

# SEQUEL

~ ORGANIC LIFE FOOD ~

## FERMENTED, OVERNIGHT SOAKED

### VANILLA COCONUT YOGURT | 🌱 500

House-made, vegan lacto fermented *coconut yogurt* with *Kerala vanilla*. Topped with blueberries, raspberries, signature nut and seed granola, *dehydrated coconut chips* and *vanilla infused Kashmiri forest honey*.

### PROTEIN BOWL | 🌱 350

Overnight soaked protein bowl with *house-made almond milk*, *Peruvian cacao*, *cacao nibs*, *Kashmiri walnuts*, *almonds*, *Iranian dates*, *chia seeds*, jumbo oats, sunflower and pumpkin seeds. Topped with blueberries and raspberries.

### GOING NUTS | 🌱 360

*Chia pudding in almond milk with house-made, all natural cacao peanut butter*, all natural berry and *chia* compote. Served with signature nut and seed granola.

### CACAO AVO MOUSSE WITH GRANOLA | 🌱 550

*Peruvian raw cacao*, avocado mousse. Topped with *Peruvian raw cacao nibs*, raspberries, signature nut and seed granola.

### FOREST TRAIL | 🌱 450

*Himalayan polenta porridge* made with *almond milk*. Topped with signature nut and seed granola, raspberries, blueberries, *cinnamon* and *vanilla infused Kashmiri forest honey*.

## REJUVENATE WITH OUR SMOOTHIE BOWLS

### THE MATCHA DETOX BOWL | 🌱 750

*Japanese stone ground matcha*, *baby spinach*, pumpkin seeds, sunflower seeds, *Alphonso mango* and *house-made coconut milk*. Topped with signature nut and seed granola, *pomegranate*, *banana* and *chia seeds*.

### THE POWER BOWL | 🌱 600

Hass avocado, carob powder, *Peruvian raw cacao*, *Iranian dates* and *house-made coconut milk*. Topped with signature nut and seed granola, raspberries, *banana*, *chia seeds*.



### THE IMMUNITY BOOSTER ACAI BOWL | 🌱 725

Raspberries, blueberries, *Peruvian acai berry*, *banana*, *house-made cashew milk*. Topped with signature nut and seed granola, raspberries, *pomegranate*, *Mexican dark chocolate chips* and *chia seeds*.

Smoothie bowls can be made vegan with our house-made vegan raw cacao granola ~ 50

~ BREAKFAST ~



## AVOCADO TOAST & EGGS

**AVOCADO SUNSHINE** 475  
*Buckwheat, rice and walnut sourdough* with hass avocado, barrel-aged goat cheese, *sunny side up*, *baby kale pesto*, *house-made probiotic rich sauerkraut*.

**PERFECT POACH** | 🍳 475  
*Poached egg* with smashed hass avocado in Himalyan apple cider vinaigrette on *buckwheat, rice and walnut sourdough toast*. Topped with *edamame* and *pomegrante*.  
 Add Norwegian Smoked Salmon ~ 275

**THE SEQUEL TARTINE** | 🍳 500  
*Nut & seed toast*, topped with smashed hass avocado, *house-made cashew cheese*, *sundried tomatoes* and *capers*.  
 Add *Poached Egg* ~ 40  
 Add Norwegian smoked salmon ~ 275

**JIGSAW** | 🍳 300  
*Soft scrambled eggs* with *mushrooms*, *caramelised onions*, *heirloom cherry tomatoes*, *sweet basil*, *goat and sheep feta* on *buckwheat, rice and walnut sourdough toast*.

**THE FOLD OVER** | 🍳 525  
*Omelette* with *mushrooms*, *baby kale*, *sunflower seed* and *sundried tomato pesto*.  
 Served with *buckwheat, rice and walnut sourdough toast*.

**MEDITERRANEAN EGGS** | 🍳 750  
*Soft scrambled eggs* cooked in *house-made za'atar spice mix*. Served with *buckwheat, rice and walnut sourdough toast*, Norwegian smoked salmon, hass avocado, *heirloom tomato* and *butterhead lettuce*.

