

THE LIVING CAFÉ

By Balanced Living



WELCOME

Welcome to **The Living Café (TLC)** , the tastiest way to optimum health. At TLC we are constantly striving to create and provide genuinely healthy food and drink that is truly tasty, affordable, and accessible to everyone.

We use specially selected and sourced organic ingredients where possible and thoughtfully combine them to achieve optimum health and flavour. We want every visitor to be introduced to a life full of health and vitality, starting with a healthy body and we do this by adapting the knowledge gained from the cutting edge of nutrition research and ancient wisdom, and by keeping up to date with food nutrition developments.

Raw Food (see note at rear of menu) is at the heart of our menu , and we are very grateful to Elaina Love (Chef/Owner at the renowned Living Light Culinary Arts Institute) for working with Dana Heather to help and inspire the many raw food recipes on our menu. We are also indebted to Manuela Scallini for her work in training our chefs in the art of raw food.

Our local chefs are continually creating their own versions of Raw and RawFusion to bring an even wider scale of variety to the cafe. At TLC we use no red meat , no cow dairy , no white sugar , no preservatives , no artificial additives ,and no artificial colorings.

We aim to show you that healthy food, prepared and eaten in its natural state, is bursting with flavour and tastes far superior to conventionally prepared foods. We promise that you will leave feeling satisfied, rejuvenated, light and energetic.

Explanations of Icons

V Vegetarian : Contains no meat or fish.

R Raw : Foods that have not been cooked , or contain and cooked ingredients.

VN Vegan : Contains no meat , fish , eggs , or dairy.

GF Gluten Free : excludes foods containing gluten. Gluten is a protein found in wheat (including kamut and spelt), barley, rye, malts and triticale.

N Contains NUTS.

S SPICY

CR Chef's Recommendation

APPETIZERS

Guacamole with Flaxseed Chips	R	6.00
Raw Zucchini Hummus with Flaxseed Chips	R	6.00
Aubergine Caviar with Flaxseed Chips		6.00
Blended eggplant , with fresh spices and olive oil		
Garlic Bread		5.00
Wholemeal bread with organic garlic		
Bruschetta (NEW!)		8.00
Tomato , olive , garlic		
Fresh Salmon Carppacio (NEW!)		12.00
Finely sliced Salmom with olives , capers , cherry tomatoes and lime dressing		
Fresh Tuna Carppacio (NEW!)		12.00
Finely chopped Tuna with olives , capers , cherry tomatoes and lime dressing		
Salmon Sashimi Roll (NEW!)		12.00
Marinated salmon in rice paper roll with shredded vegetables		
Tofu Tartar	VN	8.00
Minced tofu with pine nuts and scallions		
Portobello Royale	V	12.00
Baked Portobello mushroom , taco meat , and sour cream		

RAW SOUPS

Raw Zucchini Soup	R	8.00
Blended zucchini garnished with onion and apple and dill		
Raw Mushroom Soup (NEW!)	R	8.00
Mixed mushrooms with raw "sour cream"		
Raw Tom Yum Soup (NEW!) Mildly Spicy!	R	8.00
Tomato , coconut , lemongrass , carrot , onion		
Creamy Carrot Soup (NEW!)	R	8.00
Sweet & Creamy Soup w Carrots & Almond Milk, topped with Fennel & Celery		
Raw Gazpacho Soup (NEW!)	R	8.00
Cucumber , red and yellow capsicum , cilantro ,celery, lemon juice and fresh herbs		

Summer Tomato (NEW!)	R	8.00
Tomato + Avocado + Lime & Parsley		
Crème De Avocado (NEW!)	R	8.00
Smooth Avocado w Lime, Onion, Cilantro, Coriander Seed		
Fresh Tomato Soup (NEW!)	R	8.00
Fresh Blended Tomato Soup + Fennel + Celery Cubes		
Mad about Celery (NEW!)	R	8.00
Fresh Blended Celery with Celery Cubes		
Sweet Winter Melon Soup (NEW!)	R	8.00
Freshly Blended Winter Melon + Honey Dew		

HOT SOUPS

Minestrone	VN	8.00
Tomato + Carrot + Red bean + Celery + Onions		
Tomato Soup	VN	8.00
Tomato + Fennel + Celery		
Mushroom Soup	VN	9.00
Portobello Mushroom + Shitake Mushroom + Button Mushroom + Sautéed Garlic & Mushroom		

