

Back to
Basic
Living
By JC Cheng

#01-32
RAW VEGAN
VEGAN
SUSTAINABLE FOOD
GLUTEN FREE
ANIMAL CRUELTY

BACK 2 BASIC

RAW VEGAN CAFE
ECO-FRIENDLY PRODUCTS
SUSTAINABLE LIFESTYLE

ABOUT

Born in Hong Kong then grew up in Toronto, Joyce Cheng always saw nature as her second home.

She has constantly fuelled her passion by travelling around the world learning from others and sharing her sustainable lifestyle with those like-minded.

PROJECTS

Joyce currently in her Back2Basic Cafe to help spread awareness for a more sustainable lifestyle. She also volunteers at non-profit giving talks and speeches, sharing her knowledge on how to leave less carbon footprint and use more natural things to reduce the impact processed things has on our Mother Earth.



SINGAPORE, WEST COAST

2020

in 2020, after much support from friends and family, Joyce decided to open her very own eco-friendly cafe, to share more of her knowledge to the locals here while creating healthy and absolutely delicious vegan food.



UPCYCLING AREA

Joyce has create an upcycling area, where people can put plastic or any reusable materials on the shelf and others can take it away and upcycle them, giving them a new life while maintaining a sustainable cycle of life and footprint.

VEGAN FOOD

By using her intensive knowledge of fermentation, she has curated a fresh new concept, one of a kind in the region.

Home culturing Kombucha, Kefir and Amazake, she has turned these beautiful and priceless ingredients into food, drinks and even desserts!



**OUR
"PRICELESS"
INGREDIENTS**

GLUTEN FREE

Suitable for Celiacs and people who wishes to lose weight or improve their general health.



WHOLE FOODS

Using only natural whole foods and not artificially processed, the ingredients maintains the maximum nutrients, minerals and fibres in them.

FERMENTED FOODS

Fermented food contains natural probiotics that improves one's gut health and is great for people with skin problems.



KEFIR

Use as a cheese base in our signature kefir cheesecake.

Fermented for 48hrs before straining off the whey for another 24 hours



AMAZAKE

Use as a natural sweetener to replace white sugar!

Fermented with Japanese Koji Rice for 48 hours



KOMBUCHA

Use as a flavouring liquid in soups, stocks and sauces, and also as our raw scoby candy treats for kids & pets!

Fermented with handpick organic tea leaves from Taiwan



AMASAI

Amasi (in Zulu and Xhosa), maas in Afrikaans and mafi in Sesotho, is the common word for fermented milk that tastes like cottage cheese or plain yogurt.

At Back2Basic, we made it vegan.



SUPERFOODS

Using only the best nutritious ingredients out there to make sure all our food only not taste good, but its packed with nutritional values to anyone.



WATER KEFIR

Fermented with water and sugar for months before using it as a flavouring liquid in our sauces, condiments and dips.

For drinks, we use it for our kombucha to make it a little extra bubbly.



Fermentation has long been used throughout centuries, preserving food & making it healthier.

Signature Taco with Fermented Dressings



Being Vegan also made one healthier and more energetic, making their day more productive while doing less harm to animals and the planet.

Signature Raw Vegan Popsicles

By adopting a vegan lifestyle, one can reduce much of the carbon footprint that we leave behind, making it a more sustainable lifestyle.

Signature Raw Vegan Kefir Cheesecake



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CONTACT US

3 South Buona Vista Road, Viva Vista
Mall, #01-32, S118136

+65 8877 1753

Back2Basicliving.com
JC@back2basicliving.com

FB

