

# SAMPLE MENU

The Copper + Cloves Meal Subscription

## MONDAY

18.03.24

**Smoothie bowl** - Pina colada smoothie topped with coconut slices

**Salad** - Kale caesar salad with crispy chickpeas, cashew parmesan, oven roasted cherry tomatoes, sourdough croutons and tofu garlic caesar dressing

**Warm bowl** - Mexican style quinoa black bean bowl with tempeh roasted sweet potato, fresh coriander and tangy lime dressing

**Sourdough Bowl** - Sourdough wedges served with beetroot hummus, carrot salad, tofu-garlic sauce, toasted pumpkin seeds

## TUESDAY

19.03.24

**Chia pudding jar** - Peanut Butter Banana Chia Pudding topped with banana slices and a generous swirl of peanut butter, with cacao nibs for crunch

**Sourdough Bowl** - Sourdough wedges with edamame smash, radishes, and microgreens, served with coriander pesto

**Salad** - Crunchy Rainbow Slaw with red cabbage, bell peppers, carrots, and a zesty miso-tahini dressing topped with tofu wedges

**Warm Bowl** - Italian Lentil and Vegetable Stew over brown rice, topped with fresh parsley and a dollop of herby yogurt

## WEDNESDAY

20.03.24

**Overnight oats** - Pumpkin Spice Overnight Oats soaked in oat milk with pumpkin puree, pumpkin pie spice topped with cashew-peanut yogurt, walnuts and granola

**Salad** - Mediterranean Chickpea Salad with cucumbers, cherry tomatoes, vegan feta cheese, crunchy seeds and a lemon-herb dressing

**Warm Bowl** - Kerala tofu moili bowl (tofu moili, brown rice, green chilli coconut chutney, green beans poriyal).

**Soup + Sourdough** - Curried cauliflower soup served with sourdough and crunchy chana topper

EACH DISH = 1 CREDIT.

# SAMPLE MENU

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THURSDAY

21.03.24

**Smoothie bowl** - Pina colada smoothie topped with coconut slices

**Salad** - Kale caesar salad with crispy chickpeas, cashew parmesan, oven roasted cherry tomatoes, sourdough croutons and tofu garlic caesar dressing

**Warm bowl** - Mexican style quinoa black bean bowl with tempeh roasted sweet potato, fresh coriander and tangy lime dressing

**Sourdough Bowl** - Sourdough wedges served with beetroot hummus, carrot salad, tofu-garlic sauce, toasted pumpkin seeds

FRIDAY

22.03.24

**Chia pudding jar** - Peanut Butter Banana Chia Pudding topped with banana slices and a generous swirl of peanut butter, with cacao nibs for crunch

**Sourdough Bowl** - Sourdough wedges with edamame smash, radishes, and microgreens, served with coriander pesto

**Salad** - Crunchy Rainbow Slaw with red cabbage, bell peppers, carrots, and a zesty miso-tahini dressing topped with tofu wedges

**Warm Bowl** - Italian Lentil and Vegetable Stew over brown rice, topped with fresh parsley and a dollop of herby yogurt

SATURDAY

23.03.24

**Overnight oats** - Pumpkin Spice Overnight Oats soaked in oat milk with pumpkin puree, pumpkin pie spice topped with cashew-peanut yogurt, walnuts and granola

**Salad** - Mediterranean Chickpea Salad with cucumbers, cherry tomatoes, vegan feta cheese, crunchy seeds and a lemon-herb dressing

**Warm Bowl** - Kerala tofu moili bowl (tofu moili, brown rice, green chilli coconut chutney, green beans poriyal).

**Soup + Sourdough** - Curried cauliflower soup served with sourdough and crunchy chana topper

EACH DISH = 1 CREDIT.

# SAMPLE MENU

The Copper + Cloves Meal Subscription

SUNDAY

21.03.24

**Smoothie bowl** - Pina colada smoothie topped with coconut slices

**Salad** - Kale caesar salad with crispy chickpeas, cashew parmesan, oven roasted cherry tomatoes, sourdough croutons and tofu garlic caesar dressing

**Warm bowl** - Mexican style quinoa black bean bowl with tempeh roasted sweet potato, fresh coriander and tangy lime dressing

**Sourdough Bowl** - Sourdough wedges served with beetroot hummus, carrot salad, tofu-garlic sauce, toasted pumpkin seeds

## CHOOSE YOUR ADD-ON [0.5 CREDITS]

Gut-friendly kombucha [ probiotic ]

Gut friendly tepache [ probiotic ]

Cosmix matcha protein shake [ 18g of protein ]

Cosmix vanilla latte shake [ 18g of protein ]

Miso-caramel banana vanilla protein shake

Superfood balls - dates, nuts and coconut with amla, lemon and ginger [ high in vitamin C ]

Seed and nut bar- seeds, figs, nuts with jaggery, cinnamon

The meal subscription is customisable by consultation.

Delivery costs are not included. Delivery charges will be as per actuals.