

# Swatham Add taste to your life.

# 









NO SODA

NO VANASPATI

NO PRESERVATIVES

**SYNTHETIC COLOURS** 

NO RE-USED OIL

#### MESSAGE FROM FOUNDER

Belonging to a middle class joint family, I was always fascinated with the happenings inside my mom's kitchen.

The colourful variety of vegetables, grains, fruits, dairy, masalas which created a rainbow of colours intrigued me to learn more. However, my academic interests and work related travels kept me away from the kitchen. Right from the early time I always heard from my family – "Don't eat at any restaurant, you will spoil your health".

This got deeply ingrained in my mind as a child. Seeing my mom and other women always cooking multiple meals in a day, got me thinking:

"Only if restaurants served food that was healthy, many women would be able to get a guilt free and much needed break".

Being a part of the IT Sales Industry, took me on many travels, with eating outside as the only option available. I resolved to be a part of this food industry one day and impact it positively, so that everyone can eat healthy food in a restaurant without inhibitions.

With the passion to always serve tasty, nutritious, healthy, and guilt-free food, I have founded Sri Swatham along with Kiran, an enterprising & committed woman from the food retail & hospitality industry. We serve you great, affordable & healthy food which will remind you a taste of your home.

Thank you for your support and encouragement for making Sri Swatham a house hold brand for tasty and healthy Indian food.

- Riddhi Vijay, Founder & Managing Director, Sri Swatham Catering & Foods Private Limited





# Team Sri Swatham heartily welcomes you to our restaurant

In this fast-paced world where we let our tastes identify what goes in our mouths, not even stopping to think if the food we are eating is healthy or not is a big evil.

At Sri Swatham, we provide tasty as well as high-quality nutritious food that not only fills the stomach but also satiates your soul.

#### What is Swatham?

Swatham a word coined from two Sanskrit words, Swad + Aham = Swatham Swad means Taste and Aham means I, "I is our Soul". To simply put, Taste is I (me).

We have all heard of this age-old adage, "We are what we eat." Swatham is an embodiment of this ideology.

Taste plays a vital role in our physiology, health, and well-being. Most often we think taste is just the sensation of flavour perceived in the mouth for us to eat. We eat the flavours that we like without knowing whether those flavours are really suitable for our body or not.

We pride ourselves in producing food with the highest quality of ingredients carefully chosen by our team. NO USE OF PALM OIL, NO USE OF SODA, NO MSG, NO AJI-NO-MOTO, NO VANASPATI, NO SYNTHETIC COLORS, NO PRESERVATIVES, AND MOST IMPORTANTLY NO REUSED OIL are the key characteristics of the food that is served by our gracious team thereby providing our clients home-like, guilt-free food.

We sincerely hope you relish our food.



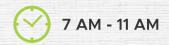
"Scrumptions and Sumptuous"







#### BREAKFAST



| Sweet of the Day (100 gms) | ₹30 | Idli with Vadacurry (2 Nos.)        | ₹75 |
|----------------------------|-----|-------------------------------------|-----|
| Medhu Vadai                | ₹30 | Idli Single (1 Pc for Dine-in only) | ₹22 |
| ldli (2 Nos.)              | ₹40 | Extra Vadacurry (For Dine-in only)  | ₹30 |
| Rava Kichadi               | ₹55 | Vadacurry (For Parcel)              | ₹55 |
| Ghee Pongal                | ₹65 |                                     |     |





#### COMROZ

| Idli Vadai Comk   | 00 | ₹60 |
|-------------------|----|-----|
| 2 Idlis + 1 Vadai |    |     |

| Pongal Vadai Combo | ₹85 |
|--------------------|-----|
| Pongal + 1 Vadai   |     |

| Mini Tiffin | ₹110 |
|-------------|------|
|             |      |

1 Vadai, 1 Sweet, 1 Idli, 1 Mini Masala Dosa / 1 Mini Ghee Roast, Pongal, 1 Mini Coffee

| Mega Tiffin            | ₹149 |
|------------------------|------|
| 1 Vadai 1 Cwast 1 Idli |      |

