



kemara CUISINE

# WEEKLY en

100% GLUTEN, GRAIN, SUGAR AND DAIRY FREE

21 SEP 25 SFP



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)	
	Tropical Green SmoothiePineapple, Coconut Water, Mango, Greens, etc.	6951-
	JUICE (cold pressed) Supper Green Liver Cleanse (Spinach, Pineapple, Gotukola, Celery, Lemon, Coconut Water, Lime, Cucumber, etc.)	5951-
B	Full Breakfast and Serving All Day  · Almond Bread with Poached Eggs. Avocado and Hempseed	
	Parmesan Parmesan	9751-
B	· Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing	825/-
B	· Herby Chicken Wrap	7951-
<b>(5)</b>	· Almond Bread Bruschetta (4 slices) Topped with - Sundried Tomato Basil Cashew Cheese with Raw Seeds. Cilantro& Lime Cashew Cheese with LSA. Herb and Garlic Cashew Cheese with Olives .Classic Cashew Cheese with Roasted Bell Peppers	1.35O <i>l</i> -
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicory)
B	· Grain Free Granola with Almond Milk	125O <i>I</i> -
B	· Vanilla cream Parfait with seasonal fruit	125O <i>I</i> -
	SALAD OF THE DAY	
	Super Green Salad and Lemon Honey Dressing (kale, spinach,	
	Baby Carrot Leaves, Almonds, Sultanas, Tomatoes, Peppers, Cucumber, Toasted Sesame Seeds etc. Dijon Mustard	S: 595 <i>I</i> -
		L: 1250 <i>I</i> -
	SOUP OF THE DAY	
	· Broccoli Soup Lemon Infused	S: 595/- L: 1100/-
	LUNOU	
	LUNCH	
	VEGAN	
	Zucchini Lasagna with Roasted Cauliflower . Bell peppers and	
	Vegan Cheese Sauce with Nutritional Yeast Cashew Cheese	1350/-
	NON VEGAN	
B	· Almond Crusted Red Mullet with Quinoa. Braised Broccoli	
	and Dipping Sauce	1650/-
	DINNER	
	VECAN	
	VEGAN	
	Almond Flour Naan Indian Style Veggie tikka	1350/-
	Almond Flour Naan Indian Style Veggie tikka	1350/-
	Almond Flour Naan Indian Style Veggie tikka NON VEGAN	
<b>(</b>	Almond Flour Naan Indian Style Veggie tikka	1350 <i>I</i> -
B	Almond Flour Naan Indian Style Veggie tikka NON VEGAN	
6	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka	
<b>&amp;</b>	Almond Flour Naan Indian Style Veggie tikka NON VEGAN	
6	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  • Cranberry Bread Mini Loaf	1550 <i>I-</i> 685 <i>I-</i>
	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA	1550/-
<b>(b)</b>	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf	1550I- 685I- 620I-
<b>(b)</b>	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  • Cranberry Bread Mini Loaf	1550I- 685I- 620I-
6	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten)	1550I- 685I- 620I- Freel
<b>(b)</b>	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf	1550I- 685I- 620I-
6	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten III) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten III) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan)	1550I- 685I- 620I- Free) 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten III) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES)	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options) Trail mix	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options) Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds,	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options) Trail mix	1550I- 685I- 620I- Free) 625I- 625I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box) Pre - Post Grain Free Energy Bars	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) Ireach 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.) Coconut Cashew Fudge (15 in a box) Pre - Post Grain Free Energy Bars (Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts,	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten of the sugar of the suga	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box) 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.)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g) 725I- (100g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten of the sugar o	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box) 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.)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g) 725I- (100g)
66	Almond Flour Naan Indian Style Veggie tikka  NON VEGAN  Almond Flour Naan Indian Style Tandoori Prawn tikka  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten of Sugar, Grain Grain includes eggs)  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.)  *Coconut Cashew Fudge (15 in a box)  *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.)  *Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)  1. Organic Squash Herb and Fennel (5Og)  2. Organic Veggie Medley Cadjun Spice (Mixed root)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g) 725I- (100g)

