



# OMNICIENT WELLNESS

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## *Omni Café*

Meal Plans and Offerings

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# 01 Why Omni Café?

Indulge your senses in a culinary adventure with Omni Café, where eating is not just a necessity but a journey of health education and exquisite taste. Our philosophy goes beyond satisfying hunger; it's about embracing the delightful intersection of wellness and flavor.

At Omni Café, our commitment to holistic wellness is grounded in science. We believe in reshaping wellness through the power of science and education. Our certified nutritionist is here to guide you, refining your food and lifestyle choices to help you achieve your body and wellbeing goals. She designs our catered meal plans, ensuring our menu aligns with the highest nutrition standards.

Experience farm-to-table freshness with our wholesome meals, packed with essential nutrients in our a la carte cafe menu, which also features innovative organic and cold-pressed wellness beverages, infused with probiotics and free of added sugars. These exclusive offerings are crafted to drive your body toward enduring health and overall wellbeing. Enjoy them at one of our locations or savor the experience in the comfort of your home.

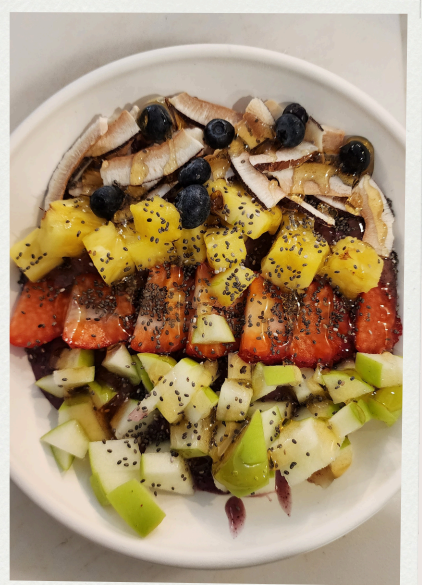
Whether seeking expert advice on health and nutrition or simply craving a wholesome lunch paired with a fresh cup of premium coffee, Omni Café is your ultimate destination for a balanced and delightful culinary experience.

# *Our Café Menu*

*Encompasses delicious and nutritious salads, bowls, sandwiches, acai bowls, and superfood smoothies.*

*Available everyday at our two locations.*





# Catered Meal Plans

Our nutritious meals are carefully incorporated into catered meal plans crafted by our certified nutritionist to address your specific health requirements.

## Detox Meal Plan



On this plan, you will embark on a pleasant fine dining, health refining experience. Our chef designed vegan meals are gluten free and have no added sugar. The detox menu is engineered by our nutritionist, to ensure nutritional wholesomeness and outstanding health advantages.

Enhanced skin health, healed gut, toned body, improved sleep and mental concentration, and boosted immunity are just a few benefits of this program. To maximize its health effects, this program should be done once every month.

*Pre-booking for our detox cycle is required*

## Daily Healing Meal Plan



At Omni Café, everyday is an opportunity for you to choose your food wisely and embark on your health journey. That is why we offer a healthy meal combination that guarantees you optimum personalized nutrition. **Whether you have hypertension, are gluten intolerant, or following a vegan or a high protein diet**, we can tailor this meal and juice combo to your own needs.

Includes one meal, one side (salad or soup), one juice and one snack.

*Available everyday for your orders*

# Juice Cleanse

Each day on our juice cleanse is powered by our six super-food juices that will fuel you with healthy and slow digesting nutrients keeping you satisfied and keeping cravings at bay. Our juices supply your body with a massive amount of vitamins, minerals, and antioxidants to support your body's natural detoxification processes. Each level has been designed to give your body a complete reboot, give your entire digestive system a break, and infuse your body with a flood of micro nutrients.

## LEVEL I NEWCOMER

Do you want to transition to a healthier lifestyle with fewer processed foods but not quite ready for an extreme juice cleanse? Then the Level 1 gentle detox is for you!

## LEVEL II INTERMEDIATE

The most popular level of all three! On this level, you'll get to experience everything from our superhero-esque deep greens to vividly nourishing root vegetables.

## LEVEL III GURU

This level is the most nutritionally dense cleanse with the least amount of sugar content, focusing on a high vegetable-to-fruit ratio.



