



food



**Welcome to pause... your all-day
sanctuary - a space to catch up, wind
down, or simply refuel.**

Thoughtfully crafted, it's where wholesome,
plant-based food meets indulgent flavours -
striking the perfect balance between
mindful eating and indulgence.

All our buns, chips, and dips
served to you are proudly made in-house,
ensuring complete control over the quality
and guaranteeing you absolute freshness.

**We prepare our food with care -
for you, and for the planet.**

**Please order mindfully and help us
keep food waste to a minimum.**



pause...
YOUR EVERYDAY CAFE

THE BEAUTY LIES IN
THE BREAKS TAKE TIME

breakfast



HAZELNUT GIANDUJA PANCAKES

Pancakes, hazelnut praline paste, roasted hazelnuts, hazelnut chocolate ganache, bruleed banana.

625 +50 Add maple syrup

OG PANCAKES

Fluffy vanilla pancakes with a side of maple syrup.

525

BERRY PANCAKES

Pancakes with a berry compote, and vanilla cashew cream.

615 +50 Add maple syrup

KIMCHI PANCAKES

Fluffy scallion pancakes, kimchi, sautéed mushrooms, spicy peanut sauce. Smashed cucumber salad on the side.

475

 *Gluten-free pancakes for 85 extra*

AÇAÍ SMOOTHIE BOWL

 Smoothie base of Acai, raspberry, strawberry, banana, almond mylk. Served with granola, pomegranate, dragon fruit.

645



TROPICAL SMOOTHIE BOWL

 Smoothie base of mango, spinach, basil, banana, pineapple, almond mylk. Served with granola, kiwi, mango, toasted coconut.

585



 = Jain friendly  = Gluten free

Please inform us of any allergies.

Taxes As Applicable

All food is plant-based.



SHAKSHOUKA

Pesto grilled tofu and veggie skewers on bed of tomato sauce. Served with house-made pita bread.

495 +85 make it gluten free



THE SWEET CREPE

Home-made dairy free nutella inside a delicious crepe. **BANANA OPTIONAL**

515 +100 Add a scoop of NoMou vanilla icecream

THE LUNCH CREPE

A crepe stuffed with spinach, mushroom, cream cheese & basil pesto. Served alongside cherry tomato salad and sour cream relish.

525 +85 make it gluten free

JAIN OPTION AVAILABLE

THE BREAKFAST CREPE

Zesty guacamole, plant-based feta, cherry tomatoes with balsamic reduction, inside a delicious crepe.

575 +85 make it gluten free

DECONSTRUCTED PB&J

 Creamy peanut butter + fruit compote on toast served with fresh berries.

445

QUESADILLA

 Mexican beans, and cheddar cheese stuffed in between ragi tortilla. Served with fajita veggies & tomato salsa.

495

QUINOA TRUFFLE MUSHROOM UPMA

Creamy quinoa upma infused with earthy truffle oil, sautéed mushrooms, and buttery goodness - finished with herbs.

475

 = Jain friendly  = Gluten free

Please inform us of any allergies.

Taxes As Applicable

All food is plant-based.

AKURI TOAST

Soft eggless “akuri” like scramble with thecha oil, potato salli, and spices on sourdough toast.

