

Fertility Meets Farm-to-Table Dining with Launch of ‘The Fertility Table’ in India

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For many women, the fertility journey doesn't begin with needles or prescriptions; it begins quietly, with what's on the plate. A nourishing, plant-forward diet has increasingly been recognised as a powerful ally in supporting hormonal balance, improving egg quality and reducing inflammation, helping several women conceive naturally over time. As fertility conversations move beyond treatment rooms and into everyday life, food is emerging as one of the most meaningful places to begin.

Tapping into this shift, Luma fertility, India's first next-generation fertility clinic, has partnered with much-loved farm-to-table café Kitchen Garden by Suzette to introduce The Fertility Table, India's first fertility-focused dining menu. Designed to meet people where they already are, the menu transforms medical guidance into familiar, comforting dishes that support reproductive health without feeling restrictive or clinical.

Rooted in seasonal produce, organic ingredients and simple preparations, The Fertility Table highlights how everyday meals can quietly nourish hormonal balance, egg and sperm quality, gut health and inflammation management. Rather than positioning fertility nutrition as a rigid plan, the menu reframes it as something pleasurable, intuitive and sustainable — proof that supportive eating can still feel indulgent and joyful.

Developed by Kitchen Garden by Suzette in close collaboration with Luma Fertility's medical experts, the menu draws from evidence-based science and population nutrition principles. Each dish comes with an information card that explains how specific ingredients support reproductive wellbeing, allowing diners to engage with credible medical insight at their own pace. Ingredient lists and nutritional details are also available directly on the table, reinforcing transparency and informed choice.

Speaking about the collaboration, Neha K Motwani, Founder of Luma Fertility, said, "At Luma fertility, we take a holistic approach to women's health and nutrition plays a vital role, especially during the fertility journey. What we eat has a direct impact on hormonal balance, reproductive health and overall wellbeing. Through this collaboration, we wanted to make fertility-supportive eating practical, comforting, and accessible, meeting people in their everyday lives. There was no other café more aligned with this philosophy than Kitchen Garden by Suzette."

Antonia Achache, Co-Founder of Kitchen Garden By Suzette, added, "At Kitchen Garden, our food philosophy has always been simple - cook with integrity, balance and respect for the body. We've never believed in 'fad diets' or extremes. We believe in familiar, comforting dishes made thoughtfully with organic ingredients that naturally nourish and restore. The Fertility Table with Luma Fertility felt like a very natural extension of this belief. Fertility, much like overall well-being, isn't about restriction - it's about consistency, care and listening to the body. This collaboration allowed us to translate medical insight into everyday food that people already love and trust. By working closely with Luma fertility, we have ensured that each dish quietly supports reproductive health without ever feeling clinical or intimidating. For us, this partnership reinforces what Kitchen Garden stands for - Food that is honest, grounding and deeply connected to how we live today. The Fertility Table is not a 'special' menu but a reminder that when food is made with intention, it can support some of life's most meaningful journeys."