

■ Zemya Stem Cell Clinic – Vegan Wellness Menu ■

Breakfast

Tropical Wellness Bowl: Fresh papaya, mango, pineapple & banana, chia seeds, coconut flakes, lime-agave drizzle.

Coconut-Oat Porridge: Steel-cut oats cooked in coconut milk with cinnamon, nutmeg, and topped with toasted almonds + banana.

Green Recovery Smoothie: Kale, cucumber, green apple, ginger, lime, spirulina; optional pea or hemp protein boost.

Guava-Jam Whole-Grain Johnny Cake: Vegan Bahamian corn-cake served warm with house-made guava jam.

Lunch

Island Buddha Bowl: Quinoa, grilled plantains, callaloo, roasted pumpkin, avocado; coconut-lime tahini dressing.

Bahama Veggie Curry: Chickpeas, sweet potato, okra, bell peppers in mild turmeric-coconut broth; with brown rice & mango chutney.

Tropical Salad Wrap: Greens, shredded carrot, jicama, papaya; lime-cilantro hummus in a spinach wrap.

Immune-Boosting Soup: Moringa leaves, carrot, pumpkin, garlic, ginger in a light coconut broth.

Dinner

Caribbean 'Jackfruit Jerk' Tacos: Pulled jackfruit with mild jerk spice on corn tortillas; avocado-lime crema & mango salsa.

Grilled Veggie Platter: Zucchini, eggplant, peppers, mushrooms with herb olive oil; served with quinoa pilaf & garlic cassava mash.

Coconut Lentil Stew: Red lentils in coconut, thyme, and light scotch bonnet essence; with steamed callaloo & plantain chips.

Stuffed Bell Peppers: Bell peppers filled with quinoa, black beans, corn, herbs; pineapple glaze drizzle.

Snacks & Sides

Cassava Chips & Avocado Hummus:

Fruit Skewers with Mint & Lime:

Roasted Breadfruit Wedges:

Coconut-Yogurt Parfait: Served with berries & flax seeds.

Beverages

Coconut Water with Mint & Cucumber:

Herbal Teas: Lemongrass, ginger, moringa.

Fresh-Pressed Juices: Carrot-pineapple-turmeric, beet-lime.

Aloe Vera & Lime Tonic:

■ Recovery Notes

This menu supports healing with anti-inflammatory ingredients such as turmeric, ginger, leafy greens, and berries. Spices are kept mild for sensitive recovery, and fresh Bahamian produce like pumpkin, breadfruit, and plantain ensures optimal nutrition. Hydration and protein options are prioritized to aid recovery and energy.

Zemyna Stem Cell Clinic – Vegan Wellness Menu (Priced)

BREAKFAST

Tropical Wellness Bowl – \$14.00
Coconut-Oat Porridge – \$10.00
Green Recovery Smoothie – \$12.00 (+\$3 protein add)
Guava-Jam Whole-Grain Johnny Cake – \$8.00

LUNCH

Island Buddha Bowl – \$16.00
Bahama Veggie Curry – \$15.00
Tropical Salad Wrap – \$11.00
Immune-Boosting Soup – \$9.00 (cup) / \$12.00 (bowl)

DINNER

Jackfruit Jerk Tacos – \$16.00
Grilled Veggie Platter – \$18.00
Coconut Lentil Stew – \$14.00
Stuffed Bell Peppers – \$15.00

SNACKS & SIDES

Cassava Chips & Avocado Hummus – \$7.00
Fruit Skewers – \$6.00
Roasted Breadfruit Wedges – \$5.00
Coconut-Yogurt Parfait – \$8.00

BEVERAGES

Coconut Water (Mint & Cucumber) – \$6.00
Herbal Teas – \$4.00
Fresh-Pressed Juices – \$8.00
Aloe Vera & Lime Tonic – \$5.00

Upsells:

Protein Add-on: +\$3–\$4
Wellness Shot: \$4