

# THE LIVING CAFÉ

By Balanced Living

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# 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		

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

## **HOT SOUPS**

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

## **SALADS**

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

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

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

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

## **SANDWICHES** ( served with greens and mango salsa)

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

# RAW and FUSION

<b>Raw Pizza</b>	<b>R</b>	<b>12.00</b>
Fresh salad on an almond and sunflower-seed crust		
<b>RawFusion Hawaiian Pizza (New)</b>	<b>V</b>	<b>15.00</b>
Pineapple ,red capsicum , olives , goat cheese with tomato base		
<b>RawFusion Mushroom Pizza (New)</b>	<b>V</b>	<b>15.00</b>
Portobello , shitake and white button mushrooms , goat cheese , with cheesy sauce		
<b>Raw Zucchini Pasta Marinara</b>	<b>R</b>	<b>12.00</b>
Zucchini spaghetti tossed in homemade marinara sauce		
<b>Raw Zucchini Pasta Alfredo</b>	<b>R</b>	<b>12.00</b>
Zucchini spaghetti tossed in homemade alfredo sauce		
<b>Raw Zucchini Pesto Pasta</b>	<b>R</b>	<b>12.00</b>
Zucchini spaghetti tossed in homemade pesto		
<b>Raw Zucchini Lasagna</b>	<b>R</b>	<b>12.00</b>
Zucchini noodles layered with tomato accompanied with marinara sauce		
<b>Raw Taco Boats</b>	<b>R</b>	<b>12.00</b>
Mock taco meat, Guacamole and mango salsa on romaine lettuce boats		
<b>Raw TLC Burger (NEW)</b>	<b>R</b>	<b>15.00</b>
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	<b>15.00</b>
Just Veggies	<b>12.00</b>
( add egg)	<b>1.50</b>

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

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

# KIDS

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

# 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.