

Temple Feasts



ISKCON Melbourne serves a fantastic range of delicious Hare Krishna cuisine, free of charge. Everyone is welcome to sample these sanctified traditional dishes!

We serve delicious meals every day, but the end of the week concludes with our internationally famous Sunday Feast. Bring all the family along and immerse yourself in the friendly atmosphere while you taste the irresistible preparations. You won't be disappointed – that's our special guarantee!

When do we serve our meals?

ISKCON Melbourne serves out meals seven days a week, 365 days a year at the following times:

8:30-9:30 am Breakfast

1:00-2:00 pm Lunch

6:00-7:00 pm Dinner

Where do we serve our meals?

Prasadam Hall (upstairs from the Main Temple Room).

How much do you pay?

All meals are free of charge. You can support our cause by making a donation at our Member Services Office or through our website.

What is Prasadam?



Bhagavad-gita As It Is offers an in depth explanation of why it is important to eat spiritually enriched food. In Chapter 9, verse 26, Krishna says:

patram puspam phalam toyam
yome bhaktya prayacchati
tadaham bhakty-upahrtam
asnami prayatatmanah.

Translation : If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it.

As part of our spiritual practice we offer food to the Deity of Krsna for His pleasure. Once offered, this food becomes 'prasadam' or spiritually sanctified food. At ISKCON Melbourne, our members lovingly prepare no less than seven delicious offerings for Krishna each day. There are traditional milk sweets such as sandesh, ladu and sweet rice; a wide variety of subjees (vegetable curries); dahl (lentil soup); and of course rice and chapattis (very similar to roti bread). On principle, we use only natural 100% vegetarian ingredients, and adhering to principles of ahimsa or non-violence, we refrain from using any meat, fish, eggs, onions or garlic in our cooking.

Everyone benefits from honouring (or eating) prasadam as the spiritual quality inherent within it purifies the consciousness and makes spiritual life easy, not to mention that it is delectable! Anyone who tries prasadam always comments that it has a special quality. This is because it is spiritual food.

If you would like to know more, we have an extensive range of Hare Krishna cookbooks in our temple shop. At our Sunday Feast, there are many seasoned prasadam-aficionados ready to answer your questions as well. Just look for the book table outside the Main Temple Room.