445

+85 make it
gluten free

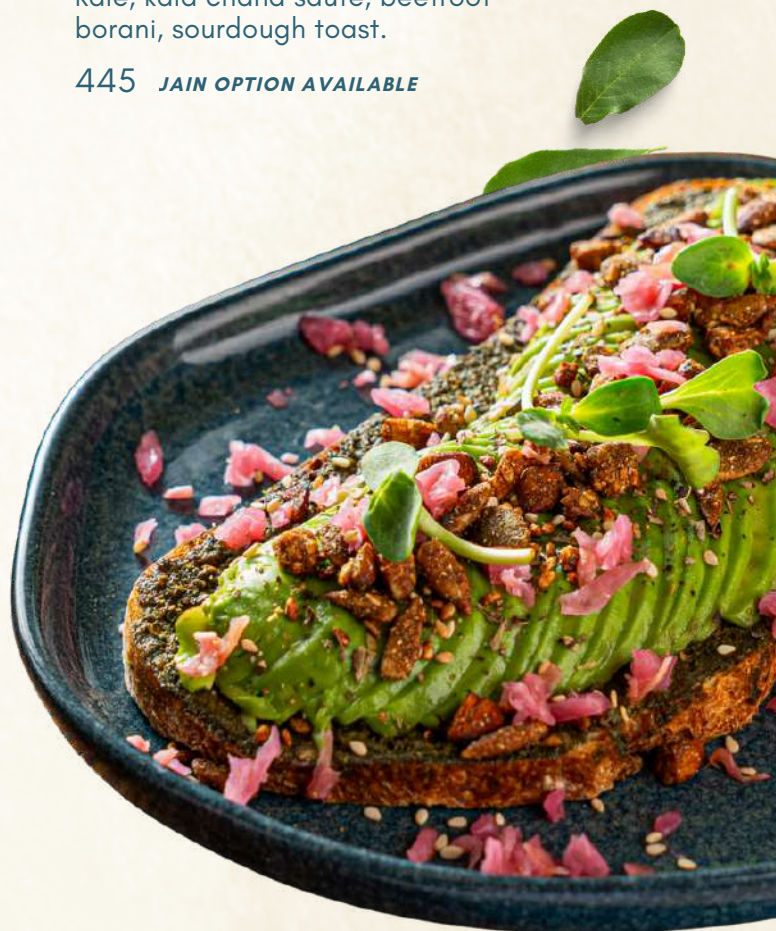




KALE KALA CHANA TOAST

Kale, kala chana saute, beetroot borani, sourdough toast.

445 *JAIN OPTION AVAILABLE*



J AVOCADO TOAST

Avocado, green pesto, sauerkraut, dukkah, sourdough toast.

525

J GUAC & FETA TOAST

Zesty guacamole on a bed of creamy plant-based feta, with sourdough toast.

525



J TOMATO HUMMUS TOAST

Cherry tomatoes marinated with basil and balsamic dressing served with hummus on a sourdough toast.

445

MUSHROOM HUMMUS TOAST

Sauteed mushrooms on a bed of creamy hummus layered on sourdough toast.

445



BROCCOLI MILLET SALAD

Garlicky broccoli, millet tabbouleh, avocado, lemon vinaigrette, dates, almonds

450 *JAIN OPTION AVAILABLE*



salads



RAINBOW SALAD ROLLS

Grilled tofu in Asian marinade, pickled carrot & radish, purple cabbage, cucumber, lettuce, and fresh herbs. Served with spicy peanut dip.

450 *JAIN OPTION AVAILABLE*



BEETROOT CARPACCIO

Roasted beet slices, pomelo, orange, feta, walnuts, balsamic garlic dressing, wild rucola.

450



RAW MANGO SALAD

A zesty raw mango salad bursting with crunch—carrots, zucchinis, cucumber, green apple, and herbs tossed in a tangy dressing, topped with peanuts, crispy garlic, and fresh rocket.

450 *JAIN OPTION AVAILABLE*



MELON FETA SALAD



Melons, cucumber & herbs with whipped feta and crunchy pumpkin seeds served with balsamic dressing.

450



soups



CHOWDER IN BREAD

Rich and creamy chowder, served in our freshly house baked bread bowl.

475

MISO SOUP

A soothing miso Soup, brimming with tofu and a medley of fresh asian vegetables.

425



TOMATO & BELL PEPPER



A comforting & flavourful blend of ripe tomatoes, fresh basil & roasted red bell peppers.

395



PUMPKIN SOUP



Velvety roasted pumpkin soup finished with warm spices and a drizzle of olive oil.

425

KOREAN BUN

GIANDUJA PANCAKES

TROPICAL
SMOOTHIE BOWL

pausa
YOUR EVERYDAY CAFE

small s



SPICED CAULIFLOWER

Served with muhammara, dukkah, pomegranate, feta, rucola.

495



MUMBAI DELIGHT



A mini vada platter made with raw-bananas, served with chutneys, and a side of crisps. Comes with a steaming cup of cutting masala chai.

475



ZUCCHINI PARCELS



Fresh zucchini slices, pan-seared to perfection, wrapped around lightly flavoured cheese.

475



TACOS

Jackfruit or "Fysh" Tacos with pickled onion, guacamole, salsa, whipped feta, cilantro.

Jackfruit 475 (2 pc), 575 (3 pc)



"Fysh" 525 (2 pc), 625 (3 pc)



Mexican Beans 475 (2 pc), 575 (3 pc)



KOREAN CHEESE BUN

Soft house-baked bun, stuffed with plant-based herbed cream cheese brushed with parsley garlic butter, chilli oil, and gochugaru.

395 *JAIN OPTION AVAILABLE*



Please inform us of any allergies.
Taxes As Applicable
All food is plant based.



ASIAN TOFU SANDWICH

Asian marinated tofu, kafir lime green chilli aloli, Asian pickled vegetables, cucumber, cilantro, Thai basil, sourdough toast. Served alongside lotus stem chips.

