



Message from the Chef

“Welcome to Our Home”

This is what Arya Bhavan means.

I chose this name for our restaurant because I wanted it to be a community more than a business.

That’s why everyone who eats here is thought of as family, not as customers.

To me, it’s about the joy of being hospitable, being around people, and nurturing them with products coming fresh from the Home we all share...the Earth.

I’ve been vegan since I was a child, of my own choosing.

It’s something that came natural to me, so I believe it’s been God’s plan all along for me to do what I do.

With a background in agriculture and years of experience growing organic produce on my own land in India and the U.S., I’ve made it my purpose to promote healthy eating for everyone.

It’s a great pleasure to hear people say they feel better when they eat my food and I hope that’s the experience you, too, are going to have here at Arya Bhavan.

With Love,

Kirti

Arya Bhavan

Vegan, Gluten-Free & Raw Indian Fusion Cuisine
Supporting a healthier, happier lifestyle



2508 W. Devon Ave. Chicago, IL 60659
773-274-5800 aryabhavan@aol.com
www.aryabhavan.com


No Genetically Modified Organisms (GMO)
No Monosodium Glutamate (MSG)
No Artificial Flavors
No Canned Food
Low Sodium (Pure Himalayan salt)
No Saturated Fat
Organic Fruits & Vegetables
Organic Brown Rice
No Refined Sugar
Unbleached and Organic Flour

Special note from the Chef:
All food prepared with special care and love

18% gratuity added for parties of 5 or more

Only 1 credit card per table please

Catering and monthly meal plans available

O=Organic, V=Vegan, GF=Gluten-Free,  =Spicy

EAT WELL | FEEL WELL | THINK WELL | HEAL WELL

Starters

All appetizers served with Cilantro and
Sweet & Sour Tamarind Sauce

Samosa (3 pieces)

Filled with Peas and Potatoes

Traditional (V) \$5

Baked Organic Whole Wheat (O, V) \$5

Gluten-Free (O, V, GF) \$6

Aloo Tikki (3 pieces) (V, GF)

Peas and Potato patties

\$5

Vegetable Cutlet (3 pieces) (V, GF)

Mixed Vegetables and Potatoes

\$5

Mirch Pakora (3 pieces) (V, GF)



Chickpea dipped Banana Paper stuffed with Potatoes and
Tamarind.

\$5

Lilwa ni Kachori (3 pieces) (V, GF)

Flour shell stuffed with mashed and spiced Indian Pigeon Peas

\$5

Dalvada (3 pieces) (V, GF)

Mashed Lentil patties spiced with Onion, Garlic, Ginger and
Green Chili.

\$5

Potato Vada (3 pieces) (V, GF)




Mashed Potato seasoned with Cilantro, Green Chili and
Lemon, dipped in Chickpea flour.

\$5

Mixed Basket (9 pieces) (V)

Assorted mix of Samosa, Aloo Tikki (GF), Vegetable
Cutlet (GF), Mirch Pakora (GF), Lilwa ni Kachori (GF),
Dalvada (GF), Potato Vada (GF)

\$12

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Vegan Salads

Served with Cashew or Avocado Dressing

Organic Salad (O, V, GF)

\$10

Spinach, Tomato, Baby Arugula, Spring Mix, Chickpeas, Alfalfa and Bean Sprouts, Raisins and Tofu.

Add a side of homemade Indian Hummus: \$3 extra

Kale Salad (O, V, GF)

\$10

Fresh Organic Kale, Sliced Seasonal Fruits, Sliced Almonds, Sunflower Seeds, Cranberries, with Ginger and Himalayan Salt.

Add a side of homemade Indian Hummus: \$3 extra

Homemade Soups

Yellow Lentil (V, GF)

\$8

Made with Ginger, Garlic, Cumin, Tomato and Onion.

Served with Basmati Rice.

Substitute with Organic Brown Rice or Quinoa: add \$2

Vegetable Sambar (V, GF)

\$8

Prepared with Carrots, Zucchini, Radish, Tomato, Eggplant and Curry Leaves. Served with Mini-Idli.

Substitute with Organic Brown Rice or Quinoa: add \$2

Rasam Soup (V, GF)




\$8

Hot and Sour Soup blended with Curry Leaves and Tomatoes.

Served with Basmati Rice.

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Lite Dishes (South Indian)

Medu Vada (3 pieces) (V, GF) \$6

Lentil Donut Fritters served with Sambar and Chutney.

