



kemara<sup>®</sup>  
Natural & Organic

# KEMARA CUISINE

SERVING ALL DAY

FREE OF GLUTEN, GRAINS, DAIRY AND SUGAR



# KEMARA CUISINE

*Food is Medicine*

FREE OF GLUTEN, GRAINS, DAIRY AND SUGAR

## **Towards A Sustainable Healthy Lifestyle**

Kemara cuisine was started as a way to help you eat better, without dieting or feeling deprived.

Our goal is to introduce our favorite foods like Pancakes, Waffles, Crapes, Cakes and more and make them with healthy alternatives.

The goal in eating clean and healthy is that you come out lighter and fresher energized and more excited about every meal, but most importantly that you love the food. The thing is we want this new found healthy food to be something that you crave and that you look forward to eating all the time we literally want you to fall in love with food again. We don't want you to think that the food you love are off limits, but we want you to like the fresher vibrant alternatives.

We are hoping Kemara cuisine would help you to achieve and maintain, your healthy lifestyle goals, even when life gets busy.

# SOUPS

**BUTTERNUT AND CUMIN SOUP SERVED WITH TOASTED PUMPKIN SEEDS**

**RS. 725**

**ROASTED PUMPKIN AND ROSEMARY SOUP WITH MUSHROOMS AND ALMOND CROUTONS**

**RS. 895**

# SALADS

**HERB SALAD WITH BLUEBERRIES, FLAKED ALMONDS**

**SMALL RS. 625**

**LARGE RS. 1200**

**BRILLIANT BROCCOLI SALAD WITH QUNIOA TOSSED WITH A DIJON MUSTARD HONEY DRESSING**

**SMALL RS. 625**

**LARGE RS. 1200**

**RAW PAD THAI (AN ARRAY OF RAW VEGGIES) WITH AN ALMOND SATAY DRESSING, MIXED SEEDS AND NUTS**

**SMALL RS. 695**

**LARGE RS. 1350**

# NIBBLES

## **CRUDITÉS (CARROTS, CELERY, CUCUMBER, TRI COLOUR BELL PEPPERS & BEETROOT)**

**RS. 1250**

Served with Vegan Cashew Savory Dips - Cilantro & Lime, Sundried Tomato & Basil, Herb Garlic and Classic Cashew Cheese

## **ALMOND BREAD BRUSHETTA (4 SLICES)**

**RS. 1350**

Topped with - Sundried Tomato Basil Butter with Raw Seeds, Cilantro & Lime Butter with LSA, Herb and Garlic Cashew Butter with Olives and Guacamole (Seasonal)

## **ALMOND BREAD TOPPED WITH AVOCADO, POACHED EGGS (2 EGGS) AND HEMP SEED PARMESAN**

**RS. 975**

## **COCONUT BUTTER PAAN (BREAD) WITH POL SAMBOL AND SUNNY SIDE UP EGGS (2 EGGS)**

**RS. 795**

## **SQUASH NACHOS**

with Wholly Guacamole, Lime and Cilantro Cashew Cream Cheese

**SMALL RS. 775**

**LARGE RS. 1350**

## **QUESADILLA / WRAP WITH MANGO SALSA**

Herby Chicken

**RS. 795**

Smoked Cadjun Chicken with Classic Cashew Cheese

**RS. 825**

Vegan Raw Pad Thai with Almond Satay Dressing

**RS. 795**

## **PIZZAS (BASE MADE WITH ASH PLANTAIN AND CHIA SEED)**

Vegan with Grilled Tri Colour Bell Peppers, Olives and Cashew Cheese

**RS. 1350**

Pink Salmon Sundried Tomato and Basil cashew Cheese

**RS. 1650**

# **DESSERT**

## **LAYERED TROPICAL FRUIT WITH PASSION FRUIT CREAM**

**RS. 825**

Layers of Mango, Papaya & Pineapple served with Coconut and Cashew Whipped Cream with Passion and Lime Extract

## **FIRE STRAWBERRY WITH CLOTTED HAZELNUT ICE CREAM**

**RS. 925**



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