



kemara
CUISINE

Menu

WEEKLY

100% GLUTEN, GRAIN,
SUGAR AND DAIRY FREE

07
SEP
— TO —
11
SEP



IMMUNE-SUPPORTIVE
MEAL PLAN FOR 5 DAYS

TAKE AWAY / DELIVERY

KINDLY BOOK ONE DAY IN ADVANCE

CONTACT US:
077 304 3590
INFO@KEMARALIFE.COM



Monday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Gingerbread Smoothie (Coconut Water, Bananas, Almonds, Cinnamon, Ginger, Lemon Juice, Grain Free Granola-Organic, Organic Greens etc.) 725 I/-

JUICE (cold pressed)

Supper Green Liver Cleanse (Spinach, Pineapple, Gotukola, Celery, Lemon, Coconut Water, Lime, Cucumber, etc.) 495/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Healthy Tortilla Wrap with Herby Chicken 825/-
- Healthy Tortilla Wrap with Raw Pad Thai and Almond Dressing 875/-
- Classic Scrambled Eggs, Vegan Cheese and Smoked Salmon with coconut butter bread 1100/-

THE SWEETER SIDE OF BREAKFAST (free of sugar with chicory)

- An Array of Sweet Breads Cranberry, Banana or Ginger with Cashew Butter 875/-
- Grain Free Granola with Almond Milk (Vegan) 1250/-

SALAD OF THE DAY

Ruby Salad (Tomatoes, Watermelon, Strawberries, Red Cabbage etc. Mix of seeds and nuts with Cashew Feta Cheese and Honey Lemon Vinaigrette) S: 695/-
L: 1350/-

SOUP OF THE DAY

- Roasted Pumpkin Soup with Rosemary and mushrooms S: 525/-
L: 975/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Mattar Quinoa Pilau with Bengal style Southern Indian Veggie Curry and Onion Relish 1350/-

NON VEGAN

- Mattar Quinoa Pilau with Bengal style Southern Indian Chicken Curry and Onion Relish 1450/-
- Mattar Quinoa Pilau with Bengal style Fish Veggie Curry and Onion Relish 1450/-

DINNER

VEGAN

Sesame Crusted Crepe Parcels with Raw Pad Thai and Dipping Sauce (5nos) (vegetarian) 1450/-

NON VEGAN

- Sesame Crusted Crepe Parcels with Shrimps and Dipping Sauce (5nos) 1550/-

BAKING FOR TEA

- Cranberry Bread Mini Loaf 685/-
- Ginger Bread Mini Loaf 620/-

GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Free)

- Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) 625/-
- Organic Rose Water, Saffron & Pistachio Ice Cream (Vegan) 625/-
- Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs) 695/-

SNACKS (NIBBLES)

(reach out when hunger strikes healthy snacking options)

- Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) 745/- (100g)
- Coconut Cashew Fudge (15 in a box) 865/-
- Pre - Post Grain Free Energy Bars (Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.) 1,695/- (250g)
725/- (100g)
- Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)
 - 1. Organic Squash Herb and Fennel (50g) 395/-
 - 2. Organic Veggie Medley Cadjun Spice (Mixed root vegetables of Organic carrots, beets and Radish (50g) 395/-



KETO FRIENDLY

Tuesday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Zucchini Bread Smoothie (Zucchini, Bananas, Dates, Vanilla Extract, Flaxseed, Almond Butter etc.) 725 I/-

JUICE (cold pressed)

Moringa Miracle with Sweet Orange (Moringa, Pineapple, Lime, Lemon, Ginger, Turmeric, Coconut water, Sweet Orange Ice, etc) 425/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Healthy Tortilla Wrap with Herby Chicken 825/-
- Healthy Tortilla Wrap with Raw Pad Thai and Almond Dressing 875/-
- Classic Scrambled Eggs, Vegan Cheese and Smoked Salmon with coconut butter bread 1100/-

THE SWEETER SIDE OF BREAKFAST (free of sugar with chicory)

- An Array of Sweet Breads Cranberry, Banana or Ginger with Cashew Butter 875/-
- Grain Free Granola with Almond Milk (Vegan) 1250/-

