



kemara  
**CUISINE**

100% FREE OF GLUTEN, GRAINS,  
SUGAR & DAIRY

**MENU**

# Towards a Sustainable, Healthy Lifestyle

“WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED.  
WHEN DIET IS WRONG, MEDICINE IS OF NO USE.”

—AYURVEDA PROVERB

The goal in eating clean and healthy is that you come out lighter, fresher, energized and excited about every meal. We want you to crave healthy food and look forward to eating it. Kemara cuisine would help you achieve, and maintain, your healthy lifestyle goals, especially when life gets busy.

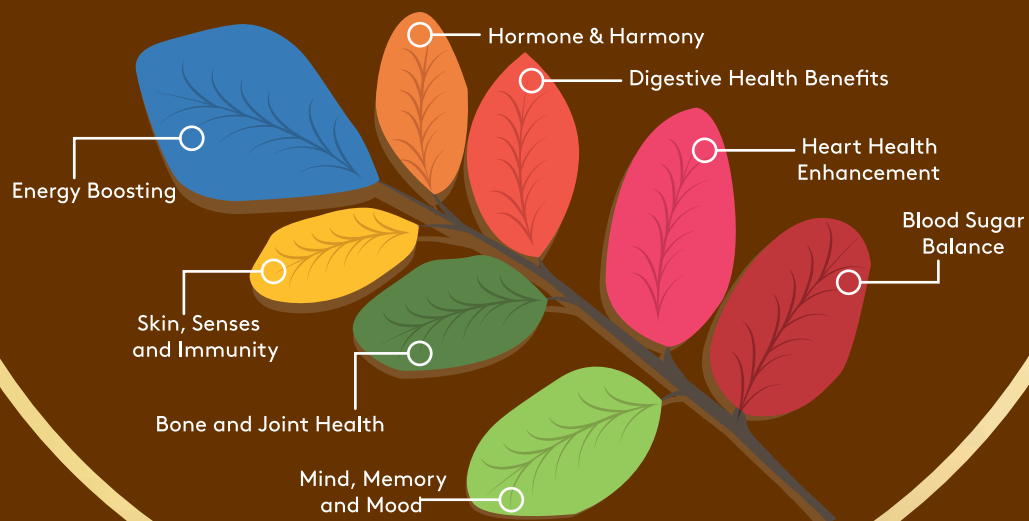
The dishes that you love are not off limits, instead we want you to appreciate the fresher vibrant ingredients that they are made of. We hope to continually surprise you by taking those favorite ethnic dishes and making them healthy, yet flavorful.

## OUR INGREDIENTS FROM FARM TO TABLE

We work hand in hand with farmers across Sri Lanka to source the freshest ingredients in order to serve high quality food to our customers. When you consume farm fresh foods, you can be confident that you are consuming all natural food, full of nutrients. We are consciously using fruits and vegetable which are in season and organic (when possible), ensuring that it tastes great and also has a better value for you and the planet.

The Kemara Moringa leaf system has been devised to support and improve health and wellbeing in eight categories, each represented by a moringa petal.

Our menu has been crafted to cover all bases on our Moringa leaf system. We are devoted to keeping your bodies happy.



# BREAKFAST

Pure Almond Bread, Avocado with Poached Eggs ,  
Vegan Parmesan , Sauteed Greens and Sundried Tomatoes Rs. 2100/-

Coconut Butter Paan (Bread) with Pol Sambol and  
Sunny Side Up Eggs (2 Eggs) Rs. 1750/-

**Almond Bread Brushetta (4 Slices)** Rs. 1875/-  
Topped with - Sundried Tomato Basil Cashew Cheese with  
Raw Seeds, Cilantro & Lime Cashew Cheese with Flaxseed ,  
Sunflower Seeds and Almonds, Herb and Garlic Cashew Cheese with  
Olives , Classic Cashew Cheese with Roasted Bell Peppers

Toasted Zucchini Bread, Scrambled Eggs,  
Home-Made Smoked Bacon, Grilled Tomatoes  
Stuffed with Oregano and Black Olives Rs. 2350/-

## **Turkish Breakfast**

A Creamy Coconut Yogurt Base Drizzled with Coriander or Parsley Oil and  
Smoked Paprika Chillie Oil Topped with Two Gently Fried Eggs and  
Served with Crusty Sunflower Mini Bread Rs. 1850/-

## **Grain Free Sweet Potato Wrap**

- Herby Chicken Served with Mango Chutney Rs. 1595/-
- Vegan Raw Pad Thai with Almond Satay Dressing Rs. 1650/-  
(shredded Carrots, red Cabbage, Bell Peppers Etc with Toasted Sesame,  
Almonds and A Crunchy Almond Butter Satay Dressing)

## THE SWEETER SIDE OF WAKING UP

**An Array Of Nut And Fruit Breads** Rs. 1435/-  
Cranberry, ginger and Bannana Served with Raw Chia Jams Pineapple  
and Mango, Ginger Pappya and Strawberry

**Granola Strawberry Parfait (Grain Free , Dairy Free)** Rs. 1495/-  
Packed with Protein and Omega-3s and Just A Hint of Sweet and  
Perfectly Crunchy! A Layer of Strawberry Compote,  
Crunchy Grain Free Apple Cinnamon Granola and Dairy-Free Yogurt, on Top.

