




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 |  **360**
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 toast 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 vinegar sauce on buckwheat, rice and walnut sourdough toast. Topped with edamame and pomegrante.
Add Norwegian Smoked Salmon ~ 275

THE SEQUEL TARTINE | 500
Superfood toast made of nuts and seeds, topped with smashed avocado, house-made cashew cheese, sundried tomatoes and capers.
Add Poached Egg ~ 30
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.

WHOLE SOME
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 youth ful 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
ALMOND MILK

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. Improve your brain function 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	150	175
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		210

~ 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.

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

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	
Flaxseed Meal	25
Spirulina	100
Chia Seeds	50
Moringa	50
Bee Pollen	100
Hemp Seed Protein Powder	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.	

KASHMIRI SAFFRON TEA 🍷	350
WITH ALMONDS	

CHAMOMILE (JING TEA) 🍷	300
Soft and soothing with rare chamomile flowers.	

PEPPERMINT HERBAL TEA (JING TEA) 🍷	300
Intense, cool, refreshing.	

JASMINE SILVER NEEDLE 🍷	300
WHITE TEA (JING TEA)	
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
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	275
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 HALOUMI AND POMELO SALAD  	850
Pan seared sea white prawns with saffron, A2 haloumi, 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, pomegrante, Kashmiri walnuts, fresh herbs with cold pressed extra virgin olive oil, lime, sumac vinaigrette.	
AVO, BABY BURRATA & SAUERKRAUT BOWL	700
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 	750
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	30
Pan seared sea white prawns	275
Norwegian smoked salmon	275
Hass avocado	200

~ LUNCH & DINNER ~

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.

RED SNAPPER BURGER 750

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

Add cheese - Himalayan natural artisan young cheddar ~ 75

PORTOBELLO TACOS | 🍃 600

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, | 🍃 500

BELL PEPPER SANDWICH

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 ferented *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 Canandian 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 | 🌱🍃 375

COFFEE CAKE

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, | 🌱🍃 450

NICE CREAM

ASK FOR THE DAY'S SPECIAL DESSERT

~ LUNCH & DINNER ~