# Tuesday

	BREAKFAST	<b>O</b>
	GREEN THICKIE (meal replacement smoothie) Coconut Strawberry Smoothie (Coconut Cream. Vanilla Extract . Strawberries. Pumpkin Seed. Chia Seed .etc)	7251-
	JUICE (cold pressed) Beet the Street (Beetroot, Celery, Lemon, coconut water etc.)	5751-
	Full Breakfast and Serving All Day	
E	· Almond Bread with Poached Eggs. Avocado and Hempseed Parmesan	9751-
B	· Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing	825/-
B	· Herby Chicken Wrap	7951-
<b>(3)</b>	· Almond Bread Bruschetta (4 slices) Topped with - Sundried Tomato Basil Cashew Cheese with Raw Seeds. Cilantro& Lime Cashew Cheese with LSA. Herb and Garlic Cashew Cheese with Olives .Classic Cashew Cheese with Roasted Bell Peppers	
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicory
B	· Grain Free Granola with Almond Milk	1250/-
<b>(5)</b>	· Vanilla cream Parfait with seasonal fruit	125O <i>I</i> -
	SALAD OF THE DAY	
	Rainbow salad with Green Goddess Avo Dressing (Carrots, Radish Red Cabbage, cauliflower, baby spinach Almonds, Cadjunuts, mango, strawberries, red cabbage, mix of seeds, chia, flax, hemp, sesame etc.)	

# **SOUP OF THE DAY**

E	<ul> <li>Classic Carrot and Ginger Soup -</li> </ul>	5: 5951-
		L: 1100/-

# LUNCH

#### **VEGAN**

Vege Biriyani with Cauliflower Rice 13501-

#### **NON VEGAN**

- · Vege Biriyani and Cauliflower Rice with Organic Tandoori Chicken 1450/-
- Vege Biriyani and Cauliflower Rice with Tandoori Jumbo prawns 1550/-

## **DINNER**

#### **VEGAN** Broccoli and Leeks Quiche

NON VEGAN		

#### Broccoli and Tuna Loin Quiche

# **BAKING FOR TEA**

B	· Cranberry Bread Mini Loaf	685/-
B	· Ginger Bread Mini Loaf	6201-

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

<ul> <li>Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)</li> </ul>	6251-
· Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan)	6251-
<ul> <li>Spicy Ginger Carrot Cake with French Vanilla Ice Cream and</li> </ul>	
Nut Crumble (vegetarian includes eggs)	6951-
	<ul> <li>Organic Rose Water. Saffron &amp; Pistachio Ice Cream(Vegan)</li> <li>Spicy Ginger Carrot Cake with French Vanilla Ice Cream and</li> </ul>

#### **SNACKS (NIBBLES)** (reach out when hunger strikes healthy snacking options)

<ul> <li>Trail mix</li> <li>(Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds,</li> </ul>	
Sunflower Seeds. Chia Seeds etc.)	745/- (100g)
· Coconut Cashew Fudge (15 in a box)	8651-
<ul> <li>Pre - Post Grain Free Energy Bars</li> <li>(Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts,</li> </ul>	
Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.)	1.695 <i>I</i> - (250g)
	725 <i>I</i> - (100g)
<ul> <li>Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)</li> </ul>	
<ol> <li>Organic Squash Herb and Fennel (50g)</li> <li>Organic Veggie Medley Cadjun Spice (Mixed root)</li> </ol>	395/-
vegetables of Organic carrots. beets and Radish (50g)	3951-
3. Pumpkin and Squash Nachos (90g)	3951-