1 Vadai, 1 Sweet, 1 Idli, 1 Ghee Roast, Pongal, Rava Khichdi, Vadacurry, 1 Coffee







#### TIFFIN

| Sambhar Vadai (1 Pc)   | ₹35 |
|--|-----|
| Sambhar Vadai (2 Pcs)  | ₹60 |
| Curd Vadai (1 Pc)  | ₹35 |
| Curd Vadai (2 Pcs)   | ₹60 |
| Ghee Sambhar Idli (2 Nos)                                      | ₹60 |
| Ghee Podi Idli (2 Nos)   | ₹75 |
| Ghee Mini Sambhar Idli (1 Dozen)                               | ₹80 |
| Rava Upma  | ₹55 |
| Puri Set (2 Nos)   | ₹70 |
| Chapati Kurma (2 Nos)<br>(11:30 AM to 10:30 pm)                | ₹75 |
| ldiyappam (3 Nos)<br>(With Coconut Milk / Kurma)               | ₹75 |
| Appam (With Coconut Milk / Kurma)<br>(4:30 PM - 10:30 PM Only) | ₹75 |
| Extra Chappati (1 Pc)  | ₹40 |
| Extra Puri (1 Pc)  | ₹40 |
| Extra Ghee Podi Idli<br>(1 Pc for Dine-in only)                | ₹40 |
| Kurma for Parcel (250 ML)                                      | ₹60 |
| Tiffin Sambhar for Parcel (250 ML)                             | ₹60 |

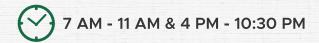












#### **DOSA VARIETIES**

| Plain Dosa                          | ₹65  |
|-------------------------------------|------|
| Podi Dosa                           | ₹75  |
| Masala Dosa                         | ₹80  |
| Onion Dosa                          | ₹85  |
| Podi Masala Dosa                    | ₹90  |
| Podi Onion Dosa                     | ₹95  |
| Plain Uthappam                      | ₹75  |
| Podi Uthappam                       | ₹85  |
| Onion Uthappam                      | ₹95  |
| Podi Onion Uthappam                 | ₹105 |
| Rava Dosa                           | ₹85  |
| Onion Rava Dosa                     | ₹100 |
| Rava Masala Dosa                    | ₹110 |
| Onion Rava Masala Dosa              | ₹115 |
| Ghee Roast Dosa                     | ₹100 |
| Ghee Podi Dosa                      | ₹110 |
| Ghee Masala Dosa                    | ₹115 |
| Ghee Onion Dosa                     | ₹120 |
| Ghee Podi Masala Dosa               | ₹125 |
| Ghee Podi Onion Dosa                | ₹130 |
| Ghee Uthappam                       | ₹105 |
| Ghee Podi Uthappam                  | ₹115 |
| Ghee Onion Uthappam                 | ₹125 |
| Ghee Podi Onion Uthappam            | ₹135 |
| Ghee Rava Dosa                      | ₹115 |
| Ghee Onion Rava Dosa                | ₹130 |
| Ghee Rava Masala Dosa               | ₹140 |
| Ghee Onion Rava Masala Dosa         | ₹145 |
| Ghee Paper Roast (Only for Dine-in) | ₹150 |
|                                     |      |

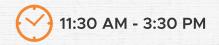












#### LUNCH

| Steamed Rice Plain (1 Cup)               | ₹50 |
|--|-----|
| Curd Rice<br>(With Poriyal & Pickle)     | ₹65 |
| Sambhar Rice<br>(With Poriyal & Appalam) | ₹70 |

₹70

₹70

₹240

Variety Rice of the Day (With Poriyal, Pickle & Appalam)

(With Poriyal, Pickle & Appalam)

#### COMROS

**Tomato Rice** 

#### Mini Meals Sweet, Chapati Kurma, 2 Variety Rice, Curd Rice,

1 Poriyal, Raita, Pickle & Papad

#### Nala Bhojanam Meals

Chapati Kurma, Sweet, Vadai, Thoviyal, Poriyal, Kootu, Sambhar, Vatha Kuzhambu, Rasam, Payasam, Buttermilk, White Rice, Pickle, Appalam, Mor Milagai.

#### Raja Bhojanam Meals

Chapati Kurma, Sweet, Vadai, Thoviyal, Poriyal, Kootu, Avial, Variety Rice, Paruppu Podi, Ghee, Sambhar, Vatha Kuzhambu, Rasam, Payasam, Buttermilk, Mor Kuzhambu, Curd, White Rice, Pickle, Appalam, Mor Milagai, Kulfi.