Idli (3 pieces) (V, GF) \$6

Oil-free steam cooked cakes served with Sambar and Chutney.

Plain Dosa (V, GF) \$7

A thin golden crepe, served with Sambar and Coconut Chutney.

Masala Dosa (V, GF) \$8

A thin golden crepe stuffed with spiced Potato and Onion, served with Sambar and Coconut Chutney.

Utta Pam (V, GF) \$8

Lentil & Rice Pancake with Sambar and Coconut Chutney.
Topped with fresh garden vegetables: Cilantro, Onion, Bell Pepper, Carrot, Tomato, Green Peas, Thai Chili Pepper.

NEW: Take-Home Spice Mixes

Made by Chef Kirti. Bring home the flavors of Arya Bhavan!

Masala Tea Mix \$10

Spice mix to make Arya Bhavan's Masala Ginger tea (35 cups)

Indian All Spice Mix \$10

Sprinkle it on salads, fruit, vegetables, legumes, hummus, soups, and smoothies for flavor & health benefits! (5 oz. ca.)


Specialty Dish Spice Mixes \$10

Available mixes:

Chana Masala mix (5 oz. ca.)

Sambar Soups mix (5 oz. ca.)

Pau Bhaji mix (5 oz. ca.)

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Rice and Grain Dishes

White Rice (V, GF)

\$5

Basmati Rice, seasoned with Clove, Bay Leaves, Cinnamon and Sea Salt. Topped with Peas and Carrots.

White Rice Biryani (V, GF)

\$10

As above, with stir-fried Broccoli, Cauliflower, Carrots, and Tomatoes.

Organic Brown Rice (O, V, GF)

\$7

Seasoned with Cumin, Clove, Bay Leaves, Turmeric, Cinnamon and Sea Salt. Garnished with Raisins. **Great source of fiber!**

Organic Brown Rice Biryani (O, V, GF)

\$12

As above, mixed with stir-fried Broccoli, Cauliflower, Carrots and Tomatoes. **Great source of fiber!**

Saffron Rice (V, GF)

\$12

Basmati Rice, seasoned with Clove, Bay Leaves, Cinnamon and Sea Salt. **Saffron contains many cancer-fighting elements.**

Quinoa (O, V, GF)


\$10

With Sea Salt and Clove, garnished with Peas and Carrots. **Healthy rice substitute.**

Quinoa Biryani (O, V, GF)

\$12

As above, mixed with stir-fried Broccoli, Cauliflower, Carrots and Tomatoes. **Healthy rice substitute.**

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Main Entrees

Served with Basmati Rice (Organic Brown Rice add \$2)

Chana Masala (V, GF)

\$12

Sun-dried Chickpeas seasoned with Cumin and Fresh Onion, sauteed and topped with Tomato Gravy. **A high-protein dish.**

Dal Buzara (V, GF)

\$12

Fresh Moong Lentils, sautéed in Olive Oil with Cumin, Fresh Green Tomato and Onion. **A popular Mom's homemade Indian dish. Great source of protein and antioxidants.**

Baingan Bharta (V, GF)

\$12

Clay oven fresh roasted Eggplant, sauteed with Onion, Green Peas, Tomato, Ginger and Garlic, perfectly blended with assorted Indian spices. **A very popular dish.**

Malai Kofta (V, GF)

\$12

A Sweet Potato and Green Vegetable dumpling, topped with a delicious Cashew Gravy, garnished with Cardamom, Almond and Cashew. ***Arya Bhavan's Most Popular Dish!**

Palak Dal (V, GF)

\$12

An exotic blend of Yellow Lentils and Fresh Organic Spinach, seasoned with Ginger and Garlic. **High in Protein and Iron.**

Palak Paneer (V, GF)

\$12

Fresh Organic Spinach and pan-seared vegan Cheese, seasoned with Cumin, Onion, Cinnamon, Cardamom, and Garam Masala spices. **High in Iron.**

Aloo Gobi (V, GF)


\$12

Fresh Cauliflower and Potato, sautéed in Olive Oil and Indian spices. Topped with a savory Tomato Gravy. **High in antioxidants.**

Bhindi Masala (V, GF)

\$12

Fresh Okra, blended with Onion and Tomato, seasoned with Indian spices. **A great source of fiber and rich in minerals. A highly recommended green dish.**

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Main Entrees (cont'd)

Served with Basmati Rice (Organic Brown Rice add \$2)

Organic Tofu Tikka Masala (O, V, GF) \$12

Sauteed Smoked Vegan Cheese, Bell Pepper and Diced Onion, topped with stir-fried Organic Tofu. **Bell Peppers are a good source of vitamin C and B6, and good for your hair and skin.**

Dal Makani (V, GF) \$12

Black Lentils, pan cooked with Tomato, Ginger and Garlic.
Good source of protein.

