



— SPRING 2026 —  
**LUNCH**  
**MENU**

**PURE VEGETARIAN**

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

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

Monday to Friday  
11:30 AM – 2:30 PM

## THE BALANCED BOWL £5.50

### MONDAY

Coconut Rice [GF] **or** Wholemeal Roti [M] [VE]  
Chickpea Masala **or** Tarka Dal [M] [VE] [GF]

### TUESDAY

Vegetable Biryani [GF] **or** Wholemeal Roti [M] [VE]  
Aloo Gobi **or** Aloo Spinach [M] [VE] [GF]

### WEDNESDAY

Brown Rice [GF] **or** Wholemeal Roti [M] [VE]  
Red Lentil Dal **or** Vegetable Kurma [M] [VE] [GF]

### THURSDAY

Vegetable Pilau Rice [GF] **or** Wholemeal Roti [M] [VE]  
Dal Makhani **or** Kadai Paneer [M] [VE] [GF]

### FRIDAY

Lemon Rice [GF] **or** Wholemeal Roti [M] [VE]  
Potato Peas **or** Potato Methi [M] [VE] [GF]

## MEAL DEAL

Main Meal & Drink **£7.00**  
Main Meal, Drink & Snack **£8.00**  
Weekly & Monthly Package Options Available

## BEVERAGES

*Drinks blended to refresh the senses and support natural energy.*

### Hot Drinks

Indian Filter Coffee	£3.00
Indian Masala Chai	£3.00
Golden Turmeric Latte	£3.00
Fresh Ginger & Lemon Tea	£2.50
CCF Digestive Tea	£2.50
<i>Cumin, Coriander, Fennel</i>	

### Cold Drinks

Fresh Orange Juice	£3.50
Coconut Water	£2.00
Lassi	£3.50
<i>Salt, Sweet, Mango</i>	
Smoothies	£3.50
<i>Mango Dreams, Coconut Crush, Green Reviver, Ginger Beets, Passion Storm, Matcha Power.</i>	

## 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 10:00 AM for same-day delivery.

### Send your order via

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

### Include:

- Your name
- Dish & day (e.g. *Wednesday Brown 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 [M] [VE] [GF]  
*Triangular pastry filled with potatoes, peas, and onions.*
- Masala/Medu Vada [M] [VE] [GF]  
*Doughnut made from split chickpeas / black lentils.*
- Aloo Bonda [M] [VE] [GF]  
*Spiced mashed potatoes dipped in gram flour batter.*
- Bhaji - Onion/Potato/Plantain [M] [VE] [GF]  
*Crisp fritters of sliced onion and seasonal vegetables.*

*We recommend pre-ordering to help avoid food waste.*

Ayurveda-inspired • Wholesome • Affordable • Made with Love

📍 8 Fountain Street, St Peter Port | 🌐 [www.wellness.gg](http://www.wellness.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*



We believe wellness should be accessible and affordable for everyone in Guernsey. We offer organic produce, wholesome food, community events and simple Ayurvedic principles that support everyday balance. Visit our store and feel supported in your journey towards healthier living.

## **EATERY** *Breakfast | Lunch | Dinner*

Fresh, nourishing food made from organic and whole ingredients. Our menu is aligned with the seasons and inspired by Ayurvedic principles, focusing on balance, warmth and gentle digestion. We serve breakfast, lunch and dinner, along with weekend specials, comforting finger food and a selection of wholesome beverages. Every dish is prepared with care to support your energy and wellbeing throughout the year.

## **THE WELLNESS BOX** *Organic. Fruit & veg Box*

Your weekly box of seasonal nourishment. Each Wellness Box is designed to make wholesome eating simple and affordable, filled with organic fruit, vegetables, grains and pulses. You choose the box size and select the items you want for the week ahead. Order by Wednesday each week and your box will be delivered early the following week, or ready for you to collect. You save both time and money while enjoying produce sourced directly from France. Inspired by seasonal abundance, the Wellness Box supports balanced digestion, steady energy and everyday wellbeing for you and your family.

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

A mindful and cost-effective way to shop your essentials. Our Bulk Store offers a wide range of organic grains, legumes, nuts, seeds, spices, baking items and pantry staples. You buy exactly what you need, reduce packaging waste and enjoy high-quality wholefoods at honest prices. Rooted in simplicity and seasonal living, our Bulk Store helps you prepare meals that support a healthy, balanced lifestyle.

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