₹20 Extra Curd (Only for Dine-in) ₹25 Extra Rice for meals (Only for Dine-in) Extra Podi & Ghee (Only for Dine-in) ₹25









# "Healthy Lunch Options"

Mini Meals







# "Savour the Flavour"





12 Noon - 4 PM & 7 PM - 10:30 PM

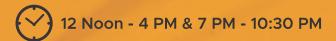
#### TANDOORI STARTERS

| Roasted Pappad  | ₹35  | Mushroom Tikka                    | ₹160 |
|-----------------|------|-----------------------------------|------|
| Masala Pappad   | ₹45  | Nawabi Gobi Tikka                 | ₹160 |
| Baby Aloo       | ₹135 | Paneer Tikka (6 Nos)              | ₹180 |
| Broccoli Gobi   | ₹140 | Cheese Paneer Tikka (6 Nos)       | ₹190 |
| Veg Sheek Kabab | ₹150 | Pudina Malai Paneer Tikka (6 Nos) | ₹195 |









#### **CHINESE STARTERS**

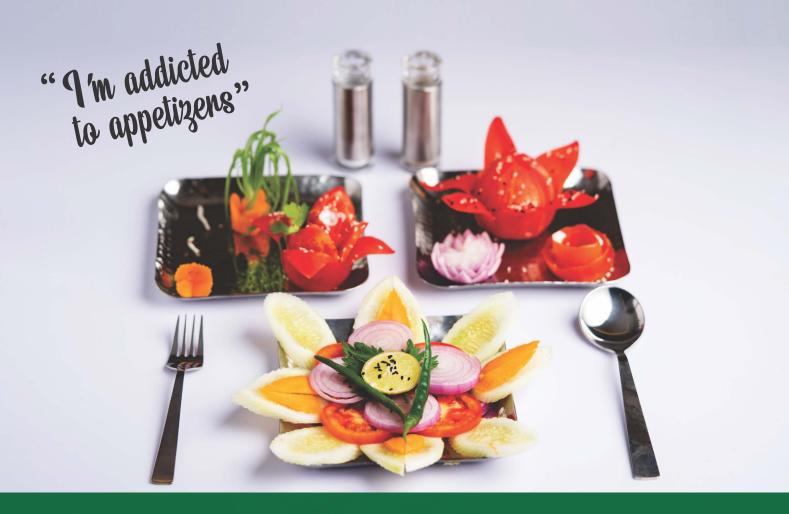
| Gobi 65                            | ₹150 |
|------------------------------------|------|
| Mushroom 65                        | ₹150 |
| Babycorn 65                        | ₹150 |
| Paneer 65                          | ₹170 |
| Gobi Manchurian Dry                | ₹150 |
| Mushroom Manchurian Dry            | ₹150 |
| Babycorn Manchurian Dry            | ₹150 |
| Paneer Manchurian Dry              | ₹170 |
| Chilli Gobi Dry                    | ₹150 |
| Chilli Mushroom Dry                | ₹150 |
| Chilli Babycorn Dry                | ₹150 |
| Chilli Paneer Dry                  | ₹170 |
| Veg Spring Roll                    | ₹150 |
| Dragon Paneer Dry (Chef's Special) | ₹170 |













12 Noon - 4 PM & 7 PM - 10:30 PM

#### SOUPS

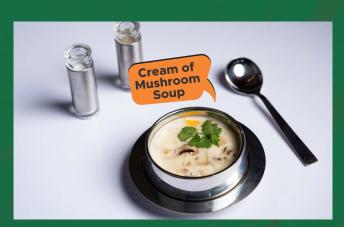
| Cream of Tomato Soup    | ₹75 |
|-------------------------|-----|
| Veg Clear Soup          | ₹75 |
| Sweet Corn Veg Soup     | ₹80 |
| Cream of Mushroom Soup  | ₹80 |
| Hot & Sour Veg Soup     | ₹85 |
| Special Soup of the Day | ₹95 |



#### **SALADS**

| Cucumber Salad | ₹60 |
|----------------|-----|
| Onion Salad    | ₹60 |
| Carrot Salad   | ₹60 |
| Tomato Salad   | ₹60 |
| Mix Veg Salad  | ₹75 |







