



SEQUEL

~ ORGANIC LIFE FOOD ~

## ALL NATURAL SMOOTHIES

### PERUVIAN CACAO SMOOTHIE | 🌱🌱

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

350

### SUPERFOOD COCONUT WATER BLEND | 🌱

*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!*

350

### SUPER GREEN SMOOTHIE | 🌱

*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!*

500

### AVOLICIOUS | 🌱

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

550

### RASPBERRY & SOUR CHERRY JAR | 🌱

*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!*

525

### PERUVIAN ACAI BERRY JAR | 🌱

*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!*

525

### MIXED BERRY JAR | 🌱

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

425



### KASHMIRI SAFFRON INFUSED | 🌱 🌱 ALMOND MILK

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. Improve your brain function with blueberries!*

### BEE LICIOUS 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
<b>Make it with:</b>		
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.

<b>KICKSTART</b>   🍷	250
<i>Apple, carrot, wheatgrass with a big dose of ginger.</i>	
<b>D'S PICK ME UP</b>	250
<i>Kale, celery, chocolate mint and orange.</i>	
<b>DETOX</b>   🍷	300
<i>Carrot, baby beet, celery, wheatgrass, ginger and 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 and apple.</i>	

<b>DAILY DOSE OF VITAMIN C</b>	350
<i>Raspberry, blueberry, cranberry, orange, sweet basil.</i>	

<b>UNBEETABLE GLOW</b>	300
<i>Baby beets, lemongrass, sweet basil, apple and orange.</i>	

<b>LEAN &amp; GREEN</b>   🍷	350
<i>Cucumber, baby fennel, baby spinach, sweet basil and pineapple.</i>	

<b>SKINNY MINNIE</b>   🍷	300
<i>Carrot, pomegranate and chocolate mint.</i>	

<b>GRASSHOPPER</b>	300
<i>Baby spinach, pea shoots, celery and lemongrass, orange.</i>	

## 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

<b>HOT CACAO</b>   🍷	450
<i>Peruvian cacao, Peruvian maca root powder, Peruvian cacao butter, almonds, house made almond milk, pure and natural Canadian maple syrup.</i>	

<b>MATCHA LATTE WITH ALMOND MILK</b>   🍷🍷	350
<i>Made with stone ground ceremonial grade Japanese matcha.</i>	

<b>KASHMIRI SAFFRON TEA</b>   🍷 <b>WITH ALMONDS</b>	350
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<b>CHAMOMILE (JING TEA)</b>   🍷	300
<i>Soft and soothing with rare chamomile flowers.</i>	

<b>PEPPERMINT HERBAL TEA (JING TEA)</b>   🍷	300
<i>Intense, cool, refreshing.</i>	

<b>JASMINE SILVER NEEDLE</b>   🍷 <b>WHITE TEA (JING TEA)</b>	300
<i>Mellow, floral and refreshing.</i>	

<b>GEISHA BLOSSOM TEA</b>	300
<i>Highly refined blend of green tea with refreshing ripe southern fruits.</i>	

## ~ DRINKS ~

## SMALL PLATES

### SMOKED LOTUS ROOT FRITTERS 500

Served with Greek yogurt, red radish, Kashmiri walnuts.

### SMOKED HASSELBACK ORANGE SWEET POTATOES | 450

Served with parsley sauce, lacto fermented coconut yogurt with sumac.

### EDAMAME & CHICKPEA FALAFELS | 500

Served with coriander sauce, smoked aubergine, beetroot sauerkraut, wild arugula

### PORTOBELLO TACOS | 650

Stone ground maize flour tacos, smoke portobello mushrooms, roasted orange sweet potatoes, red sauerkraut, aji limon pepper, coriander microgreens, charred avocado, cashew sour cream.

### RED SNAPPER TACOS | 800

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

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

Charred Kashmiri morels, Himalayan polenta souffle, San Marzano tomato sauce, heirloom tomato broth, dehydrated tomato powder

### SEA WHITE PRAWNS, COCONUT | 600

Celery broth, curry leaf oil..

### BUCKWHEAT, RICE SOURDOUGH | 400

Truffle cashew cheese, smoked apple jam, cold pressed extra virgin olive oil, sea salt.

### TOMATO TARTLETS | 600

Amaranth tart with heirloom tomato sauce, red grape tomatoes, yellow cherry tomatoes, blistered tomatoes.

## SALADS ~ RAW & ENERGISING

### RED QUINOA SALAD 650

Roasted butternut squash, blistered yellow and red grape tomatoes, pomegranate, goat cheese, Kashmiri walnuts, pistachios, fresh herbs with cold pressed extra virgin olive oil, gondhraj lemon.

### 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



### 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 & natural Canadian maple syrup, flax seed 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.

### 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.

### 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.

## MAIN AFFAIRS ~ WARM & HEALING

### TEMPEH BURGER 550

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

### RED SNAPPER BURGER 800

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

Add cheese - Himalayan Artisanal Natural Young Cheddar ~ 75

### 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

### SMOKED BLACK RICE & LOTUS ROOTS IN KAFFIR LIME INFUSED COCONUT BROTH 650

Apple wood smoked black rice, lotus root, edamame, baby portobellos wrapped in banana leaf. Served with coconut milk broth infused with kaffir lime, lemongrass, galangal, bird's eye chilli, kaffir lime oil.

### SMOKED BLACK RICE, SEA WHITE PRAWNS & LOTUS ROOTS IN KAFFIR LIME INFUSED COCONUT BROTH 900

Apple wood smoked black rice, lotus root, sea white prawns wrapped in banana leaf. Served with coconut milk broth infused with kaffir lime, lemongrass, galangal, bird's eye chilli, kaffir lime oil.

## 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!

### FLOURLESS DARK CHOCOLATE CAKE | 500

With cacao ganache, fresh berries

### POACHED PEARS 500

With vanilla coconut yogurt, seed crumble

## ~ LUNCH & DINNER ~

ORGANIC

DAIRY FREE

VEGAN