475 +100 make it gluten free

JAIN OPTION AVAILABLE



PULLED JACKFRUIT SLIDER

Spicy jackfruit in Goan recheado masala, sour cream jalapeño relish, marinated rucola. Served with sweet potato wedges and tamarind ketchup.

525

MUSHROOM SLIDER

Crunchy whole shitake mushroom, green pesto, tahini garlic sauce, balsamic onion, purple cabbage slaw, lettuce. Served with sweet potato wedges and ketchup.

525

J PESTO VEG & TOFU

Grilled tofu and vegetables on focaccia, layered with pesto, cream cheese, and fresh basil.

475

🌿 NACHOS

Jawar nachos, Mexican beans, avocado guacamole, jalapeno, tomato salsa, sour cream relish. A healthy twist on a classic!

575 JAIN OPTION AVAILABLE

FALAFEL SLIDER

Crispy falafel, creamy dill sauce, cucumber, tomato, in-house mustard and chilli oil. Served with sweet potato wedges and ketchup.

525 JAIN OPTION AVAILABLE

FALAFEL POCKET

Pita pockets stuffed with crunchy falafels, tahini, zhoug, and purple cabbage slaw. Hummus and pickled vegetables on the side.

475 JAIN OPTION AVAILABLE

🌿 BBQ TOFU SKEWERS

Tofu & vegetables marinated in homemade BBQ sauce, grilled to perfection. With dill yoghurt sauce.

445

ALOO TIKKI SLIDER

Crispy aloo tikki, tangy chutneys, and a soft, warm bun. Tiny sliders with big desi-burger energy.

495



THECHA CHEESE

A fiery grilled cheese on sourdough, loaded with thecha, smoked dairy free mozzarella, cheddar, and green chillies! Melty, bold, and served with tomato salsa and nachos for the perfect crunch.

475 +100 *make it gluten free*



RATATOUILLE SANDWICH

Focaccia, grilled zucchini, grilled eggplant, grilled bell pepper, cream cheese, tomato sauce, marinated rucola.

495 JAIN OPTION AVAILABLE



PAUSE SPECIAL WINGS

Tempura fried oyster mushroom wings brushed with gochujang. Served with a spicy aioli.

475

comfort

- 375 PERI PERI TOFU
- 295 LOTUS STEM CHIPS (J) (V)
- 295 SWEET POTATO WEDGES (V)
- 295 RAW BANANA CHIPS (J) (V)
- 275 GRILLED VEGETABLES (V)
- 265 CREAMY MASHED POTATOES (V)
- 365 THE GARLIC BLOOM
The best garlic bread ever..



large



① MAC N CHEESE

Classic Macaroni in pause signature dairy-free cheese sauce.

625



MAKHANI BOWL ①

Delicious buttery makhani curry with comforting jeera rice.

with jackfruit 625

① *with vegetables* 625



MEDITERRANEAN BOWL ①

Falafels, millet tabouleh, pickled beetroot & carrot, cucumber, olives, grilled vegetables, hummus with chilli oil, beetroot borani, zhoug, tahini garlic sauce.

625

JAIN OPTION AVAILABLE

① MEXICAN BOWL

Guacamole, mexican beans, tomato salsa, cilantro lime rice, herbed cream cheese, fajita veggies, iceberg lettuce.

625

ASIAN TOFU BOWL

A vibrant medley of fresh seasonal veggies and crisp fried tofu cubes tossed in a warm, umami-rich Asian gravy, served with steaming rice for the perfect comfort meal.

625

MUSHROOM RAVIOLI

Mushroom ravioli with caramelised onion in a creamy pesto sauce.

625



SHEPHERDS PIE



Hearty veg protein filling slow-cooked with herbs, topped with creamy mashed potatoes and baked golden.

625



SPAGHETTI BOLOGNAISE

Classic spaghetti tossed in a rich, slow-simmered bolognaise made with savoury soy mince and herbs.

625



These menu items were so popular from our Christmas menu, we had to keep them!



KHAO SUEY

Traditional khao suey condiments served with noodles, topped with a rich coconut gravy and dressed with lotus stem chips, chilly oil, julienned fried potatoes with a wedge of lemon.

625



TOFU SCHNITZEL WRAP

Crispy Tofu schnitzel, muhamarra, zhoug, cucumber, pickled beetroot, marinated rucola, ragi wrap, chilli oil. A serious crowd favourite. If you don't like tofu, you will become a tofu lover!