#### INDIAN BREADS

| Plain Roti                     | ₹35 |
|--------------------------------|-----|
| Phulka (2 Nos)                 | ₹40 |
| Plain Naan                     | ₹45 |
| Plain Kulcha                   | ₹50 |
| Butter Roti                    | ₹50 |
| Butter Naan                    | ₹55 |
| Butter Kulcha                  | ₹60 |
| Garlic Naan                    | ₹60 |
| Romali Roti                    | ₹65 |
| Stuffed Naan (Veg)             | ₹70 |
| Stuffed Naan (Aloo)            | ₹70 |
| Stuffed Naan (Paneer)          | ₹70 |
| Stuffed Naan (Cheese)          | ₹70 |
| Stuffed Naan (Chilli Cheese)   | ₹70 |
| Stuffed Naan (Chilli Garlic)   | ₹70 |
| Stuffed Naan (Garlic)          | ₹70 |
| Stuffed Kulcha (Veg)           | ₹75 |
| Stuffed Kulcha (Aloo)          | ₹75 |
| Stuffed Kulcha (Paneer)        | ₹75 |
| Stuffed Kulcha (Cheese)        | ₹75 |
| Stuffed Kulcha (Chilli Cheese) | ₹75 |
| Stuffed Kulcha (Chilli Garlic) | ₹75 |
| Stuffed Kulcha (Garlic)        | ₹75 |















12 Noon - 4 PM & 7 PM - 10:30 PM

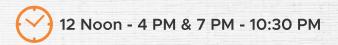
#### **NORTH INDIAN GRAVIES**

|                      | Single<br>Portion | Standard<br>Portion |                        | Single<br>Portion | Standard<br>Portion |
|----------------------|-------------------|---------------------|------------------------|-------------------|---------------------|
| Dhal Fry             | ₹91               | ₹140                | Peas Masala            | ₹91               | ₹140                |
| Dhal Tadka           | ₹91               | ₹140                | Channa Masala          | ₹91               | ₹140                |
| Paneer Butter Masala | <b>₹117</b>       | ₹180                | Bhindi Masala          | ₹91               | ₹140                |
| Aloo Mutter          | ₹91               | ₹140                | Mushroom Pepper Masala | ₹98               | ₹150                |
| Aloo Methi Dry       | ₹91               | ₹140                | Kadai Vegetable        | ₹111              | ₹170                |
| Aloo Jeera Dry       | ₹91               | ₹140                | Mix Veg Curry          | ₹111              | ₹170                |
| Aloo Gobi Dry        | ₹91               | ₹140                | Palak Paneer           | ₹124              | ₹190                |
| Aloo Gobi Masala     | ₹91               | ₹140                | Mutter Paneer          | ₹124              | ₹190                |
| Gobi Masala          | ₹91               | ₹140                | Kadai Paneer           | ₹124              | ₹190                |









| SPECIAL GRAVIES                         | Standard<br>Portion |
|---|---------------------|
| Rajma Masala (Weekend Special)          | ₹170                |
| Navratan Kurma (Chef's Special)         | ₹180                |
| Malai Kofta (Weekend Special)           | ₹190                |
| Dhal Makhani (Weekend Special)          | ₹200                |
| Mutter Methi Malai<br>(Weekend Special) | ₹200                |
| Paneer Tikka Masala<br>(Chef's Special) | ₹210                |
| Kohinoor Paneer (Chef's Special)        | ₹210                |
| Paneer Pasanda (Chef's Special)         | ₹210                |
| RAITHA                                  |                     |
| Onion Raitha                            | ₹75                 |
| Cucumber Raitha                         | ₹75                 |
| Mix Veg Raitha                          | ₹75                 |









12 Noon - 4 PM & 7 PM - 10:30 PM

#### **CHINESE DISH**

| Gobi Manchurian Gravy     | ₹150 | Chilli Gobi Gravy     | ₹150 |
|---------------------------|------|-----------------------|------|
| Mushroom Manchurian Gravy | ₹150 | Chilli Mushroom Gravy | ₹150 |
| Babycorn Manchurian Gravy | ₹150 | Chilli Babycorn Gravy | ₹150 |
| Paneer Manchurian Gravy   | ₹170 | Chilli Paneer Gravy   | ₹170 |







All items are subject to availability | Kindly allow 20 mins for preparation. Taxes as applicable | Parcel charges extra