SALAD OF THE DAY

Butternut Squash and Avocado Salad (Roasted Butternut, Mix of Greens, Baby Spinach etc. Walnuts with a Coconut Amino and Tahini Dressing) S: 695/-
L: 1350/-

SOUP OF THE DAY

- Classic Carrot and Ginger Soup S: 595/-
L: 1100/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Sweet Potato Noodles with Grilled Veggies and Lemongrass Coconut Sauce 1350/-

NON VEGAN

Sweet Potato Noodles with Grilled Prawns and Lemongrass Coconut Sauce 1550/-

DINNER

VEGAN

Spicy Veggie Shawarma with Vegan Sour Cream and Home made chili Sauce 1450/-

NON VEGAN

- Spicy Chicken Shawarma with Vegan Sour Cream and Home made chili Sauce print Gordon (2 nos 6") 1450/-

BAKING FOR TEA

- Cranberry Bread Mini Loaf 685/-
- Ginger Bread Mini Loaf 620/-

GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Free)

- Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) 625/-
- Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) 625/-
- Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs) 695/-

SNACKS (NIBBLES)

(reach out when hunger strikes healthy snacking options)

- Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) 745/- (100g)
- Coconut Cashew Fudge (15 in a box) 865/-
- Pre - Post Grain Free Energy Bars (Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.) 1,695/- (250g)
725/- (100g)
- Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)
 - 1. Organic Squash Herb and Fennel (50g) 395/-
 - 2. Organic Veggie Medley Cadjun Spice (Mixed root vegetables of Organic carrots, beets and Radish (50g) 395/-



KETO FRIENDLY

Wednesday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Hawaiian Smoothie (Coconut Cream, Organic Kale, Melon, Pineapple, Banana, Grain Free Granola etc.) 725/-

JUICE (cold pressed)

Long Distance Runner (Passion-fruit, Pineapple, Lime, Coconut water, Tangerine Ice, etc.) 395/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Healthy Tortilla Wrap with Herby Chicken 825/-
- Healthy Tortilla Wrap with Raw Pad Thai and Almond Dressing 875/-
- Classic Scrambled Eggs, Vegan Cheese and Smoked Salmon with coconut butter bread 1100/-

THE SWEETER SIDE OF BREAKFAST (free of sugar with chicory)

- An Array of Sweet Breads Cranberry, Banana or Ginger with Cashew Butter 875/-
- Grain Free Granola with Almond Milk (Vegan) 1250/-

SALAD OF THE DAY

Roasted Cauliflower Caesar Salad with a creamy Vegan Caesar Dressing (Cauliflower, Almond Bread crumble, with Hemp and Walnut Parma) S: 695/-
L: 1350/-

SOUP OF THE DAY

- Creamy Leek and Sweet Potato Thyme Soup S: 595/-
L: 1100/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Sri Lankan Style Spicy Mixed Vegetables and Cashew curry, Quinoa Lotus Rice and Bitter gourd Nut Crumble 1350/-

NON VEGAN

- Sri Lankan Style Spicy Organic Chicken Roast, Veggie Curry, Quinoa Lotus Rice and Bitter gourd Nut Crumble 1450/-
- Sri Lankan Style Prawn Badun, Veggie Curry, Quinoa Lotus Rice and Bitter gourd Nut Crumble 1550/-

DINNER

VEGAN

Veggie Burgers (made with Almond Flour) served with Fire Roasted Red Pepper Mayo and Barbeque Sauce 1450/-

NON VEGAN

- Smoked Paprika Chicken Burgers (made with Almond Flour) served with Fire Roasted Red Pepper Mayo and Barbeque Sauce 1550/-

BAKING FOR TEA

- Cranberry Bread Mini Loaf 685/-
- Ginger Bread Mini Loaf 620/-

GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Free)

- Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) 625/-
- Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) 625/-
- Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs) 695/-

SNACKS (NIBBLES)

(reach out when hunger strikes healthy snacking options)

- Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) 745/- (100g)
- Coconut Cashew Fudge (15 in a box) 865/-
- Pre - Post Grain Free Energy Bars (Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.) 1,695/- (250g)
725/- (100g)
- Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)
 - 1. Organic Squash Herb and Fennel (50g) 395/-
 - 2. Organic Veggie Medley Cadjun Spice (Mixed root vegetables of Organic carrots, beets and Radish (50g) 395/-