625 JAIN OPTION AVAILABLE



GREEN THAI CURRY

Thai green curry with vegetables served with Konkan red rice.

625

pasta

ARRABIATA (J)

Spaghetti tossed in arrabbiata sauce, served with grilled vegetables.

595

PESTO (J)

Fresh basil & toasted cashews blended with extra virgin olive oil into a silky pesto sauce.

595

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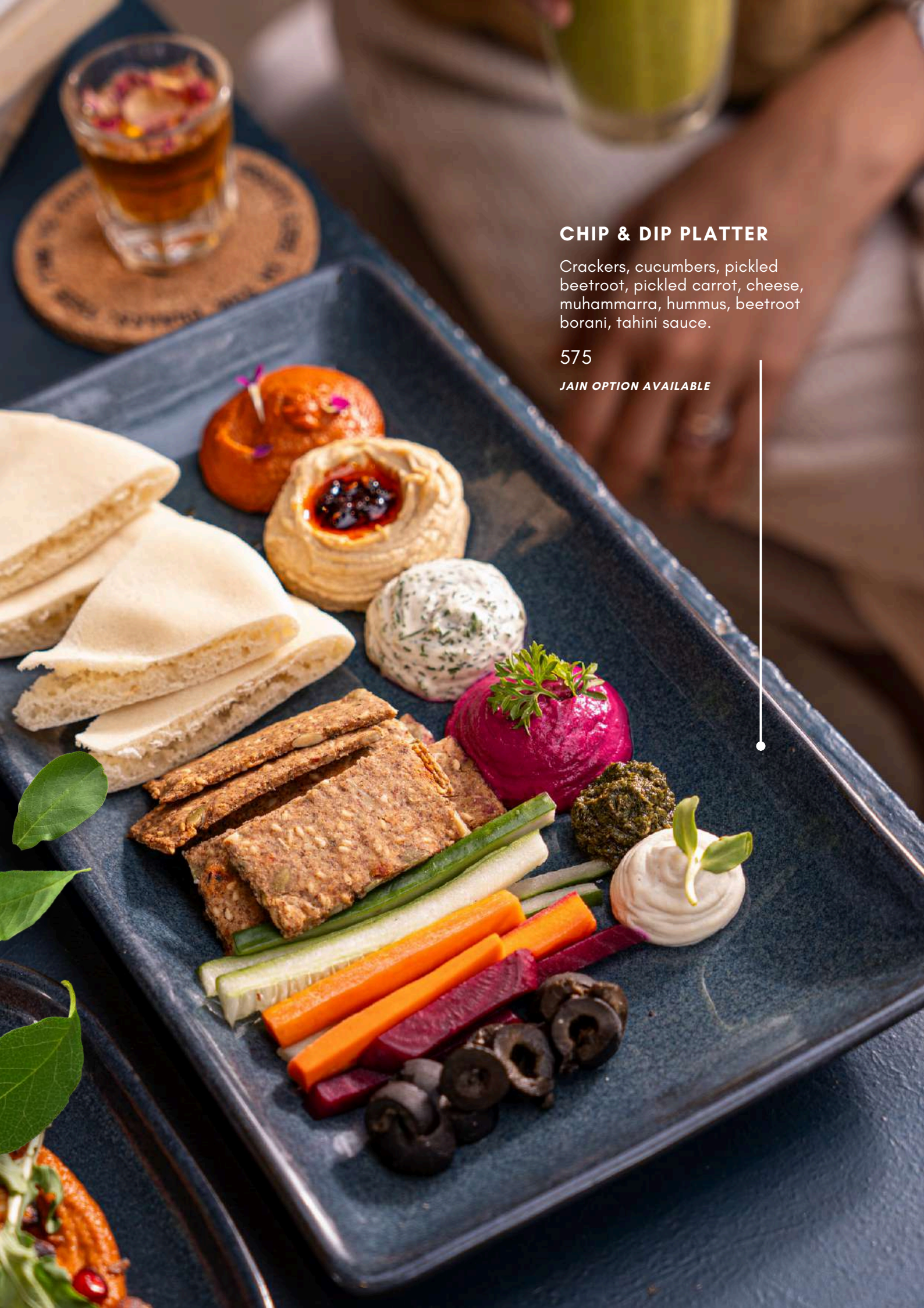
Al dente spaghetti tossed with golden garlic, chili flakes, and extra virgin olive oil.

595

BOLOGNAISE

Classic spaghetti tossed in a rich, slow-simmered bolognese made with savoury soy mince and herbs.

625



CHIP & DIP PLATTER

Crackers, cucumbers, pickled beetroot, pickled carrot, cheese, muhammarra, hummus, beetroot borani, tahini sauce.