## WHOLESOME PANCAKES & WAFFLES

**ORANGE SWEET POTATO WAFFLES** | 🍳 450  
*Sweet potato*, *lacto fermented coconut yogurt*, *buckwheat*, *brown rice flour waffles*. Topped with *raspberries*, *house-made raw cacao granola*, *pure and natural Canadian maple syrup*.

**ALMOND & COCONUT PANCAKES** | 🍳 450  
*Almond*, *coconut*, oatmeal pancakes. Topped with *raspberries*, all natural berry and *chia* compote, pumpkin seeds, *chia seeds* and *vanilla infused Kashmiri forest honey*.

(Our pancake batter contains eggs)

~ BREAKFAST ~

## ALL NATURAL SMOOTHIES

### PERUVIAN CACAO SMOOTHIE | 🌱🌱 350

*Peruvian cacao, almonds, Iranian dates, house-made almond milk, oats and sunflower seeds. Topped with chia seeds. Get glowing with raw cacao!*

### SUPERFOOD COCONUT WATER BLEND | 🌱 350

*Peruvian cacao, Peruvian maca root, Peruvian acai berry and coconut water. Topped with blueberries, chia seeds. Hydrate with coconut water and improve your stamina with maca root!*

### SUPER GREEN SMOOTHIE | 🌱 500

Hass avocado, *baby spinach, celery, cucumber, unsweetened mango pulp, banana, oats, sunflower seeds. Topped with chia seeds, raspberries. Be stress-free and relaxed with baby spinach!*

### AVOLICIOUS | 🌱 550

Hass avocado, raspberries, blueberries, *pineapple and sweet basil. Keep youthful with avocado!*

### RASPBERRY & SOUR CHERRY JAR | 🌱 525

Sour cherries, raspberries, *banana, unsweetened mango pulp and house-made cashew milk. Topped with Mexican dark chocolate, Peruvian cacao nibs, chia seeds, sunflower seeds, raspberries. Hydrate with raspberries!*

### PERUVIAN ACAI BERRY JAR | 🌱 525

*Peruvian acai, banana, unsweetened mango pulp, raspberries, blueberries and house-made cashew milk. Topped with our signature nut and seed granola, Mexican dark chocolate chips. Boost your immunity with acai!*

### MIXED BERRY JAR | 🌱 425

Cranberries, blueberries, raspberries, *house-made almond milk, banana. Topped with chia, pumpkin seeds. Get your dose of vitamins with mixed berries!*



### KASHMIRI SAFFRON INFUSED | 🌱🌱 300

*House-made almond milk with Kashmiri saffron, raw buckwheat groats, cinnamon and Kashmiri forest honey. Get radiant skin with saffron!*

### BLUEBERRY MANGO JAR 350

Blueberries, *unsweetened mango pulp, banana and house-made yogurt, Topped with chia seeds. Boost your brain health with blueberries!*

### BEELICIOUS BLUEBERRY | 🌱 450

*Ginger, banana, unsweetened mango pulp, house-made lacto fermented coconut yogurt, house made almond milk with blueberries. Topped with bee pollen, chia seeds. Strengthen your immunity with bee pollen and get your daily dose of probiotics!*

## PROBIOTIC DRINKS

### KAMBOUCHA 125 ML | 🌱🌱 225

## COFFEES

## SINGLE | DOUBLE

ESPRESSO	125	150
MACCHIATO	160	200
AMERICANO / ICED AMERICANO	150	175
CAPPUCCINO / LATTE	160	200
Make it with:		
Almond Milk		125
Coconut Milk		150
Cashew Milk		150
ICED CAPPUCCINO / LATTE	160	200
FLAT WHITE	160	200
BULLETPROOF ESPRESSO		225
COLD BREW		200

## ~ DRINKS ~



## WHOLESOME COLD PRESSED JUICES

There's juice, and then there's cold pressed juice. The difference? When fruits and vegetables are put through a cold pressed juicer, the juice retains the maximum amount of nutrients because of the hydraulic press. No nutrients are lost since no additional heat is used during the entire juicing process.