SALADS

Living Salad	R	15.00
Baby Spinach, Purple Cabbage, Cucumber, Avocado, Beet Cherry Tomato, Flax Crackers, Alfalfa, Etc		
Thai Salad	RS	15.00
Green Mango, Pomelo, Coriander, Sprouts, Etc		
Seaweed Salad	R	15.00
Assorted Seaweeds With Fresh Greens		
Brown Rice Salad		12.00
Brown Rice, Finely Chopped Vegetables – <i>Chicken optional</i>		
Lentil Salad		10.00
Red Lentils, Finely Chopped Vegetables – <i>Chicken optional</i>		

Quinoa Chicken Bowl		12.00
Organic quinoa , grilled chicken , & Finely Chopped Vegetables		
Raw Salad Trio		10.00
Cabbage , Beetroot , and Sprouted Beans	R	
Seared Black Pepper Tuna Salad (NEW!)		15.00
Black pepper marinated tuna, served Carpaccio style , with mixed salad.		
Mock Potato Salad (New)		10.00
Mashed cauliflower , macadamia nuts ,with fresh spices	R	
Greek Salad		12.00
Rocket , Green pepper , olives , cucumber, red onion	R	
TLC Fruit Salad (New)		15.00
Mixed tropical fruits with mixed salad	R	

ROLLS/WRAPS (request if you do not want wasabi)

Veggie Roll/Wrap	VN	8.00
Hicama Rice Nori Roll (Vegetarian)	VN	12.00
Brown Rice & Chicken Rolls/Wraps		12.00
Brown rice, shredded chicken, nori or tortilla		
Brown Rice & Fish Rolls/Wraps		12.00
Brown rice, shredded fish, nori or tortilla		
The Living Café Roll	R	12.00
Assorted veggies rolled in radish slices		

SANDWICHES (served with greens and mango salsa)

Vegetarian	VN	10.00
Lettuce, tomatoes and avocado, on wholemeal bread		
Roast Chicken		12.00
Shredded grilled marinated chicken, homemade mayonnaise, on wholemeal bread .		
Grilled Fish		13.00
Shredded white fish marinated in herbs and cumin , homemade mayonnaise, on wholemeal bread		
Grilled Vegetables (warm)	VN	13.00
Zucchini , onion , mushrooms , and avocado with “cheesy” sauce on wholemeal bread		
Spicy Grilled Chicken (warm)		14.00
Grilled chicken , tomatoes , cucumber and our spicy sauce on wholemeal bread		
Wasabi burger with grilled fish or chicken		15.00
with lettuce , tomato , cucumber , onion and wasabi aioli		

RAW and FUSION

Raw Pizza	R	12.00
Fresh salad on an almond and sunflower-seed crust		
RawFusion Hawaiian Pizza (New)	V	15.00
Pineapple ,red capsicum , olives , goat cheese with tomato base		
RawFusion Mushroom Pizza (New)	V	15.00
Portobello , shitake and white button mushrooms , goat cheese , with cheesy sauce		
Raw Zucchini Pasta Marinara	R	12.00
Zucchini spaghetti tossed in homemade marinara sauce		
Raw Zucchini Pasta Alfredo	R	12.00
Zucchini spaghetti tossed in homemade alfredo sauce		
Raw Zucchini Pesto Pasta	R	12.00
Zucchini spaghetti tossed in homemade pesto		
Raw Zucchini Lasagna	R	12.00
Zucchini noodles layered with tomato accompanied with marinara sauce		
Raw Taco Boats	R	12.00
Mock taco meat, Guacamole and mango salsa on romaine lettuce boats		
Raw TLC Burger (NEW)	R	15.00
Pattie made from mushrooms, walnuts , sunflower seeds , oats , tomatoes , sprouts , cheesy sauce , wrapped in a lettuce “bun”		

BROWN RICE BOWLS

Create Your Own Fresh Brown Rice Bowls:

Grilled Chicken Grilled fish of the day	15.00
Just Veggies	12.00
(add egg)	1.50

And now choose your flavour !!

