



SEASONAL TWIST TO FOOD



Go Native is a café serving fresh food that is seasonal, local, and organic, which means it is all things good on your plate -By Bindu Gopal Rao

Tucked away amidst dense foliage, in a bylane in Bengaluru's Jayanagar, is Go Native, a delightful restaurant that uses indigenous grains, pulses and spices in food that celebrates traditional flavours in slightly unusual and contemporary ways. Anvitha Prashanth, the co-founder, says, "Go Native's food is unlike any other you have tasted at any restaurant in Bengaluru. We have taken traditional favourites from across the country and given them a healthy and contemporary twist. We use indigenous ingredients – fresh, seasonal, non-GMO fruits and vegetables, and ancient grains. We have substituted refined oil with cold pressed oils and desi ghee, and swapped refined sugar with jaggery, khandsari sugar and dates. Our restaurant is one of the few places in Bengaluru that offers a lot of options for vegans. We have also recently started a special breakfast menu at our new store in HSR Layout."

The menu itself is divided into soups, salads, small plates, large plates, kids' special, desserts, beverages and cold pressed juices, wellness boosters, teas and coffees. With the key philosophy of farm to table, the restaurant sources its vegetables and fruits locally; this ensures organic, farm fresh supplies through the year. Menus hence change

periodically to keep in sync with seasonal products. We started our meal with the Moringa Leaf and Corn Soup that is made with drumsticks, drumstick leaves and sweet corn, and flavoured with Indian spices. It has a strong peppery undertone and is yet, refreshing and wholesome. Among the salads, a must try is the delightfully fresh Broccoli, Caramelised Sweet Potato, Melon and Walnut Salad that also has baby spinach and cherry tomatoes tossed in a lemon pepper dressing.

The best way to explore the varied flavours of the menu is to help yourself to some small plates. The Millet Mangalore Buns served here are made of fried millets and banana, and served with coconut chutney. This is a delightful take on the coastal delicacy, albeit with a healthy twist. Likewise, the Harabhara Sabudana Kebab is made of sago balls and mixed greens, topped with crispy okra and spinach, and served with mint chutney.

The food here is based on the philosophy that sustainable farming creates a positive food system. We also tried the Go Native special thaali that has some local specials like Sajjige Roti, Bajra Roti, Raw Banana Thindli Palya, Brahma Shorba shot, Sandige and Paan shot among others. The Kids'

Special section includes a delectable Choco Peanut Butter Shake that is a sure shot hit with kids and adults alike. A must try is the thin crust Millet Pizza (also available in a Jain version) which has a millet crust, topped with tomato sauce, mozzarella cheese, sweet corn, mushroom, paneer and caramelised onions.

To end your meal on a sweet note, savour the Matka Vanilla Pudding with Gulab Jamun that combines a vanilla pudding with dry gulab jamun and nuts, topped with pomegranate seeds. We tried the Muesli Tart too, with Jackfruit and Coconut Compote, that comes with crispy muesli tarts stuffed with jackfruit, cinnamon and coconut compote, and accompanied with sweet coconut milk. The tarts are crisp and yet have a crumbly texture that offsets the softness of the jackfruit. In all this is a meal that is good for you as it is good for the environment. The food itself has its heart in the right place; what more can you ask for?

Address: 64, 10th Main, 5th Block, Jayanagar, Bangalore - 560 041.

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Timing: 12 noon to 9:45 pm

Meal for two: Rs 800

Our pick: Go Native Special Thaali

