



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

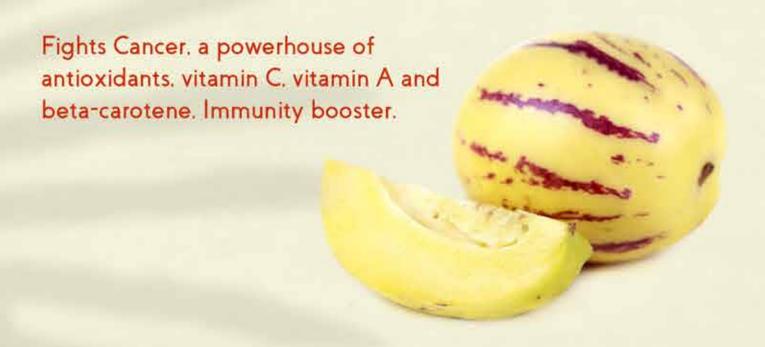


kemara

CUISINE

HASSLE FREE HEALTHY MEALS FROM KEMARA WEEKLY MEALTHY MEALS FROM KEMARA WEEKLY WE WELL W

23 NOV - 27 NOV



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

Monday SKIN HEALTH

BREAKFAST

	GREEN THICKIE (meal replacement smoothie)	
	Pepino Melon, Banana, Vanilla Protein Powder, Mix of Organic	
	Greens etc.	7951-
		7731
	JUICE (cold pressed)	7251
	Green Cleanser Juice with Dill	7251-
	(Organic Spinach. Pineapple. Dill. Celery. Lemon. Coconut Water. Lime. Cucumber etc.)	
	SAVOURY	
B	· Almond Bread with Poached Eggs. Avocado and	9751-
	Hempseed Parmesan	
	 Sweet and Tangy Tree Top Tomatoes with Herb Cashew 	135O <i>I</i> -
	Cheese on Almond Bread Bruchettas (4 slices)	
	· Coconut Butter Paan (Bread) with Pol Sambol and Sunny	825/-
	Side Up Eggs (2 eggs)	
	THE CHEETED CIDE OF DDEAKEAST If you of an are with	ala : a a m A
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicoryi
6	· Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract)	1250/-
		12301-
6	 Mango. Grain Free Granola. Cashew Coconut whipped Cream Parfait (Vegan) 	1250/-
	Cleani i arian (vegani	12501
	CALAD OF THE DAY	
	SALAD OF THE DAY	
	Kale Caesar	S: 6951-
	(Kale. Avocado and Romaine Caesar with Hemp and	L: 1350 <i>I</i> -
	Walnut Parm)	
	COUR OF THE DAY	
	SOUP OF THE DAY	
	· Roasted Tomato and Caraway Soup with Seed Mix on top	S: 5951-
	(Pumpkin, Sesame, Flax Seed etc.)	L: 1100 <i>I</i> -
B	· A powerful nutrient dense health tonic - Bone Broth to boost	
	immunity (choose from Detox Parsley / Antiinflmmatory	
	Ginger / Cleansing Coriander)	595/-
	LUNCH	
	LUNCH	
	VEGAN	
	Savoy Cabbage with Vegan Pancetta and Walnuts	1350/-
	NONLYECANIALL KETO	
	NON VEGAN ALL KETO	THE STATE OF THE S
	· 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	1350/-
	Slaw Salad	
	Siaw Salaa	
(5)		
	NON VEGAN ALL KETO	
		155O <i>I</i> -
6	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian	
	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad	
	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian	155O <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad	155O <i>I</i> -
	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian	155O <i>I</i> -
&	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA	1550 <i>I</i> -
6	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA • Cranberry Bread Mini Loaf	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> -
&	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA	1550 <i>I</i> -
6	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf	155OI- 155OI- 685I- 62OI-
6	NON VEGAN ALL KETO • Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad • Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA • Cranberry Bread Mini Loaf	155OI- 155OI- 685I- 62OI-
6	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Guilt FREE DESSERT (Sugar, Grain, Dairy and Gluten)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> -
6	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf	155OI- 155OI- 685I- 62OI-
6	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad 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) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad 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) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free 625 <i>I</i> - 695 <i>I</i> -
6	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad 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) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - Free)
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	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ullt FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4"	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 625 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ullt FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4"	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 625 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf UILT FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4" Love Cake per piece	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 625 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad 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) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4" Love Cake per piece SNACKS (NIBBLES)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 625 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4" Love Cake per piece SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 625 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Guill FREE DESSERT (Sugar, Grain, Dairy and Gluten Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4 Love Cake per piece SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options) Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds,	155OI- 155OI- 685I- 62OI- Free) 625I- 695I- 17OOI- 525I-
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4 Love Cake per piece 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.)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> - 525 <i>I</i> -
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4 Love Cake per piece 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- 155OI- 685I- 62OI- Free) 625I- 695I- 17OOI- 525I-
	NON VEGAN ALL KETO Coconut Crust Shrimp with Turmeric Yogurt and Asian Slaw Salad Coconut Crust Chicken with Turmeric Yogurt and Asian Slaw Salad BAKING FOR TEA Cranberry Bread Mini Loaf Ginger Bread Mini Loaf Ginger Bread Mini Loaf Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble (vegetarian includes eggs) Cardamom and Orange Cake with Marzipan Topping 4 Love Cake per piece 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.)	1550 <i>I</i> - 1550 <i>I</i> - 685 <i>I</i> - 620 <i>I</i> - 695 <i>I</i> - 1700 <i>I</i> - 525 <i>I</i> -