KETO FRIENDLY

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Lemon Meringue Pie Smoothie (Organic Bananas, Dates, Cashew Nuts, Lemon, Mix of Organic Parsley, Kale, Chard, Spinach, Celery, etc.) 795/-

JUICE (cold pressed)

Quick energy fix (Carrot, Celery, Coconut Water, Aromatic Lime Ice etc.) 495/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Healthy Tortilla Wrap with Herby Chicken 825/-
- Healthy Tortilla Wrap with Raw Pad Thai and Almond Dressing 875/-
- Classic Scrambled Eggs, Vegan Cheese and Smoked Salmon with coconut butter bread 1100/-

THE SWEETER SIDE OF BREAKFAST (free of sugar with chicory)

- An Array of Sweet Breads Cranberry, Banana or Ginger with Cashew Butter 875/-
- Grain Free Granola with Almond Milk (Vegan) 1250/-

SALAD OF THE DAY

Pumpkin Salad (Roasted Pumpkin, Beetroot and Crispy Herbs with Lemon Tahini Dressing) S: 625/- L: 1200/-

SOUP OF THE DAY

- Instant Pot Spicy Thai Butternut Squash Soup served with coconut sour cream, Almond and Sesame Seeds S: 595/- L: 1100/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Roasted Root Vegetable and Herb Garlic Cashew Cheese with Lemon-Tahini Vinaigrette 1450/-

NON VEGAN

Chicken suprême with root vegetables 1550/-

DINNER

VEGAN

Rustic Tart with Butternut Squash, Parsnips and Broccoli 1550/-

NON VEGAN

- Smoked Chicken and Leeks Quiche with vegan cheese 1450/-

BAKING FOR TEA

- Cranberry Bread Mini Loaf 685/-
- Ginger Bread Mini Loaf 620/-

GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Free)

- Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) 625/-
- Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) 625/-
- Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs) 695/-

SNACKS (NIBBLES)

(reach out when hunger strikes healthy snacking options)

- Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) 745/- (100g)
- Coconut Cashew Fudge (15 in a box) 865/-
- Pre - Post Grain Free Energy Bars (Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.) 1,695/- (250g) 725/- (100g)
- Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)
 - 1. Organic Squash Herb and Fennel (50g) 395/-
 - 2. Organic Veggie Medley Cadjun Spice (Mixed root vegetables of Organic carrots, beets and Radish (50g) 395/-



Friday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Spinach Cardamom Smoothie (Seasonal) (Organic Avocado, Banana, Organic spinach, Cardamom, Almond Milk, Dates) 725 I/-

JUICE (cold pressed)

Ultra cleansing juice (Beetroot, Radish, Pineapple, Lemon, Aromatic Lemon Ice etc.) 495/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Healthy Tortilla Wrap with Herby Chicken 825/-
- Healthy Tortilla Wrap with Raw Pad Thai and Almond Dressing 875/-
- Classic Scrambled Eggs, Vegan Cheese and Smoked Salmon with coconut butter bread 1100/-

THE SWEETER SIDE OF BREAKFAST (free of sugar with chicory)

- An Array of Sweet Breads Cranberry, Banana or Ginger with Cashew Butter 875/-
- Grain Free Granola with Almond Milk (Vegan) 1250/-

SALAD OF THE DAY

Rainbow Salad (Carrots, Beets, Radish, Red Cabbage, Greens, Almonds, Mango, Strawberries with Green Goddess Avocado Dressing) S: 525/-
L: 925/-

SOUP OF THE DAY

- Broccoli and Parsley Soup with Roasted Pumpkin Seeds S: 595/-
L: 1100/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Moroccan Spiced Vegetables with Tangier Mint Tabbouleh 1350/-

NON VEGAN

Moroccan Spiced Chicken Breast with Tangier Mint Tabbouleh 1450/-

DINNER

VEGAN

Spinach, Vegan Ricotta Cannelloni 1450/-

NON VEGAN

- Creamy Sea food and Vegan Herb Cheese Cannelloni 1550/-

BAKING FOR TEA

- Cranberry Bread Mini Loaf 685/-
- Ginger Bread Mini Loaf 620/-

GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Free)

- Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) 625/-
- Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) 625/-
- Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs) 695/-

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