



— WINTER 2025 —

# MENU

PURE VEGETARIAN

**FOOD IS MEDICINE.**  
OUR MENU IS CRAFTED TO SUPPORT  
BALANCE, ENERGY, AND EASE OF DIGESTION

Monday to Friday  
11:30 AM – 2:30 PM

[V] Vegetarian [VE] Vegan [GF] Gluten Free

## THE BALANCED BOWL £5.50

### MONDAY

Coconut Rice and Chickpeas Curry [VE] [GF]  
Asian-Style Chana Masala Wrap [V]

### TUESDAY

Vegetable Biryani and Soya Curry [VE] [GF]  
Asian-Style Soya Curry Wrap [V]

### WEDNESDAY

Ghee Rice and Vegetable Kurma [V] [GF]  
Asian-Style Cumin Mushroom Wrap [V]

### THURSDAY

Vegetable Pilau Rice and Dal Makhani [VE] [GF]  
Asian-Style Paneer & Capsicum Wrap [V]

### FRIDAY

Lemon Rice and Potato Peas Fry [VE] [GF]  
Asian-Style Aloo Gobi Wrap [V]

### WANT TO RECEIVE YOUR LUNCH DAILY AT A BETTER PRICE?

Ask to join our Balanced Bowl package option  
and enjoy a nourishing meal delivered each  
day at our reduced package options rate.

### HOW TO ORDER

Place your order by 9:30 AM for same-day delivery.

#### Send your order via

- WhatsApp: +44 (0)7939 592 599
- Landline: +44 (0)1481 700 050
- Email: [postmaster@wellnesss.gg](mailto:postmaster@wellnesss.gg)

#### Include:

- Your name
- Dish & day (e.g. *Thu – Ghee Rice & Vegetable Kurma*)
- Eat-In, To-Go, or Delivery preference
- We will confirm your order and send payment details.

**Delivery Hours:** Monday – Friday  
11:30 am – 12:30 pm at agreed delivery point  
specified at the time of placing the order.

### ORGANIC SNACKS 100 g

- Three Seed Mix  
*Sunflower, Pumpkin, Pinenut*
- Nut Mix / Fruit & Nut Mix
- Whole Cashew, Dates, Figs, Apricots

### FINGER FOOD £1.50

- Vegetable Samosa [VE]  
*Triangular pastry filled with potatoes, peas, and onions.*
- Masala/Medu Vada [VE]  
*Doughnut made from split chickpeas / black lentils.*
- Aloo Bonda [VE]  
*Spiced mashed potatoes dipped in gram flour batter.*
- Bhaji - Onion/Potato/Plantain [VE]  
*Crisp fritters of sliced onion and seasonal vegetables.*

### BALANCED BOWL MEAL DEAL

Main Meal & Drink **£6.50**

Main Meal, Drink & Snack **£7.50**

Weekly & Monthly Package Options Available

### BEVERAGES 150 ml

- Fresh Orange Juice
- Coconut Water
- Kefir  
*Diary Milk [V] | Plant Based Milk [VE] | Fruit [VE] | Ginger [VE]*
- Lassi [V]  
*Sweet | Salt | Mango*
- Butter Milk [V]
- Smoothies [VE]  
*Mango Dreams | Coconut Crush | Passion Storm | Ginger Beets.  
| Green Reviver | Matcha Power*
- Herbal Tea

Ayurveda-inspired • Wholesome • Affordable • Made with Love

📍 8 Fountain Street, St Peter Port | 🌐 [www.wellnesss.gg](http://www.wellnesss.gg) | 📧 [@guernsey.wellness](mailto:@guernsey.wellness)  
Scan the QR to see our full menu, find us easily, and join our community.



# WHAT WE OFFER AT THE WELLNESS COMMUNITY HUB

*Wholesome Store • Affordable Eatery • Wellness Box*



Wellness should be accessible and affordable for everyone in Guernsey.

At our store, you'll find organic produce, wholesome foods, community gatherings, and simple Ayurvedic principles designed to support everyday balance.

Visit us and feel empowered on your journey toward healthier, more mindful living.

## **THE WELLNESS EATERY** *Breakfast | Lunch | Dinner*

Nourishment begins with the simplest things—earth-grown ingredients, mindful cooking, and flavours that bring your body back into balance.

Rooted in the seasons and inspired by Ayurveda, our menu offers warm, grounding meals for every time of day, from breakfast through dinner.

Weekend specials, wholesome sips and comforting small bites invite you to slow down, breathe, and feel restored.

Each dish is a gentle offering for your energy and wellbeing.

## **THE WELLNESS BOX** *Organic Fruit & Vegetable Box*

A weekly offering of simple, seasonal goodness.

We fill each box with organic fruits, vegetables, grains and pulses—everything you need for nourishing meals that feel both wholesome and accessible.

You choose the size, you choose the contents, and we prepare your personalised selection from fresh seasonal produce.

Order by Wednesday, then receive your box the following week, either delivered or ready for collection.

An easy rhythm of nourishment that supports gentle digestion, balanced energy and everyday wellbeing.

## **THE WELLNESS BULK STORE** *Affordable Pantry Essentials*

Where mindful shopping meets everyday nourishment.

Choose from a generous range of organic grains, pulses, nuts, seeds, spices and baking essentials, all waiting to be scooped in the quantities that suit your home.

Buy only what you need, avoid unnecessary packaging and savour wholefoods priced with integrity.

Inspired by slow, seasonal living, our Bulk Store helps you create meals that bring balance, ease and wellbeing.

## Visit us in-store to shop, eat and connect with our community.

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