#### CHINESE MAIN COURSE

| Veg Fried Rice               | ₹140 |
|------------------------------|------|
| Veg Noodles                  | ₹140 |
| Schezwan Fried Rice          | ₹150 |
| Schezwan Noodles             | ₹150 |
| Mushroom Fried Rice          | ₹150 |
| Mushroom Noodles             | ₹150 |
| Chilli Garlic Fried Rice     | ₹160 |
| Mushroom Schezwan Fried Rice | ₹160 |
| Mushroom Schezwan Noodles    | ₹160 |
| Triple Schezwan Fried Rice   | ₹160 |
| Paneer Fried Rice            | ₹160 |
| Paneer Noodles               | ₹160 |
| Paneer Schezwan Fried Rice   | ₹170 |
| Paneer Schezwan Noodles      | ₹170 |













12 Noon - 4 PM & 7 PM - 10:30 PM

#### INDIAN RICE

| Veg Biriyani   | ₹140 | Paneer Pulav      | ₹160 |
|----------------|------|-------------------|------|
| Paneer Biryani | ₹160 | Ghee Jeera Rice   | ₹110 |
| Veg Pulav      | ₹140 | Ghee Basmati Rice | ₹110 |







All items are subject to availability | Kindly allow 20 mins for preparation. Taxes as applicable | Parcel charges extra



French Fries ₹75

Mini Rocket Roast Dosa ₹65

Mini Rocket Cheese Dosa ₹80

Coin Parotta (2 Nos) ₹55

Mini Veg Fried Rice (Non Spicy) ₹95

Chinese Combo ₹145

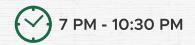
Mini Veg Fried Rice, Mini French Fries, Mini Manchurian Gravy

**North Indian Combo** 

1 Butter Roti / Butter Naan, Mini French Fries, Mini Paneer Butter Masala







#### **EUENING SPECIAL**

| Thattu Idli   | ₹50  |
|---|------|
| Thattu Ghee Podi Idli                                 | ₹75  |
| Parotta Kurma Set                                     | ₹75  |
| Coin Parotta Set                                      | ₹80  |
| Chola Puri  | ₹85  |
| Wheat Parotta Kurma Set                               | ₹85  |
| Vechu Parotta Kurma Set                               | ₹90  |
| Bun Parotta Kurma Set                                 | ₹90  |
| Adai Aviyal - Weekend Special<br>(With Nattu Sakarai) | ₹90  |
| Veg Kothu Parotta                                     | ₹110 |
| Mushroom Kothu Parotta                                | ₹130 |
| Paneer Kothu Parotta                                  | ₹140 |
| Mixed Kothu Parotta                                   | ₹165 |
| Mushroom Masala Dosa                                  | ₹120 |
| Paneer Masala Dosa                                    | ₹140 |
| Gobi Manchurian Dosa                                  | ₹140 |
| Chilli Baby Corn Dosa                                 | ₹140 |
| Cheese Paneer Masala Dosa                             | ₹160 |
| Baahubali Dosa (Only For Dine-in)                     | ₹175 |
| Extra Parotta (1 Pc)                                  | ₹40  |
| Extra Wheat Parotta (1 Pc)                            | ₹45  |
| Extra Coin Parotta (1 Pc)                             | ₹30  |
| Extra Bun Parotta (1 Pc)                              | ₹50  |















7 AM - 10:30 PM

#### BEUERAGES



| Black Tea            | ₹20 |
|----------------------|-----|
| Mini Tea             | ₹20 |
| Tea                  | ₹30 |
| Lemon Tea            | ₹25 |
| Ginger Tea           | ₹35 |
| Special Cardamom Tea | ₹40 |
| Mini Filter Coffee   | ₹30 |
| Green Tea            | ₹40 |
|                      |     |

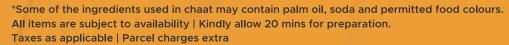


| Hot Milk              | ₹40 |
|-----------------------|-----|
| Sukku Coffee          | ₹35 |
| Filter Coffee         | ₹40 |
| Hot Bournvita         | ₹50 |
| Hot Boost             | ₹50 |
| Hot Horlicks          | ₹50 |
| Hot Badam Milk        | ₹60 |
| Bottle Water (1 Ltr)  | ₹20 |
| Bottle Water (500 ML) | ₹10 |

All items are subject to availability | Kindly allow 20 mins for preparation. Taxes as applicable | Parcel charges extra









#### **CHAAT\***

| ₹20 |
|-----|
| ₹20 |
| ₹40 |
| ₹50 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹60 |
| ₹65 |
| ₹75 |
| ₹85 |
|     |



