



Protects the skin from oxidative stress aids in anti-aging. High in calcium, copper, zinc and Vitamins



kemara
CUISINE

**HASSLE FREE
HEALTHY MEALS
FROM KEMARA**

**WEEKLY
MENU**

23 NOV - 27 NOV

Fights Cancer, a powerhouse of antioxidants, vitamin C, vitamin A and beta-carotene. Immunity booster.



100% GLUTEN. GRAIN.
SUGAR AND DAIRY FREE

ALL MEALS ARE LOW IN CARBS AND GI

TAKE AWAY / DELIVERY

CONTACT US: 077 304 3590
ORDER ONLINE: WWW.KEMARALIFE.COM

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Pepino Melon, Banana, Vanilla Protein Powder, Mix of Organic Greens etc. 795/-

JUICE (cold pressed)

Green Cleanser Juice with Dill 725/-
(Organic Spinach, Pineapple, Dill, Celery, Lemon, Coconut Water, Lime, Cucumber etc.)

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 1350/-
- Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-

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

- Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 1250/-
- Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Kale Caesar S: 695/-
(Kale, Avocado and Romaine Caesar with Hemp and Walnut Parm) L: 1350/-

SOUP OF THE DAY

- Roasted Tomato and Caraway Soup with Seed Mix on top (Pumpkin, Sesame, Flax Seed etc.) 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

Savoy Cabbage with Vegan Pancetta and Walnuts 1350/-

NON VEGAN ALL KETO

- Chicken Breast with Soft Herb Crust and Cranberry Jus 1450/-
- Mullet Fillet with Soft Herb Crust and Cranberry Jus 1450/-

DINNER

VEGAN

Coconut Crust veggie Medley with Turmeric Yogurt and Asian Slaw Salad 1350/-

NON VEGAN ALL KETO

- Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad 1550/-
- Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad 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/-
- Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) 695/-
- Cardamom and Orange Cake with Marzipan Topping 4" 1700/-
- Love Cake per piece 525/-

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.) 1695/- (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) 895/-

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Mango Chili Avocado Smoothie Recipe 795/-
 Avocado, Bananas, Mango, Coconut Yogurt, Chia .Mix of Organic Greens

JUICE (cold pressed)

Sweet Passion and Turmeric Root Juice 525/-
 (Sweet Passion, Pineapple, Ginger, Turmeric, Coconut water, Organic Sweet Orange Extract etc.)

SAVOURY

- 🌿 ◦ Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 1350/-
- 🌿 ◦ Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-

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

- 🌿 ◦ Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 1250/-
- 🌿 ◦ Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Carrot, sea weed and kale salad with coconut tamari and spicy seed mix S: 695
 L: 1350

SOUP OF THE DAY

- Broccoli and Dill 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

Chili Veggie and Sprout Sweet Potato Noodle Stir Fry 1350/-

NON VEGAN ALL KETO

- 🌿 ◦ Chili Prawn and Sprout Sweet Potato Noodle Stir Fry 1450/-
- 🌿 ◦ Chili Chicken and Sprout Sweet Potato Noodle Stir Fry 1450/-

DINNER

VEGAN

Garlicky Roast Vegetables with Oregano and Vegan Feta 1350/-

NON VEGAN ALL KETO

- 🌿 Chicken and Broccoli Tray Bake 1450/-
- 🌿 Tuna Loin and Broccoli Tray Bake 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/-
- 🌿 ◦ Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) 695/-
- 🌿 ◦ Cardamom and Orange Cake with Marzipan Topping 4" 1700/-
- 🌿 ◦ Love Cake per piece 525/-

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.) 1695/- (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) 895/-

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Green Machine Smoothie 725/-
Guava, Spinach, Banana, Mango, Chia etc.

JUICE (cold pressed)

Colored Carrot 525/-
Carrots, Celery, Parsley, Red Peppers, Radishes, plum tomatoes etc.

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 1350/-
- Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-

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

- Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 1250/-
- Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Mediterranean Salad S: 525
(Mix of Salad Leaves Spinach, Basil Three Color Peppers etc. L: 925
mix of seeds, nuts and Balsamic Vinaigrette)

SOUP OF THE DAY

- Aloo Gobi Soup with Nigella seeds and Coconut Yogurt 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

Shitake Mushroom Veg Burgers with Quick Pickled Onions and Almond Bread Buns 1450/-

NON VEGAN ALL KETO

- Grilled Chicken Breast with Ratatouille Salad and Basil Garlic Oil 1550/-
- Grilled Barramundi with Ratatouille Salad and Basil Garlic Oil 1550/-

DINNER

VEGAN

Mini Avocado Tostadas (5 portions of 4 ") 1350/-

NON VEGAN ALL KETO

- Mini Avocado and Crab Tostadas (5 portions of 4 ") 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/-
- Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) 695/-
- Cardamom and Orange Cake with Marzipan Topping 4" 1700/-
- Love Cake per piece 525/-

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.) 1695/- (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) 895/-

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Papaya & passion fruit smoothie 795/-
 Papaya, Passion, Almond Milk, Mix of Organic Greens, Lime, Organic Lime Extract etc.

JUICE (cold pressed)

Lean, Mean AND Green 495/-
 Gottukola, Lemon, Pinnacle, Ginger, Coconut Water etc.

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 1350/-
- Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-

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

- Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 1250/-
- Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Rainbow salad with Green Goddess Avocado Dressing (Carrots, Beets, Baby Radish, Red Cabbage, Tomatoes, Cauliflower, Almonds, Cadjunuts, Mango, strawberries etc. S: 695 L: 1350)

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

Thai Green Veggie Curry, Raw Papaya Almond Salad with Quinoa and blue Lotus Rice 1350/-

NON VEGAN ALL KETO

- Thai Green chicken Curry, Raw Papaya Almond Salad with Quinoa and blue Lotus Rice 1450/-

DINNER

VEGAN

Crust Free Broccoli base Slow Roast Tomato Quiche 1450/-

NON VEGAN ALL KETO

- Crust Free Broccoli base Slow Roast Tomato and Tuna Quiche 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/-
- Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) 695/-
- Cardamom and Orange Cake with Marzipan Topping 4" 1700/-
- Love Cake per piece 525/-

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.) 1695/- (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) 895/-



BREAKFAST



GREEN THICKIE (meal replacement smoothie)

Pepino Melon Mint and Local Mandarin Smoothie 795/-
Pepino Melon, Mint, Local Mandarin, Almond Milk, Chia Seeds etc.



JUICE (cold pressed)

Beet The Bulge 475 /-
Chard Leaves, Mint, Beets, Gotukola, Pineapple, Coconut Water etc.

SAVOURY

-  ◦ Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 975/-
- Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 1350/-
-  ◦ Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-


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

-  ◦ Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 1250/-
-  ◦ Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Avocado-Cucumber Salad with Nori Seaweed S: 695
L: 1350

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

Grilled Veggie Kebabs, Cauliflower Rice and Almond Butter Satay Dressing 1450/-

NON VEGAN ALL KETO

-  Grilled chicken Kebabs, Cauliflower Rice and Almond Butter Satay Dressing 1450/-

DINNER


VEGAN

Vegetable Quesadillas with Guacamole 1350/-





NON VEGAN ALL KETO

-  Chicken Vegetable Quesadillas with Guacamole 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/-
-  ◦ Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) 695/-
-  ◦ Cardamom and Orange Cake with Marzipan Topping 4" 1700/-
-  ◦ Love Cake per piece 525/-

SNACKS (NIBBLES)

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