



Arrowroot offers many benefits as it is gluten free, a B-vitamin powerhouse, supports healthy digestion, boosts metabolic rate, promotes healthy sleep, has high potassium to sodium ratio, is good for your heart, promotes good circulation, aids in weight loss, etc.



kemara
CUISINE

HASSLE FREE HEALTHY MEALS FROM KEMARA **WEEKLY** **MENU**

100% GLUTEN. GRAIN.
SUGAR AND DAIRY FREE

ALL MEALS ARE LOW IN CARBS AND GI

21 DEC - 24 DEC

TAKE AWAY / DELIVERY

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

BREAKFAST

GREEN THICKIE (meal replacement smoothie)

Egg Nog Smoothie (Flaxseed, Sunflower, Seeds, Chia Almond milk, banana, Cinnamon etc.) 795/-

JUICE (cold pressed)

Sunrise Juice (Lemongrass, Mint, Pineapple, Mix of Organic Greens etc.) 525/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 1150/-
- Smoked Salmon Smashed Avocado on Almond Bread Bruschetta's 1450/-
- 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)

- An Array of Sweet Breads Cranberry, Banana and Ginger with Cashew Butter 875/-
- Strawberries, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Asian Watermelon, Cucumber and Sweet Potato Noodle Salad with roasted cashews S: 595/-
L: 1100/-

SOUP OF THE DAY

- Yogisha Soup (Sweet Potato Coriander and Coconut) (Carrots, Tahini, garlic, turmeric, home made Veggie stock 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

Tomato Tabbouleh with Quinoa 1350/-

NON VEGAN

- Tomato Tabbouleh with Smoked Mackerel 1450/-
- Tomato Tabbouleh with Smoked Chicken Breast 1450/-

DINNER

VEGAN

Avocado Chia Seed Wrap 1350/-

NON VEGAN

- Chicken and Avocado Chia Seed Wrap 1450/-

BAKING FOR TEA

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

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

- Spicy Ginger Carrot Cake (4.5" x 6") 1400/-
- Love Cake (4.5" x 6") 1325/-
- Cardamom Cake with Marzipan Topping (4.5" x 6") 1700/-

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)

Salted Date Caramel Smoothie (Dates, Almond Butter and Milk, Vanilla, Banana, Cauliflower etc.) 795/-



JUICE (cold pressed)

Wake-up Tonic (Cucumber, Celery, Coconut water, Organic Tangerine Extract etc.) 575/-

SAVOURY

-  • Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 1150/-
-  • Smoked Salmon Smashed Avocado on Almond Bread Bruschetta's 1450/-
-  • 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)

-  • An Array of Sweet Breads Cranberry, Banana and Ginger with Cashew Butter 875/-
-  • Strawberries, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Super green Quinoa Salad S: 695/-
L: 1350/-

SOUP OF THE DAY



- Carrot Soup with Beetroot Crisps 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

Spiced Cauliflower and Carrots with Tahini Coconut Yogurt 1350/-

NON VEGAN


-  • Roasting - Tin Chicken Sweet Potatoes and Peppers 1450/-
-  • Roast Cod Kalamata Olives and Sweet Potatoes 1450/-

DINNER

VEGAN

Vegan Kebab Rotti Pods with Mint Vegan Yogurt and Relish 1350/-




NON VEGAN

-  Organic Chicken Kebab Rotti Pods with Mint Vegan Yogurt and Relish 1350/-

BAKING FOR TEA


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

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

-  • Spicy Ginger Carrot Cake (4.5" x 6") 1400/-
-  • Love Cake (4.5" x 6") 1325/-
-  • Cardamom Cake with Marzipan Topping (4.5" x 6") 1700/-

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)

Blueberries Walnut Apple Smoothie (Blueberries, Walnuts, Apples, Chia, Almonds etc.) 825/-

JUICE (cold pressed)

Jamu -Immunity-boosting Elixir. (Turmeric Root, Ginger Root, Lime, Organic Lime Extract, Organic Sweet Orange Extract, Organic coconut water etc.) 525/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 1150/-
- Smoked Salmon Smashed Avocado on Almond Bread Bruschetta's 1450/-
- 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)

- An Array of Sweet Breads Cranberry, Banana and Ginger with Cashew Butter 875/-
- Strawberries, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Hijuki Salad (Nori Sheets, Carrots, Spring Onions, Cashew Nuts, Sesame Seeds etc.) with Miso Coconut Amino Dressing S: 695/-
L: 1350/-

SOUP OF THE DAY

Sweet Potato and Fennel soup with Almond Bread Croutons S: 695/-
L: 1250/-

- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Thai Green Curry with Grilled Veggies, Raw Papaya Almond Salad and Quinoa Rice 1350/-

NON VEGAN

- Thai Chicken Green Curry Raw Papaya Almond Salad and Quinoa Rice 1450/-
- Thai Prawn Green Curry Raw Papaya Almond Salad and Quinoa Rice 1450/-

DINNER

VEGAN

Vegan Burgers, Charred Red Bell Pepper Mayonnaise with Almond flour buns (Request for Vegan Mayo) 1450/-

NON VEGAN

- California Chicken Burgers, Charred Red Bell Pepper Mayonnaise with Almond flour buns 1550/-

BAKING FOR TEA

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

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

- Spicy Ginger Carrot Cake (4.5" x 6") 1400/-
- Love Cake (4.5" x 6") 1325/-
- Cardamom Cake with Marzipan Topping (4.5" x 6") 1700/-

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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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)

Chocolate Gingerbread Protein Smoothie (100% Cacao Powder, Cashew butter, Flaxseed, Sunflower seeds, Ginger Cinnamon etc.) 795/-

JUICE (cold pressed)

Beet the Blues Juice (Beets, Cranberries, Cinnamon, Sweet Star Fruit, Coconut Water) 625/-

SAVOURY

- Almond Bread with Poached Eggs, Avocado and Hempseed Parmesan 1150/-
- Smoked Salmon Smashed Avocado on Almond Bread Bruschetta's 1450/-
- Coconut Butter Paan (Bread) with Pol Sambol and Sunny Side Up Eggs (2 eggs) 825/-

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- Strawberries, Grain Free Granola, Cashew Coconut whipped Cream Parfait (Vegan) 1250/-

SALAD OF THE DAY

Italian Green Goddess Salad with a Balsamic Grapefruit Dressing
S: 695/-
L: 1250/-

SOUP OF THE DAY

- Sunshine Saffron & Thyme Soup
S: 695/-
L: 1250/-
- A powerful nutrient dense health tonic - Bone Broth to boost immunity (choose from Detox Parsley / Antiinflammatory Ginger / Cleansing Coriander) 595/-

LUNCH

VEGAN

Root Vegetable and Nut Crumble with Green Salad 1350/-

NON VEGAN

- Tandoori Jumbo Prawns with Grilled Vegetables & Spicy Raita 1550/-
- Tandoori Chicken with Grilled Vegetables & Spicy Raita 1550/-

DINNER

VEGAN

Grilled Peppers & Olives with Vegan Herb Cheese Empanadas (5 nos) with side salad 1350/-

NON VEGAN

- Sea Food and Vegan Herb Cheese Empanadas (5 nos) with side salad 1450/-

BAKING FOR TEA

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

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