Tzatziki:

Low Fat Creamy Tzatziki + Spinach + Veggie Blend + Tomatoes
+Cucumbers + Almonds

Italian Pesto:

Vegan Pesto Dressing + Veggie Blend + Tomatoes

Mexican Bowl:

Fresh Salsa + Veggie Blend + Tomatoes, Cucumber + Shredded
Lettuce + Sour Cream + Guacamole

HEALTHY +WARM

Baked Aubergine Pie (New)		16.00
Scallops And Asparagus With homemade Mayo Stuffed In An Aubergine Bowl		
Fish : Steamed or Baked		16.00
Choice of fish: Tuna or Barramundi Choice Of Sauce: Lemon Capers or , Tamari Ginger		
Chicken : Steamed or Baked		16.00
Choice Of Sauce: Peri-Peri, Teriyaki, Spicy Miso , Curry .		
WHOLE-MEAL PIZZAS (NEW!)		
Hawaiian Pizza (NEW!)	V	14.00
Pineapple ,red capsicum , olives , goat cheese on tomato base		
Indiana Chix (NEW!)		15.00
Grilled chicken , onion , goat cheese , with cheesy sauce		
Seafood Sensation (NEW!)		18.00
Prawns ,calamari ,tuna red chilli , goat cheese ,on tomato base		
Mushroom Madness (NEW!)	V	16.00
Portobello , shitake and white button mushrooms , goat cheese , with cheesy sauce		
Very Veggie (NEW!)	VN	12.00
Seasonal vegetables with tomato base.		
PASTAS (NEW!)		
Choice of Pasta: Corn And Rice Spaghetti, Buckwheat Fusilli, Quinoa Penne		
Choice of filling : plain		10.00
vegetarian		12.00
prawns , chicken , mixed seafood.		16.00
Aglia Olio		
Olive oil , red chilli , garlic		
Pesto Pasta		
Olive oil , herbs , pine nuts , garlic		
Pasta Classico		
Olive oil , onion , herbs , sundried tomato , fresh tomato		
Pasta Alfredo		
Olive oil , basil , cashew nut milk , onion , garlic		

KIDS

Wholegrain Pasta	8.00
with Vegetables in Tomato Sauce (add chicken)	2.00
Chicken Toastie	8.00
Toasted chicken sandwich with mixed greens	
Fish Toastie	8.00
Toasted fish sandwich with mixed greens	
Chicken Waffle Burger	10.00
TLC wholemeal waffle , chicken pattie , lettuce , tomato	
Fish Waffle Burger	10.00
TLC wholemeal waffle , grilled fish , lettuce , tomato	
Steamed Vegetables	4.00

DESSERTS (Indulge, even on a detox!)

Raw Blueberry Cheesecake	RN	8.50
Creamy cashew cheese on a nut crust		
Raw German Chocolate Cake	RN	8.50
Chocolaty almond cake		
Raw Mango Macha Cake	RN	8.50
Cashew cream with mango pieces on a nut crust		
Raw Key Lime Pie	RN	8.00
Zucchini paste, lime juice, dates and nuts		
Raw Apple & Cinnamon Pie	RN	8.00
Apple puree, iris moss, raisins		
Raw Kiwi Pie	RN	8.00
Kiwi slices, cashew cream, iris moss		
Fruit Parfait		6.00
Dragon fruit , kiwi fruit , mango		
Raw Blackforest Brownie	RN	2.50
Dates, nuts, cacao powder		
Carrot and Zucchini Muffin (Gluten-free)	GF	3.50
Gluten Free Orange Muffin (Gluten-free)	GF	3.50
Carob Cupcake (Gluten-free)	GF	3.50
Homemade Ice Cream (Single Scoop)	RN	5.00
Choice of flavors: Chocolate, Vanilla or Strawberry		
Homemade Sorbet (Single Scoop)	RN	5.00
Choice of flavors: Honeydew or Pineapple		

POWERBALLS

Superfood Balls	RN	3.00
A potent mix of superfoods in a bite-sized serving for an mega energy boost		
Spirulina Mint Bliss Balls	RN	2.50
Spirulina, almond, walnut, shredded coconut, dates, mint essence, Chia seeds		
Fairy Fudge Balls	R	2.50
Coconut powder, dates, spirulina		

See our cake fridge for more yummy desserts!!!

