

Written by Administrator
Tuesday, 25 June 2013 22:32



I had too much meat recently. Yes, I mean not only my food consumption, but also my body. My body fat is hard to reduce, everyday sitting in office after heavy lunch gained me a lot of weight.

Recently, we went for vegetarian meals for lunch to reduce my guilty after consumed so much meat and oily foods. My colleague recommended this organic restaurant that serve vegetarian in Sg Ara, Life Organic. The aunty who served us said the shop is already opened for more than two years, but I did not realise it until my colleague brought us there. It is an organic shop that not only sell many organic products, but also serve lunch and dinner.



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For the first time, I ate fried tomyam bihun. It tasted good and came with lot of vegetable. Portion is quite big for me.



The favourite dish among us is Lei Cha. Lei Cha is a popular dish in Hakka food. I ordered this during my second visit. It is rice with few side dishes (peanut, long bean, dried bean curd, carrot, dried radish) and a bowl of greeny soup. This greeny soup is blended and cooked from few types of green vegetable. One of it that contribute the most to the taste is basil leaves 囍囍. Not all people can accept this taste as it is a bit weird or smelly to some people. We have more than one colleague that ordered this and just consume few scoop, then throw it to other.

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Lam Pooi, rice in "soup".

