

Inspired by Goan home kitchens, this porridge blends native millets with seasonal fruit for slow, wholesome morning energy.

Ragi Dosa Platter

₹ 340/-

Fermented finger millet pancakes, chutneys, sambar  GF

Ragi, the “grain of wellness” in India, fuels sustained energy for yoga and mindful mornings, served with house chutneys and hearty sambar.

Eggs Your Way

₹ 390/-

Free-range, poached, scrambled, or sunny-side  GF

Village-fresh free-range eggs, cooked any style, for clean protein and pure, uncomplicated flavor.

Chia-Mango Smoothie Bowl

₹ 490/-

Fresh mango, basil seeds, nuts  GF

A Bali-inspired wellness bowl, reimagined with Goan mango, basil seeds, and nuts for tropical nourishment and lightness.

Sourdough Toast

₹ 220/-

Nut butter, Goa honey or local jam

Chef's Note: Naturally leavened sourdough topped with nut butter, Goa honey, or small-batch local jams for a simple, artisanal start.

Black Coffee / Herbal Teas

₹ 200/- | ₹ 220/-

Locally roasted beans, Ayurveda blends

Ethically sourced South Indian beans and hand-blended Ayurvedic infusions curated for focus, balance, and restoration.

Wellness Shots

₹ 180/-

Turmeric, ginger, amla (seasonal)

Potent seasonal shots using turmeric, ginger, and amla—rooted in Ayurveda for immunity, gut health, and vitality.

* Legend / Icons

 Vegan

 Local/Organic

 Plant-based

GF Gluten-Free

V Vegetarian

 Egg

NOURISH

Lunch & Small Plates

Goan Grilled Shrimp Skewers

₹ 750/-

Spiced market prawns, microgreens 🍤

Morning-boat prawns from Agonda, marinated in coastal spices and fire-grilled, finished with fresh microgreens.

Buddha Wellness Bowl

₹ 520/-

Quinoa, roast veg, greens, lemon-tahini 🌱🥗 GF

A retreat favorite that layers quinoa, roasted vegetables, and crisp greens with a light lemon-tahini dressing, celebrating global nutrition and local produce.

Beetroot-Avocado Salad

₹ 380/-

Cashew dressing, local greens 🥗 GF

Goan cashews, ripe avocado, and seasonal beetroot tossed with crisp greens for a colorful, mineral-rich salad.

Grilled Chicken Caesar

₹ 620/-

Yogurt-cashew dressing, millet croutons GF

A lighter Caesar with yogurt-cashew dressing and toasted millet croutons for crunch and a distinctly coastal twist.

Tomato Basil Bruschetta

₹ 370/-

House sourdough, garden tomatoes, basil 🌱

Villa-baked sourdough topped with sun-ripe Goan tomatoes and garden basil for a bright, Mediterranean-Goan bite.

Air-Fried Sweet Potato

₹ 320/-

Local sweet potato, chili salt V GF

Air-fried local sweet potatoes finished with micro chili salt for a crisp, guilt-free treat.

* Legend / Icons

🌱 Vegan 🍤 Local/Organic 🥗 Plant-based GF Gluten-Free V Vegetarian 🍳 Egg

GROUND

Dinner

Goan Fish Curry

₹ 1100/-

Daily fresh catch, coconut, red rice 🍲GF

A house celebration of the day's catch simmered in traditional Goan coconut gravy, served with red rice as generations have enjoyed it.

Chicken Cafreal

₹ 890/-

Green masala, sanna bread GF

A beloved Goan classic—chicken marinated overnight in fresh green masala, paired with airy, steamed sanna.

Plant-Based Xacuti

₹ 590/-

Goan spiced coconut gravy, mushrooms 🌱🍄

A vegan take on Xacuti, with mushrooms slow-cooked in layered Goan coconut masala for depth, warmth, and sustainability.

Malai Soya Kofta

₹ 520/-

Cashew, fresh tomato, house spice 🌱GF

Comforting plant-based koftas in a silky cashew–tomato gravy that is rich, satisfying, and dairy-free.

Vegetable Biryani

₹ 640/-

Seasonal vegetables, mint raita 🍲GF

Fragrant rice steamed with market-fresh vegetables and local spices, served with cooling mint raita for balance.

Chef's Special

₹ 1200/-

Daily "market catch" or garden curry

A changing showcase of the freshest sea or garden produce—ask your server for today's inspired creation.

* Legend / Icons

🌱 Vegan 🍲 Local/Organic 🍄 Plant-based GF Gluten-Free V Vegetarian 🍳 Egg

TREATS

Bebinca

₹ 330/-

Goan coconut milk layer cake (small portion) 

The iconic layered Goan celebration cake, made with coconut milk and slow-baked for indulgent yet mindful enjoyment.

Vegan Mango Sorbet

₹ 290/-

No added sugar, local fruit  GF

A bright, sugar-free sorbet crafted from ripe Goan mangoes—a light, tropical palate cleanser.

Coconut Rice Pudding

₹ 280/-

Jaggery, cardamom, cinnamon  GF

A nostalgic Goan comfort bowl of coconut rice gently sweetened with jaggery, scented with cardamom and cinnamon

Fresh Fruit Plate

₹ 290/-

Goa honey & mint

A seasonal selection from local orchards, finished with Goa honey and fresh mint for a clean, refreshing close

* Legend / Icons

 Vegan  Local/Organic  Plant-based GF Gluten-Free V Vegetarian  Egg



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Our cuisine is guided by balance