

# CELEBRATE PARENTS' DAY THE HEALTHY AND TASTY WAY

Simply put, there is nothing greater than our parents' love. Parental love is exclusive, unique and irreplaceable. The love a parent has for a child is exclusive because it can only be between the child and the parent. Our parents simply love us beyond all bounds and our limitations.



## It's Time You Express Your Love

For all that your parents have done for you, how will you express your gratitude? What can you give your parents for all the times they supported you in your triumphs and offered their shoulders in times of loss? What will be the perfect gift for all the times you both sat together and shared the warmth?

## A Vegetarian Cuisine from the Heart

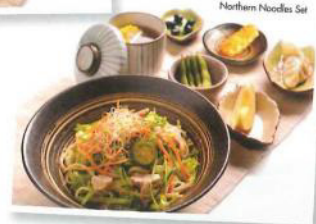
Your gift need not be an expensive one; just a simple and heartfelt gift in the form of vegetarian cuisines will make a lasting impression to remember Parents' Day in a memorable way. What's more when the cuisines are organic and natural to stay healthy and fit for life?

Healthy Eating For Longevity: A Tasty Reunion Moment with Be Lohas at BMS Organics Lohas (Lifestyle of Health and Sustainability) means living a lifestyle that is healthy and

environmentally friendly. The term has also been cleverly translated to "Le Huo" in Chinese which means living happily. Be Lohas is advocated to promote natural and organic food, with fine selection of seasonal fresh vegetables and quality ingredients.

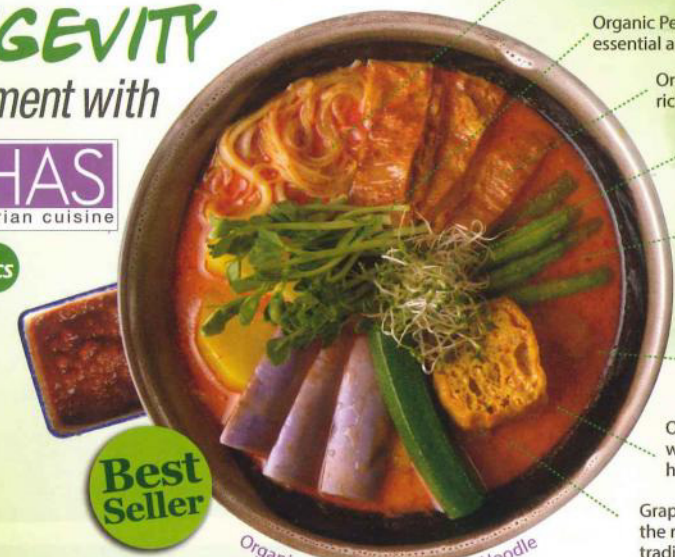
BMS Organics offers various authentic dishes that reflect an incredible range of the Eastern and Western cultural influences, with '4 Lows' (Low sugar, Low salt, Low fat, Low calories); '5 Nos' (No MSG, No GMO, No artificial colouring, No chemical preservative, and No microwave cooking) but with '3 Highs' (High energy, High fibre, and High nutrients) to retain its natural taste.

Words really cannot explain how much I appreciate everything that you've done for me. Thank you for being the most cherished person in my life.



# HEALTHY EATING & LONGEVITY

A Tasty Moment with



Unbleached Flour and Brown Rice Vermicelli, zero burden to the body

Organic Pea Shoots, provide essential amino acids

Organic Dou Bao, rich in protein

Alfalfa Sprouts, help prevent arteriosclerosis

Organic Virgin Coconut Oil, promotes metabolism

Home-made freshly grinded herbs and spices for better taste

Organic Soya Milk, worry no more about high cholesterol

Grape Seed Oil as the replacement for traditional cooking oil

It's healthy and tasty, but what's more with fine selection!



Mini Shabu Shabu with Rice Set



Fish Vermicelli Soup



Five Colours High Energy Lei Cha with Rice



Wild Rice Pan Mee Soup



Soy Cheese Baked Spiral with Tomato Sauce



Spicy Black Pepper Sauce Steak



Chinese Traditional Herbal Soup with Rice



Ginger Mee Sua with Sesame Oil

## Be LOHAS Healthy Vegetarian Cuisine

**KUALA LUMPUR**  
 Bandar Sri Damansara  
 Atria Plaza 03-6261 0960  
 Kepong  
 Metro Prima 03-6250 8164  
 Sri Petaling  
 Bandar Sri Petaling 03-9056 1872  
**KLANG VALLEY**  
 Balakong  
 Taman Dutamas 03-9081 7603  
 Klang  
 Bukit Tinggi 03-3324 3960

**Petaling Jaya**  
 1 Utama Shopping Centre 03-7725 0828  
 Atria Shopping Gallery  
 Damansara Utama 03-7722 5686  
 Sunway Mentari 03-5613 6313  
 Sunway Pyramid 03-5622 1981  
**Puchong**  
 SetiaWalk 03-5879 6420  
**Putrajaya**  
 IOI City Mall 03-8328 0722  
**Sepang**  
 Gateway @ KLIA2 03-8787 8165

**Shah Alam**  
 Kota Kemuning 03-5131 5182  
**Subang Jaya**  
 One City 03-5115 1196  
 Taipan (USJ 10) 03-5631 4482  
**SOUTHERN REGION**  
**Seremban**  
 Seremban 2 06-601 2105  
 Be Lohas Healthy Cuisine  
 BMS Organics



BMS Organics @ 1 Utama Shopping Center