135O*I*-

145O*I*-

Wednesday

### **BREAKFAST**

	GREEN THICKIE (meal replacement smoothie)	
	Papaya Cobbler Smoothie (Papaya, Grain Free Granola, Banana,	7051-
	Vanilla. Nutmeg. etc.)	7951-
	JUICE (cold pressed)	
	Water Mellon Buzz Smoothie (Watermelon, Strawberries, Beet,	7051
	Carrot, Apple, Cranberries etc.)	7251-
	Full Breakfast and Serving All Day	
B	· Almond Bread with Poached Eggs. Avocado and Hempseed	
	Parmesan Parmesan	9751-
B	· Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing	825/-
B	· Herby Chicken Wrap	7951-
	· Almond Bread Bruschetta (4 slices)	
	Topped with - Sundried Tomato Basil Cashew Cheese with Raw	
	Seeds. Cilantro& Lime Cashew Cheese with LSA. Herb and Garlic	
	Cashew Cheese with Olives .Classic Cashew Cheese with Roasted Bell Peppers	1.350/-
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	-
	· Grain Free Granola with Almond Milk	125O <i>I</i> -
B	· Vanilla cream Parfait with seasonal fruit	125O <i>I</i> -
	SALAD OF THE DAY	
	ONERD OF THE DATE	
	Herb Salad (Mix of Greens, Basil, Celery, Blueberries, flaked	S: 6251-
	Almond etc. and a thyme orange dressing )	L: 1200 <i>I</i> -
		0
	SOUP OF THE DAY	
E	· Roasted butternut and cashew soup	S: 5951-
		L: 1100 <i>I</i> -
	LUNCH	
	LUNUII	
	VEGAN	
	Kale Avocado Caesar Salad with Vegan Caesar Dressing Almond	
	Bread and Hemp Seed Parma	1350/-
	blead and flemp Seed Famila	15507
	NON VEGAN	
B	Chargrilled Chicken. Broccoli and Avocado Salad	1450/-
	DINNER	
	DINNER	
	VEGAN	
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan	1350/-
	VEGAN	1350/-
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan	1350/-
E	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan  Cheese (Chia Seed Base)	1350/-
E	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN	135O <i>I</i> -
<b>&amp;</b>	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.	
B	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.  Zucchini Shavings and Pine Nuts (Chia Seed Base)	
<b>&amp;</b>	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.	
<b>&amp;</b>	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.  Zucchini Shavings and Pine Nuts (Chia Seed Base)	
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA	155O <i>I</i> -
<b>&amp;</b>	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf	155OI- 685I- 62OI-
<b>&amp;</b>	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  * Cranberry Bread Mini Loaf	155OI- 685I- 62OI-
<b>E</b>	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten)	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
6	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf  Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)  Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan)	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
6	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base) NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base) NON VEGAN Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	1550/- 685/- 620/- Free) 625/- 625/-
	VEGAN Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base) NON VEGAN Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box)	155OI- 685I- 62OI- Free) 625I- 625I- 695I-
	VEGAN Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base) NON VEGAN Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten) Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream (Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box) Pre - Post Grain Free Energy Bars	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free) 625 <i>I</i> - 625 <i>I</i> - 625 <i>I</i> - 675 <i>I</i> -
	VEGAN Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base) NON VEGAN Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  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.) Coconut Cashew Fudge (15 in a box)	1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free) 625 <i>I</i> - 625 <i>I</i> - 625 <i>I</i> - 675 <i>I</i> -
	VEGAN Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) Ireach out when hunger strikes healthy snacking options)  Trail mix IAlmonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) Coconut Cashew Fudge (15 in a box) Pre - Post Grain Free Energy Bars ICoconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese. Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Güllt FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) Ireach 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.) Coconut Cashew Fudge (15 in a box) 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.)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) Ireach out when hunger strikes healthy snacking options)  Trail mix IAlmonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) Coconut Cashew Fudge (15 in a box) 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.) Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g) 725I- (100g)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.  Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES)  Ireach 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.) Coconut Cashew Fudge (15 in a box) 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.) Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)  1. Organic Squash Herb and Fennel (5Og)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES) Ireach out when hunger strikes healthy snacking options)  Trail mix IAlmonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.) Coconut Cashew Fudge (15 in a box) 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.) Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  745I- (100g) 865I-  1.695I- (250g) 725I- (100g)
	VEGAN  Mega Veggie Pizza with Tri Color Peppers. Olives and Vegan Cheese (Chia Seed Base)  NON VEGAN  Mega Pesto Grilled Chicken. Sundried Tomato Basil Cheese.  Zucchini Shavings and Pine Nuts (Chia Seed Base)  BAKING FOR TEA  Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf  Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan) Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)  SNACKS (NIBBLES)  Ireach 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.) Coconut Cashew Fudge (15 in a box) Pre - Post Grain Free Energy Bars ICoconut Flakes. Almond Butter. Coconut Butter. Raisins. Pumpkin Seeds. Walnuts. Flax Seeds. Chia Seeds. Vanilla Extract. Cinnamon Powder etc.)  Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)  Organic Squash Herb and Fennel (5Og) Corganic Veggie Medley Cadjun Spice (Mixed root)	155OI-  685I- 62OI-  Free)  625I- 625I- 695I-  1.695I- (100g) 865I-  1.695I- (250g) 725I- (100g)

Thursday

#### **BREAKFAST**

GREEN THICKIE (meal replacement smoothie)
Almond Joy Breakfast Shake - Cacao Coconut Protein (Cocoa

Powder, Coconut Cream, Almond Butter, Chia, Pumpkin Seeds, etc.) 7951-

JUICE (cold pressed)

Liver Lover (Beetroot. celery, coconut water etc.) 495/-

Full Breakfast and Serving All Day

Almond Bread with Poached Eggs. Avocado and Hempseed Parmesan
9751-

Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 8251-

6 Herby Chicken Wrap
7951-

Almond Bread Bruschetta (4 slices)
Topped with - Sundried Tomato Basil Cashew Cheese with Raw
Seeds. Cilantro& Lime Cashew Cheese with LSA. Herb and Garlic
Cashew Cheese with Olives .Classic Cashew Cheese with Roasted
Bell Peppers
1.3501-

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

♦ Grain Free Granola with Almond Milk
 1250/ ♦ Vanilla cream Parfait with seasonal fruit

**SALAD OF THE DAY** 

Raw pad Thai salad with Almond Satay Dressing
(Vibrant Shredded Veggies, Seeds and Nuts)
S: 6951L: 13501-