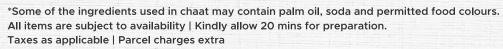




#### **SHACKS**

| Paruppu Masala Vadai (2 Nos)<br>(Tuesday & Thursday) | ₹25 |
|--|-----|
| Keerai Vadai (2 Nos)<br>(Monday & Wednesday)         | ₹25 |
| Medhu Vadai (2 Nos)                                  | ₹30 |
| Vaazhaipoo Vadai (2 Nos)<br>(Friday & Saturday)      | ₹35 |
| Bonda (2 Nos)  | ₹40 |







# "Fresh & Cool"





11:00 AM - 8:00 PM

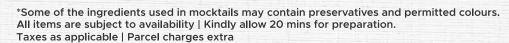
#### **FRESH JUICES**

| Fresh Lime Juice (Sweet / Salt) | ₹50 |
|---------------------------------|-----|
| Water Melon Juice               | ₹70 |
| Grape Juice                     | ₹70 |
| Sweet Lime Juice                | ₹80 |
| Apple Juice                     | ₹90 |
| Pineapple Juice                 | ₹70 |
| Orange Juice                    | ₹70 |
| Chikoo Juice (Seasonal)         | ₹70 |
| Mango Juice (Seasonal)          | ₹70 |
| Pomegranate Juice               | ₹90 |

#### MOCKTAILS\*

| Lime Mint Cooler | ₹60  |
|------------------|------|
| Lemon Soda       | ₹60  |
| Orange Punch     | ₹100 |
| Mango Boy        | ₹100 |
| Grape Punch      | ₹100 |
| Strawberry Punch | ₹100 |
| Glacier          | ₹100 |
| Jaljeera Fizz    | ₹70  |







# "Chills & Thrills"





11:30 AM - 10:30 PM

#### **MILKSHAKE2**\*

| Vanilla Milkshake      | ₹100 |
|------------------------|------|
| Pista Milkshake        | ₹100 |
| Mango Milkshake        | ₹100 |
| Butterscotch Milkshake | ₹100 |
| Strawberry Milkshake   | ₹110 |
| Chocolate Milkshake    | ₹110 |

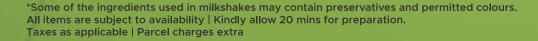
#### LASSI

| Masala Chaas       | ₹60 |
|--------------------|-----|
| Lassi (Sweet/Salt) | ₹70 |
| Rose Lassi         | ₹80 |
| Jalieera           | ₹60 |

#### DESSERTS

| Badam Malai Kulfi       | ₹40 |  |
|-------------------------|-----|--|
| Pot Kulfi - Pista Badam | ₹65 |  |









#### Sri Swatham specializes in servicing last-minute catering orders.

All we need is Just



With our vast range of menu, we give our clients the flexibility to completely customize their menu as per their needs and specifications.

Be it Breakfast, Lunch, High Tea, Snacks, or Dinner...

Be it Weddings, Engagements, Corporate get-togethers, Team meetings, Birthday parties, or any other event, we pride ourselves in delivering tasty, healthy & delicious food on time.

Food that reminds you of home, will surely get your guests asking for more.



# Messages from the heart... What our customers say.





Food is really good, place is nice and completely hygienic. Good service.

Must visit.



SURYANSHI PRIYA 2 months ago





Very Good Option for Veg Dining in Nelson Manickam road and around AMPA Skywalk area. Elegant ambience, good seating. Had Mini Meals and Food was tasty and smooth on tummy. Lemon rice authentic and awesome. Surely place to visit again



Gowri Shankar 2 months ago





Had parotta kurma, onion rava dosa, chola poori and Adai aviyal for dinner. The taste and quality of food items we had were good and service was also good. The kitchen is neat and clean. Nothing to mention about the atmosphere. If you want tasty and quality food go to this restaurant.



madhan mohan a month ago





Very nice ambience. Regular customer of this restaurant. High quality food. Very friendly staffs & administration



Naga Prakash 2 months ago





Food tastes like home food...delicious....served well.. we took their catering services...we felt like home food and taste...quantity was more than enough...food deliverd on time...we r satisfied with the quality and taste...



Kgsvignesh Kumar 5 days ago





Food supply is very neet nd clean. Friendly service



Sheela Prince 3 months ago

Rate us on Google







Dine-in | At the porch | Take away
Order Online | Catering



NO PALM OIL





NO PRESERVATIVES

NO SYNTHETIC COLOURS









Thank you for supporting us!