



KINDERMEALS

Main

Pasta Al Pomodoro

Spaghetti pasta with fresh Tomato, Basil & Olive oil sauce, Garlic, Onion.

Veggie Stir-fry Noodles (Gluten Free)

Noodles, Olive oil, Tofu, Carrot, Broccoli, Zucchini, Celery, Onion Garlic, Cilantro, Soy sauce, and Sugar

Funky Falafel Bowl (Gluten Free)

Falafel: Chickpeas, Olive Oil, Tahini, Red Onions, Lemon Juice, Cilantro, Parsley, Garlic, Cumin, and Salt.

Rice: Jasmine Rice, Turmeric, and Salt.

Spanish Vegan Paella (Gluten Free)

Rice, Celery, Carrot, Bell pepper, Zucchini, Green beans, Onion, Garlic, Olive oil, Paprika, and Turmeric.

Shepherd's Pie (Gluten Free)

Salted Crushed Potatoes, Brown Onion, Lentils, Mushrooms, Carrot, Celery, Coconut Milk, Olive Oil, and Dried Oregano.

Regular: **\$4.20**

Large: **\$5.20**

Side

Refresher Fruit Bowl (Gluten Free)

Grapes, Melon, Watermelon, and Pineapple.
(Some of the items might change according to the season.)

Epic Power Muffin

Wheat flour, Banana, Apple, Coconut Milk, Spinach, Sugar, Vanilla extract, Apple Cider Vinegar, Vegetable Oil, Cinnamon Powder, and Baking Powder.

Price: **\$2.70**

- ✓ High quality plant-based meals.
- ✓ Hand-picked, fresh, local ingredients.
- ✓ No preservatives.
- ✓ No processed ingredients.
- ✓ Very low in sugar, fat and Sodium.
- ✓ Highly experienced chef & nutritionists.

Healthy can be very tasty!

Ready to order? Just let us know *one week prior to the serving day*.
Call us at **604-524-9453** or send email to **support@kindermeals.com**