SOUP OF THE DAY

LUNCH

VEGAN

Veggie Kebabs served with Carrot . Radish Noodles 13501-

NON VEGAN

Citrus Seafood Kebabs (Prawns, Cuttle Fish, Red Mullet etc.)
 served with Carrot, Radish Noodles
 Citrus Chicken Kebabs served with Carrot, Radish Noodles
 1550/-

Citius Chicken Repads served with Carlot, Radish Noodles 15507

DINNER

VEGAN
Sesame Crusted Crepe Parcels Creamy Cumin and Coriander

Veggie Filling with Mango Chutney (5 portions) 1350/-

Sesame Crusted Crepe Parcels with Creamy Herb and Cashew

· Trail mix

NON VEGAN

Cheese Prawn Filling with Mango Chutney (5 portions) 1550/-

BAKING FOR TEA

Cranberry Bread Mini Loaf
 Ginger Bread Mini Loaf
 6201-

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

Organic Rose Water. Saffron & Pistachio Ice Cream(Vegan)
 Spicy Ginger Carrot Cake with French Vanilla Ice Cream and Nut Crumble (vegetarian includes eggs)

SNACKS (NIBBLES)

Coconut Cashew Fudge (15 in a box)

Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)

(reach out when hunger strikes healthy snacking options)

(Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, Sunflower Seeds, Chia Seeds etc.)

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)

3. Pumpkin and Squash Nachos (90g)

Organic Veggie Medley Cadjun Spice (Mixed root vegetables of Organic carrots, beets and Radish (50g)
 395/-

6251-

7451- (100g)

8651-

3951-

Friday

## **BREAKFAST**

	GREEN THICKIE (meal replacement smoothie)  Vanilla Protein Shake (Vanilla Extract, Almond Butter, Banana,	
	Chia .Pumpkin Seeds . Honey. etc.)	7951-
	JUICE (cold pressed) Turmeric Tonic (Almond milk. Turmeric root, ginger, dates, spices etc.)	4951-
	Full Breakfast and Serving All Day	
B	· Almond Bread with Poached Eggs. Avocado and Hempseed	
	Parmesan	9751-
B		825/-
	Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing	
6	· Herby Chicken Wrap	7951-
	Almond Bread Bruschetta (4 slices) Topped with - Sundried Tomato Basil Cashew Cheese with Raw Seeds. Cilantro& Lime Cashew Cheese with LSA. Herb and Garlic	
	Cashew Cheese with Olives .Classic Cashew Cheese with Roasted Bell Peppers	1.35O <i>l</i> -
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicory)
B	· Grain Free Granola with Almond Milk	125O <i>I</i> -
B	· Vanilla cream Parfait with seasonal fruit	125O <i>I</i> -
	CALAD OF THE DAY	
	SALAD OF THE DAY	
	Mediterranean Salad (Mix of Salad Leaves Spinach. Basil Three Color Peppers. Cucumber. Zucchini etc. mix of seeds. nuts and Dijon Mustard	6. 5051
	Honey Dressing)	S: 5251-
	SOUP OF THE DAY	L: 925 <i>I</i> -
B	· Yogisha Soup (Sweet Potato Coriander and Coconut )	S: 5251- L: 9751-
	LUNCH	
	VEGAN Sweet Potato Noodles with Thai style Veggie curry	1450/-
	NON VEGAN	
B	· Sweet Potato Noodles with Thai style sea food curry	
B	(Prawns, Cuttle Fish, Modha)	1550/-
	· Sweet Potato Noodles with Thai style Organic Chicken Curry	14501-
	DINNER	
	VEGAN	
	Tabbouleh with Feta and Pomegranate	125O <i>I</i> -
	J	
	NON VEGAN	
E	Roast Chicken with Beetroot rice. Pomegranate and	
	Pistachio Tabbouleh	145O <i>I</i> -
	BAKING FOR TEA	
	PARING FOR ILA	
B	· Cranberry Bread Mini Loaf	6851-
6	· Ginger Bread Mini Loaf	6201-
	GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten	Free)
B	· Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)	6251-
E	· Organic Rose Water, Saffron & Pistachio Ice Cream(Vegan)	6251-
B	• Spicy Ginger Carrot Cake with French Vanilla Ice Cream and	
	Nut Crumble (vegetarian includes eggs)	6951-
	CNIACI/C (NIDDI EC)	
	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)	8651-
	<ul> <li>Pre - Post Grain Free Energy Bars</li> <li>(Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts,</li> </ul>	
	Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.)	1.695/- (25Og)
		725 <i>I</i> - (100g)
	Organic Veggie Crisps - Air Fried (ideal with kemara Vegan	•
	Dips optional)	
	1. Organic Squash Herb and Fennel (50g)	3951-
	2. Organic Veggie Medley Cadjun Spice (Mixed root	2051
	vegetables of Organic carrots, beets and Radish (50g)	3951-

3. Pumpkin and Squash Nachos (90g)