BEVERAGES

JUICES *Small: \$6.00* *Large: \$7.50*

Morning Wake-Up Call

Spinach, Apple, Lemon, Ginger

Great V8

Spinach Celery, Tomato, Lemon, Cucumber, Red Capsicum, Parsley, Carrot

Green Vitality Cleanser

Cucumber, Celery, Romaine, Cilantro, Lemon, Ginger, Turmeric

Beet Blast

Beetroot, Carrot, Ginger, Parsley, Celery

Liver Flush Yield

Orange, Garlic, Olive Oil, Cayenne

Sports Replemisher

Coconut Water, Lemon, Goji Berries, Vitamineral Green

Watermelon Zing

Watermelon, Ginger

Keep-the doctor-away Combo (New)

Carrot, Beet, Celery, Apple

Cleansing Cocktail (New)

Ginger, Beet, Apple, Carrot

Pineapple Zinger(New)

Pineapple And Lime

Hangover Helper

Carrot, Apple, Ginger, Orange, Lemon, Lime, Parsley, Spinach, Beet, Lots Of Celery

The Hulk

Mixed Berries, Orange, Banana, Protein, Vitamin C, Flax Oil.

Cold And Flu Buster

Pineapple, Lemon, Ginger, Apple, Pear Cucumber, Celery, Vitamin C.

Custom Medley

Choose any 3 fruits or vegetables

WHEATGRASS ELIXIRS (New!) All \$7.00

Wheatgrass Slammer

Double Wheatgrass shot with a slice of lemon on the side

Pure Green

Wheatgrass, Celery, Spinach, Parsley

Vitamin C Twist

Wheatgrass, Orange

Tropical Green

Wheatgrass, Pineapple, Orange, Papaya

Vitamin C Supreme

Wheatgrass, Strawberry, Orange, Grapefruit, 1000mg VC

Skin Be Beautiful

Wheatgrass Shot, Carrot, Spinach, Beet, Berries,
Grapefruit, Lemon, Orange, Flax Oil

Sweetgrass

Wheatgrass + Pineapple + Apple + Mango

Sunshine

Wheatgrass + Lime + Apple + Banana + Coconut Oil

Wheatgrass Sparkles

Wheatgrass + Apple + Ginger + Sparkling Water

SMOOTHIES

ALL \$8.00

Mango Banana

Mango, Banana

Virgin Pina Colada

Pineapple, Coconut

Berry Banana Bliss

Orange, Banana, Goji Berry, Mixed Berries

Daily Green Smoothie

Orange, Dates, Mango, Spinach

Revive

Goji Berries, Coconut, Rice Milk, Banana, Bee Pollen, Flax
Oil

Mango Madness

Mango + Orange + Yogurt + Protein + Flax Oil

Caribbean Queenie (NEW!)

Pineapple + Orange + Lime + Banana + Cold Pressed
Coconut Oil + Protein

Immune Smoothie (NEW!)

Banana, Rice Milk, Orange Juice, Peaches, Strawberries, Vitamin C, Echinacea

Skin Smoothie (NEW!)

Banana, Orange Juice, Raspberries, Strawberries, Aloe Vera, Lecithin

Espresso Buzz (NEW!)

Espresso + Banana + Soy Milk + Protein

CREAMY MILKSHAKES (Made using our delicious homemade nut milks)

ALL \$8.00

Pretty In Pink

Cashew Milk, Dragon Fruit, Strawberry, Honey, Lime

Chocolate Monkey

Cashew Milk, Banana, Cacao, Dates

Mayan Spice

Cashew Milk, Cacao, Dates, Cinnamon, Macadamia

Mint Chocolate

Almond Milk, Vita-mineral Green, Cacao, Dates, Cashews

Bali Bliss

Coconut, Cacao, Lecithin, Maca powder

Mango Lassi

Cashew Milk, Mango, Lime, Agave, Rose Water

COFFEES (MILKS: soy, almond and hazelnut)

Espresso **4.00**

Macchiato **4.00**

Long black **4.00**

Americano **4.00**

Cappuccino **5.00**

Latte **5.00**

Flat White **5.00**

Mocha **5.00**

Iced Coffee (Shaken or Blended) **6.50**

Our Coffee beans are supplied by *Papa Palheta*

ORGANIC TEAS Served Hot or Iced

Peppermint Tea	4.00
Three Mint Tea	4.00
Fennel Tea	4.00
Chamomile Tea	4.00
Ginger Tea	5.00
Japanese Green Tea	4.00
Calming-Mile Tea	5.00

MINERAL/ SPARKLING WATER

Perrier - 330ml	4.50
LICHTENAUER Still - 250ml	3.50

At The Living Café we select organic produce wherever possible.