1. Organic Squash Herb and Fennel (50g)

3. Pumpkin and Squash Nachos (90g)

Dips optional)

Organic Veggie Crisps - Air Fried (ideal with kemara Vegan

2. Organic Veggie Medley Cadjun Spice (Mixed root

vegetables of Organic carrots. beets and Radish (50g)

3951-

3951-

8951-

1695/- (25Og)

7251- (100g)



BREAKFAST

	GREEN THICKIE (meal replacement smoothie) Mango Chili Avocado Smoothie Recipe Avocado, Bananas, Mango, Coconut Yogurt, Chia, Mix of Organic	7951- Greens
	JUICE (cold pressed) Sweet Passion and Turmeric Root Juice (Sweet Passion, Pineapple, Ginger, Turmeric, Coconut water,	525/-
	Organic Sweet Orange Extract etc.)	
6	SAVOURY · Almond Bread with Poached Eggs. Avocado and Hempseed Parmesan	9751-
	 Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 	1350/-
B	· 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)
6	 Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) 	1250/-
6	· 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 <i>I</i> - L: 1100 <i>I</i> -
&	• A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflmmatory Ginger / Cleansing Coriander)	595/-
	LUNCH	
	VEGAN	
	Chili Veggie and Sprout Sweet Potato Noodle Stir Fry	1350/-
6	NON VEGAN ALL KETO • Chili Prawn and Sprout Sweet Potato Noodle Stir Fry • Chili Chicken and Sprout Sweet Potato Noodle Stir Fry	1450 <i>I</i> -
	DINNER	
	VEGAN	
	Garlicky Roast Vegetables with Oregano and Vegan Feta	1350/-
	NON VEGAN ALL KETO	
E E	Chicken and Broccoli Tray Bake Tuna Loin and Broccoli Tray Bake	1450 <i>I</i> - 1450 <i>I</i> -
	BAKING FOR TEA	
E	· Cranberry Bread Mini Loaf	6851- 6201-
	• Ginger Bread Mini Loaf GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten)	
E	· Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan)	6251-
6	· Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble	
B	(vegetarian includes eggs) • Cardamom and Orange Cake with Marzipan Topping 4"	695I- 1700I-
B	· Love Cake per piece	525/-
	SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	
6	 Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, 	
B	Sunflower Seeds, Chia Seeds etc.) • Coconut Cashew Fudge (15 in a box)	7451- (100g) 8651-
	 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/- (25Og)
E	• Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional)	7251- (100g)

1. Organic Squash Herb and Fennel (50g)

3. Pumpkin and Squash Nachos (90g)

2. Organic Veggie Medley Cadjun Spice (Mixed root

vegetables of Organic carrots. beets and Radish (50g)

