

Design statement

The application site address

20 Portman Road

Reading

RG30 1EA

The site is within a industrial park, where there are large units of similar scale, being used for many different uses. There are no residential houses, or flats close to this location, as the park is designed for businesses.

The property is a commercial warehouse – Falling under the planning use B8 – storage and distribution. The proposal looks to continue this use, but be able to run a commercial food production kitchen from the premises, where the food will be partly prepared, and storage within the warehouse, ready for distribution, under the Crispy Dosa franchise, which is owned by the applicant, which has around 8 to 10 premises around the UK.

The food to be prepared will be healthy steamed food and part grilled, which will be packed to retain its freshness, The premises will run under the same use, as the premisses role is to storage bulk food production, which will get taken to the franchises daily.

Types of food

The business will be 100% pure vegetarian restaurant specialised in South Indian dishes and offer vegan options too. The 4 main speciality dishes are idly, dosa, vada and sambar. We are passionate in delivering high quality food using only fresh ingredients and positive nutrition.

Why idli - dosa ?

South Indian diet is high in carbohydrates and protein, while a morning breakfast of:

➤ Idli-Sambar-Coffee has 9.3 percent protein content

- Idlis are considered to be among the top ten healthiest foods in the world due to the ingredients they are made from.

➤ Dosa-Chutney-Tea has 6.7 percent proteins content

- Dosa is made from rice and black lentil and is rich in proteins and carbohydrates.
- As it does not use wheat, it is good for those with gluten free diet.

Idly

- o Idly is a staple South-Indian dish that is made for breakfast and also enjoyed as a snack.
- o Idly is a steamed food have very less calories and is a proven diet in India for weight loss.

o Each idly contains just 39 calories, which is a fraction in comparison to full 2,000-calorie daily diet. Idly contains no fat, no saturated fat and no cholesterol. Consuming less than 16 grams of saturated fat and 300 milligrams of cholesterol lessens your risk of cardiovascular disease and stroke.

o Idlis are made with urad dal and rice. Thus, this south Indian dish is easy to digest and healthy.

o Idlis are gluten-free because they are not made with wheat. So, if you are allergic to wheat, you can have idlis over rotis or parathas for a healthier option.

Below table shows Nutrition fact for one Idly.

Nutrition factsServing Size : 1 Piece	
Amount per serving Calories 40	Calories From Fat 2
	% Daily Value *
Total fat 0.19g 0%	
Saturated Fat 0.037g	0%
Polyunsaturated Fat 0.043g	
Monounsaturated Fat 0.035g	
Cholesterol 0mg	0%
Sodium 207mg	9%
Potassium 63mg	
Total carbohydrate 7.89g 3%	
Dietary Fiber 1.5g	6%
Sugars 0.22g	
Protien 1.91g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 5%
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Dosa

- o Dosa is a healthy food because it contains very less saturated fat, which is a good, as high saturated fat will increase the risk of heart diseases. Dosa contains a rich source of several minerals such as iron and calcium. An ideal healthy food should be low in calories while satisfying your hunger. Dosa is one such item which is extremely appetizing and relatively light, adding low calories in your body. It's a healthy choice to overcome obesity.

Below table shows the nutrition facts for one Dosa

Nutrition Facts Serving size : 1 piece			
Calories	124	Sodium	53mg
Total fat	7g	Potassium	47mg
Saturated	1g	Total Carbs	14g
Polyunsaturated	1g	Dietary Fiber	1g
Monounsaturated	5g	Sugars	0g
Trans	0g	Protein	2g
Cholesterol	0mg		
Vitamin A	0%	Calcium	1%
Vitamin B	3%	Iron	3%

Sambar

o Sambar is a south Indian vegetarian stew made of pulses and a bowlful of this savoury stew packs a number of health benefits.

o Sambar is the perfect balance of good protein, fibre, zinc, folic acid, iron, vitamins and minerals

which boots your digestion and your immunity. It contains turmeric, lentils, black pepper with some vegetables for an example pumpkin and drumstick as well. Pumpkin is an amazing vegetable when it comes to boosting the immune system in kids, young and older adults. Drumstick is an excellent food when it boosting your immunity. The leaves and seeds of drumstick are beneficial for the health.

Vada

o It consists of black lentils, which are the richest source of protein and vitamin B. It is full of iron, folic acid, calcium, magnesium and potassium. It makes the best substitute for vegetarians who don't eat meat and fish.

Fresh Juices

o Freshly squeezed fruits juices with no artificial colouring or flavouring used.

All of which will be stored and distributed to the running franchises daily.