

■ ■ Zemya Stem Cell Clinic – North American Wellness Menu ■ ■

Breakfast

Sunrise Power Bowl: Steel-cut oats with almond milk, blueberries, banana, chia seeds, and a drizzle of pure maple syrup.

Scrambled Tofu or Egg Breakfast Plate: Served with sautéed spinach, roasted sweet potatoes, and whole-grain toast.

Avocado Toast Trio: Multigrain toast topped three ways — avocado-lime, tomato-basil, and roasted corn salsa.

Berry & Granola Parfait: House-made granola layered with coconut or soy yogurt, mixed berries, and flax seeds.

Morning Smoothie Blend: Choose from: Green Glow, Tropical Boost, or Protein Power smoothies for energy and recovery.

Lunch

Grilled Veggie & Quinoa Bowl: Charred zucchini, bell peppers, chickpeas, and kale over quinoa with lemon-garlic dressing.

Lentil & Vegetable Soup: Slow-simmered lentils, carrots, celery, and thyme — gentle and nourishing.

Veggie Burger on Whole Wheat Bun: Black bean patty with avocado, lettuce, tomato, and a side of baked sweet potato fries.

Grilled Chicken or Tofu Salad: Mixed greens, cucumber, tomato, and almonds with honey-mustard or balsamic vinaigrette.

Buddha Bowl: Brown rice, steamed broccoli, roasted sweet potato, and tahini dressing for balanced nourishment.

Dinner

Baked Salmon with Lemon Herb Sauce: Served with roasted vegetables and wild rice pilaf.

Stuffed Bell Peppers: Filled with brown rice, lentils, corn, and tomato-herb sauce.

Garden Vegetable Stir-Fry: Seasonal vegetables sautéed with ginger-garlic glaze, served over soba noodles or jasmine rice.

Sweet Potato Shepherd's Pie (Vegan): Savory lentil filling topped with whipped sweet potatoes; baked until golden.

Mediterranean Grain Bowl: Quinoa, olives, cucumber, tomato, red onion, and chickpeas with olive oil-lemon dressing.

Snacks & Sides

Apple Slices with Almond Butter:

Roasted Chickpeas with Sea Salt:

Hummus and Veggie Sticks:

Fruit Cup: Pineapple and berries.

Oat and Nut Energy Bites:

Beverages

Coconut Water with Cucumber:

Fresh-Pressed Juices: Beet-carrot-ginger, apple-celery-lime.

Herbal Teas: Chamomile, mint, ginger.

Aloe and Lime Tonic:

Infused Waters: Cucumber-mint, citrus, or watermelon-basil.

■ Recovery Nutrition Highlights

This North American–style wellness menu blends familiar comfort foods with Bahamian freshness. Each dish supports recovery with anti-inflammatory ingredients such as berries, turmeric, and leafy greens. Meals emphasize gentle digestion, hydration, and balanced protein to promote healing and sustained energy.

Zemyna Stem Cell Clinic – North American Wellness Menu (Priced)

BREAKFAST

Sunrise Power Bowl – \$13.00
Scrambled Tofu or Egg Breakfast Plate – \$12.00
Avocado Toast Trio – \$11.00
Berry & Granola Parfait – \$9.00
Morning Smoothie Blend – \$10.00

LUNCH

Grilled Veggie & Quinoa Bowl – \$15.00
Lentil & Vegetable Soup – \$7.00 (cup) / \$10.00 (bowl)
Veggie Burger on Whole Wheat Bun – \$14.00
Grilled Chicken Salad – \$16.00
Tofu Salad – \$14.00
Buddha Bowl – \$14.00

DINNER

Baked Salmon with Lemon Herb Sauce – \$20.00
Stuffed Bell Peppers – \$15.00
Garden Vegetable Stir-Fry – \$14.00
Sweet Potato Shepherd's Pie (Vegan) – \$15.00
Mediterranean Grain Bowl – \$14.00

SNACKS & SIDES

Apple Slices with Almond Butter – \$4.00
Roasted Chickpeas with Sea Salt – \$4.00
Hummus & Veggie Sticks – \$5.00
Fruit Cup – \$5.00
Oat & Nut Energy Bites – \$4.00

BEVERAGES

Coconut Water with Cucumber – \$5.00
Fresh-Pressed Juices – \$8.00
Herbal Teas – \$4.00
Aloe & Lime Tonic – \$5.00
Infused Waters – \$3.00