

*Food for thought....*



# MENU

Nourishing, balanced, local. Our menus reflect a delicious yet healthy infusion of Sri Lankan, Mediterranean and Ayurvedic foods.

*Locally sourced, homemade & deliciously nourishing*

## **BREAKFAST \*SERVED WITH CEYLON TEA & SRI LANKAN COFFEE**

### Big breakfast

Homemade sourdough bread, folded eggs, scrambled tofu (v) , 'baked beans' in homemade roasted tomato & mushroom sauce with fresh cucumber salad

### Overnight creamy coconut oats

Rolled oats soaked in cream of coconut and ceylon cinnamon overnight topped with peanut butter, tropical seasonal fruits, juicy dates and natural kithul syrup

### Tomato, basil, feta egg frittata

Homemade egg frittata served with roasted breakfast potatoes, mediterranean salad, sourdough bread & chickpea tahini sauce

### Coconut pancakes

Fluffy coconut pancakes with fruit platter, date & high protein nut mix bliss balls, peanut butter, granola and natural kithul syrup for sweetness.

## **LUNCH**

### Probiotic fruit bowl

Seasonal fruit platter with homemade coconut yogurt, local curd & homemade granola

### Mediterranean whole grains salad

Pearled barley tossed with fresh herbs, cucumber, tomato & spring onion salad with feta & a garlic curd sauce

### Coconut Chia seed puddings

Coconut milk chia seed cups, topped with fruit salad, toasted seeds & fresh juice

### Local Lankan Coconut Roti

Coconut Roti's served with x3 aromatic sambols: Tomato coconut sambol, sweet onion sambol, curry leaf sambol

## **DINNER \*HERBAL TEA SERVED AFTER DINNER**

### Sri Lankan curry buffet

Famous sri lankan dhal curry, pumpkin curry, Jackfruit curry, green beans in olive oil & homemade aromatic spice blend, 3 sides: local rice, coconut carrot sambol with a cucumber, tomato + onion salad

### Chickpea + tofu protein Buddha bowl

Roast herbed chickpeas & soft grated 'pulled pork' tofu glazed in a light garlic sauce, topped with: shredded carrot, shredded purple cabbage, homemade pickled cucumbers & onions, corn, sesame seeds, toasted coconut & soy sesame sauce

### Tex-mex loaded jacket potato

Oven baked fluffy jacket potatoes topped with black beans in a rich tex-mex sauce, sautéed mushrooms, chopped tomatoes, roasted bell peppers, coconut coleslaw salad, couscous & homemade jalapeño cashew cream cheese + garnished with a protein dense nut mix & coriander

### Roasted Buddha bowl

Roast bell pepper & almond sauce with chargrilled cabbage & carrot glazed in olive oil & salt with a fresh cucumber, tomato and gotukola salad served with warm white beans and leeks topped with feta and olives on a bed of couscous