Paneer Makani (O, V, GF) \$12

Organic Tofu sauteed in Olive Oil, seasoned with Indian Herbs and Spices, topped with a homemade Onion and Yellow Cashew Gravy, garnished with shredded Almonds.

Arya Bhavan Pau Bhaji (V, GF) \$12

Cauliflower, Eggplant, Potato, Onion, Garlic and Tomato.
Garnished with Lemon, Onion and Cilantro.

Vegan Breads

Tandoori Roti (V) \$4

Whole Wheat clay-oven baked round flat-bread.


Naan (V) \$4

Unbleached clay-oven baked flat-bread topped with cilantro.
Flavor choices: Plain, Garlic, Onion, or Coconut Butter.

Gluten-Free Bread (V, GF) \$5

Chapati (V) \$2

Whole Wheat hand-made soft bread.

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Raw Dishes

Raw food is prepared below 118 degrees to preserve all its enzymes, vitamins, proteins, and minerals...all things that we need and are found in much smaller amounts in processed and cooked food.

Raw food is particularly good for weight loss, detoxing, anti-aging, skin and hair health, increasing energy levels and fighting inflammations.

Vegan Indian Taco (O, V, GF) \$12


Crunchy cabbage leaf stuffed with a mix of bell peppers, onions, Indian spices and other vegetables. Served with vegan sour cream. **A delicious fusion dish by Chef Kirti.**

Indian Hummus (V, GF) \$10

Chickpeas-based hummus flavored with Indian spices. Served with raw, gluten-free vegetable chips (made by us).

Raw Pizza (O, V, GF) \$12

Raw crust of sunflower seeds, cauliflower and nuts, topped with homemade tomato sauce, jalapeño and mixed vegetables.

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Desserts

Carrot Halva (V, GF) \$5

Grated Carrots, Soy Milk and blend of healthy sweeteners.

Raw Ice Cream (V, GF, Soy-Free) \$4

All with an Indian flavor!

Avocado

Chocolate Mint

Mango

Strawberry

Organic Raw Cake (O, V, GF) \$7

All ingredients unprocessed. No added sugar.

Vegan Cheese Cake

Mango

Strawberry

Raw Coconut Macaroons (3 pieces) (O, V, GF) \$5

Coconut and Almonds balls naturally sweetened with dates, and a secret Indian twist!

No added sugar.

Raw Chocolate Truffles (3 pieces) (O, V, GF) \$5

Cacao and Coconut balls naturally sweetened with dates, and a secret Indian twist! No added sugar.

Cacao helps keep the heart healthy!


Raw Lemon Bar (O, V, GF) \$7

Zesty creamy dessert bar, no added sugar.

Tiramisu (V, GF) \$10

Four-layer tiramisu cake. Sugar-free, absolutely delicious and with an Indian twist, of course!

Our newest addition; already a fan favorite!

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Beverages

NON-ALCOHOLIC

Juices (V, GF)	\$6
Mango Juice	
Smoothies (V, GF)	\$6
Flavors: Mango Green Strawberry-Banana	
Mango Lassi (V, GF)	\$6
Hot Tea (V, GF)	\$2.75
Masala Ginger Chai Tea.	
With choice of Almond or Soy Milk.	
Coffee	\$2.50
With or without Milk (Almond or Soy)	
Young Coconut Water (O, V, GF)	\$5
Bottled Water	\$2

ALCOHOLIC


Indian Lager Beers

Flying Horse (22 oz. bottle)	\$9
Taj Mahal (22 oz. bottle)	\$9
Maharaja (11 oz. bottle)	\$5

Wine

House Red	Glass: \$6.50 Bottle: \$25
House White	Glass: \$6.50 Bottle: \$25
ask waiter for details	

BYOB is OK. Corkage fee: \$3/person

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Delivery area:
East to Lake Michigan
South to Armitage
West to Cicero Avenue
North to Skokie

\$20 minimum order required for delivery

Ask about our catering,
monthly meal plans and cooking classes

Join our community on Facebook:
AryaBhavanChicago

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