



kemara  
**CUISINE**

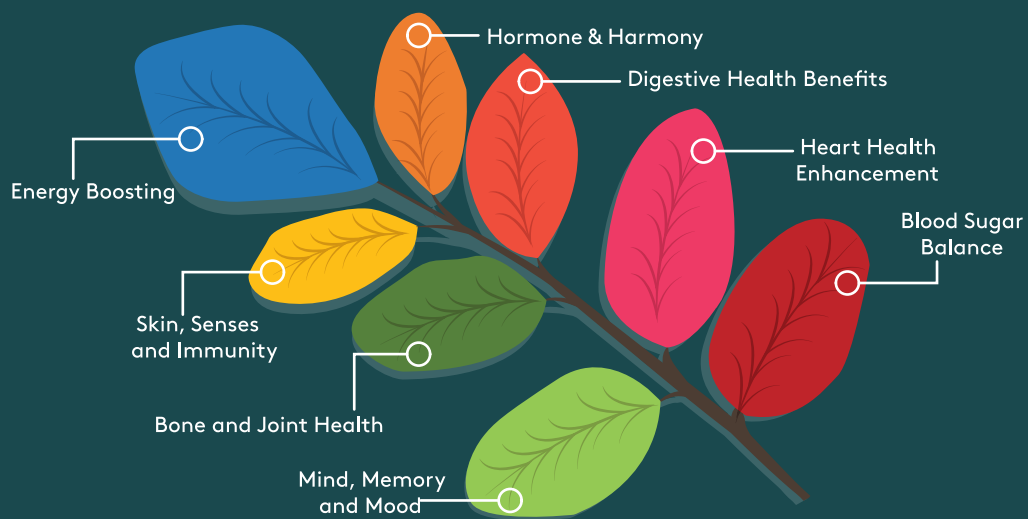
100% FREE OF GLUTEN, GRAINS,  
SUGAR & DAIRY

**TAPAS  
MENU**

# The Kemara Moringa Leaf Story

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.



# 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.

## KEMARA PLATTERS

A Gourmet of finger foods made with the finest of healthy ingredients

### MINI PIZZAS

Vegan

Mini Pizzas with grilled Tri colour Bell Peppers ,  
Olives and Vegan Mozerella Cheese  
( 2 portions) Rs. 1100/-

Non-Vegan

Mini pizza Tandoori Chicken and  
Vegan Mozerella Cheese  
( 2 portions) Rs. 1250/-

### CRÊPE PARCELS

with Sesame Seed Crust (4 portions)

Prawns with Creamy Herb Vegan  
Cheese Served with Thai Style  
Dipping Sauce Rs. 1575/-

Indian Style Vegan Crepes with  
Mint Sour Cream (vegan) Rs. 1100/-

### TAQUITOS (MINI CIGARS)

4 in a Portion

Thinly Wrapped with Cummin Minced  
Beef Served with Coconut Sour Cream  
and Tamarind Sauce Rs. 1450/-

### KETO TACOS

Filled with Garlic Prawns, Avocado salad and  
chillie dipping sauce (5 mini) Rs. 2450/-

Filled with Slow Cooked Pulled Pork, shredded  
cabbage ,Green Onions, Cilantro and  
hot sauce(5 mini) Rs. 2450/-

Filled with pulled Jackfruit and  
Barbeque Sauce (5 mini) Rs. 1950/-

### VEGAN CHEESE BOARD

(can Be Shared By 2 Persons) Rs. 2750/-

Vegan Cranberry And Thyme Cheese Ball  
Vegan Spicy Smoked Papprika Cheese  
Vegan Lime And Coriander Cream Cheese  
Vegan Blue Cheese With Spirulina  
Onion Relish  
Mix Of Veggie Medley Crackers  
Keto Pesto Crackers  
Super Seed Crackers  
Pumpkin Squash Nachos  
Fermented Veggie Sticks -carrots,celery,cucumber

### QUESADILLA SERVED WITH TOMATO SALSA AND GUACAMOLE (SEASONAL)

Vegan

Goopy Sundried Tomato & Basil vegan Cheese with  
Green Chillies ,Tomatoes and roasted pine nuts  
(Vegan) Rs. 1595/-

Non-Vegan

Goopy Lime and Cilantro Vegan Cheese with  
Harissa Chicken Rs. 1650/-

### BLINIS

Mini Flourless Pancakes

Creamed Tuna with Chillie Mayo  
(3 mini per portion) Rs. 1225/-

Fermented Mixed Veggies and  
Seeds with Classic Vegan cheese  
(3 mini per portin) Rs. 925/-

### SWEET TREATS THAT ARE GOOD FOR YOU

Guilt-free Indulgence

Mini Strawberry /Bluberry Tarts in  
Glass jars (Vegan) Rs. 925/-

Mint Keto Grasshopper Brownies (vegan) Rs. 1100/-

Lime Passion Cream with Tropical  
Seasonal Fruit (vegan) Rs. 895/-

Spicy Carrot Cake with Creamy  
Orange Frosting (vegetarian) Rs. 1225/-

Love Cake (vegetarian) Rs. 1265/-

### HEALTHIFIED MOCKTAILS WITH ORGANIC PLANT EXTRACTS

Citrus and Lavender Spritzer Over  
Coconut Ice Rs. 1100/-

Strawberry and Basil Lemonade Rs. 1100/-

Passion Fruit Virgin Mojito Rs. 975/-

Virgin Pinnacolada Rs. 925/-