



kemara
CUISINE

Menu

WEEKLY

100% GLUTEN, GRAIN,
SUGAR AND DAIRY FREE

21
SEP
— TO —
25
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)

Tropical Green Smoothie Pineapple, Coconut Water, Mango, Greens, etc.

695/-

JUICE (cold pressed)

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

595/-

Full Breakfast and Serving All Day

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 825/-
- Herby Chicken Wrap 795/-
- 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 chicory)

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

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 Honey Dressing)

S: 595/-
L: 1250/-

SOUP OF THE DAY

- Broccoli Soup Lemon Infused S: 595/-
L: 1100/-

LUNCH

VEGAN

Zucchini Lasagna with Roasted Cauliflower, Bell peppers and Vegan Cheese Sauce with Nutritional Yeast Cashew Cheese 1350/-

NON VEGAN

- Almond Crusted Red Mullet with Quinoa, Braised Broccoli and Dipping Sauce 1650/-

DINNER

VEGAN

Almond Flour Naan Indian Style Veggie tikka 1350/-

NON VEGAN

- Almond Flour Naan Indian Style Tandoori Prawn tikka 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/-
 3. Pumpkin and Squash Nachos (90g) 395/-



KETO FRIENDLY

Tuesday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Coconut Strawberry Smoothie (Coconut Cream, Vanilla Extract , Strawberries, Pumpkin Seed, Chia Seed .etc) 725/-

JUICE (cold pressed)

Beet the Street (Beetroot, Celery, Lemon, coconut water etc.) 575/-

Full Breakfast and Serving All Day

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 825/-
- Herby Chicken Wrap 795/-
- 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 chicory)

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

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.) S: 725/-
L: 1350/-

SOUP OF THE DAY

- Classic Carrot and Ginger Soup - S: 595/-
L: 1100/-

LUNCH

VEGAN

Vege Biriyani with Cauliflower Rice 1350/-

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 1350/-

NON VEGAN

- Broccoli and Tuna Loin Quiche 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)

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 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/-
 3. Pumpkin and Squash Nachos (90g) 395/-



KETO FRIENDLY

Wednesday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Papaya Cobbler Smoothie (Papaya, Grain Free Granola, Banana, Vanilla, Nutmeg, etc.) 795/-

JUICE (cold pressed)

Water Mellon Buzz Smoothie (Watermelon, Strawberries, Beet, Carrot, Apple, Cranberries etc.) 725/-

Full Breakfast and Serving All Day

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 825/-
- Herby Chicken Wrap 795/-
- 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 chicory)

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

SALAD OF THE DAY

Herb Salad (Mix of Greens, Basil, Celery, Blueberries, flaked Almond etc. and a thyme orange dressing)
S: 625/-
L: 1200/-

SOUP OF THE DAY

- Roasted butternut and cashew soup
S: 595/-
L: 1100/-

LUNCH

VEGAN

Kale Avocado Caesar Salad with Vegan Caesar Dressing Almond Bread and Hemp Seed Parma 1350/-

NON VEGAN

- Chargrilled Chicken, Broccoli and Avocado Salad 1450/-

DINNER

VEGAN

Mega Veggie Pizza with Tri Color Peppers, Olives and Vegan Cheese (Chia Seed Base) 1350/-

NON VEGAN

- Mega Pesto Grilled Chicken, Sundried Tomato Basil Cheese, Zucchini Shavings and Pine Nuts (Chia Seed Base) 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/-
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(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/-
 3. Pumpkin and Squash Nachos (90g) 395/-



KETO FRIENDLY

BREAKFAST





GREEN THICKIE (meal replacement smoothie)

Almond Joy Breakfast Shake - Cacao Coconut Protein (Cocoa Powder, Coconut Cream, Almond Butter, Chia, Pumpkin Seeds, etc.) 795/-



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 975/-
-  • Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 825/-
-  • Herby Chicken Wrap 795/-
-  • 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 chicory)

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

SALAD OF THE DAY

Raw pad Thai salad with Almond Satay Dressing
(Vibrant Shredded Veggies, Seeds and Nuts) S: 695/-
L: 1350/-

SOUP OF THE DAY



-  • Roasted Bell Pepper Soup S: 595/-
L: 1100/-

LUNCH

VEGAN

Veggie Kebabs served with Carrot, Radish Noodles 1350/-

NON VEGAN


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

DINNER

VEGAN

Sesame Crusted Crepe Parcels Creamy Cumin and Coriander
Veggie Filling with Mango Chutney (5 portions) 1350/-




NON VEGAN

-  Sesame Crusted Crepe Parcels with Creamy Herb and Cashew
Cheese Prawn Filling with Mango Chutney (5 portions) 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/-
 - 3. Pumpkin and Squash Nachos (90g) 395/-

Friday

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Vanilla Protein Shake (Vanilla Extract, Almond Butter, Banana, Chia ,Pumpkin Seeds , Honey, etc.) 795/-

JUICE (cold pressed)

Turmeric Tonic (Almond milk, Turmeric root, ginger, dates, spices etc.) 495/-

Full Breakfast and Serving All Day

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Raw Pad Thai Arrow Root Wrap with Almond Satay Dressing 825/-
- Herby Chicken Wrap 795/-
- 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 chicory)

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

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 Honey Dressing)
S: 525/-
L: 925/-

SOUP OF THE DAY

- Yogisha Soup (Sweet Potato Coriander and Coconut) S: 525/-
L: 975/-

LUNCH

VEGAN

Sweet Potato Noodles with Thai style Veggie curry 1450/-

NON VEGAN

- Sweet Potato Noodles with Thai style sea food curry (Prawns, Cuttle Fish, Modha) 1550/-
- Sweet Potato Noodles with Thai style Organic Chicken Curry 1450/-

DINNER

VEGAN

Tabbouleh with Feta and Pomegranate 1250/-

NON VEGAN

- Roast Chicken with Beetroot rice, Pomegranate and Pistachio Tabbouleh 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/-
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