<b>KICKSTART</b>   🌱	250
<i>Apple, carrot, wheatgrass</i> with a big dose of <i>ginger</i> .	
<b>D'S PICK ME UP</b>	250
<i>Kale, celery, chocolate mint</i> and <i>orange</i> .	
<b>DETOX</b>   🌱	300
<i>Carrot, baby beet, celery, wheatgrass, ginger</i> and <i>apple</i> .	
<b>DEEP CLEANSE</b>   🌱	300
<i>Red cabbage, mint, lime, green apple</i> .	
<b>CRUSHER</b>	300
<i>Cranberry, raspberry, orange, sweet basil</i> .	
<b>EAT YOUR GREENS</b>   🌱	250
<i>Kale, chocolate mint, pineapple, green apple</i> .	
<b>RECHARGE</b>   🌱	250
<i>Carrot, baby beets, celery, ginger</i> and <i>apple</i> .	

**DAILY DOSE OF VITAMIN C** 350  
*Raspberry, blueberry, cranberry, orange, sweet basil*.

**UNBEETABLE GLOW** 300  
*Baby beets, lemongrass, sweet basil, apple* and *orange*.

**LEAN & GREEN** | 🌱 350  
*Cucumber, baby fennel, baby spinach, sweet basil* and *pineapple*.

**SKINNY MINNIE** | 🌱 300  
*Carrot, pomegranate* and *chocolate mint*.

**GRASSHOPPER** 300  
*Baby spinach, pea shoots, celery* and *lemongrass, orange*.

## PROTEIN & IMMUNITY BOOSTER ADD-ONS

<i>Flaxseed Meal</i>	25
<i>Spirulina</i>	100
<i>Chia Seeds</i>	50
<i>Moringa</i>	50
<i>Bee Pollen</i>	100
<i>Hemp Seed Protein Powder</i>	125

## TEAS

**HOT CACAO** | 🌱 450  
*Peruvian cacao, Peruvian maca root powder, Peruvian cacao butter, almonds, house made almond milk, pure and natural Canadian maple syrup*.

**MATCHA LATTE WITH ALMOND MILK** | 🌱🌱 350  
Made with *stone ground ceremonial grade Japanese matcha*.

**KAHWA - KASHMIRI SAFFRON TEA WITH ALMONDS** | 🌱 350

**CHAMOMILE (JING TEA)** | 🌱 300  
Soft and soothing with rare chamomile flowers.

**PEPPERMINT HERBAL TEA (JING TEA)** | 🌱 300  
Intense, cool, refreshing.

**JASMINE SILVER NEEDLE WHITE TEA (JING TEA)** | 🌱 300  
Mellow, floral and refreshing.



**GEISHA BLOSSOM TEA** 300  
Highly refined blend of green tea with refreshing ripe southern fruits.

## ~ DRINKS ~


## SMALL PLATES

**MORELS, POLENTA SOUFFLE, |**   **HEIRLOOM TOMATOES** 600

*Himalayan polenta souffle, Kashmiri morels, heirloom tomato sauce, heirloom tomato broth, house made Kashmiri chilli oil.*

**TOMATO TARTLETS |**   600

*Buckwheat, amaranth, almond flour mini tarts with heirloom tomato sauce. Topped with fresh and sundried heirloom cherry tomatoes, sun dried heirloom tomato powder. Served with Florence fennel and mixed greens.*

**SEA WHITE PRAWNS |**  600


Served with *coconut milk and curry leaf oil*. Topped with *Kashmiri chilli oil*.

**BUCKWHEAT, RICE & WALNUT SOURDOUGH** 400

Served with *lacto fermented truffle cashew cheese, smoked apple jam*, cold pressed extra virgin olive oil, sea salt.

**AVOCADO, WALNUT PESTO |**  **& WILD ARUGULA CRACKERS** 350

House-made *buckwheat, almond, sesame crackers*. Topped with hass avocado, *basil-Kashmiri walnut pesto, wild arugula, heirloom cherry tomatoes*.