Your Favorite Food Made with Healthy Vibrant Ingredients  
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*Available from 7:30 am to 10 am*

## SOUPS

Warm Up with These Hearty Vegan Soups, Made with Organic Vegetable Broths an Excellent Source of Essential Electrolytes. Ionic Minerals are The Key to Maintaining Good Health

<b>Lemon infused Cream of Broccoli Soup Served with Almond Bread Croutons</b>	<b>Rs. 1100/-</b>
<b>Butternut and Cumin Cream Soup Served with Almond Bread Croutons</b>	<b>Rs. 895/-</b>
<b>Roasted Rosemary and Pumpkin Soup with Sauteed Mushrooms Served with Almond Bread Croutons</b>	<b>Rs. 895/-</b>
<b>Creamy Zucchini and Basil Soup Served with Almond Flour Garlic Sticks</b>	<b>Rs. 925/-</b>
<b>Charred Red Bell Pepper Soup Served with Almond Flour Garlic Sticks</b>	<b>Rs. 1100/-</b>
<b>Mushroom Almond and Garlic Soup</b>	<b>Rs. 1100/-</b>
<b>Cod and Prawn Tom Yum Soup with Sweet Potato Noodles</b> <i>This Classic Thai Hot and Sour Soup Is an Umami-Rich, Warming Sea Food Broth, Made Into A Meal with The Addition of Gluten-Grain Free Noodles</i>	<b>Rs. 1950/-</b>

## BONE BROTH

Broth Is A Mineral-rich Infusion Made By Boiling Organic Bones with Vegetables, Herbs and Spices For Nearly 24-48 Hrs. The Flavor Is Deep and Rich Chose from Beef or Chicken Broth

<b>Parsley Cleanser</b>	<b>Rs. 825/-</b>
<b>Anti-inflammatory Ginger</b>	<b>Rs. 825/-</b>
<b>Detox Coriander</b>	<b>Rs. 825/-</b>

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## SALADS

**Herb Salad with Blueberries & Spiced Seeds and  
A Olive Orange Dressing**

**S: Rs. 1100/-  
L: Rs. 2015/-**

**Brilliant Broccoli Salad with Quinoa, Cranberries,  
Bell Peppers etc. and a Ginger Honey Dressing**

**S: Rs. 925/-  
L: Rs. 1750/-**

**Raw Pad Thai with Toasted Sesame, almonds and A Crunchy  
Almond Butter Satay Dressing** *(It's a Rainbow of Raw Excellence,  
Brought Together with A Terrific Tangy Almond Satay Dressing)*

**S: Rs. 925/-  
L: Rs. 1750/-**

**Kale Caesar Salad With Avocado, Almond Bread Croutons and  
A Creamy Vegan Cashew Caesar Salad Dressing**

**S: Rs. 925/-  
L: Rs. 1750/-**

**Ruby Red Salad with Herb Dressing**

*(Tomatoes, Watermelon, Strawberries and More.. a Ruby Red Beauty with  
A Sweet and a Savory Flavor. Layered with Crumble Vegan Feta Cheese and  
Topped with Pistachios and Pumpkin Seeds for a Crunchy Finish).*

**S: Rs. 1100/-  
L: Rs. 2015/-**

**The Mother of All Greek Salads with Vegan Feta**

*(A Great Greek Salad, Packed with Health-loving Extras. We've Added Green  
Pepper, Cornichons and Sunflower Seeds for Crunch, One of A Kind Vegan Feta  
Cheese and Handfuls of Fresh Herbs to Give A Dear Old Classic A Vibrant Update).*

**S: Rs. 925/-  
L: Rs. 1750/-**

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# LIGHT SNACKS

With Little Twists and Nutrient Fresh Ingredients We Have Converted Much Loved Snacks and Delights Into Healthy Indulgences.

## Squash Nachos

Kemara Nachos Made with Nutritious Squash High in Vitamins A, B6, And C, Folate, Magnesium, Fiber, Etc... That's A Serious Nutritional Power-Packed Veggie.