“What are raw foods and what are their benefits?”

Many people talk about eating raw as something to be discovered, as though it's a brand-new innovation or a revolutionary and alternative way of living. However, while it still is somewhat alternative, it's hardly new at all. In fact, it's more like turning the clock backward, and a very simple concept. **What's so revolutionary about eating only plant foods that grow naturally from the earth and are fed by sunlight?** What's so crazy about eating plant foods that haven't been sautéed, boiled, roasted, flame-broiled, grilled over flaming coals, fried in sizzling-hot oil, zapped in a microwave, or otherwise manipulated into a state of altered molecular structure? Why not leave the molecules as they were meant to be?

Raw food generally refers to a vegan diet that goes beyond just steering clear of animal products. **There's no cooking in the traditional sense** (in that nothing is heated above approximately 118 degrees Fahrenheit), and ingredients are not chemically processed, pasteurized, homogenized, genetically modified, hybridized, or otherwise compromised. The basic premise behind a raw food diet is that cooking and processing foods generally decreases their digestibility and vitamin and mineral density, as well as their overall health-promoting qualities.

A well-balanced, vegan, raw diet contains the full complement of vitamins and minerals necessary for good nutrition while also eliminating the physical stress caused by calorie-dense, nutrient-poor cooked foods, preservatives and additives commonly found in them. Raw food diets are known to assist in the recovery of various diseases such as diabetes, chronic fatigue disorders, immune system deficiencies, and cancer.

The creativity in raw foods as a type of cuisine comes from blending, soaking, marinating, slicing, dicing, drying at low temperatures, and incorporating fresh herbs and spices. This can be done in quite innovative ways, all while preserving the food's integrity.

The Story of Balanced Living

BalancedLiving Pte Ltd. was created to give individuals an opportunity to learn more about some of the many aspects of natural health.

Our Vision & Mission

1. To bring you some of the best health products at a **valued price**.
2. To empower you to make educated decisions about using natural health products for yourself and your family.
3. To plant seeds of awareness and provide an alternative choice to healing the body.
4. To connect like-minded people.
5. To provide information through our complementary newsletters on varying health subjects such as weight loss and alternative medicine.
6. To present educational classes on food preparation, homeopathy, children's health, detoxification and many other areas.
7. To allow access to some of the purest, highest quality health products currently being made around the globe which enhance vitality and wellbeing.

Our Quality One of our aims is to bring you high quality products at the best price we can offer. Be aware that some products on the market may be cheaper, however; they are actually not a bargain, as consuming inexpensive health products that do not work effectively is not the best choice for your health. If you are willing to improve the quality of your health, you want powerful and effective products to support the process of renewal; we strive for the best at an affordable price!

Our Founder Dana Heather

Dana started to educate herself in many areas of health through personal experience and education. She felt that understanding the human body on a base level was of extreme importance and thus earned a 4 year Pre-Med degree in Medical Sciences / Pathology at Victoria University in New Zealand. The completion of that degree gave the base knowledge of the human body and helped her understand the many areas of study to complete a Masters of Holistic Nutrition in Naturopathy. But where would the physical body be without the mind in tact? Dana Heather felt that a four year degree in Homeopathy completed a well rounded education to enable her to work with individuals, couples and families on the many aspects of natural health.

She also has many years of personal experience and study in Fasting, Colon Cleansing and Detoxification of the body. She believes that giving the body the break it deserves by cleansing it internally is crucial for continued overall health through the years.

Overall, Dana preaches 'daily maintenance' and opening Balanced Living Asia was the perfect way she could give access to information and amazing health products to people from around the globe. After all, health is a personal choice and responsibility; we are only given one body and taking care of it through the years is crucial to us living a healthy, happy and prosperous life.