**KALE CHIPS |**  225


Oven baked with *lime and Himalayan pink salt*.

**GUACAMOLE WITH CHARRED |**  **HEIRLOOM TOMATOES, BELLPEPPER COULIS** 600

Served with *protein crackers ~ chickpea, turmeric, sesame seed crackers*.

**OVEN BAKED ORANGE SWEET POTATO |**   **FRIES WITH CUMIN SEEDS** 310

Takes 20 minutes, but they're worth the wait.

**CHARRED RED PEPPER HUMMUS |**   325

Served with *superfood crackers ~ mixed seed, almond, buckwheat crackers*.



## SALADS ~ RAW & ENERGISING

**AVO HALLOUMI AND POMELO SALAD |**   850


Pan seared sea white prawns with saffron, *A2 halloumi, avocado, pomelo, cherry tomatoes, coriander microgreens, butterhead lettuce* with cold pressed extra virgin olive oil, *Kashmiri forest honey, gondhraj lemon, aji limon pepper vinaigrette*.

**BUTTERNUT SQUASH, QUINOA GOAT CHEESE SALAD** 750


*Roasted butternut squash, roasted red bell pepper, blistered cherry tomatoes, quinoa, goat cheese, pomegranate, Kashmiri walnuts, fresh herbs* with cold pressed extra virgin olive oil, *lime, sumac vinaigrette*.

**AVO, BABY BURRATA & SAUERKRAUT BOWL** 750

Hass avocado, *butterhead lettuce, house fermented probiotic rich red sauerkraut, heirloom tomatoes, roasted chickpeas, oven baked rosemary-almond croutons, toasted cashews*, prunes and baby burrata. Cold pressed extra virgin olive oil, *Kashmiri forest honey, lime and oregano dressing*.

**THE ENERGY BOWL |**  625

Hass avocado, *kale, butterhead lettuce, sun-dried tomatoes, heirloom cherry tomatoes, caper berries, roasted baby carrots, dried cranberries, Kashmiri walnuts, oven baked rosemary-almond croutons, house-made cashew cheese*. Cold pressed extra virgin olive oil, pure and natural Canadian maple syrup, *flax seed and lime dressing*.

**SEQUEL BOWL |**  525


Hass avocado, *kale, butterhead lettuce, pea shoots, baby zucchini, heirloom cherry tomatoes, pomegranate, cranberries, roasted chickpeas, boiled egg* and prunes. Cold pressed extra virgin olive oil, *Kashmiri forest honey and lime dressing*.

**VEGAN PROTEIN BOWL |**   550


*Oven baked millet, baby spinach and green pea falafels, wild arugula, kale, roasted baby carrots, gherkins, heirloom cherry tomatoes, sun-dried tomatoes, olives, capers, roasted chickpeas*. Cold pressed extra virgin olive oil, *charred red pepper hummus and lime dressing*.

**THE WHOLESOME BOWL** 550

Hass avocado, *butterhead lettuce, zoodles, snow peas, mint, heirloom cherry tomatoes, pomegranate, cranberries, oven baked rosemary-almond croutons, toasted cashews*, parmesan. Cold pressed extra virgin olive oil, *Kashmiri forest honey, lime, dried mint and sumac dressing*.

**VITALITY BOWL |**  625

Hass avocado, *oven baked millet, baby spinach and green pea falafels, butterhead lettuce, sunflower microgreens, house-fermented probiotic rich sauerkraut, roasted baby carrots, heirloom tomatoes and Kashmiri walnuts*. Cold pressed extra virgin olive oil, *charred red pepper and lime dressing*.

**PRETTY IN PINK |**  850

Hass avocado, Norwegian smoked salmon and *green apple, butterhead lettuce, pickled red radish, Florence fennel, baby zucchini, caper berries*. Cold pressed extra virgin olive oil, *Himalayan apple cider vinegar*.