3951-

3951-

8951-

Wednesday HEART HEALTH

BREAKFAST

	GREEN THICKIE (meal replacement smoothie)	
	Green Machine Smoothie	7251-
	Guava, Spinach, Banana, Mango ,Chia etc.t	
	JUICE (cold pressed) Colored Carrot	525/-
	Carrots.Celery. Parsley .Red Peppers. Radishes. plum tomatoes et	с.
	SAVOURY	
E	· Almond Bread with Poached Eggs. Avocado and	9751-
	Hempseed Parmesan	12504
	 Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 	135O <i>I</i> -
B	· Coconut Butter Paan (Bread) with Pol Sambol and Sunny	825/-
	Side Up Eggs (2 eggs)	
	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicory)
E	· Chia Up Pots (Bananas, Almond Milk, Chia Seeds,	
B	Vanilla Extract)	1250/-
	 Mango, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 	125O <i>I</i> -
	SALAD OF THE DAY	
	Madia Calad	C. FOF
	Mediterranean Salad (Mix of Salad Leaves Spinach, Basil Three Color Peppers etc.	S: 525 L: 925
	mix of seeds. nuts and Balsamic Vinaigrette)	
	SOUP OF THE DAY	
	SOUP OF THE DAY	
	· Aloo Gobi Soup with Nigella seeds and Coconut Yogurt	S: 5951-
A		L: 1100/-
	 A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflmmatory 	
	Ginger / Cleansing Coriander)	5951-
	LUNCU	
	LUNCH	
	VEGAN	
	Shitake Mushroom Veg Burgers with Quick Pickled Onions and Almond Bread Buns	1450/-
	NON VEGAN ALL KETO	
E	• Grilled Chicken Breast with Ratatouille Salad and Basil Garlic Oi	l 1550 <i>l</i> -
E	· Grilled Barramundi with Ratatouille Salad and Basil Garlic Oil	155O <i>I</i> -
	DINNER	
	VEGAN	
	Mini Avocado Tostadas (5 portions of 4 ")	135O <i>I</i> -
	·	
	NON VEGAN ALL KETO	
B	Mini Avocado and Crab Tostadas (5 portions of 4 ")	1450/-
	BAKING FOR TEA	
E E	 Cranberry Bread Mini Loaf Ginger Bread Mini Loaf 	685I- 62OI-
	GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten	Free)
B	· Palao Chasalata Chin Caakia Dayah Isa Croom (Vagan)	6251-
	 Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble 	0231-
	(vegetarian includes eggs)	6951-
(5)	· Cardamom and Orange Cake with Marzipan Topping 4"	1700/-
	· Love Cake per piece	5251-
	SNACKS (NIBBLES)	
	(reach out when hunger strikes healthy snacking options)	
	 Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds, 	
B	Sunflower Seeds. Chia Seeds etc.) • Coconut Cashew Fudge (15 in a box)	745 <i>I</i> - (100g) 865 <i>I</i> -
E	· Pre - Post Grain Free Energy Bars	- 5
	(Coconut Flakes, Almond Butter, Coconut Butter, Raisins, Pumpkin Seeds, Walnuts, Flax Seeds, Chia Seeds, Vanilla Extract, Cinnamon Powder etc.)	1695/- (25Og)
B	· Organic Veggie Crisps - Air Fried (ideal with komara Vegan	725 <i>I</i> - (100g)
	 Organic Veggie Crisps - Air Fried (ideal with kemara Vegan Dips optional) 	
	Dips optionali	

1. Organic Squash Herb and Fennel (50g)

3. Pumpkin and Squash Nachos (90g)

2. Organic Veggie Medley Cadjun Spice (Mixed root

vegetables of Organic carrots. beets and Radish (50g)

