

kemara
CUISINE

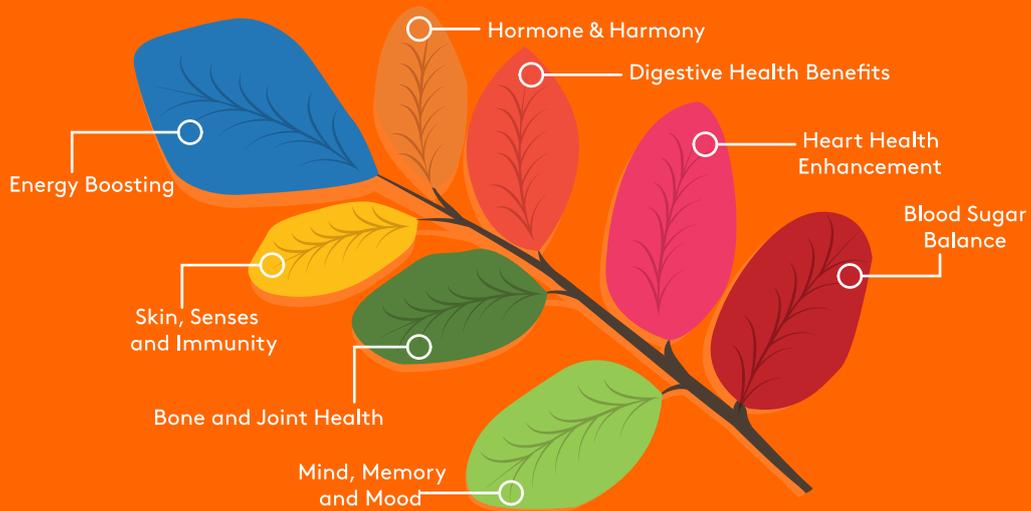
100% FREE OF GLUTEN, GRAINS,
SUGAR & DAIRY

HIGH TEA MENU

The Kemara Moringa Leaf Story

The Kemara Moringa leaf system has been devised to support and improve health and wellbeing in eight categories, each represented by a moringa petal.

Our menu has been crafted to cover all bases on our Moringa leaf system. We are devoted to keeping your bodies happy.



Towards a Sustainable, Healthy Lifestyle

“WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED.
WHEN DIET IS WRONG, MEDICINE IS OF NO USE.”

—AYURVEDA PROVERB

The goal in eating clean and healthy is that you come out lighter, fresher, energized and excited about every meal. We want you to crave healthy food and look forward to eating it. Kemara cuisine would help you achieve, and maintain, your healthy lifestyle goals, especially when life gets busy.

The dishes that you love are not off limits, instead we want you to appreciate the fresher vibrant ingredients that they are made of. We hope to continually surprise you by taking those favorite ethnic dishes and making them healthy, yet flavorful.

OUR INGREDIENTS FROM FARM TO TABLE

We work hand in hand with farmers across Sri Lanka to source the freshest ingredients in order to serve high quality food to our customers. When you consume farm fresh foods, you can be confident that you are consuming all natural food, full of nutrients. We are consciously using fruits and vegetable which are in season and organic (when possible), ensuring that it tastes great and also has a better value for you and the planet.

KEMARA PLATTERS

A Gourmet of finger foods made with the finest of healthy ingredients
100% Free of Glutein ,Grain and Dairy and Sugar

MINI PIZZAS

Vegan

Mini Pizza with grilled Tri colour Bell Peppers ,
Olives and Vegan Mozzarella Cashew
Rs. 345/-

Non-Vegan

Mini Pizza Tandoori Chicken
Rs. 370/-

CRÊPE PARCELS

with Sesame Seed Crust

Creamy shrimp with Thai Style
Dipping Sauce Rs. 385/-

Indian Style Vegan Crepes with
Mint Sour Cream (Vegan) Rs. 325/-

TAQUITOS (2MINI CIGARS)

Minced Beef with Tamarind
Dipping Sauce Rs. 725/-

Shredded Veggies with Almond
Satay Dressing Rs. 725/-

MINI TARTS IN A KETO ALMOND FLOUR TART BASE

Beet Houmous
Rs. 315/-

ZUCCHINI ALMOND BREAD BURGERS (MINI)

Mini Smoked Paprika Chicken Burgers
with Almond & Zucchini Buns Rs.370/-

Mini Harissa Beet Burgers with
Almond & Zucchini Buns Rs.370/-

MINI BLINIS TOPPED WITH (MINI FLOURLESS THICK PANCAKES)

Creamed Tuna with Chillie Mayo
Rs. 325/-

Fermented Mixed Veggies and Seeds
with Classic Vegan Cheese
Rs. 315/-

MINI ALMOND BREAD SANDWICHES (BREAD IS VEGETARIAN)

Roast Chicken Sandwich Rs. 645/-

Rainbow Veggie Sandwich Rs. 615/-

SWEET TREATS

Guilt-free Indulgence

Spicy Carrot Ginger Cake with Orange
Butter Cream Frosting Rs. 365/-

Mini Strawberry Tarts in glass jars
(keto) (vegan) Rs.725/-

Almond Flour Cup Cakes with Lavender Cream
Topping and Flaked Almonds Rs. 615/-

Dark Choc Mint Brownies (keto) Rs. 550/-

Zesty Lemon Scones with Strawberry Chia Jam and
Cashew Vanilla Cream Rs. 895/-

DRINKS

MOCKTAILS / COLD PRESSED JUICES

Detox Green Rs. 825/-

Passion Pinnacle Long Distance Runner Rs. 825/-

Watermelon Mint Rs. 825/-

Citrus and Lavender Spritzer over
coconut Ice Rs. 1100/-

Strawberry and Basil Lemonade Rs. 1100/-

Passion Mojito Rs. 975/-

Coffee/tea With Dairy Milk Rs. 795/-

(Almond Milk additional Rs 495)

Kindly Book 1 Day In Advance Thank you