### SALAD BOOSTER ADD-ONS

*Vegan Protein ~ Oven baked millet, baby spinach and green pea falafels* 125

*Crackers & Croutons ~ Protein Crackers, Superfood Crackers, Almond Croutons* 70

*Poached / Boiled Egg* 40

Pan seared sea white prawns 275

Norwegian smoked salmon 275

Hass avocado 200

## ~ LUNCH & DINNER ~

 ORGANIC

 DAIRY FREE

 VEGAN

## SOUP

### CHILLED BUTTERNUT SQUASH SOUP | 475

With charred *butternut squash* and *Florence fennel*.  
Topped with *Kashmiri chilli oil*.

## MAIN AFFAIRS ~ WARM & HEALING

### TEMPEH BURGER | 550

Chickpea tempeh, shitake mushroom, beetroot burger. Served with mustard aioli, *wild arugula*, *heirloom lettuce*, *heirloom tomato ~ red pepper sauce*, *pickled jalapenos & onions* in *buckwheat rice sourdough brioche*.

Add cheese - Himalayan natural artisan young cheddar ~ 75  
Burger can be made vegan with our house-made sourdough

### RED SNAPPER BURGER 750

Red snapper burger. Served with Greek yogurt with *capers*, *pickled onions & jalapenos*, *wild arugula*, *heirloom lettuce* in *buckwheat rice sourdough brioche*.

### PORTOBELLO TACOS 650

Stone ground maize flour tacos. Topped with char grilled portobello mushrooms, *orange sweet potatoes*, charred avocado, red sauerkraut, aji limon pepper, cashew sour cream.

### JICAMA TACOS | 600

*Stone ground maize flour tacos* with *jicama*, *fennel*, *celery salsa*, *fresh* and *sundried heirloom tomato salsa*, *guacamole*.

Add pan seared sea white prawns with chilli sea salt ~ 150

### RED SNAPPER TACOS | 800

Stone ground maize flour tacos, charred red snapper, habanero-heirloom tomato salsa, pomelo, coriander micro greens.

### CHICKPEA, GOAT CHEESE, | BELL PEPPER SANDWICH 500

Buckwheat, rice and walnut sourdough, *chickpeas* marinated in herbs and olive oil, *roasted bell pepper*, harissa, *coriander microgreens*.

### NORWEGIAN SALMON 1250

Pan seared salmon, *roasted heirloom carrots*, lacto-fermented *Kashmiri black carrot* and blueberry sauce.

### JACKET SWEET POTATO | 525

*Orange sweet potato* stuffed with *kale*, *chickpeas* in *mustard-tomato dressing*, *house-made probiotic rich sauerkraut*. Served with *lacto-fermented cashew cheese*, smashed avocado, drizzled with *Kashmiri chilli oil*.

### BALINESE CURRY | 500

*Coconut milk*, *turmeric*, *walnut curry* with *oyster mushrooms*, *seasonal veggies*. Served with *wild black rice*. Topped with *sesame seeds*, *crushed peanuts*.

Add pan seared sea white prawns with chilli sea salt ~ 275



## DESSERTS

Our desserts are made of native Indian grains and nuts, sweetened with coconut sugar / pure and natural Canadian maple syrup. We use Taza chocolate (*Vegan, Organic, Stone Ground, 70% dark from Dominican Republic*) for baking our chocolate desserts!

### PERUVIAN RAW CACAO TART | 475

Dehydrated almond and raisin tart filled with cacao sauce. Dehydrated for about 10 hours at 50 degrees to keep all the nutrients intact.

### FLOURLESS DARK CHOCOLATE | COFFEE CAKE 375

Contains egg.

### CHOCOLATE LUST COOKIE | 250

*Peruvian cacao almond butter* cookie with raspberries.

### CHOCOLATE HEAVEN COOKIE | 250

*Peruvian cacao peanut butter* cookie.

### PEANUT BUTTER, PERUVIAN RAW CACAO, | NICE CREAM 450

ASK FOR THE DAY'S SPECIAL DESSERT

## ~ LUNCH & DINNER ~

 ORGANIC

 DAIRY FREE

 VEGAN