3951-

3951-

8951-



BREAKFAST

	GREEN THICKIE (meal replacement smoothie) Papaya & passion fruit smoothie Papaya. Passion .Almond Milk. Mix of Organic Greens. Lime. Organic Lime Extract etc.	7951-
	JUICE (cold pressed) Lean, Mean AND Green Gottukola, Lemon, Pinnaple, Ginger, Coconut Water etc.	4951-
6	SAVOURY · Almond Bread with Poached Eggs. Avocado and Hempseed Parmesan	9751-
	 Sweet and Tangy Tree Top Tomatoes with Herb Cashew Cheese on Almond Bread Bruchettas (4 slices) 	1350/-
(5)	 Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 	8251-
	THE SWEETER SIDE OF BREAKFAST (free of sugar with Chia Up Pots (Bananas, Almond Milk, Chia Seeds, Vanilla Extract) Mango, Grain Free Granola, Cashew Coconut whipped	chicory) 1250/-
	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	
B	 Instant Pot Spicy Thai Butternut Squash Soup served with coconut sour cream. Almond and Sesame Seeds 	S: 5951- L: 11001-
	• A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflmmatory Ginger / Cleansing Coriander)	5951-
	LUNCH	
	VEGAN	
	Thai Green Veggie Curry. Raw Papaya Almond Salad with Quinoa and blue Lotus Rice	1350/-
	NON VEGAN ALL KETO	
B	· 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	145O <i>I</i> -
B	NON VEGAN ALL KETO Crust Free Broccoli base Slow Roast Tomato and Tuna Quiche	1550/-
	BAKING FOR TEA	
6	· Cranberry Bread Mini Loaf · Ginger Bread Mini Loaf	6851- 6201-
	GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten	Free)
6	 Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble 	6251-
	(vegetarian includes eggs)	6951-
6	 Cardamom and Orange Cake with Marzipan Topping 4" Love Cake per piece 	1700I- 525I-
	SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	
6	° Trail mix (Almonds, Cadjun nuts, Cranberries, Blue berries, Mango, Jack Fruit, Pumpkin Seeds,	
(5)	Sunflower Seeds. Chia Seeds etc.) • Coconut Cashew Fudge (15 in a box)	7451- (100g) 8651-
B	 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/- (25Og)
(5)	· Organic Veggie Crisps - Air Fried (ideal with kemara Vegan	725 <i>I</i> - (100g)

Dips optional)

1. Organic Squash Herb and Fennel (50g)

3. Pumpkin and Squash Nachos (90g)

2. Organic Veggie Medley Cadjun Spice (Mixed root

vegetables of Organic carrots. beets and Radish (50g)



3951-

3951-

8951-

Friday JOINT HEALTH

BREAKFAST

	GREEN THICKIE (meal replacement smoothie)	
	Pepino Melon Mint and Local Mandarin Smoothie Pepino Melon, Mint, Local Mandarin, Almond Milk, Chia Seeds etc.	<i>7</i> 95 <i>I-</i> :.
	JUICE (cold pressed) Beet The Bulge Chard Leaves. Mint. Beets. Gotukola. Pineapple. Coconut Water e	475 <i>I-</i> tc.
(5)	SAVOURY · Almond Bread with Poached Eggs. Avocado and	9751-
	Hempseed Parmesan Sweet and Tangy Tree Top Tomatoes with Herb Cashew	1350/-
R	Cheese on Almond Bread Bruchettas (4 slices) Coconut Butter Paan (Bread) with Pol Sambol and Sunny	8251-
	Side Up Eggs (2 eggs)	0231
A	THE SWEETER SIDE OF BREAKFAST (free of sugar with	chicory)
6	 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:. 135O
	SOUP OF THE DAY	
	Broccoli and Parsley Soup with Roasted Pumpkin Seeds	S: 595/- L: 1100/-
B	• A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflmmatory Ginger / Cleansing Coriander)	5951-
	LUNCH	
	VEGAN Grilled Veggie Kebabs. Cauliflower Rice and Almond Butter Satay Dressing NON VEGAN ALL KETO	1450/-
6	Grilled chicken Kebabs, Cauliflower Rice and Almond Butter Satay Dressing	145O <i>I</i> -
	DINNER	
	VEGAN	
	Vegetable Quesadillas with Guacamole	1350/-
B	NON VEGAN ALL KETO Chicken Vegetable Quesadillas with Guacamole	145O <i>I</i> -
	BAKING FOR TEA	
B	· Cranberry Bread Mini Loaf · Ginger Bread Mini Loaf	6851- 6201-
	GUILT FREE DESSERT (Sugar, Grain, Dairy and Gluten	Free)
E	 Paleo Chocolate Chip Cookie Dough Ice Cream (Vegan) Choc Lava Cake with Cashew Vanilla Cream and Nut Crumble 	6251-
	(vegetarian includes eggs)	6951-
E	 Cardamom and Orange Cake with Marzipan Topping 4 Love Cake per piece 	1700 <i>I-</i> 525 <i>I-</i>
	SNACKS (NIBBLES) (reach out when hunger strikes healthy snacking options)	
(5)	• Trail mix	
B	(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	7451- (100g) 8651-
B	(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)	16951- (250g) 7251- (100g)
	Dips optional)	

1. Organic Squash Herb and Fennel (50g)

3. Pumpkin and Squash Nachos (90g)

2. Organic Veggie Medley Cadjun Spice (Mixed root

vegetables of Organic carrots. beets and Radish (50g)

3951-

3951-8951-