

# Restaurants & Cafés

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## Bengaluru: EAT

Time Out visits restaurants in Bengaluru that serve organic and healthy food



### Olive Beach

Chef Kavan Kuttapa from Mediterranean eatery Olive Beach likes to use microgreens to develop visual appeal for his dishes. Their purpose is to pose as a garnish that complements flavours already present in the food. Growing Greens supplies a bevy of beautiful, crunchy and colourful greens such as pea tendrils, micro coriander, mustard greens and beet greens to the restaurant. Pea tendrils are used as a garnish in a dish called The Duo of Duck that features a confit duck leg and a pan seared duck breast (sourced from Delhi-based organic duck farm Gayatri Organic Farm; see Delhi) with herb-roasted vegetables, wine-poached grapes, sweet roasted beets and mushrooms and duck jus. But the surprise touch is the addition of beet greens to Olive's banana toffee cake served with chocolate mousse, rice krispies and Nutella gelato. Sometimes, we may end up tucking into dishes that are a combination of processed, in this case Nutella, and organic, the microgreens.

16, Wood Street, Ashok Nagar (088-4112-8400). Daily noon-3.30pm, 7-11pm. Prices start from ₹ 245 plus tax. All major cards.

### The Oberoi

The hotel tied up with both First Agro and Growing Greens over a year ago and according to executive chef Amit Wadhawan, the association has been a successful one. While First Agro regularly supplies the hotel with beetroot, a variety of lettuce, Asian greens including pak choy, mini bitter gourd, squash, chillies and a mixed bag of cucumber, Growing Greens takes care of microgreens which is mainly used as garnish on dishes and as crunchy accompaniments in fresh salads. The hotel also grows its own parsley, sage, rocket, lemon grass, Italian and Thai basil, Thai coriander, celery, beetroot and edible flowers such as pansies and nasturtium in its own fertiliser-free kitchen patch. All mains at restaurants – The Polo Club and Le Jardin – including sandwiches and burgers, come with a side salad made of a mix of microgreens and fresh veggies from the list mentioned above.

The Oberoi, 37-39, MG Road (088-2558-5858). Daily noon-3.30pm, 7-11pm. Prices start from ₹ 300 plus tax. All major cards.

### The Glass House

For Chef Preeteesh Wagh of The Glass House, the cuisine offered at the eatery had to be a fusion of Indian and European flavours, inspired by his travels. He said finding a vendor in the form of First Agro right here in the city offered him the opportunity to cook with organic and pesticide-free vegetables that was at par with the produce he was used to during his European working stint as a chef. Wagh also mentioned that the flavours of pesticide-free vegetables are sweet and clean, including that of tomatoes, which are usually considered acidic. Wagh prefers to make minimum

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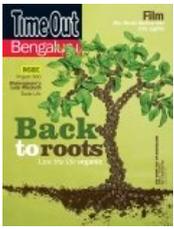
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changes to the First Agro produce while tossing them in salads, letting individual flavours and textures shine through. The eatery sources lettuce varieties such as red oak for the Asian pear salad served with walnuts coated with tamari (a kind of fermented soya bean sauce) and pear saffron dressing and hydroponically grown yellow, green and red cherry tomatoes for the chef's salad on the menu. The Montebello variety of tomatoes and heirloom versions are used in his two-in-one soups such as tomato saffron and fennel bell pepper soup.

25/2 Lavelle Road (088-6541-9999). Daily 11-1am. Prices start from ₹375 plus tax. All major cards.

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By **Amrita Bose** on June 06 2014 8.10am  
Photos by **Selvaprakash**

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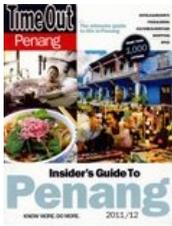
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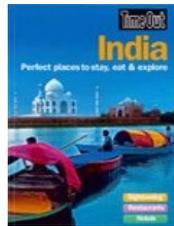


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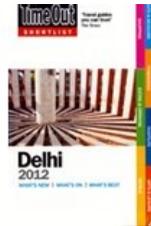
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