Rs. 1895/-

Drizzled With Vegan Lime and Coriander Cheese and An Amazing Wholly Guacamole

Rs. 2650/-

## It's A Wrap--the Wrap Made with Sweet Potato and Organic Cold Pressed Coconut Oil Filled with

- Herby Chicken Served with Mango Chutney

Rs. 1895/-

- Vegan Raw Pad Thai with Almond Satay Dressing  
(Shredded Carrots, Red Cabbage, Bell Peppers etc with Toasted Sesame, Almonds and a Crunchy Almond Butter Satay Dressing)

Rs. 2650/-

## Crunchy Crust Pizza a 'Healthy Take' Base Made with Sweet Potato & Cold Pressed Olive Oil (8 inch )

- Grilled Tri Colour Peppers, Olives Topped with a Vegan Nutritional Yeast and Cashew Cheese (Vegan)

Rs. 1865/-

- Tandoori Organic Chicken Pizza

Rs. 2250/-

- Spicy Prawn Badun Pizza with crumbled Curry Leaf and Almond Dukkah Topping

Rs. 2450/-

California Organic Chicken Burgers , Charred Red Bell Pepper Mayonnaise with Zucchini Almond Flour Buns

Rs. 1950/-

Vegan Beet Burgers , Harissa Sour Cream with Zucchini Almond Flour Buns (Vegetarian)

Rs. 1850/-

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## MAIN MEALS

With Little Twists and Nutrient Fresh Ingredients We Have Converted Much Loved Snacks and Delights Into Healthy Indulgences.

### **Roti And Curry**

#### **Non Vegan**

**Rs. 2250/-**

Authentic Butter Chicken Flavour , Made with Cashew Butter Served with Crispy Okra Raita in Coconut Yogurttake A Pick of Your Roti -Keto Roti with Almond Flour ,Chia Seed Etc./Sweet Potato Roti

#### **Vegan**

**Rs. 1950/-**

Mix of Veggies Cooked in a Thick Cashew Butter and Tomato Gravy with All The Spicestake a Pick of Your Roti -Keto Rotti with Almond Flour, Chia Seed Etc./Sweet Potato Rotti

### **Asian Stir fry ,Aniseed Spicy Cashews with Pesto Zucchini Noodls (Vegan)**

**Rs. 2150/-**

### **Kemara Signature Lamprice**

Same Authentic Flavour with a Healthier Twist

#### **Non Vegan**

**Rs. 2250/-**

Lamprice Chicken Curry, Ash Plantain Curry, Banana Flower Cutlet, Aubergine Pahi, Egg, etc.

#### **Vegan**

**Rs. 1850/-**

Ash Plantain Curry, Banana Flower Cutlet, Aubergine Pahi, Onion Sambol etc.

### **Thai Inspiration**

Cauli -Quinoa Rice,Thai Red Prawn Curry ,Braised Greens and fermented Papaya Salad.

**Rs. 2450/-**

Cauli -Quinoa Rice,Thai Chicken Green Curry , Braised Greens and fermented Papaya Salad.

**Rs. 2250/-**

Cauli -Quinoa Rice,Thai Veggie Green Curry , Braised Greens and fermented Papaya Salad (Vegan)

**Rs. 1850/-**

### **Street Food We love Gluten and Grain Free Kottu**

Spicy Chicken Curry

**Rs. 2250/-**

Spicy Cauli Curry (Vegan)

**Rs. 1850/-**

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## MAIN MEALS

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Organic Chicken Kebab Roti Pods with Mint Vegan Yogurt , Mango Relish and Spicy Cucumber, Green Chili and Onion Salad	Rs. 1895/-
Herbed Grilled Barramundi , Cauliflower Cream and Green Salad	Rs. 2450/-
Slow Cooked Pork with Barbeque Sauce , Cauliflower Cream and Green Salad.	Rs. 2450/-
Zucchini Lasagna A Healthier Twist Creamy Seafood With Smoked Vegan Cheese.	Rs. 2450/-
Roasted Carrots, bell Peppers and Cauliflower in a Creamy Vegan Cheese with Nutritional Yeast.	Rs. 1895/-
Rosemary Roast Beef Ragu and Vegan Cream Cheese with Nutritional Yeast.	Rs. 2450/-

## DESSERTS

### GUILT-FREE INDULGENCES

*(Free of Grain, Gluten, Dairy and Sugar)*

Lime Passion Cream With Tropical Seasonal Fruit	Rs. 895/-
Strawberry Tart (cashew And Almond Crumbled Base With A Creamy Cashew And Coconut Filling Topped With Strawberry Compote)	Rs. 1495/-
Spicy Carrot Cake With Creamy Orange Frosting	Rs. 1495/-
Love Cake	Rs. 1265/-
Keto Choc Mint Brownie	Rs. 1100/-
Pistachio And Olive Cake With Cardamom Cashew Cream	Rs. 1225/-
Keto Almond Flour Cup Cake With Lavender Cream And Toasted Almond Flakes	Rs. 615/-

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