575

JAIN OPTION AVAILABLE

desserts



(J) TIRAMISU

Plant-based cream cheese mousse, almond sponge soaked in espresso. Clean & very indulgent.

545 *HIGHLY RECOMMENDED*

(J) CHAI-MISU

Masala-chai infused sponge with in-house plant-based cream cheese - a signature pause dessert celebrating Indian flavours with Italian decadence. Plant based, clean indulgence.

545

(J) STRAWBERRY

(J) CHOCOLATE BROWNIE

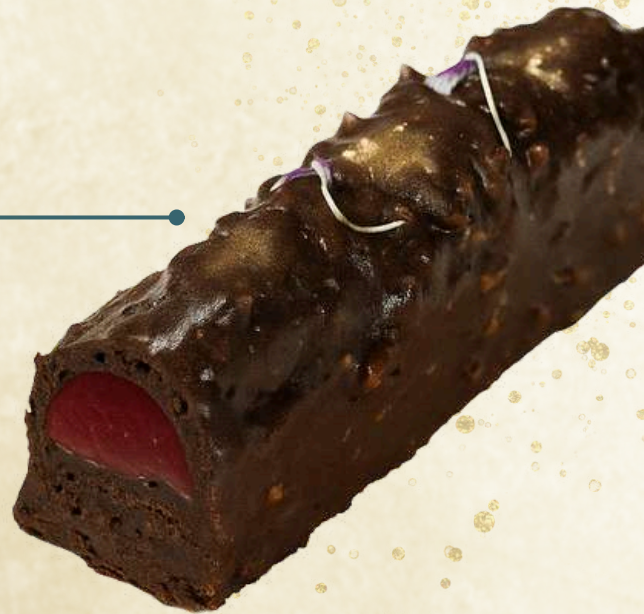
Fudgy chocolate brownie with a decadent layer of strawberry gel. A little slice of heaven.

425

(J) BASQUE CHEESECAKE

Creamy, tangy, and perfectly sweet — our Basque cheesecake sits amongst a crunchy biscuit and garnished with jamun & lemon compotes.

545



(J) PINEAPPLE UPSIDE DOWN CAKE

Tropical fruits delightfully paired with a soft, golden sponge served with homemade coconut mousse.

425

(J) ICE CREAM

(J) Choice of dairy-free ice creams: Please check with your server for options!

225

① STICKY DATE CARAMEL

Creamy, tangy, and perfectly sweet — our Basque cheesecake sits amongst a crunchy biscuit and garnished with jamun & lemon compotes.

545 *HIGHLY RECOMMENDED -
FROM OUR CHRISTMAS MENU*



J BLACK FOREST MOUSSE

dark chocolate mousse layered with tart cherry compote, seasonal berries (if available), and finished with light plant-based cream and chocolate shavings.

545

J COFFEE CHOCOLATE MOUSSE

Silky dairy-free coffee and dark chocolate mousse with the perfect bittersweet finish

545

RED VELVET CRUSH

Soft, moist red velvet sponge layered with light, fluffy plant-based cream cheese

445

J ORANGE YOU SWEET **BON BON**

Smooth citrus-infused orange ganache wrapped in creamy mylk chocolate.

375 (for 4)

MINT CONDITION BON BON **J**

Bright lemon centre with a refreshing hint of mint, coated in silky plant-based white chocolate.

375 (for 4)

J SEASONAL FRUIT **CHEESECAKE**

Creamy cheesecake topped with fresh seasonal fruit for a light, vibrant finish.

445





①

CHOCOLATE HAZELNUT TART

How can plant based be this naughty? Dark chocolate with a hazelnutty caramelly centre, encased in a delicious pastry.

425

①

CHOCOLATE ORANGE MOUSSE

②

70% single origin dark chocolate orange mousse sweetened with dates, a chewy chocolate base, fresh orange segments, fresh blueberries, dark chocolate shards. Sugar-free & Amy's favourite..

565



Catering by pause...

At pause, we don't just cater - we curate moments of mindful indulgence. Our plant-forward catering brings the pause philosophy to your table with clean, colourful, soulful food designed to delight.

Whether it's an intimate gathering or a grand celebration, each dish is thoughtfully plated, vibrant in flavours, and crafted with wholesome ingredients.

Our bespoke menus are tailored to the mood and purpose of your event, ensuring every bite feels like a celebration.

To enquire about catering, please email us at info@pause-cafe.co or via our website at www.pause-cafe.co.



pause...
YOUR EVERYDAY CAFE

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