# More from Omni Café



Events Catering

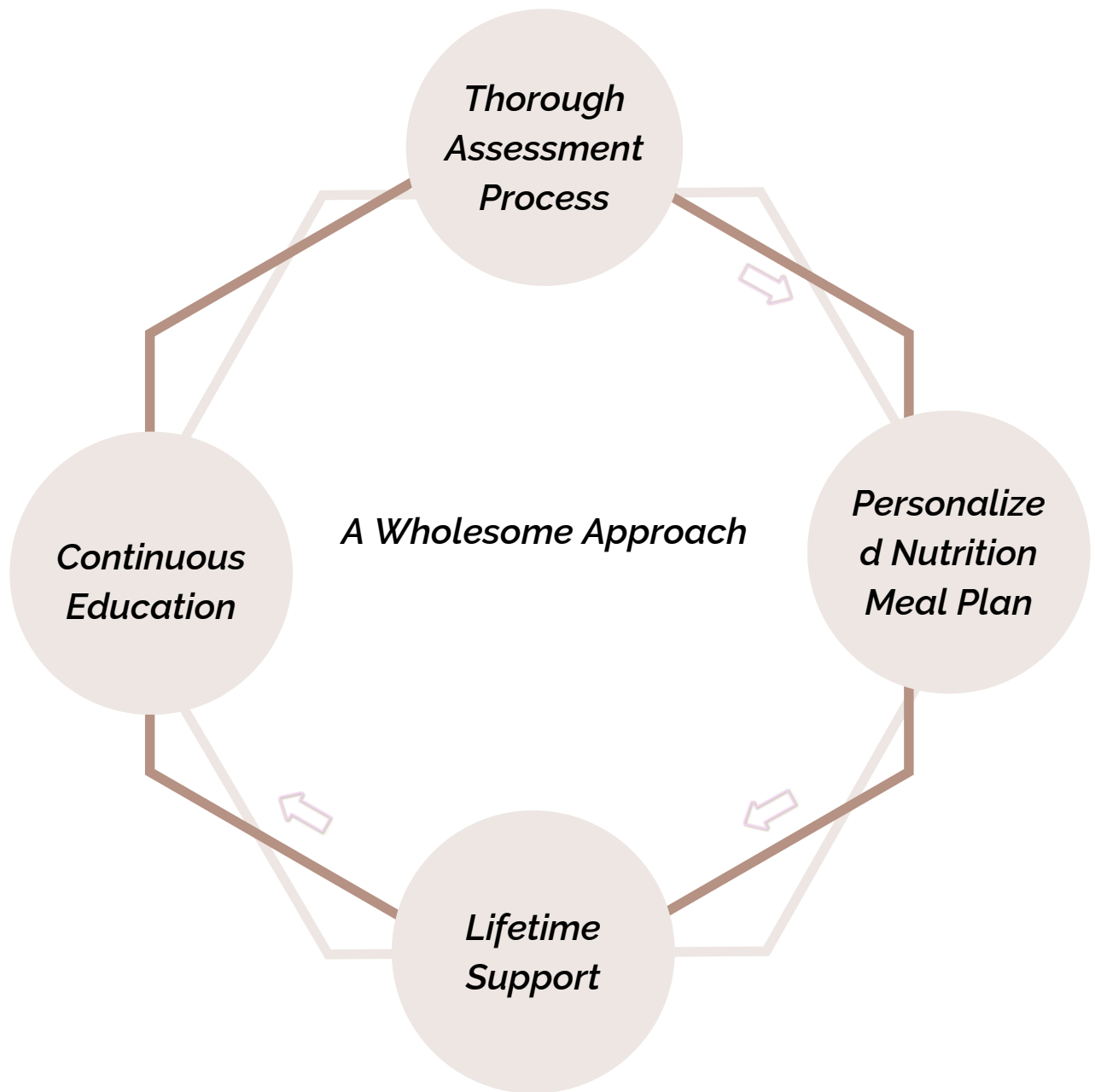


Grab'n'go Goods  
and Meals



# Nutritionist Consultation Onboarding

*Beginning by assessing your body's composition, blood markers, food habits and lifestyle and ending by onboarding you to our continuing education courses and seminars to support your lifetime well being.*







## *Nourish Package*

- Standard Nutrition Consultation Package
- (1) 60 minutes first session + (1) 30 minutes follow up session



## *Restore Package*

- Intermediate Nutrition Consultation Package
- (1) 60 minutes first session + (2) 30 minutes follow up session



## *Heal Package*

- Premium Nutrition Consultation Package
- (1) 60 minutes first session + (3) 30 minutes follow up session

# Continuing Education at Omni Café



Once every month

## *Detox Information Session*

A monthly introduction to our detox program with a short presentation about the science behind it, spa offerings, meal plan and supplements. Attendees will enjoy tasting the detox menu and can sign up on the spot for the program.



Once every month

## *7 Days Spa Detox Meal Plan*

In this meal plan, you will receive 3 meals, 1 side, 1 cleansing juice and 1 snack everyday for 7 days. Numerous health benefits await you: a nourished skin, a healed gut, a toned body, and an improved concentration ability. Debloat, refresh, and energize your body from within!



Once every month

## *Lunch and Learn*

Monthly seminar about a certain theme, related to the month or the community events. Enjoy learning about a health topic from our spa specialists and indulge in a healthy lunch followed by coffee or tea at our spa cafe.

# Hey! I'm Nivine

Omniscient Wellness HealthStylist and Certified Nutritionist



I am dedicated to providing you with a comprehensive wellness experience that caters to your individual needs. Your journey with me begins with a thorough full-body assessment and a detailed review of your diet history, nutrition intake, biochemical profile, and food habits. After gathering this information, I will personally engage in a consultation with you to understand your unique nutrition needs and align them with your health and body goals. I will then craft a wholesome meal plan tailored specifically to your portion sizes, nutritional requirements, supplementation needs, and exercise goals.

In addition to meal planning, I offer my expertise in guiding you through meal preparation, sharing healthy cooking techniques, and providing insights on grocery shopping. I am also passionate about helping you practice mindfulness in your meal choices and supporting you in building a progressive and sustainable healthy lifestyle.

By enrolling in my program, you will not only receive a customized plan but also gain access to periodic healthy recipes, monthly tips, and continuous support on your wellness journey. I am here to personally assist you every step of the way.

## LET'S KEEP IN TOUCH

[nourish@omniscientwellness.ca](mailto:nourish@omniscientwellness.ca)

### Omni Café Locations:

Downtown Ottawa: 18 Murray Street

(343) 984-4280

Barrhaven: 150 Market Place Avenue

(613) 823-7070

