



HEALTH & WELLNESS CUISINE

## A true sense of nature

Cuisine is the essence of food within a culture. All around the world, people are becoming more aware and conscious of clean and healthy living. We have created a cuisine formulated by a holistic and healthy approach to living.

### The culinary concept

Our Wellness cuisine PLANT is inspired by the way people experience food. Refining a State of Mind behind eating. It is in this spirit that we aim to preserve the nutritional integrity of raw ingredients by minimising the processes involved in preparing them.

In doing so, we extract maximum nutrition and draw from the vital force of the food to increase your base energy and overall wellbeing.

PLANT®  
A MINDFUL KITCHEN



### PLANT Menus

Organic and locally sourced whenever possible, our cuisine is focused on perfecting combinations of raw and cooked ingredients, each with very specific nutritional purposes, to create a delectable culinary experience.

Our PLANT Menus are inspired by traditional cooks who concoct dishes solely from what is available in the richly varied landscapes around them.

### PLANT Chefs

Our chefs and team will support you in the creation and start-up of your culinary operation, including the launch of your PLANT Menu.

They also travel the world to share their passion for clean-eating, by organising Corporate and Personalised Culinary Programmes, and Wellness Workshops at Resorts and Spas, Wellness Centres, Yoga Studios and Holistic Retreats.



To learn more, get in touch with us

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